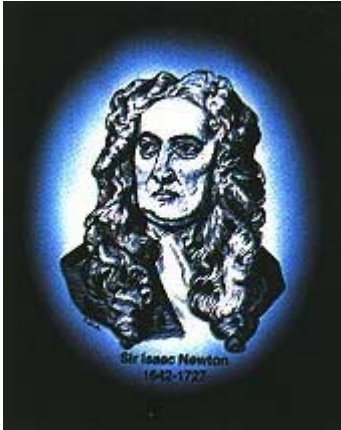


A Revolution As Defined By Isaac Newton



Researched and Composed by Jacob Wilson, BSc. (Hons), MSc. CSCS and Adam "Old School" Knowlden

A man may imagine things that are false, but he can only understand things that are true, for if the things be false, the apprehension of them is not understanding.

Sir Isaac Newton. (2)

Revolution...

It only knows change; a change of life, a change of reality, an escape from a habitual comfort zone.

Revolution does not turn back, nor does it meet halfway to those who would oppose it. It believes and hopes for truthful transformation...Revolution never compromises.

You can fight a man and those who follow him, but how do you fight a world-shattering idea?



The Greatest Scientist, Astronomer, and Mathematician of all times, Sir Isaac Newton defined the mindset of revolution.

Applying his binomial theorem to infinite series Newton developed calculus, a radical new form of mathematics (3).

It was now possible to calculate the area inside the rate of change of one physical quantity with respect to another.

His infamous work, *Philosophiae Naturalis Principia Mathematica (Mathematical Principles of Natural Philosophy)*, published in 1687, laid out his theory of gravitational forces and his laws of motion, which today are known as **Newton's laws** (4).

Science believed the motion of planets and the motion of bodies on the earth as separate dilemmas. In contrast, Newton logically considered that since the same God created the heavens as well as the earth, the same laws should apply to both.

“TRUTH is EVER to be found in SIMPLICITY, and not in the multiplicity and confusion of things . . . He is the God of order and not of confusion.” (2)

In 1684, Newton began to once again contemplate gravity. He developed his theory of universal gravitation, which used what is known as the inverse square law. He developed his three laws of motion (movement) and proved mathematically that the same laws did, in fact, apply both to the heavens and the earth (3).

Principia was undoubtedly his great master-work and is perhaps the greatest single work in the history of science as it was the first book that attempted to explain motion both on Earth and in other realms of the universe (4) .

This most beautiful system [The Universe] could only proceed from the dominion of an intelligent and powerful Being- Sir Isaac Newton. (1)



the world's first reflecting telescope (3).

In *Opticks*, Newton proposed that white light is not in fact white but actually a mixture of all colors. Having carefully observed light's behavior when reflected and refracted, Newton designed in 1668

Isaac Newton was the greatest scientist of all time and is considered by many to be both the greatest astronomer and mathematician in all history. Newton, a master of research, amassed the ideas of those before him, and created one of science's great unified theories and devised laws that sweepingly explained the persistent problem of planetary motion.

He contributed immeasurably to our understanding of the universe and is still incredibly influential even today. Yet in the final analysis, Newton revealed his humbleness... *"I stand upon the shoulders of the giants of the past."*

Centuries latter, we take the same frame of mind in dealing with the complex world of muscular hypertrophy. We must realize and acknowledge those before us, and harness their knowledge as Newton instructed in a Revolutionary way.

To grasp our situation, we turn to William J. Gonyea in the year 1980:

"Despite progressive resistance's long history, relatively little scientific information has been published regarding various training techniques and their effects on muscle mass.

A large part of the information concerning weight training has been gained through practical experiences and empirical observations of bodybuilders. The current body of scientific information regarding weight training's effects on muscle mass is small...(1)"

Twenty years latter much of this lack of research has been filled in by brilliant scholars. Yet, the majority of today's magazines are based solely on undocumented, and quite frankly, unscientific material. To date, no Journal has arisen which centers its focus on the science of Physique development. Such a gap must be filled, and it is the intension of this writing staff to fill it.

We present this month a change in paradigm, and the unleashing of an historical event in the world of bodybuilding. Our monthly publication is changing to " The Journal of HYPERplasia Research. "

It is our intent to present the most up to date, and scientifically researched information. Indeed, we have taken the first step to a much-needed end in the bodybuilding community and seek an expansion of unimaginable heights. Meaning exponential research, and future experimental initiatives to greatly enhance the useable knowledge base of this sport.

However, we do so with the knowledge and acknowledgement of the one who created the complex human system.

We must reflect, that Newton's discoveries were made within the candle of truth. When studying human Kinetics, it is also important to take a similar light. Over a century ago, it was believed that the cell was '*blob of protoplasm.*' Today, we realize that cellular technology provides a world of bewilderment.

In the scientific Journal Nature, we find an astonishing statement

Large manufacturers need centralized communication so things are supplied when and where needed, and in the right amounts. So, too, in living cells—researchers have discovered that cells have a 'switchboard system' that coordinates 'the barrage of cues and messages they receive and transmit.'

It had been thought that cell communication, or 'signal transduction,' was an 'automatic' cascade of biochemical events. But this study found that even before a message makes it through the outer cell membrane to the inner nucleus, the cell activates a molecular switch to guide how and in what form the message will be delivered.

'Our results add a layer of complexity to understanding how messages are communicated by cells,' says one researcher. 'Without this switchboard system, the cell would go crazy and overload(5, 6).'

The Biologist Michael Denton calls the entrance into the cell as a world of unparallel complexity(6).

To grasp the reality of life as it has been revealed by molecular biology, we must magnify a cell a thousand

million times until it is twenty kilometers in diameter and resembles a giant airship large enough to cover a great city like London or New York. What we would then see would be an object of unparalleled complexity and adaptive design. On the surface of the cell we would see millions of openings, like the port holes of a vast space ship, opening and closing to allow a continual stream of materials to flow in and out. If we were to enter one of these openings we would find ourselves in a world of supreme technology and bewildering complexity.

Science has now moved deeper into the study of nano-technology. A nano-machine can be described as "a complex precision microscopic-sized machine that fits the orthodox definition of a machine". Schliwa et. al. in the Journal " Nature " describe the applications of such study as follows(7):

Life implies movement. Most forms of movement in the living world are powered by tiny protein machines known as molecular motors. Among the best known are motors that use sophisticated intramolecular amplification mechanisms to take nanometre steps along protein tracks in the cytoplasm. These motors transport a wide variety of cargo, power cell locomotion, drive cell division and, when combined in large ensembles, allow organisms to move. Motor defects can lead to severe diseases or may even be lethal. Basic principles of motor design and mechanism have now been derived, and an understanding of their complex cellular roles is emerging.

An understanding of these motors, can not only prevent severe diseases, but also enhance athletic ability. Such a concept has been demonstrated by the 100 percent efficient rotary motor ATP-synthase. Numerous of our articles thus far have addressed such complexity as it is applied to the stimulation of hypertrophy. But one must stop and realize that there are an estimated 100,000 more of these complex macromolecule machines used in humans.

It is information such as this, which has led us to not only change enhance our publication in a Scientific Journal Framework, but to additionally change our motto and expand our initiatives. We conclude by displaying this motto, in Grand Glory:

The Journal of HYPERplasia Research – " Attacking Hypertrophy / Hyperplasia at the Molecular level "

Photos courtesy:

www.AnswersInGenesis.org

References:

1. Cyber Nation International, Inc. 1999
2. Frost, I. "Quotes collected by I. Frost" 1995.
3. Lamont, Ann. *A Scientific Genius*
Creation. 12(3):48-51. June-August, 1990
4. ThinkQuest Library. "The Life of Newton". 1996.
5. Nature, pp. 858–861, 20 June 2002.

6. Denton, Michael, Evolution: A Theory in Crisis
7. Schliwa M, Woehlke G. Molecular motors. Nature. 2003 Apr 17;422(6933):759-65.
8. Kinosita K Jr, Yasuda R, Noji H, Adachi K. A rotary molecular motor that can work at near 100% efficiency. Philos Trans R Soc Lond B Biol Sci. 2000 Apr 29;355(1396):473-89.