

# HealPreneur

VOLUME 6

**SEXUAL DYSFUNCTION**

**IN WOMEN** STEM CELLS, EXOSOMES, AND PEPTIDES  
COME TO THE RESCUE

**EMOTIONAL  
INTELLIGENCE  
AND LEADERSHIP**

THE FIRST STEP TO BEING A GREAT LEADER



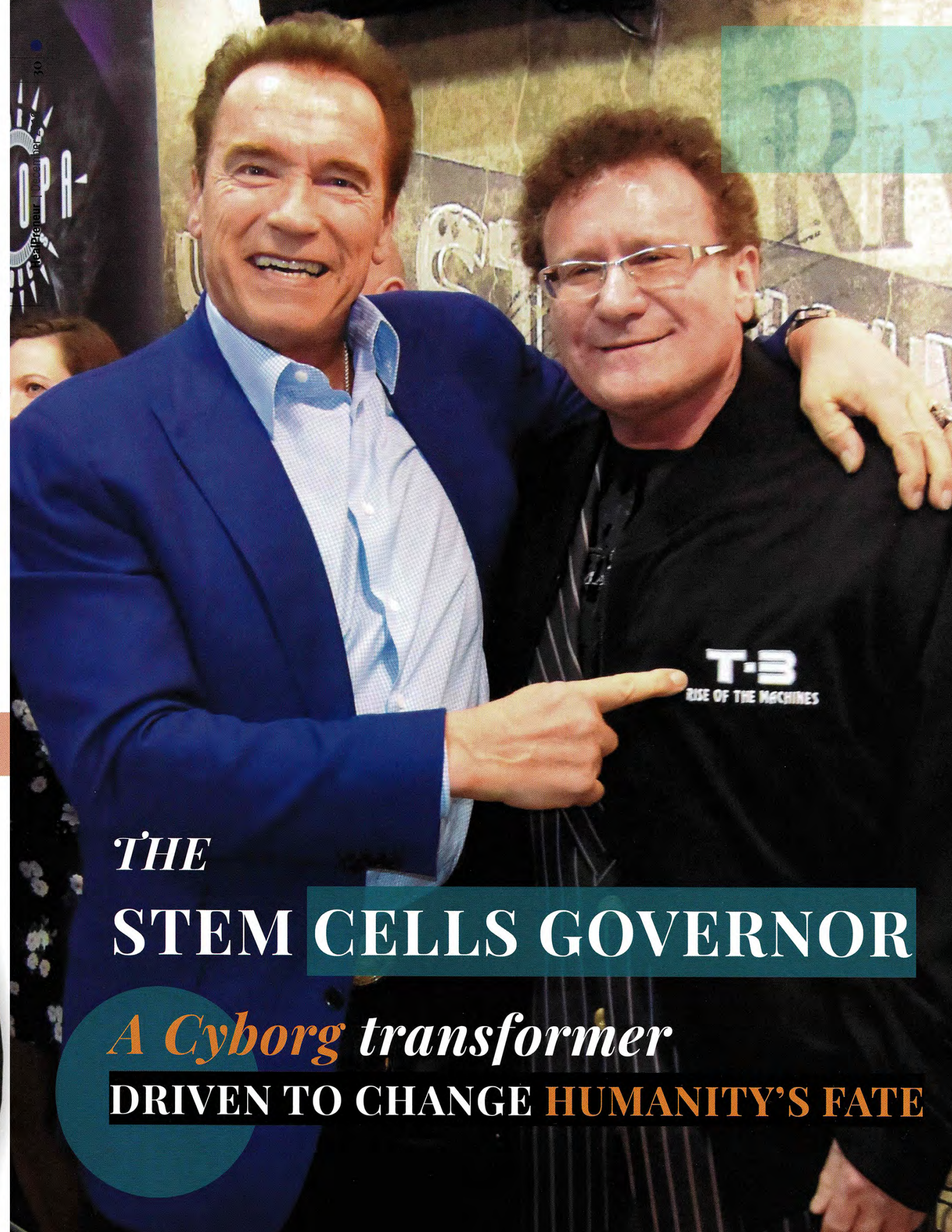
**DR. ROBERT GOLDMAN  
AND ARNOLD SCHWARZENEGGER**

Two Living Legends share their Paths

**UNCOMFORTABLE**

TALKING TO PATIENTS ABOUT MONEY?

**10 TIPS TO HELP**



*THE*  
**STEM CELLS GOVERNOR**

*A Cyborg transformer*  
**DRIVEN TO CHANGE HUMANITY'S FATE**

## A tale of two living legends together impacting global Health and Wealth

We know him as the fictional Hollywood “Terminator,” a cyborg assassin who sought out to destroy a child savior against machines in a post-apocalyptic future. **In reality, he is the savior of children.** The one who fights for healthcare, for children, and being a leader in a community that seeks to find solutions using the medicine of the future. A supporter of freedom in healthcare, freedom of choice, and a wide array of healthcare-based approaches in anti-aging, regenerative, functional, alternative, sports, and nutritional medicine.

“

Nearly all men can stand adversity, but if you want to test a man's character, give him power

– Abraham Lincoln

### Arnold's Schwarzenegger Vision

*“Your present circumstances don't determine where you can go; they merely determine where you start.”*  
- Nido Qubein



### Early Life of the Austrian Oak

Arnold Alois Schwarzenegger is an Austrian-American **famed bodybuilder, actor, businessman, author, and the 38th Governor California**, who rose to fame from the career turning movie, Terminator. The now seventy-year-old was born in Thal, Austria in 1947. Arnold was quite ambitious at a very early age, choosing a career path in bodybuilding despite his participation in soccer for many years. His famed bodybuilding physique is a result of years of **dedication and passion**. He believed strongly in his dream of becoming an Olympic bodybuilder and an influential figure in society. At the tender age of 10, Schwarzenegger knew that the key to achieving this dream was by moving to the United States. He grew up in a society that praised conformity to social norms, and his parents were enforcers of those norms. **Arnold, however, was not one who conformed** to what was expected of him, and of course, he was labeled rebellious. Arnold's father hoped that he would follow in his footsteps to become a police officer, and his mother wanted her son to attend trade school. Arnold imagined his life away from Austria and his parents' expectations and **thus formulated his plan to become an Olympic Bodybuilder**. No one understood his dreams, and he fought hard to “be rich, to become somebody, and to be the best.” Tenaciously he pursued his yearning to navigate from poverty to prosperity.

*“You have to trust in something - your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life.” Steve Jobs*



He began frequenting gyms and lifting weights at the age of fifteen. He became involved in an intense training program and was so dedicated that he broke into gyms on the weekends so that he would not miss training. He studied **psychology** to discover **the power of mind over the body**. When he was 17, he began his competitive profession. He soon became famous in bodybuilding circles and was dubbed the “**Best built man of Europe**.”

His early accomplishments fueled his passion, and he looked to compete at a higher level — his ticket to success, the NAABA Mr. Universe competition in London. His initial defeat pales in comparison to his five-time champion status. He did not stop there. The “Austrian Oak” moved to the United at the age of 21, and by age 23, Arnold won the title of Mr. Olympia in New York and went on to win seven more times. He achieved his dream of being the best as he is considered one of the greatest bodybuilders of all time.

In his golden years, the unstoppable legend lives his legacy as a **strong advocate of the sport, writing books, articles, and Extraordinary coach to athletes**. **Arnold launched the Arnold Sports Festival in 1989 and was debuted as a one-day bodybuilding competition known as the Arnold Classic**. The festival has gone on to feature over 22,000 athletes competing in 80+ sports and events over four days, making this event one of the largest multi-sport festival in the world. The festival celebrates Arnold's career as a bodybuilder. Arnold was one of the first inductees into the International Sports Hall of Fame, founded by Dr. Robert M. Goldman to honor the worlds' greatest athlete legends in all sports categories.



## Our vision is clear, our purpose evident, and our goals in place

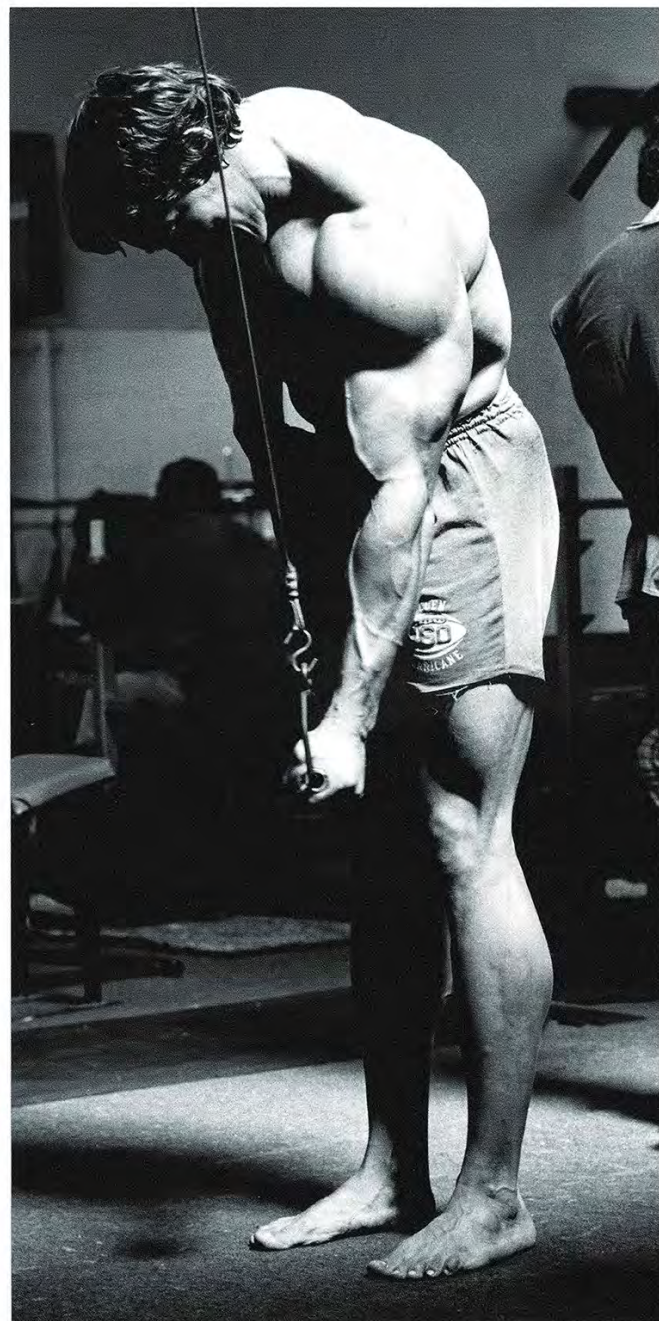
- Nido Qubein

### The Movie Star

Arnold scores yet another goal. The next step for Arnold was to become the greatest actor, a completely different arena from bodybuilding. He was not intimidated. The thought of struggles and setbacks excited him because it meant he was one step closer to his dream. Arnold had a hard time finding a job in the industry because of his thick accent. Schwarzenegger accepted smaller roles, such as making guest appearances on movies and sitcoms. His efforts did not go unnoticed and a shift in consumer interest in the '80s allowed him to garner fan interest to his sense of humor in action films alongside his co-star Sylvester Stallone. He was finally recognized internationally as an actor and called ("Arnold" and "Schwartz"). He went on to scoring and starring in many acting roles following his breakthrough film, Conan the Barbarian. **The Terminator was the career-defining role of Arnold Schwarzenegger, a high grossing film in 1991** that dubbed him the International Star of the Decade. The star of the Terminator franchise won Best Male Actor for Terminator 2: Judgement Day and won awards for Favorite Actor in several other films.

### Power and Politics: The Governor of California, I rule. Therefore I am

In 2003, Arnold Schwarzenegger announced his candidacy in the 2003 California recall election for governor of California. **With no history in politics, he embraced the new challenge to be apart of the change in his country** and to do his due diligence as a United States citizen. His political views were unknown to most before his announcement to becoming a governor. President Nixon inspired Arnold's political views. **He believed in free enterprise, minimal government interference, lowering taxes, strengthening the military.** Since then,



he has stated that he is a Republican that is "fiscally conservative and socially liberal." Arnie served as the 38th governor of California from November 2003 to January 2011.

The Championed bodybuilder and actor did not leave his post as Governor less than what it was when he took his position. He took on the job with great determination; he determined the end goal, and he incited change not only within the community but within the minds of its citizens. Many gave him credit for his grave will power and his flexibility in working with the opposition,

which opened people's minds to the needs for systematic reform. **His accomplishments as Governor included a bipartisan agreement to reduce California's greenhouse gas emissions** and was successful in increasing the minimum-wage while lowering the State's unemployment rate.

"Schwarzenegger is a lifetime advocate of Stem Cell research," The governor has been outspoken in his argument with Bush on this issue. The governor urged Bush not to veto the bill.

"The governor feared the risk that the Regenerative Medicine industry would be set back by the president veto. The Governor desire to make California the leader in the **Stem Cell revolution** he authorized up to **\$3 billion over ten years for stem cell research.**" "We can no longer wait to fund this important research," said Schwarzenegger in a document authorizing the general fund expenditure. The governor's achievement multiplied the sum of money available in the state for research on stem cells that hold extraordinary promise to cure diseases. Schwarzenegger believed that "California is poised to lead; not only this country, but all countries on."



## The question isn't who is going to let me; it's who is going to stop me

- Ayn Rand

### Unstoppable Schwarzenegger, Magical Power

*"Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life. Because almost everything - all external expectations, all pride, all fear of embarrassment or failure - these things fall away in the face of death, leaving only what is truly important."* Steve Jobs

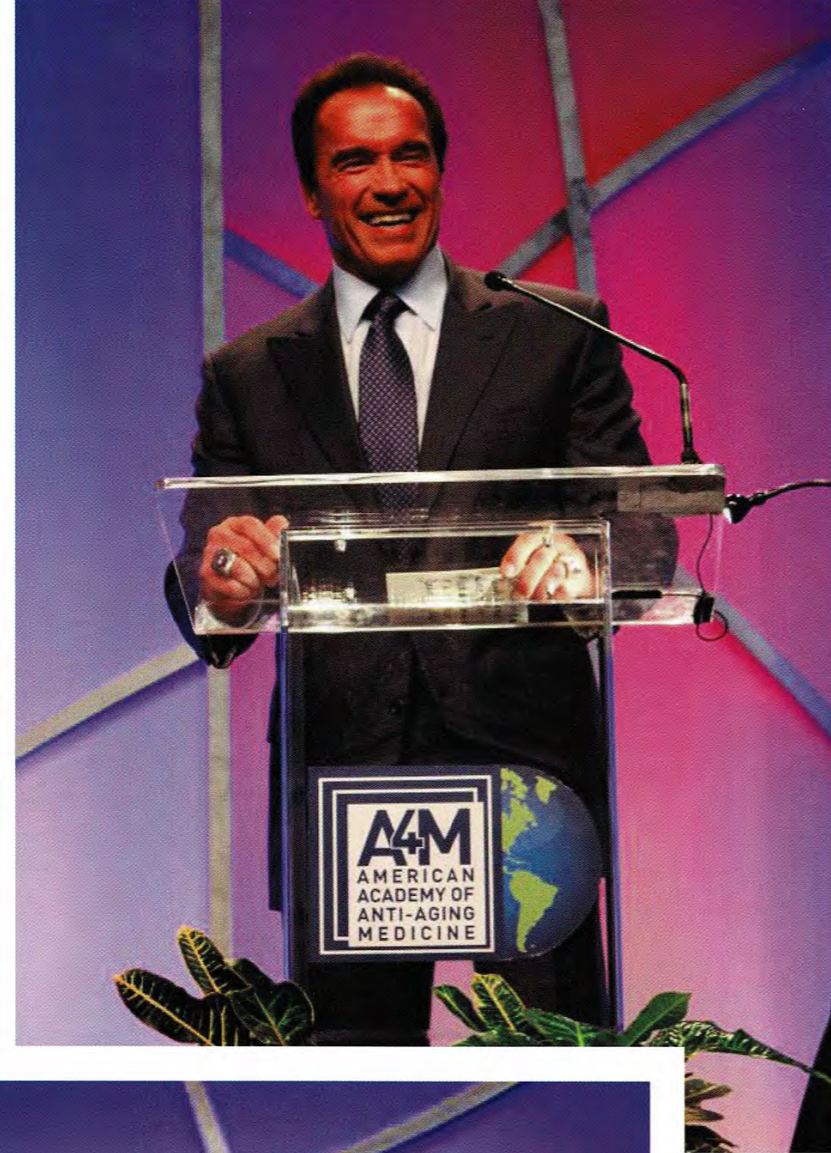
**Empty pockets full of dreams, determination, and desire were the driving forces that pushed Arnold to accomplish all that he set out to do.** He embraced his obstacles, took them in strides, and came out on top every time. In the beginning, it was about Arnold and



his dreams, but then it became much more significant.

Then he allowed his light to shine so that others are inspired to do the same. Generating \$40 million in revenues for Columbus, Ohio, the Arnold Classic invites participants from around the globe to compete, which affords them the equal opportunity Arnold needed to succeed. Working in conjunction with Dr. Robert M. Goldman, founder of International Sports Hall of Fame, they recognized athletes for their dedication to the different sport categories.

Still, Arnold sought to do more. He no longer wanted to live for him but to "live for the entire sport of bodybuilding, the fitness movement." Promoting health and fitness programs for all ages in communities, contributions to environmental, economic, & public policy issues, and sought to do more by contributing to science. In 2013 the American Academy of Anti-Aging Medicine (A4M) presented to Schwarzenegger the Infinity award for his notable contributions.



The Infinity award is the highest prestigious honor from the American Academy of Anti-Aging Medicine (A4M). He was presented with this award by Dr. Robert Goldman for securing \$3 billion in funding in the area of Stem Cell Research. Besides, the Infinity Award recognizes Gov. Schwarzenegger's lifetime of accomplishments as a champion bodybuilder, Hollywood action hero, successful businessman, environmentalist, philanthropist, best-selling author, and California's 38th Governor. Furthermore he is the founder of the non-profit organization R20: Regions of Climate Action. Furthermore, Arnold founded the USC Schwarzenegger Institute for State and Global Policy, which is devoted to seeking bipartisan solutions to public policy issues.

#### Friendship Goals

The A4M Infinity Award recognizes individuals whose achievement, dedication, and foresight have significantly advanced longevity science for the benefit of the world. Arnold was presented with this award by Dr. Robert Goldman for securing \$3 billion in funding in the area of Stem Cell Research. The "largest grant and the largest push then to promote stem cell research. Even personally contributing additional funding to facilitate stem cell research. He became a part of an elite group of individuals that are making significant contributions to the area of stem cell research long before it became popular. Schwarzenegger is a true pioneer in pushing stem cell research ahead" and always pledging to "promote health, fitness, and preventative medicine."

Arnold and Dr. Goldman's friendship has remained steady for over 30 years. A bond that benefits society as a whole — both in support of advocating in each other's initiatives. Upon receiving the Infiniti Award, Arnold thanked Goldman for being apart of the fitness crusade journey on promoting fitness and bodybuilding". Both supporting sports, fitness, and medical education for the athletics and medical communities worldwide, and mentoring youths internationally.

Because of the relentless efforts of both Dr. Goldman and Schwarzenegger, we see the abundant presence of gyms and fitness centers. The widespread building of gyms where people can maintain their health and fitness lifestyle no matter where they are. The global community owes the two legends an incredible living and a healthier lifestyle.



**Robert Goldman**

Dr. Robert Goldman is the Chairman of the American Academy of Anti-Aging Medicine (A4M). The A4M is the world's largest professional organization dedicated to advancing research and clinical pursuits, to enhance the quality of life and extend the quantity of the human lifespan. Dr. Goldman is the **World Medical Chairman of the International Sports Federation** through 2011. He is a prominent figure in the healing arena, making significant contributions in the field of Sports Medicine and Science.

Dr. Goldman is a physician with a doctorate in androgenic anabolic steroid biochemistry. Dr. Goldman is a decorated and well-rounded member of our society. **Dr. Goldman is not only a smart Physician and scientist but also an accomplished 6th degree Black Belt in Shotokan Karate and conquerer of the 7th Degree Black Belt in Tang Soo Do.** Dr. Goldman is a Chinese weapons expert, and world champion athlete with over 20 world strength records. Dr. Bob The Guinness Book of World Records is listing Dr. Bob as world record holder **He has been the Chairman of the International Medical Commission for over 30 years.** He currently oversees the Sports Medicine Committees in over 194 nations and is Chairman of the IFBB and NPC Medical Commissions. Dr. Goldman serves as Chairman of the AAU/USA Sports Medicine Council, which oversaw several million amateur athletes. He also functions as a Special Advisor to the President's Council on Physical Fitness & Sports. He is the founder and international

President Emeritus of the National Academy of Sports Medicine (NASM).Dr. Goldman is an Emeritus Board Member for the US Sports Academy and Chairman of their Board of Visitors.

**Goldman's Contribution to Medicine**

Dr. Bob served as the Co-Founder and Chairman of the Board of Life Science Holdings and Organ Inc. biomedical research & development companies. Dr. Goldman has played a part in over 150 medical patents in the areas of brain resuscitation, trauma and emergency medicine, organ transplant, and blood preservation technologies. One of the many accomplishments of Dr. Bob was to oversee the research agreement development programs in association with the American National Red Cross, NASA, e and the Department of Defense. Dr. Goldman authored over 40 books and hundreds of scientific and lay articles. As Co-Founder and Chairman of the American Academy of Anti-Aging Medicine (A4M) with outreach to over 120 nations, his organization has trained over 150,000 medical specialists since 1992. He developed Board Certificate Exam in Anti-Aging/Regenerative Medicine. He has developed board certificate exams in anti-aging, regenerative and sports medicine and has overseen Post-Doctoral Medical Education programs for the last 25 years.

The International Olympic Committee President presented Dr. Goldman, with the International Olympic Committee Tribute Diploma, for his contributions to the development of Sport & Olympism.



“Great people, no matter their field, have similar habits. Learn them and use them in your own quest for greatness  
- Paula Andress



**Dr. Robert Goldman &  
Arnold Schwarzenegger**

