

5th Helping The Best To Get Better - Seminar

The seminar we organized was a great success. Of course I am biased, but having been in the audience, speaking myself and organizing seminars etc. for almost 50 years, it was great to again present high-quality speakers, unique topics and receiving super positive feedback from the audience.

Gerrit Keferstein, medical doctor, spoke about the effects and potential of controlled use of psychedelics for elite athletes. Not for direct performance-enhancing effects, but to modify mental limitations for high performance. Elite athletes are humans too, sometimes suffering from fear, anxiety, depression, lack of creativity, mental rigidity, etc. An eye-opener for many people in the audience and food for thought.

Nikita Filippov, ex-world class athlete from Kazakhstan, talked about the education of coaches and came to the conclusion that a lot of work still needs to be done. His questionnaire completed by more than 400 coaches and athletes, it appeared that many coaches did not get follow-up education nor updated their knowledge in the last few years. They mainly rely on their own experience and social media for information. This obviously is a problem and Nikita presented some solutions.

Justin Kavanaugh, one of the most experienced sprint coaches in the world, gave a dynamic presentation about how he managed the process from seriously injured world-class athletes back to world class performances, using a multitude of methods and means for recovery. Most of these were unknown to the audience.

Carson Goldsmith, professional baseball player, introduced a new system for treatment of injuries by electric modulation of the nervous system in such a way that dynamic exercise is possible during therapy.

Ronell Rosier, my own pupil, got inspired by her own bachelor thesis about a group of natural substances that could potentially be used in the therapy for sarcopenia, and the loss of muscle mass as a result of aging. She introduced her own brand-new product, Flourish 580, and explained the history, its origin and its use.

Undersigned spoke about the use of adaptogens and its use in elite sport. Adaptogens are natural substances that help us to deal better with a wide range of stressors.

We are all looking forward to our next seminar, somewhere spring 2023.