



Jaroslav Boublik completing the Melbourne Marathon in 1993.

FOR OVER TEN YEARS I LIVED MY LIFE IN THE regimented world of modern scientific research. I travelled widely, specialised in neuroendocrinology - the study of the central nervous system hormones and their receptors - and achieved various honours in my profession, including a Fulbright Fellowship and a postdoctoral fellowship at the Salk Institute in San Diego. This was my life and there was never a moment that I doubted my passion or belief in science and what it could enable us to do.

But I had no idea at the time that my life was to be turned upside down. It began in late 1992, during my preparation for the Melbourne Marathon, which was to be run in June the following year. I was experiencing real difficulty. During training runs I was struggling at about the 20km point; despite drinking along the way and attempting to preload with water and sports drinks prior to the runs, I would suffer profound dehydration. The common term is "hit the wall" and hit it I did! No matter what I did I wasn't able to keep sufficient fluids in my body; I would lose all energy



*Dr Jaroslav Boublik completed his initial training in classical medical research before turning his interest to complementary medicine 7 years ago. He is currently Scientific Director of Wild Medicine, a complementary medical research and development consultancy.*

by JAROSLAV BOUBLIK



