AXIS
LONGEVITY MEDICINE

PANAMA



CLINICAL PROTOCOL · MOTORSPORT

Race performance and recovery

A physician-led program that prepares your body to fight for pole position and the podium, then rebuilds it after the checkered flag.

01 The demand

02 How it works

03 Race timeline

04 Getting started

Informational document. Treatment is prescribed only after a medical assessment.

The truck is prepared for months. So is the driver.

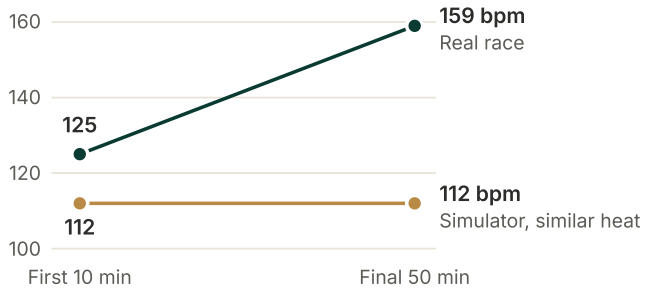
Desert endurance racing runs past 800 miles and 16 hours at race pace, over terrain that never stops hitting back. Heat, impacts and hours of total concentration decide the result as much as horsepower.

Measurements taken inside real race cars show what the body is doing while the driver looks still: a heart working near its limit, a rising core temperature and no chance to rest.



What a race does that a simulator does not

Average driver heart rate during a one-hour stint, beats per minute



85% of maximum heart rate, held late in the stint

101 °F core body temperature (38.5 °C)

106 °F average cockpit temperature (41 °C)

Measured in professional sports-car drivers over one-hour stints; desert racing adds many more hours, vibration and impacts. Source: Holland, Davis and Ferguson, Frontiers in Sports and Active Living, 2025.

WHERE THE BODY GIVES FIRST

Heat strain

Hours inside a fire suit and helmet with nowhere to shed heat.

Energy reserve

A cardiovascular effort close to an endurance athlete's.

Joints and spine

Constant impact and vibration through neck, back, shoulders and wrists.

Focus

Reaction and judgment fade last, and cost the most.

Three systems, one race plan

Your physician builds the plan from three components, each aimed at a different system of the body. They are dosed and timed around your race calendar. Before the race, the goal is to arrive with tissue, energy and focus at their best. After it, the same plan turns to repair.



Tissue repair

Two repair agents applied together: one works at the site of strain, the other across the whole body.

BEFORE THE RACE

— Supports tendons, ligaments and muscle under training load

— Helps settle lingering strains before race week

AFTER THE RACE

— Supports repair of tissue stressed by impact and vibration

— Helps bring post-race inflammation down

Metabolic endurance

Acts on the cell's energy sensor, the same pathway endurance training switches on.

BEFORE THE RACE

— Supports how muscle uses fuel during long efforts

— Complements your conditioning and heat training

AFTER THE RACE

— Supports metabolic recovery after prolonged exertion

Cellular energy

Replenishes a molecule every cell uses to turn nutrients into energy.

BEFORE THE RACE

— Supports energy reserves going into race week

— Supports mental clarity and sleep quality

AFTER THE RACE

— Supports cellular repair and the return of normal energy

THE PLAN AROUND THE MEDICATION

— Heat acclimation and a hydration strategy

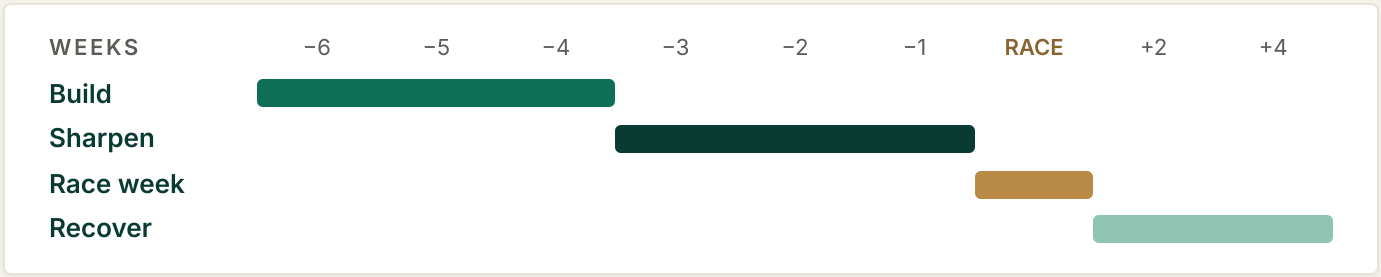
— Neck, core and grip conditioning guidance

— Sleep plan for race week and night stages

— Lab markers reviewed before and after the race

The protocol supports preparation and recovery and does not replace training, hydration or rest. Individual results vary.

Before the green flag. After the checkered flag.



6 WEEKS OUT

Baseline assessment

History, past injuries, lab work, body composition, sleep and training load. Eligibility and dosing are defined here.

WEEKS 6 TO 4

Build

The protocol starts alongside your training. Focus on tissue resilience and the body's energy systems.

WEEKS 3 TO 1

Sharpen

Dosing is adjusted to your response. Heat, hydration and sleep plans are locked in.

RACE WEEK

Hold

Nothing new is introduced. A pre-race check with your physician confirms you are ready to start.

4 WEEKS AFTER

Recover

Repair-focused phase, review of markers and a plan for your next race.





We prepare you to chase pole position and the podium. Then we help you recover from the win.

04 · GETTING STARTED

Recovery is part of the result

The race ends at the finish line. The work on your body does not. The weeks after a race decide how soon you train again and how you arrive at the next start.



INCLUDED EACH MONTH

— Complete dosing for the month

— Follow-up consultation with your physician

— Dose adjustments as your race date approaches

— Pre-race check and post-race review

— Direct line for questions and side effects

BUILT FOR

— Drivers and co-drivers

— Racers carrying old strains into a new season

— Teams that want physician-led preparation

NOT FOR

— Acute injuries that need urgent care or surgery

— Anyone whose medical history rules it out

— Replacing training, hydration or sleep

The cost of the program is set after your assessment, according to the components your physician prescribes.

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Message us to schedule a day and time.

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