The Ascent

OCTOBER 17, 2026

EDITIONS



EDITORIAL ILLUSTRATION / AN ARTISTIC INTERPRETATION

Strength is something we keep making.

MOVEMENT / RECOVERY / THE LONG GAME

The full original issue follows, with its articles and sources preserved.
Editorial review copy. This illustration update is not a new evidence audit.

ARISING HEALTH

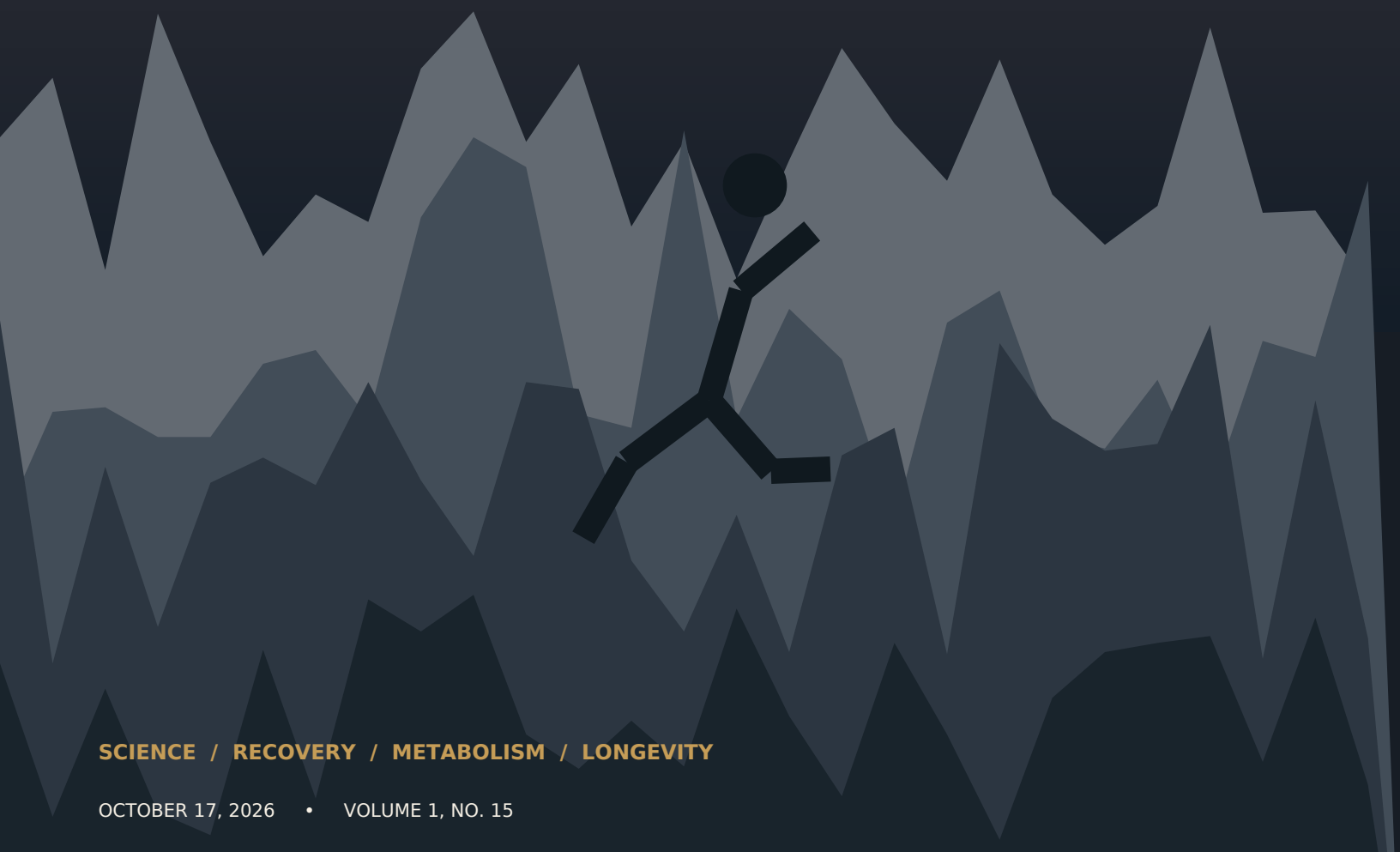
ATHLETE EDITION

The Arising

THE ASCENT

BUILT TO GO FURTHER.

Performance today. Healthspan tomorrow.



SCIENCE / RECOVERY / METABOLISM / LONGEVITY

OCTOBER 17, 2026 • VOLUME 1, NO. 15

THE ATHLETE LENS

The long game is the real game.

Athletic performance is not only what you can do this season. It is what your body can still do in twenty years. This special edition revisits the October 17 issue of The Arising through that lens: recovery, metabolic health, brain resilience, bone biology and the frontier of aging science.

THE EVIDENCE CONTRACT

We distinguish controlled trials from uncontrolled interventions, observational associations, reviews and animal studies. A promising mechanism is not a training prescription. No source in this issue establishes that an intervention extends athletes' lives or improves their competition results.

THE ROUTE

01 Recovery and the sleep signal

02 Fuel, liver fat and muscle

03 Biological age: what the clock really knows

04 Bones, NAD+ and the laboratory frontier

05 Brain health, teams and purpose

06 The training-science briefings

07 Markets, tools and what comes next

RECOVERY / OBSERVATIONAL

When a nap is a signal, not a strategy

RECOVER WITH CONTEXT

OBSERVATIONAL • 995 OLDER ADULTS • ASSOCIATION, NOT CAUSATION

WHAT THE RESEARCH FOUND

In a US cohort of 995 older adults without possible or probable dementia at baseline, frequent napping was associated with a higher subsequent hazard of possible or probable dementia (HR 1.48; 95% CI 1.14–1.94). Unintentional napping was also associated with higher hazard (HR 1.39; 95% CI 1.06–1.81).

THE ATHLETE INTERPRETATION

For athletes, the relevant distinction is between planned recovery and unexplained sleepiness. This study did not enroll athletes, measure performance, or show that eliminating naps prevents dementia. Persistent unplanned daytime sleepiness can justify discussing sleep quality and potential medical causes with a clinician.

SOURCE & EVIDENCE STATUS

Original issue pp. 2–4; Journals of Gerontology Series A (2026).

METABOLIC FITNESS / UNCONTROLLED TRIAL

A plant-forward diet, less liver fat—and a big caveat

METABOLISM ≠ PERFORMANCE

SINGLE-ARM TRIAL • N=25 • NO RANDOMIZED COMPARATOR

WHAT THE RESEARCH FOUND

Twenty-five adults with type 2 diabetes followed a low-fat vegan diet for 16 weeks. Mean weight fell 6.0 kg and liver fat fell approximately 33% relative to baseline. The participants received dietary support, but there was no control group.

THE ATHLETE INTERPRETATION

The athletic question is not simply whether weight falls, but what happens to energy availability, training quality and lean tissue. This trial did not measure athletic performance and cannot separate dietary composition from reduced calorie intake and weight loss. The original report also notes possible lean-mass loss.

SOURCE & EVIDENCE STATUS

Original issue pp. 10–12; BMJ Open Diabetes Research & Care (2026).

AGING BIOLOGY / ANIMAL OBSERVATION

Can an epigenetic clock measure the long game?

MEASURE WHAT MATTERS

OBSERVATIONAL • 894 DOGS • NOT HUMAN VALIDATION

WHAT THE RESEARCH FOUND

A Science study assessed 1,640 samples from 894 dogs. The authors reported a DNA-methylation clock associated with mortality and faster molecular aging in larger and male dogs.

THE ATHLETE INTERPRETATION

Biological-age measurements are intriguing, but a group-level relationship with mortality does not validate an individual athlete’s score, and this dog study does not show that changing a clock changes health outcomes in humans. Performance tests and clinical outcomes remain different questions.

SOURCE & EVIDENCE STATUS

Original issue pp. 8–9; Science (2026).

BONE RESILIENCE / PRECLINICAL

Old bone marrow, NAD+ and the limits of supplements

MECHANISM ≠ MEDICINE

PRECLINICAL • ANIMAL/LAB MODELS • NO HUMAN BENEFIT SHOWN

WHAT THE RESEARCH FOUND

A preclinical study described an aging marrow pathway in which fat cells and macrophage inflammatory signaling increased CD38 activity, reducing the availability of NMN to neighboring bone-forming cells. In experimental models, combined STING inhibition and NMN attenuated bone loss.

THE ATHLETE INTERPRETATION

This is a mechanism worth following, not an athlete-ready recovery or bone-health protocol. The original report did not establish human efficacy, an effective supplement dose, or whether the combination outperforms either component alone.

SOURCE & EVIDENCE STATUS

Original issue pp. 13–14; Advanced Science (2026).

COGNITIVE LONGEVITY / OBSERVATIONAL

The protective potential of showing up for others

BELONGING IS PART OF HEALTH

OBSERVATIONAL • 17,972 ADULTS • RESIDUAL CONFOUNDING POSSIBLE

WHAT THE RESEARCH FOUND

An observational analysis of 17,972 adults from the Health and Retirement Study associated sustained formal volunteering with slower cognitive decline among APOE ε4 carriers. The association appeared even at modest commitments, up to four hours weekly.

THE ATHLETE INTERPRETATION

Sport is also community. Coaching, mentoring and belonging may be worthwhile independent of any biological effect. But this study did not test athletes, assign people to volunteer, or prove that helping prevents Alzheimer’s disease.

SOURCE & EVIDENCE STATUS

Original issue pp. 5–7; Alzheimer’s & Dementia (2026).

SELECTED BRIEFS / DIRECT SOURCE ADAPTATIONS

The science beneath the training.

A curated sample from the original issue’s 184 briefs. These items are not ranked as interventions for athletes; each is identified by study type and population.

SLEEP & CIRCADIAN / Irregular sleep rhythms and mortality

Wrist-worn activity data from 3,061 US adults with cardiovascular-kidney-metabolic syndrome linked fragmented daily rhythms and variable sleep timing to higher all-cause mortality. Observational; not an athlete trial.

Sleep Health (2026-10-09)

SLEEP & CIRCADIAN / Cannabis for sleep: evidence remains limited

A review found little objective evidence for sleep benefit or safety among adults over 50; most experiments involved younger adults. A review, not a positive intervention trial.

Journal of Cannabis Research (2026-10-09)

METABOLIC BIOLOGY / Exercise and protein lactylation

A review explored whether exercise-related lactate signaling alters protein lactylation and cellular metabolism. Mechanistic synthesis; no new clinical trial data.

Molecular Medicine Reports (2026-10-09)

SELECTED BRIEFS / CONTINUED

Signals worth watching.

METABOLIC BIOLOGY / Autophagy and liver glucose in mice

Blocking autophagy reduced liver glucose production in mouse experiments, with a role for Foxo1. No human training or nutrition implication established.

Diabetes, Obesity & Metabolism (2026-10-09)

METABOLIC BIOLOGY / Intermittent fasting and liver lesions in rats

Intermittent fasting reduced early liver lesions in a rat cancer model. These data cannot establish human cancer prevention or an athletic fasting protocol.

Journal of Histochemistry & Cytochemistry (2026-10-08)

SLEEP & TECHNOLOGY / Sleep ECGs and long-term cardiovascular risk

A deep-learning model using sleep-study ECGs was associated with future cardiovascular outcomes in hospital cohorts. Predictive association is not evidence that the model improves care.

Sleep (2026-10-09)

A NOTE ON THE SOURCE ISSUE

The source groups additional briefs under VO2 max and zone 2 training (12), exercise as medicine and longevity (13), proteins and amino acids (11), and mitochondria and cellular energy (13). Their individual findings should be interpreted by study design before being translated into training guidance.

STRATEGY / THE ATHLETE ECONOMY

The business of staying capable.

An oral GLP-1 moves toward Europe

The original issue reports a positive EMA committee opinion for Lilly’s orforglipron, pending a European Commission decision. Relevance to athletes: metabolic treatment access and questions about body composition, not evidence of performance enhancement.

AI drug discovery advances

BioAge and Deep Origin reported laboratory-confirmed early drug hits in a collaboration targeting aging-related cardiometabolic disease. Hit identification is a discovery milestone, not a proven therapy.

Whole-body scanning arrives in the US

The source issue reports Neko Health’s US launch and a large waiting list. Screening enthusiasm should be separated from demonstrated improvement in patient outcomes.

Tau-silencing: promising biomarker, uncertain benefit

The original report describes company-reported early reductions in spinal-fluid tau in healthy volunteers; its research desk had not independently retrieved the primary data. No cognitive or athletic benefit has been demonstrated.

THE ASCENT / EDITORIAL CONCLUSION

Train for the decades, not just the day.

The athlete edition has one organizing principle: distinguish a biological signal from a proven intervention. Today’s reporting offers useful questions about sleep, nutrition, aging biomarkers, bone biology and social connection. It does not provide a new validated performance program.

QUESTIONS TO CARRY INTO YOUR NEXT TRAINING BLOCK

- Is my daytime sleepiness planned recovery—or a new unexplained change?
- Am I evaluating nutrition by performance and lean mass, not scale weight alone?
- Does a biological-age number predict anything meaningful for me?
- Am I treating preclinical supplement findings as hypotheses rather than prescriptions?
- Does my sport connect me with people, purpose and a longer horizon?

EDITORIAL NOTE

This special edition is adapted from The Arising, October 17, 2026, Vol. 1 No. 15. It preserves the parent issue’s limitations and labels interpretation separately from findings. It is not personalized medical advice. Consult an appropriate clinician before changing treatments or medication.