

THE GILLETTE DISCOVERY

There are all kinds of discoveries.

Some bring emotion, some curiosity, some anger, some laughter, some genuine interest. In short, they all create emotional moments that leave behind unforgettable memories.

The most human discoveries are often those made inside a relationship, when a couple discovers the existence of the dreaded third wheel: the lover.

And sometimes they hope the discovery ends there.

Instead, the plot thickens when they discover the lover is of the same sex, and suddenly the battle is no longer with another person but with their own ego. The first question arrives instantly:

Where did I go wrong?

The most famous discoveries are those linked to science: a revolutionary therapy, a miracle drug, a breakthrough that promises eternal life.

Only later do we discover that someone was simply reaching into our pockets.

Not because they were a magician.

Not because they were an illusionist.

But because they possessed a wonderful gift: the ability to make us dream, armed with a university degree and an excellent marketing department.

Then we have financial discoveries.

And here Mr. Elon Musk is a true master.

Entire groups of workers wake up one morning to discover that some bizarre twist of the financial universe has transformed them into rich people overnight.

Without even mentioning the day thieves break into your house and you discover they have stolen the GOLDEN VIBRATOR—the first and only talking version in history, proudly owned by an insatiable wife—while leaving behind a brand-new ROLEX DAYTONA, still sitting untouched in its original box on the desk.

Some discoveries simply defy logic.

But the discoveries nobody ever talks about are the accidental ones.

The discoveries that arrive quietly.

The ones we ignore because they seem too ordinary, too obvious, too cheap to be valuable.

After all, people rarely value what is simple. They value mystery. They value the question of why.

So far, nothing new.

Everything I have mentioned belongs to the world we already know.

But today I want to tell you about a friend.

A shy little hero that saves lives without asking for recognition.

A natural lifesaver that, according to legend, could send vampires running for the hills.

Ladies and gentlemen:

GARLIC.

Ahahahahah!

When I found myself living in a shelter, hungry and without money to buy food, watched by others because I had officially joined the ranks of the needy, a young Brazilian man gave me a piece of advice.

“Start eating garlic,” he said.

Then he explained why.

He believed it would act like a natural antibiotic. He said it could help circulation, support the cardiovascular system, and keep the body functioning when life was offering very little else.

But his real point was much simpler.

He told me it would help reduce the constant feeling of hunger.

And once hunger stopped dominating my thoughts, my brain could focus on a new priority:

finding a way out of the tunnel.

Whether it was science, belief, desperation, or a combination of all three, I cannot say.

What I can say is that it worked for me.

It worked so well that in the months that followed I recommended it to friends and relatives.

Then came the statistic that truly surprised me.

The first people to thank me were not my friends.

They were their wives.

Apparently, garlic had made a noticeable impression on the gentlemen's enthusiasm for life.

The women were grateful.

Very grateful.

Curiously, nobody ever complained about bad breath.

Nobody mentioned the smell.

Nobody talked about garlic odor invading the atmosphere like a biological weapon.

They talked only about one thing:

It worked.

Just like honest writing works.

A story that tells the truth often succeeds without expensive packaging, without advertising campaigns, and without corporate sponsors.

It simply does its job.

Leaving deception to those who have built entire businesses on selling dreams...

with no garlic included.

Ferdinando

P.S.

If, after reading this article, you decided to try garlic and now find yourself sitting in the bathroom for a few extra minutes, know that this is not a side effect.

It is the chapter I decided to give you for free.

It doesn’t last long, it cleanses the body and somehow puts the soul back in order.

After all, every great discovery requires a small sacrifice.

Ferdinando Frega