Doctor PN.™



PHYSICIAN · COACH · MOVEMENT

Biology. Mindset. Purpose.

An integrated system for male transformation built on science, mindset and purpose. As a physician I teach you your biology. As a coach I train your mindset. Through Mens con Propósito™ we build complete men.

MEDICAL EDUCATION | COACHING | COMMUNITY | SPEAKING

WHO IS BEHIND IT

Physician, coach and founder of a movement.



I'm Paulo Navarrete. Medical doctor and Urology specialist — degree and medical license in Venezuela—, founder and CEO of Mengenics and of the Abraham Project™. My mission is to build an integrated platform for male transformation: medical education, coaching and community.

I was born in Maracay, Venezuela. Behind me there's a complete medical training, fifteen years between the operating room and the consultation room, and one observation that repeats in every patient: the man arrives late. Late to the urologist, late to the fertility workup, late to the hormone panel. And when he finally arrives, he brings years of fatigue, bad information and silence with him. That silence is what I came to break.

Degree	Medical doctor · Universidad de Carabobo (2000–2007)
Specialty	Specialist in Urology · Universidad de Carabobo (2011–2013)
Licensure	Venezuelan medical license No. 73.551 · Specialist registration in Urology, MPPS/SACS
Certifications	Surgical Assistant–Certified (ABSA) · ACLS and BLS Provider (AHA) · Maxwell Leadership Certified Member
Memberships	SIU · Sociedad Venezolana de Urología · CAU · AUA (international membership)
Research	More than 25 papers presented at national and international congresses
Languages	Native Spanish · full professional English

Notice. Dr. Navarrete holds a medical license in Venezuela and is not licensed to practice medicine in the United States. All Doctor PN content is educational: it does not constitute medical advice, diagnosis or treatment, and it does not create a doctor–patient relationship.

THREE FRONTS · ONE MAN

I don't treat symptoms. I build men.

A man doesn't break because of one lab value out of range. He breaks when his biology, his mind and his purpose pull in different directions. That's why the work happens on three fronts that hold each other up.

01 · MEDICAL EDUCATION

Men's health

Hormones, fertility, sexual health, prostate and longevity explained by a physician trained in urology — with evidence and without hype.

02 · PERSONAL DEVELOPMENT

Coaching

Discipline, leadership, habits and command of your own mind. Personal development — not psychotherapy.

03 · COMMUNITY

Mens con Propósito™

A brotherhood of men who commit to their transformation together: circles, events and shared mentorship.

The M.E.N.S.™ System

The framework the whole body of work rests on. A man doesn't break all at once — he goes out of alignment piece by piece, until he stops operating at his level.

M
Mind
Command and self-government

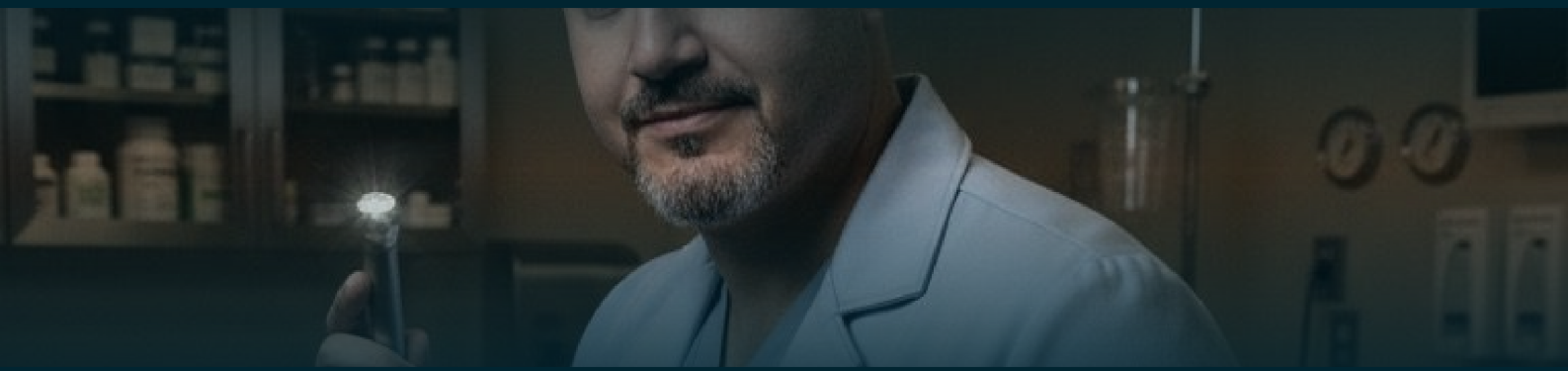
E
Energy
Vitality and vigour

N
Nobility
Strength in service of something larger

S
Wisdom
Purpose and legacy

> "A man's health isn't only about living longer. It's about living with power, clarity and purpose."

— Paulo Navarrete



MEDICAL EDUCATION · UROLOGY AND ANDROLOGY

Everything a man should be able to ask.

The topics that generate the most silence in consultation, explained at the same level of detail I'd give a patient — in an open, free format.

HORMONES

Hormone optimization

Total and free testosterone, SHBG, estradiol, prolactin, LH/FSH, cortisol and thyroid: how they read together.

FERTILITY

Male fertility

The semen analysis step by step, motility, morphology, DNA fragmentation and varicocele.

SEXUAL HEALTH

Sexual function and desire

Erectile dysfunction of vascular, hormonal or psychogenic origin; premature ejaculation; low desire. Find the cause before medicating.

PROSTATE

Prostate and metabolism

Hyperplasia, PSA without alarmism, screening by age and risk, and the link between prostate, weight and insulin.

LONGEVITY

Male longevity

Sleep, strength, VO_2 max, body composition and supplementation with evidence behind it. What actually moves the needle.

EVIDENCE

Peptides & biohacking

What the literature says and what survives a serious reading, with an explicit evidence hierarchy.

ABRAHAM PROJECT™ · MALE FERTILITY

Half the problem is male.

In a large share of couples struggling to conceive there is a male factor involved — and even so, the man is studied last. Starting there saves time, money and wear.

- Semen analysis: concentration, motility and morphology
- What the DFI is and why it isn't on the standard report
- The five Abraham profiles and the route each one takes
- Why any serious re-evaluation waits 90 days

MALE LONGEVITY

Ageing is inevitable. Burning out isn't.

The longevity industry sells molecules; the literature keeps pointing at the same handful of variables — unphotogenic and hard to monetise.

- Strength and muscle mass
- Aerobic capacity (VO_2 max)
- Sleep: duration, continuity and timing
- Metabolic health and the hormonal axis
- Relationships and purpose

DOCTOR PN ACADEMY

Six ways to learn with me.

FREE · IN PREPARATION

Podcast

Long-form conversations on men's health, mindset and faith. In the meantime, short pieces on YouTube.

FREE · WEEKLY

Newsletter

A study broken down, a practical protocol and one idea for the week. No filler.

DEPTH

Masterclasses

Single-topic sessions of 60 to 90 minutes, with downloadable material and a live Q&A.

COMPLETE WORK

Books

The Doctor PN™ saga plus the longevity and fertility titles. Published in Spanish.

LIMITED SEATS

Mentorship and programs

For when learning on your own stops being enough and you need structure, deadlines and a standard.

LIVE

Talks and workshops

Companies, medical conferences and universities. In person or virtual, in Spanish and English.

THE BOOKS · GLOBAL LEGACY PUBLISHING

The Doctor PN™ saga

- **El Hombre Recalibrado** — the complete M.E.N.S.™ System. Out first.
- **El Hombre que Dura** — longevity, hormones and performance.
- **El Hombre que Lidera** — earned authority and decisions under pressure.
- **El Hombre Presente** — fatherhood, partnership and real presence.
- **El Hombre en Paz** — interior life, meaning and reconciliation.
- **El Hombre que Deja Huella** — legacy.
- **40 a los 80 · Sueño y longevidad · Proyecto Abraham**

Written in Spanish. English editions to follow.

COACHING · 2026 PROGRAMS

Choose your level of commitment.

- **Level 1 · Recalibration** — an 8-week group program with live sessions and weekly cohort review.
- **Level 2 · High performance** — 12 weeks, hybrid: group sessions plus one-on-one work.
- **Level 3 · 1:1 mentorship** — individual work with founders and executives. Limited seats, by application.

All three share the same framework; what changes is depth, support and pace. These are personal development services — not psychotherapy or mental health care.

SPEAKING · BOOKING

Six talks, three audiences.

Each talk adapts in depth and language to the audience: clinical teams, corporate audiences or a general public.

MEDICAL · CONFERENCES

The man who arrives late

Why the male patient presents years after symptom onset, and how a clinical team can close that gap. 45–60 min.

MEDICAL · CONFERENCES

Andrology for non-andrologists

Hormone panels, fertility and sexual function for primary care and multidisciplinary teams. 60–90 min.

CORPORATE

Energy, sleep and performance

What actually drives a team's energy: sleep, workload, recovery and habits that hold. 45–60 min.

CORPORATE

Leading without burning out

Energy management, decisions under pressure and the invisible cost of sustained high performance. 45–60 min.

COMMUNITY · GENERAL

Men of one piece

Coherence between what a man believes, says and does. Values, body and responsibility. 40–60 min.

COMMUNITY · GENERAL

Present father

Fatherhood, health and legacy. What children actually receive from a man who takes care of himself. 40–60 min.

LOGISTICS

- **Formats** — keynote, workshop or panel, 40 to 90 minutes
- **Delivery** — in person or virtual, Q&A included
- **Languages** — Spanish and English, bilingual materials available
- **Lead time** — 6 to 8 weeks ideal

CONTACT

A talk people actually remember.

Serious clinical content, direct language, and a message the audience takes home.

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LEGAL NOTICE. All Doctor PN content is strictly educational and informational. It does not constitute medical advice, diagnosis, prescription or treatment, and it does not create a doctor–patient relationship. Coaching programs and the Mens con Propósito™ community are personal development and peer-support services; they are not psychotherapy or mental health care. Dr. Navarrete holds a medical license in Venezuela and is not licensed to practice medicine in the United States. Always consult a professional licensed in your jurisdiction before starting any protocol, supplement or treatment.