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Now that he took off his clothes, he could see that there was a clearly visible fist mark on his chest, and there was blood oozing out around him, which looked particularly scary.

Lin Ziming had been standing under the shower, the cold water was constantly washing his body, motionless, as if he was asleep.

In fact, he used his consciousness to enter his body, control his true qi, and slowly repair these injuries.

This is a skill that he only mastered after breaking through the innate realm. In a sense, it was a bit like the “introspection” in the Taoist family.

The human body is the most sophisticated machine. Any action of the human body will cause more or less damage to the human body. When you are young, the cells are healthy and active and can be actively repaired.

But once you get older, the cells are too old and lose their vitality, and it is difficult to repair them. Over time, people become older and worse, their physique worsens, and their immune system decreases, making them easy to get sick and even die.

After breaking into the innate realm, cell activity is greatly enhanced, damage can be repaired quickly, and it is not easy to get old. Especially after learning to ‘introspect’, this ability is even more improved.

It is no exaggeration to say that Lin Ziming can at least maintain his peak to 60 years old, or even longer! And his life span will also be greatly increased, this is the real charm of Innate Realm.

After all, no matter how rich a person is, no matter how much he can fight, he will not be able to sustain the baptism of years. When he gets old, he still has to turn into a cup of loess.

Now Lin Ziming is not only improving his own strength and intelligence through cultivation, but in a sense, he is also fighting against the sky.

He believes that when the legendary King Kong is indestructible, the life span will increase even more, and it may not necessarily be 200 years old!

Two hundred years old, what a long time this is...

Lin Ziming feels that when he has reached this point, he is no longer just a good martial arts master. He is more of a scientist and even a biologist, exploring the limits of the human body through his own experiments.

Lin Ziming took a full bath for an hour before finishing the bath. By the time he finished the bath, his injuries had healed a lot and he had recovered 80% of his peak strength.

If you take a good rest tonight, you will be able to recover to 90% tomorrow, and 100% the day after tomorrow.

And this time, after his fight with Gu Xuan, it has greatly helped his cultivation. Although his realm has not been improved, his fighting ability has improved by at least one level. The understanding of fighting has

become more profound. He has confidence. If a master at Gu Xuan's realm comes out now, he can easily defeat it, and he will not suffer any harm.

After coming out, mother-in-law Liu Suhong had just finished the dinner, and he came out very soon.

Since his father-in-law and mother-in-law knew his identity, now he seems to have become the head of this family, and even Chu Huaxiong has to look at his face.

Lin Ziming didn't know anything about this.

After eating, what Lin Ziming worried most happened. Chu Fei and Qin Yao had a very speculative chat and really left Qin Yao to stay overnight...