



Dr. Sears'

CONFIDENTIAL CURES

Your Guide to Truth and Lies in
Medicine from Around the World

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Two Secrets That Give You High Performance Brainpower

Recently a Harvard professor restored old, shrunken brains to their normal, youthful size.

He said, *"It was akin to a Ponce de León effect..."*

Referring to the Spanish explorer who sought the mythical Fountain of Youth, Dr. Ronald DePinho revealed the details of his groundbreaking experiment in the Harvard Gazette.¹

"When we flipped the telomerase switch on and looked a month later, the brains had largely returned to normal."

As a professor of genetics from Harvard Medical School and the director of applied cancer science at the Boston-based Dana-Farber Cancer Institute, Dr. Ronald DePinho was thrust into the limelight when the near-miraculous results of his therapy gave new life to the aging brains of the animals in his lab.

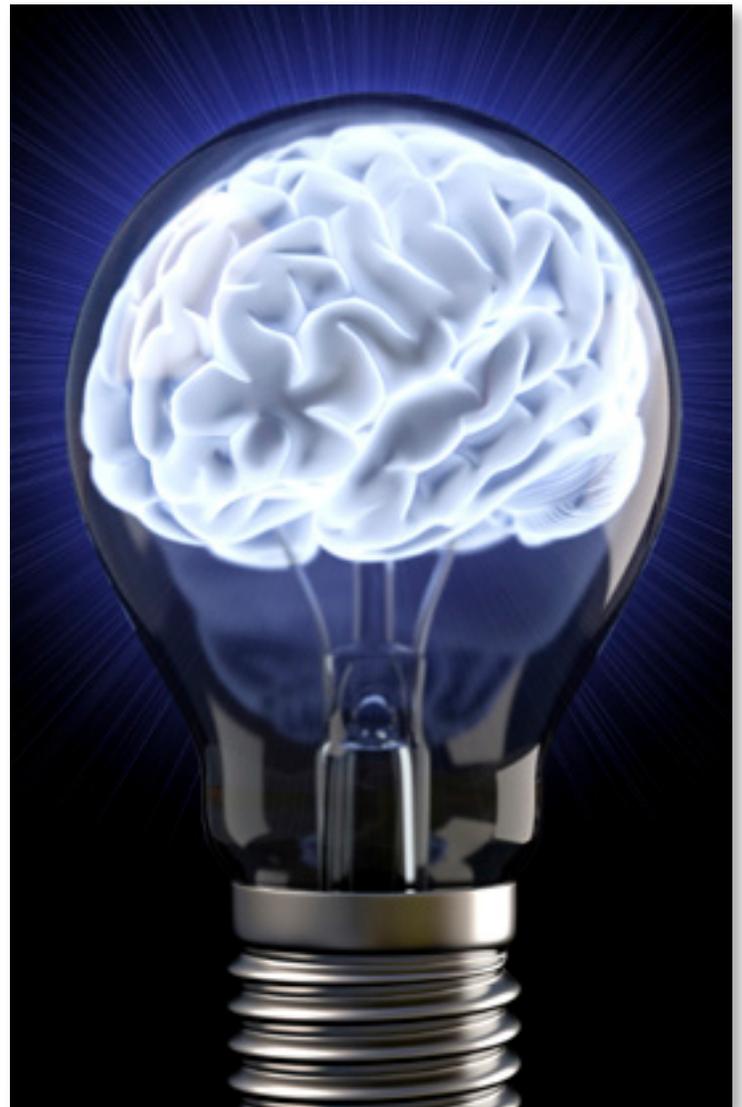
Restoring an old, shrunken brain to normal size would have been headline news all on its own. But there was more to the story.

Dr. DePinho's team of researchers discovered the animals could move faster and think better simply by having their telomerase turned on.

The animals' rejuvenated brains gave birth to new nerve cells, developed new layers of the protective myelin sheath that surrounds nerve cells, and awakened slumbering brain stem cells so they could produce new neurons.

In other words, Dr. DePinho's therapy transformed faulty, aging brains into youthful, high-performing brains you might expect to find in a teenager.

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How does it work?

Telomerase is the enzyme that rebuilds telomeres, the caps at the ends of your DNA that tell your cells, and therefore your body, how old to act.

Research into telomeres and how telomerase works is so revolutionary, it won the Nobel Prize for medicine in 2009.

Today, I'm going to show you how to tap the remarkable power of your telomeres *so you can use this very-same technology to restore and recharge your own brain.*

By slowing down the loss of your telomeres, you not only extend your brainpower, you stay younger longer. But as the telomere gets shorter, your body produces cells that are older, weaker and more decrepit.

It's programmed old age for your brain... complete with all the telltale problems like memory loss, dementia and Alzheimer's.

In fact, the shorter your telomeres, the "older" your brain is, regardless of your actual age. In this way, your telomeres "tell" or instruct your brain cells how to behave based on how short they are.

But when you switch on telomerase and make telomeres longer, like Dr. DePinho did, you *regenerate your brain cells...* regardless of how old you are.

Just have a look at these study results.

Brains That Lost 25% Of Their Volume Return To Normal Size

When Dr. DePinho turned on the enzyme telomerase, the aging brains in the old mice returned to normal size.²

Here's something else... the aging brains that Dr. DePinho restored had a new, heavier layer of a very important covering known as the "myelin sheath."

This insulating, protective cover surrounds the nerve cells in your brain and helps shuttle the electrical impulses your brain cells use to communicate with each other.

You may have heard of the myelin sheath. Not only does it get thinner and more vulnerable as you age, it's also the target of the amyloid-beta plaques that build up in Alzheimer's patients. Broken down and damaged myelin

(demyelination) is also a hallmark of multiple sclerosis.

But miraculously, the myelin sheaths in the mice revived by Dr. DePinho, grew a new, heavier layer of this critical insulation.

This protective covering was fully restored after the telomeres in these rejuvenated mice became longer.

Dr. DePinho noticed other changes, too.

To test whether their newly-restored brains gave the mice new functional ability, researchers set up a maze to see if the mice would avoid a certain area when they detected the scent of a predator or a foul smell.

Remarkably, these mice regained their sense of smell.

When these mice were still "old," their olfactory nerve cells had atrophied and they had lost their survival skills. But once Dr. DePinho restored their brain function, their nerve centers regenerated and they were able to negotiate the maze with ease.

Even their memories and overall awareness improved.

Now keep in mind, NEVER in the course of history has anyone accomplished something even close to this. Previously, only in science fiction novels could you hope to resurrect dead brain cells. In the real world, it was pure fantasy.

Today, this "miraculous" event is not only doable, it's something you can actively pursue yourself. Given the right nutrients, you can start the process of maintaining your telomeres and regenerating your aging brain.

For the first time, you have the potential to avoid the painful and debilitating loss of cognitive function by restoring the youthful characteristics of your own brain.

There are two very effective and powerful ways to do this that I use with my own patients.

The first is a simple amino acid that can help you...

1) Create New Brain Cells

Decades ago, we were taught that your brain has a "set" number of brain cells. Remember hearing that once your brain cells died, that was it? It made it sound like your brain

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was in a constant state of degeneration.

And that's true in part.

But here's the difference: Today, we know that you CAN grow new brain cells... AND new neural networks that ramp up your brain power no matter how old you are.

When you activate the enzyme telomerase, and add length to your shortening telomeres, it kicks your brain into a growth cycle that creates new brain cells through a process called *neurogenesis*.

You see, your brain already has a population of neural stem cells. These "progenitor cells" can differentiate into brain neurons. In turn, these new brain cells create new networks by using neurites, the "branches" that stretch out and connect with other brain cells.

But these stem cells need to be "activated."

And you can do this with *acetyl l-carnitine*. You won't hear about this high-octane IQ fuel from most doctors. But it's the key to brainpower.

It's not only a proven telomerase activator, it stimulates the process of neurogenesis by building new neural networks in your brain.

Here's how it works.

Studies suggest that ALC activates the human telomerase gene through a chain reaction that starts with the increase of Nerve Growth Factor.³

In just a moment, I'll explain why Nerve Growth Factor is so important and how it can help create a younger, faster, more responsive brain.

First, I want to show you why this particular amino acid is critical for keeping your mental edge.

ALC is the utility system for your vital organs. Your heart uses it in bulk to keep blood pumping. Your brain burns through it at lightning speed. Your liver and kidneys require it to work properly. Your sex organs thrive on it for optimum function.

Plus, 95 percent of all cells in your body rely on ALC to melt fat away. That's because ALC shuttles fat into your cells where it's used for energy, instead of being stored as fat.

The problem is your body can't make enough on its own. When scientists looked at levels of this vital nutrient in muscle tissue across a range of age groups, they found a "drastic reduction," in older folks.⁴

Rebuild a Better Brain

Studies show ALC keeps the mind from slowing down as time goes by. In fact it shores up your ability to recall words and names, follow what others are saying, and think and reason clearly. You'll never have to worry about those "senior moments."

That's because ALC ramps up production of a brain chemical called acetylcholine. This is a neurotransmitter that helps your brain relay signals between the neurons responsible for cognitive thought, focus, and memory.

Your brain needs more and more acetylcholine as it ages, but can't make more of it on its own. ALC makes up the difference, keeping those neurons firing literally at the speed of light.

As I mentioned, poor blood circulation is another reason your thinking can get fuzzy with time. Your brain cells aren't getting enough oxygen. Clinical evidence has shown that ALC keeps your brain's cellular engines powered up in spite of decreased blood flow.⁵

It's also a potent antioxidant. You've heard about free radicals. They cause damage by latching on to healthy cells, disrupting their natural functioning, changing their DNA, and even killing them.

It's a little-known fact, but free radical damage lies behind a lot of the gradual loss of brainpower that comes with aging. High-energy cells throw off a lot of free radicals. Because they use so much energy, your brain cells are particularly vulnerable.

ALC puts the brakes on free radical activity. It boosts production of adenosine triphosphate (ATP), the basic fuel every cell in your body needs to make and transport energy.⁶

Higher levels of ATP boost your metabolism at the cellular level and can help you to lose weight. It also literally reverses the age-related cell damage that can lead to brain fog.

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It even works in people who've already shown signs of senility or Alzheimer's.

The science proves it. Researchers recently looked at the effects of ALC in people with mild cognitive impairment and even early-stage Alzheimer's disease. With as little as 1.5 to 3 grams per day, they showed significantly improved brain function across the board after three months.⁷

As if that weren't enough, ALC boasts a long list of health benefits that go far beyond the brain. It's been shown to ramp up male performance and slow nerve damage in diabetics.^{8,9}

*There's even evidence that ALC can re-grow nerve cells.*¹⁰

That's because ALC helps slow the loss, and restore the function of **Nerve Growth Factor (NGF)**... a powerful protein that controls the growth and maintenance of your brain's neurons.

As your telomeres get shorter, there's a decline both in the production of NGF and the number of NGF receptors you have in your brain cells. And this decline leads to a drop in brain performance and opens you up to memory loss and dementia.

That's why those studies I mentioned earlier found a connection between short telomeres and memory problems, dementia, stroke and Alzheimer's.

Even more impressive, ALC boosts neurite growth an incredible **100 TIMES MORE** than NGF alone.¹¹ As we discussed, neurites are those "branches" that extend from the middle of the neuron and connect with other brain cells to form networks.

These neural networks are the key to a fast brain and alert mental state. The more networks you have and the faster these electrical impulses fire between cells, the clearer you can think and the better you remember.

I recommend at least 1,000 milligrams per day. And if you're feeling like you have memory concerns, or worse, you can safely take 3,000 mg a day.

A second way to protect your memory is with a special plant nutrient that can...

Telomeres are very sensitive to oxidative stress and the inflammation it causes.

Fortunately, there's a little-known flavonoid that helps your brain block inflammation and protects and repairs the DNA of your brain cells.

It's called **luteolin**. It's a unique brain cell guardian and memory improver.

You see, toxins and pollutants in the modern world assault your body all day with free radicals and chemicals that cause inflammation and DNA damage including telomere shortening. They can even hijack enzymes your body normally uses to protect your brain.

Luteolin can stop this process cold.

In one study, luteolin almost completely protected brain cells from free-radical damage and inflammation.¹²

In another study I was reading while researching for my upcoming book on cancer-curing plants, researchers looked at the components of the herb salvia, one of which is luteolin.

As I read further into the study I realized they had found something remarkable: luteolin was able to increase the body's cellular DNA repair mechanism. Even to the point of rejoining breaks in DNA strands.¹³

Another study treated brain cells with luteolin. Researchers wanted to see if it reduced inflammation, and if so, by how much. They were stunned when they saw that luteolin activated over 50 health-promoting genes. It also effectively blocked all inflammation, and also turned off genes that tell brain cells to die.

But, luteolin's benefits to your body go even deeper...

Remember the myelin sheath that protects your nerves? Luteolin can protect this nerve insulation from breaking down, helping you react quicker, move better and think faster throughout your life.

The unique structure of luteolin seems to help guard myelin against all biological and chemical attackers.

It also naturally stimulates your immune system and recruits it to help fight myelin breakdown.¹⁵

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2) Repair Your Brain And Think Faster

But, even people who are very knowledgeable about nutrients haven't heard about luteolin.

To help you get more of this brain-boosting nutrient, here are a few sources:

1. You can get luteolin from celery, green peppers, spinach, and artichoke, beets cauliflower and Brussels sprouts.
2. The herb thyme has a lot of luteolin, and parsley, sage, and rosemary have it, too. As do basil and peppermint.

Here's a handy chart to help:

Luteolin amt	Per	Food
51.00 mg	100 grams	Thyme, fresh
19.75 mg	100 grams	Spices, parsley, dried
11.33 mg	100 grams	Peppermint, fresh
5.11 mg	100 grams	Peppers, hot chili, green, raw
4.14 mg	100 grams	Pepper, serrano, raw
4.00 mg	100 grams	Rosemary, fresh
1.50 mg	100 grams	Lemons, raw, without peel

3. Chamomile and yarrow teas are loaded with luteolin. It's best to use the fresh leaves to make sure your tea still has as many polyphenolic compounds in it as possible.

4. A unique source of luteolin is from the resin bees use to make their honeycombs called propolis. You can find it in most health food stores. Every 100 grams of propolis has 58mg of luteolin.

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Curing This Hidden Heart Problem Could Stop A Stroke Or Heart Attack

Without ever knowing it, you could be at a **222% higher risk of stroke.**

It's a hidden problem. And unfortunately, your doctor may never have even looked for it.

Most of the heart patients I see for the first time already know that high blood pressure can silently kill them.

But an even worse problem can occur with something called **pulse pressure.**



The facts are scary:

- Having high pulse pressure increases your chance of dying from any cause by 69%.¹
- Pulse pressure is the strongest predictor of deadly heart events. People with high pulse pressure are much more likely to have a stroke, heart attack, angina, heart failure, or sudden cardiac death.²
- Just a small rise in pulse pressure raises your chance of death from stroke or heart attack by 20%.³
- You're much more likely to die after a stroke if your pulse pressure is elevated.⁴ What's worse is that if you've already had a stroke, an increase in pulse pressure is almost a sure sign you'll have another stroke soon.

Standard doctors rarely look at pulse pressure, and instead try to get your blood pressure as low as possible with heart drugs. In a minute I'm going to show you why I think that's a bad idea.

It's partly because there are three simple, natural nutrients I give my patients that work much better than drugs. But also, because there's a little-known cause of rising pulse pressure, and give you two easy and effective ways to improve your pulse pressure so you can avoid heart disease and cardiovascular risk.

But first, let me show what pulse pressure is and why it's so important.

The Hidden Number

You probably already know that when you have your blood pressure taken, the result comes back in two numbers. It's expressed in millimeters of mercury (mm Hg), and given as one "over" the other. Like 110/70, or 134/95.

The "top" number is the maximum pressure your heart exerts while beating. That's your systolic pressure. The "bottom" number is the amount of pressure in your arteries between heartbeats. That's your diastolic pressure.

Systolic blood pressure continuously rises throughout life, whereas diastolic blood pressure tends to level off or even decline after you turn 50.

Pulse pressure is the difference between the bottom and top numbers ... the "hidden" number between the two. Ideally, it should be right around 40.

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If it's higher than 40, that usually means your blood vessels aren't as flexible as they used to be, and your aorta, the biggest, hardest working artery you have, isn't as supple as it should be.

This is where I have a problem with blood pressure drugs. They lower both blood pressure numbers, but don't fix high pulse pressure ... and worsen the health of your arteries in many cases.

Why should this matter to you? Because studies show that pulse pressure is a better predictor of heart disease and cardiovascular problems than blood pressure. Even – and maybe especially – for people who have no symptoms or seem at low risk.⁶

It's widely known that pulse pressure also rises with age. Which makes sense, if systolic goes up and diastolic goes down as you get older.

The question is, why does it happen? Well, here's something most doctors don't know yet:

Rising pulse pressure as you age is directly linked to the length of your telomeres.⁷

One study found that even after adjusting for age, telomere length was inversely related to pulse pressure.⁸ That is, the shorter your telomeres, the more likely it is that you'll have high pulse pressure.

Another study looked at the relation between telomere length and pulse pressure in people ages 25 to 85. Those with shorter telomeres had higher pulse pressure ... so much so that researchers wrote that the people who had higher pulse pressure were biologically much older than their real age would indicate.⁹

This is just more proof to me that artificially lowering blood pressure with drugs is a bad idea.

Look at what doctors are doing there. They give you a drug, look at a lab result and say, "There, we lowered your blood pressure. We won the battle."

But dropping both blood pressure numbers doesn't change your pulse pressure, and stresses your arteries even more.

Restore Your Arteries And Revitalize Your Heart

To make sure your pulse pressure stays normal along with your blood pressure, so you can lower your chances of stroke and heart attack, you want to concentrate on three things: Keeping your telomeres as long as possible, keeping your arteries as flexible as possible, and keeping your arteries soothed and relaxed.

1. Normalize pulse pressure with the ultimate telomere protector:

The American Journal of Clinical Nutrition published a study that looked at more than 2,000 women of all ages. The more vitamin D they had in their bodies, the longer their telomeres were. On top of that, people who supplemented with vitamin D had longer telomeres than those who didn't.¹⁰

Why do people who have high levels of vitamin D have longer telomeres?

Because vitamin D protects DNA from damage by inflammation, and it activates telomerase, the enzyme that maintains and lengthens telomeres.

One study divided people into two groups and measured their vitamin D levels. Then researchers randomly assigned the people to either get a placebo or the equivalent of 2,000IU of vitamin D a day.

After only 4 months, those taking vitamin D had their telomerase activity **skyrocket by 19.2%**.¹¹ Those taking a dummy pill had no change in telomerase activity.

The two best ways to supplement Vitamin D are:

- 1. Eat foods with high Vitamin D.** Best sources are small fish like herring, sardines, and anchovies. Stay away from the larger fish that are higher up on the food chain, as the mercury content may be too high to safely eat.
- 2. Take some cod liver oil.** Besides sunlight, the best natural source of Vitamin D is cod liver oil. Just two teaspoons full contain almost 3,000IU of Vitamin D.

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A quality vitamin D supplement from a capsule, caplet or from liquid drops is your next choice for protecting against inflammation, but make sure it's in the right form.

What makes a good form of vitamin D? The D3 form, which is the bioactive kind of vitamin D. But don't rely on your multivitamin to give you all the vitamin D you need, even if it does have D3. It's a good start, but most still only have around 400 IU.

2. Use the B Vitamin That's Better Than Any Heart Drug

You probably know vitamin B-9 better as folate or folic acid. Folate is the nutrient found in food, while folic acid is the supplement form.

Folic acid lowers levels of toxic substances that irritate the heart's lining. This relaxes your blood vessels and keeps them flexible. Less irritations equates to normalized pulse pressure and a reduction in stroke and heart attack.

Simply put, when folate is high:

- A man's chance of heart attack *is cut by 50%*.
- A woman's risk of heart attack *drops by 43%*.
- A woman's risk of stroke *drops by more than 33%*.¹²

Even better, studies show that the more folate you have, the longer your telomeres will be.¹³



The best natural sources of folate are vegetables. Vegetables with the highest folate content are dark, leafy greens like spinach, kale and romaine lettuce. It's also in Beef, lamb, pork, chicken liver, and eggs.

But your body only absorbs half of the folate you consume. It may be difficult to absorb heart-protecting quantities from a typical modern diet so a supplement is a very good idea. I recommend 800 mcg a day.

3. Maintain strong, flexible arteries with the "forgotten" vitamin.

Most people forget about the last of the alphabet vitamins, vitamin K. But it's essential for proper blood flow and pulse pressure.

In an important animal study, treatment with high dietary vitamin K stopped hardening of the animals' arteries, keeping them flexible and strong – and pulse pressure low.¹⁴

In a study of 5,800 people, blood pressure decreased with increasing vitamin K intake, and vitamin K was found to maintaining vascular health and arterial elasticity.¹⁵

To help repair your arteries, you should eat lots of green, leafy vegetables like Swiss chard and kale, and spices like basil and sage to get plenty of vitamin K. Another great source is parsley.

You can also get smaller amounts of vitamin K in organ meats such as chicken liver and in raw eggs.



To supplement, I recommend you take 45 to 90 mcg a day. It's a fat-soluble vitamin, so take it with a meal to improve absorption.

But, make sure to take the K1 form (phylloquinone) of vitamin K. The K2 form (menaquinone) is for bone-building.

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If you are taking a blood-thinning agent like warfarin (brand name Coumadin), talk to your doctor first. The blood clotting benefits of vitamin K can interfere with these drugs.

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Natural Way to Supercharge Your Cancer-Killing Immune Cells

What if I told you I had something that was completely natural, treats cancer, detoxifies your body, activates self-healing genes, and cures pain?

It's completely safe and the only side effect is that you might feel great.

This is far from new. In fact it's ancient. But I have something new and different to tell you about it. It can treat many diseases, including cancer.

I'm talking about massage.

Let me show you what I mean.

A study at the prestigious University of Miami School of Medicine proved looked at a group of women with breast cancer. They received massage therapy in 30-minute sessions 3 times a week for 5 weeks.

Besides having more energy and less pain, the women had large increases in their number of **natural killer cells** (they destroy cells that have either become cancerous or been infected with a virus) and **lymphocytes** (the white blood cells that tell your body specifically how to attack cancer).¹

These are both powerful immune cells that help fight the spread of cancer, and both increased right from the first massage session.

But it's not just breast cancer.

A pilot study treated 43 women with ovarian cancer using massage therapy along with other treatments.

It was the first study of the use of integrative medicine techniques in gynecologic cancer treatment.

Previously, the largest study to include women with gynecologic cancers had determined that 30% fewer cancer

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sufferers who use integrative approaches had deteriorating health. ²

To find out what approaches worked, researchers at the University of Minnesota got grants from several cancer research funds and looked into it.

They presented their results at the Society of Gynecologic Oncologists 41st annual meeting, in March of 2010.

What they found was that people who received integrative medicine therapy like massage consistently had more immune cells across the board.

Their natural killer cell levels, and their CD4 and CD8 cell levels, were significantly higher throughout every level of treatment the women went through. ³

Why is that important? Because higher levels of these important immune cells is critical to surviving cancer because of their power to attack malignancies. This helps you fight cancer at every stage, and can greatly improve your survivability and recovery.

For example, CD4 and CD8 help your immune system's t-cells to hold on tight to infections and tumors while they eradicate them.

And in an earlier study that looked at people with AIDS, researchers also found that massage significantly increases CD8 and natural killer cells, and also significantly increases their effectiveness, ⁴ making them better at killing of diseased cells.

In fact, one ancient type of massage I'll tell you about in a minute is proven to help cancer patients improve their physical and emotional well-being, boost the immune system, reduce the side effects of treatment, **help prevent the recurrence of cancer**, and reduce symptoms associated with breast cancer. ⁵

Another purpose of massage is to rid the body of toxins. Massage increases the flow of blood and lymphatic fluid. Both of these carry away wastes from your cells.

Balians, the traditional healers on the island of Bali, often use heat when they give a massage to detoxify through your skin. The *Balian Apun* are famous for their massage techniques and are skilled at healing with their hands.

Massage has other diverse physiological effects ... it can

even change the way your genes express themselves to help you heal.

In one study of massage benefits for reducing pain and inflammation, researchers asked people to cycle until they were exhausted. Each person then got a massage on one leg, and the other was left alone. Ten minutes after the massage, researchers took muscle tissue samples from each leg.

The protein levels from the samples showed that two things were happening... the first was that the massage had reduced inflammation.

Remarkably, the simple massage had also changed the body's expression of genes so that the tissue was generating energy in the leg that was being used for muscle healing. ⁶

But there are several other different types of massage, each with a specific intended benefit and outcome.

That's why in this article I want to show you how you can reduce pain, perform better, rid your body of the deeper and stubborn toxins and even relieve cancer suffering through massage therapy.



I'll also give you tips on how to pick the right type of massage therapy for what ails you.

Remarkable Natural Cure

Massage acts directly on the muscular, nervous, circulatory and lymphatic systems. The different movements

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of a therapist's hands can physically stretch muscles, ligaments, tendons, and fascia.

And depending on the technique, it can be either sedating or stimulating to the nervous system and as you have seen, your immune system as well.

This is not an all inclusive list of the many different types, but rather the most effective:

Deep Tissue Massage is the same as deep muscle therapy or deep tissue therapy. It is a term used to describe various massage styles that focus on the deeper muscles and connective tissues of the body. The therapist uses movement and pressure to reshape and realign the muscles and connective tissue, breaking old, habitual holding patterns. This is excellent for de-stressing and detoxifying.

It is also the massage technique the Balians used on me. They might rub herbs and oil to your skin or draw healing patterns on you. Then they use an ancient form of mechanotherapy and manipulate your limbs until your limbs to release tension and toxins.

The Apun I went to lit a fire first, and then prodded me with a sort of short pole in the spots on my arms and back that were sore. It was a little uncomfortable at first. I had to grit my teeth a couple of times while my legs were being worked on. But I felt much better afterwards and had no tightness the rest of my trip. Even the 35 hour plane ride home didn't affect my joints too much.

Lymphatic Drainage uses gentle rhythmic, pumping movements following the direction of lymph flow in the skin that produces rapid results in reducing swelling and removing wastes from the connective tissue back to the blood stream.

Other benefits include reduction of pain, a relaxation response and an apparent enhancement of immune function. This is the type of massage most effective for detox.

Neuromuscular Therapy is a comprehensive program of soft-tissue manipulation balances the body's central nervous system with the musculoskeletal system. The goal is to help relieve the pain and dysfunction by understanding and alleviating the underlying cause.

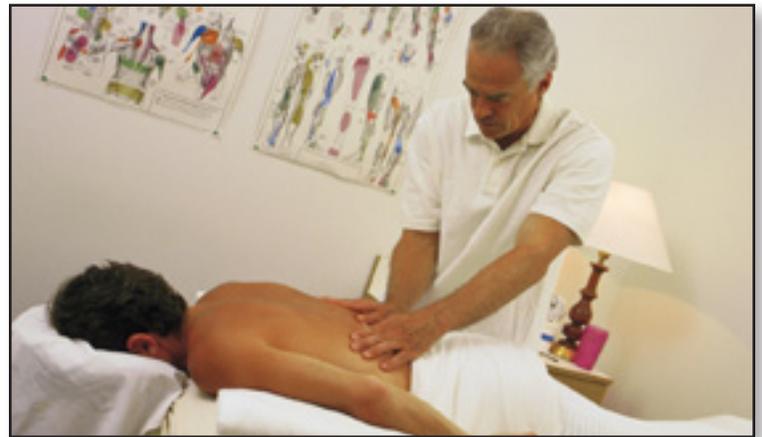
It is also used to locate and release spasms and

hyperactive contraction in the tissue, eliminate trigger points that cause referred pain, restore postural alignment, proper biomechanics and flexibility to the tissues, rebuild the strength of injured tissues, and assist venous and lymphatic flow.

Shiatsu is the Japanese term for "finger pressure." This system for healing and health maintenance has evolved over thousands of years. Shiatsu derives both from the ancient healing art of acupuncture and from the traditional form of Japanese massage, amma.

It is a combination of many different techniques and modalities practiced since at least 200 B.C. The belief behind Shiatsu is that the body becomes out of balance due to blocked energy. This blocked energy can cause discomfort or disease in the body. A Shiatsu therapist identifies and releases these blockages.

Swedish Massage is also known as the Western or classic style of massage. It is a scientific system of manipulations on the muscles and connective tissues of the body. The many benefits of Swedish massage include generalized relaxation, dissolution of scar tissue adhesions, and improved circulation. It may speed healing and reduce swelling after injury.



Reflexology is the ancient Chinese technique based on the idea that stimulating specific points on the feet can improve how corresponding organs, glands and other parts of the body function.

The body does not actually function this way, but regardless, this massage technique has some remarkable effects, especially for cancer sufferers.

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In groundbreaking but curiously unreported study, funded by a \$2.65 million grant from the National Cancer Institute and published in the journal *Oncology Nursing Forum*, breast cancer patients who were treated with the ancient Chinese technique of “reflexology” were able to reduce their symptoms and perform better in their daily lives.

The study looked at 385 women who had received either chemotherapy or hormone therapy for advanced breast cancer.

The women were assigned randomly to three groups: Some received treatment by a certified reflexologist, others got a foot massage meant to act like a placebo, and the rest had only standard medical treatment and no foot manipulation.

The women who got a regular foot massage showed a significant improvement in fatigue relief.

But researchers were stunned to find that the women in the reflexology group had significantly less shortness of breath, which is one of the main side effects of breast cancer. The women were also able to perform better when doing everyday things like climbing a flight of stairs, getting dressed or going grocery shopping.⁷

The study authors wrote that reflexology’s benefits appeared to be primarily physical and not just a psychological effect.

Reflexology has also been shown to reduce anxiety and pain in cancer patients.⁸

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Dr. Al Sears

Dr. Al Sears, M.D. currently owns and operates a successful integrative medicine and anti-aging clinic with over 25,000 patients. His cutting-edge therapies and reputation for solving some of the most difficult-to-diagnose cases attract patients from around the world.

Dr. Sears was one of the first to be board-certified in anti-aging medicine. As a pioneer in this new field of medicine, he is an avid researcher, published author, and enthusiastic lecturer. He was the first doctor licensed in the U.S. to administer the first telomerase activator, and has since developed his own telomere maintenance formula, one of the most important breakthroughs in anti-aging medicine today.

Dr. Sears is board-certified as a clinical nutrition specialist and a member of the American College of Sports Medicine (ACSM), the American College for the Advancement in Medicine (ACAM), the American Medical Association (AMA), the Southern Medical Association (SMA), the American Academy of Anti-Aging Medicine (A4M), and the Herb Research Foundation, (HRF). Dr. Sears is also an ACE-certified fitness trainer.

Dr. Sears has published 15 books and reports on health and wellness with a readership of millions spread over 163 countries.

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