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## The Power to Get Better While Everyone Else Just Gets Older

Many patients ask me, “How can I know that what I’m taking and what I’m doing are helping me get better with age?”

It got me thinking. You see, my intent is to make you better as you age... but how? And how can I prove that it’s working?

I’ve always insisted that health is more than the absence of disease. More than 20 years ago, when I got out of residency, I began to study how healthy people were, and how I could help them stay that way. But approaching medicine in this way was a new thing.

Even when “anti-aging” medicine came along two years after that, I knew it was closer to how I wanted to help you, but not exactly.

When the America Academy of Anti-Aging Medicine (A4M) was created and I joined as a charter member, it was still very difficult to engage the medical establishment in any discussion of not just preventing disease but helping people get better with age.

It was considered something doctors didn’t do. Doctors were to treat disease. And that’s a noble pursuit. But it wasn’t exactly what I was interested in.

I didn’t want to see a patient and wait until they were ill and just focus on the disease. I didn’t want a patient to come, say they had no complaints, and I tell them “You’re fine, come back in a year.” And I didn’t want to practice preventative medicine. That’s just preventing disease.

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Dr. Sears graduated from the University of South Florida College of Medicine, with honors in Internal Medicine, Neurology, Psychiatry, and Physical Medicine. He is board-certified as a clinical nutrition specialist and an ACE-certified fitness trainer.



In this sneak peek from my recent State of the Art Anti-Aging Seminar, I explain what we’re doing to help you get better with age, and show you how you’ll know it’s working. Click the triangular “play” button on the video for an exclusive look at part of my presentation.

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I wanted to discuss with them *what they could do to improve*.

Because you, as a patient, deserve that. And to figure that out, a doctor needs to ask you “How fine are you? In what way? How good of a job are you doing in taking care of yourself and what can you do to do better?”

So we want to be able to find out how healthy you are, what we can do to measure it, what we can do to improve it, and how we can quantify that to tell you how to take care of yourself in the best way you can. For the most energy, the most vigor, and so you can get the most out of your life.

That’s not exactly anti-aging, is it? Anti-aging is simply slowing the decline of aging. That’s useful, but it’s still a negative thing to focus on. You should be able to see positive growth over time, and get smarter and stronger as you age.

It’s so important that you have a positive view about something so fundamental as how long you live, and also how enjoyable your life will be.

And we now have a scientific system to help you. It’s a concept I developed that I call **Age Quotient**, or AQ. The AQ is a new system of quantifying your biomarkers of aging

to measure how healthy you are, *and also how much you improve those measurements each year*. To help show you how important this is, I included the above video.

When you subscribed to *Confidential Cures*, I promised to let you in on these kinds of things first, before anyone else gets to see them. The video clip comes from my “State of the Art Anti-Aging” seminar held in Palm Beach on December 10. The DVD from this exclusive event won’t even be released until later this month. But I want to let you peek over the shoulders of those who attended to help you get to know more about the concept of AQ.

As you can see from the video clip, like your IQ, when we measure your AQ you are being compared to the population. And like IQ, the higher your AQ the better you are doing. But unlike other age measurements out there, AQ has the advantage that you can always improve it. You are rewarded for being more mature with AQ.

If you were to come to my clinic to measure your Age Quotient, one of the things I would show you is an easy way to improve your AQ. It involves improving many of your biomarkers of aging all at the same time and I’ll tell you all about it in the next article...■

## Increase Your “Human Horsepower”

**Y**ou can change many of the biomarkers of aging I just mentioned – like lung age, muscular age, adipose age and bone age – by giving yourself a physical challenge.

And that doesn’t mean exercising with some extreme cardio workout. You can get the same benefits by keeping the exertion periods brief, and focusing on what other exercise programs ignore.

When I started my “30 Pound Weight Loss Challenge,” my goal was to lose the weight by the day of my *State of the Art Anti-Aging* seminar...

But along the way, I thought I was getting too skinny, and decided to do a lot more strengthening movements while using the *PACE Express* video.

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And it led me back to working on something I've been developing for you for the past two years. It's the evolution of my fitness thinking, and the approach that I'm going to be talking to you about throughout 2013. I call it **Power Fit**.

Power Fit is about taking your fitness to the next level by focusing on something that—in all my years of training for sports, strength and fitness—I've found to be the most neglected... but it's also the most important.

Power.

Having a powerful body gives you:

- greater stamina
- increased strength
- higher metabolism
- more muscle tone
- improved circulation
- better balance
- greater internal energy

What do I mean by power? I use the word power to mean the amount of energy you have available to do everything you want to do.

**If you take the amount of work you can do per unit of time, that's the definition of power.**

I've never heard anyone else use power in quite the same way.

Usually, power is used to mean overall strength. And in sports, it's useful. How hard you can hit a baseball or tennis ball. How much weight you can push around and how far you can throw.

But I'm thinking of it in terms of the energy you need to do physical work.

It's like the horsepower of an engine. You want a lot of horsepower to be able to go fast, and get to top speed fast, too. Yet this very desirable physiological feature that has been completely ignored.

The good news is, you can train for power. But you don't build it when you build endurance through "aerobics" and

"cardio" exercises. In fact, those will zap your power if you do them for long enough.

If doctors, scientists and other supposed experts had looked at fitness from a broader perspective, they would have seen that training for cardiovascular endurance mimics stress. You secrete adrenaline and the stress hormone cortisol and you end up cannibalizing your own body – your muscles and your connective tissue. Your power disappears.

So telling people to keep jogging for hours every day to increase endurance has pushed us far from having real power.

But, you never see that in nature. When was the last time you saw a cheetah jogging, or slowing down because it was pushing itself too hard? Horses in the wild don't gallop more than a mile or so before they stop and rest.<sup>1</sup> They're designed for high-capacity bursts of speed. Horsepower.

And so are you.

To get more power, you have to incrementally increase the intensity of the challenge and keep the duration of the challenge brief. Because an intense challenge of a brief duration is the definition of power.

But your body needs a little coaching. You can't force it. You have to give it the right signals... at the right time... in the right order to get it to cooperate with you.

I call that natural process **biosequencing**. It's the opposite of forced, man-made sequences like individually training one muscle at a time with weights. Or only training for the specialized need of cardiovascular endurance.

Biosequencing means doing the right thing first, so that what you do next can benefit you more. That way, you lead your body to do what's natural, and what it wants to do anyway. Then your body just takes over and it becomes easy.

Let me show you what I'm talking about.

Here are four steps to help you restore the power your body is designed for. They're straight from my new Power Fit program.

They will help you increase your human horsepower. And as you do that, we find that you get fit in ways that

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are somewhat surprising. You become more energetic and regain a naturally lean body shape. But you also become more powerful, improve your biomarkers of aging, and grow biologically younger.

- **Step 1) Send Yourself A “Good” Signal:**

In your native environment, long, exhausting runs meant you were going very far from home for food because the environment was bad. Instead, you want to send your body the signal that times are good.

That’s why a Power Fit workout is only 12 minutes of total exertion time. Shorter periods of exertion where you challenge yourself just a bit more than last time signal your mind, body and metabolism that there’s no stress and the environment is safe and plentiful.

Exert yourself in this way, and you begin to rebuild your native power and capacity.

- **Step 2) Turn Your Focus To Intensity:**

The only way to change anything in life is to focus your intent on it. To change your rate of breathing, you have to think about it to intentionally alter it. To help your body make the change from having endurance capability to regaining power, you have to focus on the intensity of your exertion.

But that doesn’t mean going all-out, all the time. It means doing just a bit more, or changing just one thing so that your body has to adapt and give you more power.



**Use my four simple steps and you’ll help reprogram your body for power – the key to growing stronger and getting better over time.**

To achieve this, I recommend three sets for whatever movement you’re doing. Let’s say it’s something simple like jumping jacks. For your first set, do them at about a 5 out of 10 on your own scale of intensity. For the second set, bump it up to 7. For the last set, do them at a 9 – at almost what would be all-out for you, with a little room to spare.

As you get more fit, that intensity level of 5 is only going to feel like about 4. So you have to focus on incrementally, progressively increasing the intensity by small amounts to keep building capacity and power in your heart and lungs.

- **Step 3) Go Faster:** When you’ve changed from having unneeded endurance to having power, it’s time to accelerate the changes. Acceleration is what gives you more energy and retrains your metabolism to be powerful so you burn fat off naturally.

You can accelerate in a few ways. You might start your first set at a 6 intensity level, instead of 5. Or only rest and recover between sets for half your usual time.

When you accelerate and get to your target level of intensity faster, you send your body the signal to store energy in your muscles for quick use. Especially in your heart. It’s energy you can feel – horsepower on demand.

- **Step 4) Change It Up:** Increasing the intensity and then accelerating it are the natural sequence to rebuilding your heart’s capacity.

But to keep improving and getting better, you have to continually challenge your capacity. That means changing up your workouts. Start a new kind of exertion that you’ve never tried. Swim instead of sprint. Bike instead of doing body weight exercises.

Then simply apply biosequencing to each new challenge. All you have to do is follow the steps – do shorter workouts, increase the intensity a little bit each time, accelerate, and vary the challenge – and you’ll have all the power you need. ■

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# Restore Your Memory, Improve Your Mind and Repair Your Brain Starting Today

In your first issue of *Confidential Cures* I told you about my proven way to keep your lungs from shrinking as you age. But did you know that your brain shrinks, too?

Over the course of your life, your brain will lose five to 10 percent of its weight. However, don't think for a second that it doesn't start happening until you're very old.

It starts around your 20th birthday.

So in this issue I'm going to tell you about a way to help prevent this very unfortunate consequence of aging.

The traditional healers and herbal doctors I met throughout Africa use this remedy to revitalize the brain and nervous system, and as a tonic that can help you feel sharp, alert and recharge your memory.

I looked further into the science on this incredible mental rejuvenator. I'd known about it for years because it's used in China and India, although very few people in the West know what it is. Even fewer know that it grows throughout Africa.

It's called *Centella asiatica*. It's also called pennywort, tiger herb, and gotu kola. You may have heard of gotu kola, but don't confuse it with the kola nut. That's the fruit of the kola tree from Africa that has caffeine.

Centella is an herb, and it has even more than just the remarkable brain-protective effects I just mentioned. It's being studied because it might help stop plaque formation in Alzheimer's disease, and prevent dopamine neurotoxicity in Parkinson's disease.<sup>1</sup>

And as I began to look into centella, I also discovered something no one's talking about... I found little-known studies that tell us it can *help you to grow new brain cells*.

For years, science believed that the adult human brain could not grow new brain cells. They thought we were born with all the brain cells we'll ever have. And that when they were gone, they were gone for good.

But a study by Princeton biologists Elizabeth Gould and Charles Gross put all that into question.



***Centella asiatica*... this remarkable herb helps your brain in a way science never thought possible...**

## Nature's Brain Growth Factor

The study was published in the *Journal of Science*. It detailed their new discovery – the daily growth of new brain cells in the adult macaque monkey. Their results strongly implied that the same thing happens in humans.

Because of this discovery, we now know you can increase neurite growth in human brain cells.<sup>2</sup>

Why is this important? Because neurites become axons and dendrites, the branched ends of brain cells that transmit information into the cell so you can feel, see, think and move.

And centella not only grows neurites, but another study showed that the extract regenerates axons, and helps them grow at a faster rate.<sup>3</sup> That means your brain doesn't just regenerate, but could improve, and improve *faster*.

Further studies also give us lots of evidence that centella is a powerful antioxidant and brain protector as well as a nerve growth factor.

A brand new study that hasn't even been printed yet, but that I was able to research, shows how brain-protective

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centella is.

Researchers gave the brain-toxic metal aluminum to mice, and then treated them with centella. The mice then had significantly improved memory performance, increased defense against inflammation, better brain performance and more brain cell energy.<sup>4</sup>

Another recent study looked into the effects of centella on brain cells given the neurotoxic food additive MSG. MSG and other excito-toxic additives like the artificial sweeteners in diet drinks overwhelm receptors in your nervous system and can give you anything from shakes to seizures.

But when these cells were pre-treated with one of the active components of centella, called asiatic acid, it stopped the brain cells from dying, reversed inflammation, and restored the energy generating centers of the cells to normal.<sup>5</sup> Centella even increased two beneficial genes that prolong life and increase energy, Sirt1 and PGC-1 $\alpha$ .

When they gave the centella compound to mice, the effect was even more extraordinary. It restored their problem-solving abilities to normal, returned their antioxidant levels to normal, and stopped damage.

## Suppressed by the Big Boys

So why haven't you heard all about centella in the news? How come it's not known everywhere in the States?

Because the FDA is really working for the drug companies, and there's big money in that for them. They're funded by clinical trials for pharmaceuticals, not studies into the effects of healing herbs. So it's in the FDA's best financial interest to stay on "Big Pharma's" good side – and forget all about natural cures.

Big Pharma and the FDA don't make a dime from herbal medicine. Nature can't be patented and sold. So they don't want these types of cures spoken of. And they sure don't make it easy for me to talk about it. But now that I get to speak with you in this private forum, *Confidential Cures*, I can tell you all about centella.

And it's refreshing for me to be on my way to Africa again so I can speak openly with traditional healers. Their experiences with herbs are untouched by political agendas.

Even the little kids that I met in Africa know that centella is a healing herb. Sometimes they use the leaves to

treat infection. It's a histamine-release inhibitor, so it stops itching. To them, it has a soothing effect.

The adults make anti-malaria *decoctions* with it. A decoction is a way to extract the active parts of a plant. I watched them take the leaves and roots and boil them down, along with other local plants like *Senna didymobotrya* and *Fagaropsis angolensis*.

Fresh centella is used to treat ulcers, burns, and pain. It's also an immune-stimulant that brings down fever. One study treated immune cells with centella and it increased the amounts of both T and B lymphocytes,<sup>6</sup> the white blood cells that defend your body from attackers.

Water extract of centella also increased the production of IL-2 and TNF- $\alpha$  in immune cells. IL-2 is important because it helps you make more T lymphocytes and helps activate your B lymphocytes. This also stimulates your immune system to make and secrete more immunoglobulin, the antibody that identifies enemy invaders. TNF- $\alpha$  helps your immune system destroy cancer cells.

Women in the East prize centella because the extracts firm skin and give you relief from rosacea. It decreases a skin-degrading enzyme, hyaluronidase, by up to 90% and it helps you retain your skin's hyaluronic acid, the extracellular ingredient responsible for hydration and elasticity.

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**Women prize centella because the extracts firm skin and give you relief from rosacea. It helps you retain your skin's hyaluronic acid, the extracellular ingredient responsible for hydration and elasticity.**



The asiatic acid in centella also helps build collagen, the fiber that makes up most of your skin. It's one of the reasons why I'm looking into adding the components of centella to some of my unique skin formulas.

## Restore Your Aging Brain

Putting back the growth factors that decline with age is the best way to slow down the shrinking of the brain. As I've shown you, one of the ways you can help your brain produce more of these growth factors is with centella.

Here are three of the most common ways to take centella, also called gotu kola:

- **As a liquid extract.** The water extract is more effective for immune-boosting, but the ethanol extract is the one that increases brain cell growth.

It's good if the extract is made from fresh (undried) centella plants, and includes the leaves and the roots. Try to make sure the plants are organic, and haven't been fumigated or irradiated. Take 10 drops per day.

- **As a powdered herb.** You can get it in capsules. You'll want to make sure that it has the active ingredients for your brain, two triterpenes called asiatic acid and madecassic acid. Some will also have the volatile oils included, which is also good. Look for at least 10% triterpenes, and take 400-600 mg, three times a day.
- **As a dried herb.** You can make a tea of the dried leaf, three times daily.

But don't take centella extract continually. Just use for two weeks on, and two weeks off, and it will work for you.

I'm going to show you exactly how I saw my herbalist friends use it in Uganda. It's the same recipe I used myself

after I came back home from my trip:

1. For fresh leaves, dry them in the shade and shift them around from time to time to help them get fully dry. Or you can use previously dried leaves.
2. Grind them up into a fine powder.
3. Add the powder to a small pan of water. Because centella is very powerful, start with a very small amount until you know how it affects you.
4. Boil slowly.
5. Strain before drinking. You can cool the mixture and add it to juice as well. ■



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