Dr. Sears'
CONFIDENTIAL CURES
Your Guide to Truth and Lies in Medicine from Around the World

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Alien Estrogens Are Invading

How To Fight Back And Win

Last week I got a surprise… but a welcome one… a phone call from my friend and colleague, Dr. Jonathan Wright.

If you're not familiar with Dr. Wright, he founded the Tahoma Clinic for holistic healing and is known as one of the founding fathers of bioidentical hormone replacement therapy.

He wanted to talk about a recent letter I wrote on excess estrogen. He questioned whether anything natural can really do something about a particular type of estrogen: xenoestrogens.

Xenoestrogens are foreign estrogen-like chemicals that come from outside your body.

We both agreed on 3 things. One, the problem is serious. Two, it has been worsening. And, three, most people who suffer from it don't know they have it.

Xenoestrogens can cause both men and women to gain weight, have low energy and bring their sex drives to ,a crashing halt. But there's much more that we know they do that affects men and women differently:

I had a friend take a photo of me and Dr. Wright (he's on the left) when I ran into him in Orlando, Florida recently.

Men can suffer from:

- Accumulation of excess body fat. This fat tends to be abnormally deposited just under the skin. This is what we call subcutaneous fat. It gives men a soft doughy look and makes vascularity and muscle definition impossible.
- Abnormal prostate growth
- Abnormal penis shrinkage
- Changes to brain structure and function
- Interference with testosterone sometimes leading to impotence

And xenoestrogens are partly responsible for the skyrocketing incidence of enlargement of the prostate all over the world.

Women develop a different set of problems:

- Unexplained multi-joint pain
- A phenomenon I call Mega-Menopause. I'm not talking about the normal cessation of menstrual periods. I'm talking about a whole new level of prolonged multi-symptom suffering for middle-aged women that didn't happen before the last century.

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In This Issue…

- A new and worsening constellation of PMS symptoms that can begin in early teens
- All kinds of mood problems including anxiety and depression
- Interferes with memory, concentration, mental function and sleep
- Fibrocystic breast disease
- Overgrowth of the uterus, endometriosis and uterine fibroids

And it's probably the reason why, at a time when the rate of most cancers has stabilized or gone down, there are five exceptions where the incidence is continuing to rise, and get worse every year: breast cancer, ovarian cancer, endometrial cancer, cervical cancer and prostate cancer.

What do these cancers all have in common? They all have estrogen receptors.

What Do Xenoestrogens Have To Do With Cancer?

Does it surprise you that excess estrogen in our environment has increased our risk of cancer?

At higher levels, estrogen is a known cancer causing agent. It acts like radiation, producing extremely destructive free radicals, and causes your DNA to "misfire" and produce the defects that are the beginnings of cancer.

After certain estrogens break down, the quinines produced can also cause DNA errors.[1]

Estrogen also decreases one of your body's most powerful antioxidants, glutathione. This also increases oxidative DNA damage in estrogen-responsive tissues, when the organism is simultaneously exposed to … you guessed it, xenoestrogens. This is another early step in the process of cancer formation (carcinogenesis). [2]

Women are the largest consumers of cosmetic products which may be a significant source of xenoestrogens. Some, such as metalloestrogens (like the aluminum salts in anti-perspirants), and the estrogen-mimicking chemicals I'll show you in a minute.

And did you know male breast cancer has increased 26 percent over the last two decades?[3] And prostate disease is a far bigger threat.

How Our Attackers Are "Flying Under The Radar"

Xenoestrogens are most troubling to me, although you almost never hear anyone else talk about them, because you don't always know they're in you. You can't measure them in a standard blood test for estrogen.

Why? Because xenoestrogens can have different structures and still bind to estrogen receptors on cells in your body. And what makes it even more complicated is that these look-a-likes can even bind to different receptors that then increase or upregulate our body's production of estrogen.

Take the chemical Bisphenol-A, or BPA. BPA is a very common by-product of industrial production methods. It has become ubiquitous in our environment. And I mean that literally – it is everywhere throughout the planet – in our water and in our food. We have now found BPA in ice core samples taken from both the north and south poles.

BPA is a xenoestrogen that doesn't have the ring structure typical of estrogen active chemicals so it won't show up in normal estrogen testing. Instead, it binds to what is called an "estrogen related receptor gamma." When that happens, estrogen synthesis in that cell gets turned on. Even the drug Tamoxifen, which is an estrogen blocker, won't dislodge BPA from that receptor.

This is its own problem because when I measure someone's hormonal profile, their xenoestrogens don't show up. I usually try to figure it out from things like how they're feeling, body composition, and what happens with treatment.

If you wanted to know exactly, you'd have to go to a toxicology lab. They use high powered gas chromatography to individually identify any compound that might be there. Then you'd have to have someone who has a very good knowledge of the structure of compounds identify what's in your blood. This is time consuming and expensive.

I don't see any help coming from the mainstream anytime soon. Our government doesn't even want me talking about this. It remains perfectly legal to add estrogens to our food without even telling you that they are in there. The FDA claims that these estrogens in our food are safe,

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but how can they know?

The truth is that the amount of extra estrogen we're getting is unprecedented in human evolution. So how could anyone know that it's safe?

I've seen enough evidence to convince me that extra estrogen has a lot of consequences for our health. And in the 20 years that I have been following this issue, it's gotten much worse. We know it can alter your DNA, and interfere with normal cell signals.

Meanwhile, manufacturers are putting more and more xenoestrogens in our food and drink.

Tell me how anyone can know that this is safe for our babies? Babies fed soy milk have been found to have up to 22,000 times more xenoestrogens in their bodies than natural estrogen. And they ingest a dose of xenoestrogens 11 times higher than is typical for an adult? [4]

And that just the beginning… these alien hormones are sneaky:

Xenoestrogens that can affect your health	Source	Names to look out for
Polychlorinated compounds (they can come from industrial production or by-products of mostly banned substances)	Incineration, landfill	Polychlorinated dioxins, polychlorinated biphenyls
Pesticides currently in use	Agricultural runoff	Atrazine, trifluralin, permethrin
Organotins (used in paint for ship hulls)	Harbours	Tributyltin
Alkylphenols (These are detergents used for removing oil - and their metabolites)	Industrial and municipal effluents	Nonylphenol
Phthalates (found in everyday plastics)	Industrial effluent	Dibutyl phthalate, butylbenzyl phthalate
Hormones (given to commercial meat animals); synthetic steroids (found in contraceptives)	Municipal effluent agricultural runoff	Estradiol, estrone, and testosterone; ethynyl estradiol
Phytoestrogens (found in plants we're given as food, like soy)	Pulp mill effluents	Isoflavones, lignans, coumestans

Source: Environment Canada "Endocrine Disrupting Substances in the Environment", 1999

And as I showed you, because these structures can work through different mechanisms, there's no one test that can find all xenoestrogens…

So what can you do? How do you get these unwanted foreign fake estrogens out of your body?

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How To Fight Back

Dr. Wright and I talked about the one way that we are both most familiar with that gets rid of xenoestrogens and that's plain old fashioned sweat. Dr. Wright said he gives away copies of my P.A.C.E. book, partly for this reason. It makes you break out in a good sweat and is detoxifying.

Step 1: Burn The Trash

Sweating is your body's natural way to detoxify itself. Sweating is also a very fast way to get rid of impurities since it opens pores, so you can flush out impurities more efficiently.

During a 10-to-20-minute sauna, your heart rate increases by 50-75%. This provides some of the same metabolic results as exercise, and will improve circulation and oxygenate your tissues.

There are a few different kinds of saunas. You're probably familiar with traditional saunas that use steam or electrically-generated heat. These heat the air, and cause you to gradually work up a sweat. They get pretty hot, too, bathing you in heat of 130 degrees or more. I recommend around 106 degrees, however.

A newer type of sauna like the one I have at my house is a "far infrared" sauna. These heat your body directly and let you use a lower temperature (as low as only 90 degrees) if you want. You should sit upright for it to work properly, but you sweat more and faster than with traditional saunas. This helps your microcirculation and pushes more xenoestrogenic toxins out of your body.

Sunlighten Saunas makes an excellent one you can try for yourself, and get the benefits right in your own home.

Step 2: Oxygenate Your Cells And Carry Away Waste

To work up a good sweat through exercise, I recommend you use shorter but more challenging periods of exertion. This pumps more blood through your body, oxygenating and detoxifying your cells, and carrying unwanted compounds away.

Light exercises lasting a long time don't give you this benefit. They don't raise your oxygen levels enough. The key is to keep the duration brief and just increase the challenge a little bit each time to make sure you work up a sweat. This will pump oxygen-rich blood to your vital organs by up to 18 times more than walking, for example. [5]

Here's a sweat-inducing workout that you can do right now – whether you're reading this at work or at home. It involves nothing but good old-fashioned body weight, and I'm going to do it along with you.

First, get up from your chair. Make sure you have some space around you. We're going to do some simple jumping jacks. Remember those from when you were in middle school? They're a great exercise to get your blood pumping and your sweat glands working.

Stand with your feet together and your arms at your side. Jump out with your legs and raise your arms over your head. Breathe through your nose. Return to your starting position and repeat. Do 25 jumping jacks.

Stop and recover until your heart rate slows and you feel like you're almost back to normal.

Now do 25 more jumping jacks, but this time increase the speed. Try to get them done in half the time you did the first set. Recover.

Next, do 35 jumping jacks, a little faster this time. You'll start to feel the burn in your legs and your breathing will get harder.

When you start your next exercise session, do a few more jumping jacks each time, add a set, or increase the speed, or shorten the recovery time. All you have to do is a little bit more each time to keep the sweat and the xenoestrogens pouring out. A small increase will do the trick.

Step 3: Use Bali's Estrogen-Zapping Herb

In Bali, my friends West and Lelir often cooked with cloves, or "cengkeh" as they call it. Cloves have an important fake estrogen-zapping nutrient I want to tell you about. It's called eugenol.

And while I was doing research on ways to lower excess estrogen in the body I found something that modern medicine has overlooked.

Eugenol helps keep your body from absorbing estrogens, including xenoestrogens. It helps your stomach convert them into harmless compounds and eliminate them from your body.

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Clinical studies on how your stomach gets rid of toxins like synthetic drugs and fake estrogens show how eugenol helps. It stimulates an enzyme in your stomach called "UGT1A10" that converts chemicals and foreign substances, especially fake estrogen mimics, to a water soluble for that your body quickly flushes out. [6,7]

Step 4: Let Thy Food Be Thy Medicine

You can also get eugenol into your diet to offset xenoestrogens. Many spices other than cloves have eugenol including:

- Cinnamon
- Nutmeg
- Basil
- Lemon balm
- Dill
- Vanilla

The best way to get eugenol through supplementation is by using clove oil. Make sure you use 100% pure clove oil. Dilute just a tiny bit in almond or olive oil.

Step 5: My Old Friend Has Newly Discovered Benefit

Here's a cure that will remove excess estrogen from your body that I just discovered myself. No one else I know of is talking about it, and you're the first to learn what I've found.

You probably know melatonin as a sleep hormone. But I've found some overlooked studies that show melatonin is as powerful as any anti-estrogen drug.

Melatonin has all three of the important properties necessary to remove estrogen.

- It stops the effects of excess estrogen.
- It stops your body from turning fake estrogen into real estrogen.
- It decreases circulating estrogen.[8]

I found a brand new study that takes melatonin's effectiveness even further. It shows that melatonin stops your body from converting different compounds into estrogen, and down-regulates the enzyme that causes the conversion in the first place.[9]

And it gets even better. I also found a little-known study done at Chongquing Medical University in China where researchers discovered that melatonin can protect DNA from damage by the xenoestrogen BPA. [10]

One thing to bear in mind: Melatonin is a potent antioxidant and natural aide. Many doctors and health experts recommend as much as 3 mg a day. But you only need small doses to protect against xenoestrogens and get its other benefits – around 500 micrograms. That's only half a milligram (mg).

Another tricky thing about melatonin is the form it comes in. It's not terribly effective as a pill because it takes so long to enter your bloodstream that way. Look for melatonin in liquids or sprays. They're fast-acting and just as affordable.

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Shocking New Discovery: Tylenol Controls Your Brain

My Advice: Be Leery Of All Drugs And Use These Tips From Nature For Pain Relief Without The Side Effects

Tylenol is a drug that we at least thought we knew what the side effects were. That it's one of the few examples of pharmacology where we know everything it does, it's very well tested, and very safe. You can even give it to your baby and feel comfortable.

But it looks like this whole time, we didn't have a clue.

I just read the latest study and the researchers seem giddy, writing in so many words, "Hey, we have something very exciting here. Tylenol can relieve physical pain and social pain. So if you have chronic anxiety or get overly worried or uncertain, just take some Tylenol. Isn't that great?"[1]

Are they kidding? They think it's a good thing that acetaminophen, the active ingredient in brand name Tylenol, can change your thoughts?

After billions of doses, we're finding that it has an entirely newly discovered effect. It has a mechanism of action we never knew about: It changes your thought process.

If something like this, which is universally thought of as the safest drug ever developed, can change the way people think, in a way that we can test and prove in a controlled group of people, imagine what those other drugs are doing to us…?

That should be a black box warning. I don't want anybody changing my thought process and then saying it's a good thing. I want to come to my own conclusions. I don't want a drug to make me draw a different conclusion.

This whole time, we were told that Tylenol just had an effect on inflammation… that it blocked a certain pain pathway and was anti-inflammatory.

The truth is they've been burying not only the dangers of Tylenol and other painkillers, but hiding and ignoring the other effects.

I've had people tell me, "I can't take Tylenol. It makes me drowsy." And I would say to them, "Tylenol has no mechanism for that. It must be a placebo effect."

I now have to apologize. It's not the first time my faith in my medical training has led me to think that I knew more than I did. Now we know Tylenol affects the way your brain functions.

Who knows what else it's been doing? More on that in a minute, but first, let's look at what Tylenol is doing to your brain.

Feelings Of Dread

For the study I mentioned, the psychology department at the University of British Columbia came up with the theory that feelings of overwhelming dread and anxiety and feelings of physical pain might occur in the same area of the brain. So they decided to see if a painkiller – in this case, acetaminophen, the main ingredient in Tylenol – would alleviate those feelings.

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They got 120 students to take either 1,000 mg of Tylenol or a placebo. Then, they divided the students into two random groups and asked them to react to watching a certain movie or a certain situation, and their reactions were measured.

Turns out the Tylenol made the students numb to feelings of dread and anguish. The Tylenol also numbed their reactions to violence, and blunted their sense of moral judgment. [2]

I dug deeper into the research on acetaminophen and found a recent but almost totally ignored study that looked at 62 healthy people, and had them take 1,000 mg daily of either acetaminophen or a placebo.

Every night, the people would measure their feelings of social pain on the Hurt Feelings Scale. Those taking acetaminophen had less social pain over time. The people taking a placebo had no change.[3]

To take it a step further, the researchers then gave 25 healthy people either 2,000 mg of acetaminophen or a placebo. After three weeks they had the people play a video game designed to make you feel social rejection, and did MRIs while the people played the game.

During the times when the game players were made to feel rejection, those taking the drug had a change in the functioning of their brains visible on MRI's. They had less activity in an area of the brain linked to pain and social stress compared to the people who took a placebo. What other affects this is having on brain function or behavior no one can say.

Danger Zone

The psychological effect is just the latest danger the drug companies don't want you to know about. You may have already heard about the threat to your liver (almost half of all drug-related liver failure in the U.S. is from acetaminophen overdose). [4] But did you know that acetaminophen also:

- **Causes Cancer:** *The International Journal of Cancer* did a meta-analysis, where they looked at 20 different studies from 6 countries. Use of acetaminophen increased kidney cancer risk by 28%, and use of other painkillers, except for aspirin, raised the risk by 25%. [5]

- **Breaks Bones:** A study from the journal *Bone* found that the odds of getting a fracture were 56% higher for people who use acetaminophen compared with people who don't. Adjusting for age, bone mineral density, weight, smoking, calcium and other factors didn't change the results. [6]

- **Steals Manhood:** A Danish study found that if a woman who's pregnant with a son takes ***just one*** 500 mg acetaminophen pill during her second trimester, the boy is twice as likely to have fertility problems. If she takes more than one type of painkiller, the risk goes up 1,600 percent.[7]

  Why? Painkillers suppress testosterone. And not just a little. They drive it down more than the 10 most "gender-bending" chemicals that women are exposed to normally – like BPA and plastic-hardening phthalates – *combined.*

- **Increases Risk of Death** (the final side effect): A study out of the Harvard School of Medicine tracked the use of painkillers among 16,031 male health professionals over four years. Those who took a Tylenol six or seven days a week had a 34 percent greater risk of high blood pressure compared to non-users.

  Those who took aspirin had a 26 percent greater risk and those who took NSAIDs (non-steroidal anti-inflammatory drugs) had a 38 percent higher risk. The more pills they took, the higher the risk. Those who took between 6 and 14 pills a week raised their risk of high blood pressure by 53 percent (acetaminophen) and 32 percent (aspirin).

Painkilling drugs are just one more example of how modern medicine wants to treat individual symptoms with drugs designed only for those symptoms, regardless of how they affect the rest of your body.

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Work With Your Body, Not Against It; My Prescription For Pain

The good news is, you can stay as pain-free as possible and get back to living your life the way you want if you follow these simple rules of thumb I give my patients.

1) There's no drug that we know everything about. And sometimes you have to use them. But if you need to take a painkiller, here are my recommendations:

- Use them with a high level of suspicion.
- Have a good reason to take them
- Take the minimum dose (the higher the dose and the longer you take it, the worse it is).
- Take them as infrequently as possible
- Avoid chronic use, especially the way doctors often prescribe them, which is often left open-ended: "Here, take this"… and then you're on it forever. That's where it's the most concerning.

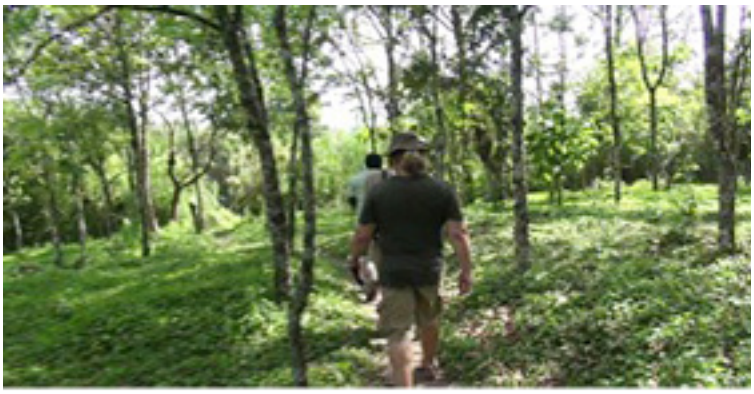
In my practice, I seldom use these drugs. I've helped thousands of patients – both men and women – use natural traditional treatments that work with your body to relieve pain.

2) There's a dietary secret I use with my patients to help get rid of pain naturally.

Drug companies and food processors don't want you to know this because it hurts their sales, but most Americans unknowingly eat foods that contribute to the problem of everything from headaches to pain and soreness in their tissues and joints.

Specifically, the Western diet contains too much omega-6 fatty acid. This substance is a necessary nutrient, but too much of it leads to inflammation. *Inflammation is the root cause of many kinds of pain, from arthritis to muscle aches.*

These high levels of omega-6s make the few remaining omega-3s almost unusable by your body. The dominant omega-6s take all the conversion enzymes and produce an inflammatory compound called arachidonic acid, which causes you pain, soreness, and deep aches.



Sometimes, like here in Africa, you just have to take a hike to get where you want to go. So I make sure I eat fish and grass-fed beef for their omega-3s, to keep my joints and muscles pain free.

The answer is to consume less omega-6 and more omega-3 fatty acids. In this country, the average dietary ratio between the two is about 20:1. You want to bring that down to about 2:1.

It's not as hard as it sounds. You can boost omega-3s by eating more grass fed meat, cold-water fish, cage-free eggs, and free-range poultry. Nuts are also great sources of omega-3.

Cod liver oil and Sacha Inchi oil are also extremely effective because they are the best supplement sources of omega-3s you can get. For many of my patients one tablespoon a day – taken regularly – relieves aches and pains.

3) Use the natural, safe herbal pain reliever that works fast, with no nasty side effects.

I was reminded of how important this herb is when I first visited the island of Bali. My friend Westi, the botanist and traditional farmer, took me on a tour of his giant herb garden when we came across a huge plot of basil.

Turns out, Westi grows three different kinds of basil. One is lemon basil, which smells exactly like its name. Another is what he calls "fragrant" basil, which he and his wife Lelir use in their beauty formulas. And there's also holy basil.

Lelir, a fifth generation herbalist, told me the Balinese use basil to relieve pain just like I do. And science backs up the pain-relieving benefits.

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Westi shows me one of his lemon basil plants by the entrance to his herb garden… he had many more growing out back, along with fragrant basil and holy basil plants.

Holy basil contains dozens of inflammation-reducing nutrients, including one called ursolic acid.

Ursolic acid inhibits the inflammatory COX-2[8] enzyme but without the nasty side effects of pharmaceutical drugs.

And it works against the effects of omega-6s, too. COX-2 binds to arachidonic acid and releases metabolites that induce pain and inflammation.

Holy basil blocks that binding and prevents the pain.[9]

It also inhibits 5-lox, which is activated by the stress hormone cortisol. 5-lox converts arachidonic acid to highly inflammatory leukotrienes. Leukotrienes promote arthritis because they contribute to the deterioration of joint cartilage.[10]

One animal study looked at holy basil's pain-relieving power. An extract was about 60 percent as effective as sodium salicylate (an aspirin-related compound) in reducing inflammation. [11]

You can simply chew a few fresh basil leaves if you want, and you'll get some of the pain-relieving effect. But a more potent way would be an extract. I recommend 400-600 mg a day in divided doses. Make sure the supplement has at least 5-10 mg of ursolic acid in each capsule.

In Bali, Westi tells me they combine lemon basil in tea with ginger, another potent pain-fighter. It's very easy to make… just boil 4 cups of water, strip a handful of fresh basil leaves, and place them in the boiling water to release the natural oils. Add some ginger and let steep for 15 minutes or so, and you'll have a delicious pain-fighting tea.

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Avoid These Toxic Beauty Traps

What To Really Feed Your Skin

Ads telling you to feed your skin or your hair have become popular. It's an attractive idea.

But look at what they want you to use to feed your skin:

- Mineral oil is a waste product from refining gasoline. You'll find it in thousands of products in the beauty aisle.
- Formaldehyde is used in embalming. It's also a recognized cancer causing agent by the National Cancer Institute. It causes liver, kidney and skin damage. [1] And it's in lotions, shampoos, sunblock, soap, makeup, body wash, baby wipes and bubble bath.
- BHA – a common ingredient in facial moisturizers and sunscreens – increases your skin's sensitivity to the burning rays of the sun. [2]
- Ammonia is highly corrosive to your skin, but cosmetics companies use it in facial moisturizers.

The truth is, you'll find ingredients that no one can say are safe in 99% of the cosmetic products on store shelves today.[3]

In other words, almost any health and beauty product you pull off the shelf contains newly minted, laboratory created molecules. When you use them, *you're* the guinea pig.

Here are some other experiments you've probably been participating in:

- Phthalates are a class of solvents used in bath oils, blushes, nail polishes and a host of baby products. Phthalates also mimic the "female" hormone estrogen. According to a report from Texas Women's University, they're linked to early-onset puberty in girls. [4]
- Triclosan - A common anti-bacterial agent, is found in nearly every brand of toothpaste. It's also the germ-killing ingredient in most hand sanitizers – and a host of other products. Animal studies show triclosan can throw hormones out of balance – including the hormones that control blood pressure, body temperature and growth rate. [5]

When I first wrote about the chemicals used in beauty products, many people didn't believe me.

But I'm not backing down. Instead, I've done more homework.

Ordinary beauty products are simply loaded with chemicals that we can't say are safe. Many have known serious health effects.

They Put *What* In My Moisturizer?

You moisturize for softer, more beautiful skin. So why would cosmetics companies add an industrial-grade window cleaner to their moisturizers?

I'm not kidding. Many facial moisturizers contain ammonia – a common window cleaner. It's one of the industry's dirty secrets.

And ammonia isn't just bad for your skin. It's also a corrosive chemical that can cause kidney, liver and lung damage. [6]

For women, washing your face and getting that last layer of makeup off is something you need to do every day… but

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there may be a hidden cost to this nightly ritual.

Many of the "cleansers" out there that you use to remove makeup and dirt are full of alcohol and chemicals that act like paint thinner.

These chemicals hide behind scientific names like "ethoxylated alcohol" and "butylated hydroxtoluene." They're hard to pronounce and even harder to figure out why they should be there at all.

Because what they can do is cause redness, burning and dry spots – the same effect you get with corrosive solvents like paint thinner.

Take sodium lauryl sulfate (SLS), for instance. You'll find this harsh detergent in thousands of cleansers, body washes and shampoos. And I do mean "harsh." Lab tests prove SLS promotes skin peeling and dehydration.[7] In fact, many labs keep SLS on hand specifically to cause skin irritation.

Is Your Sunblock *Increasing* Sun Damage?

The multi-billion-dollar skin-care industry, with the help of the mainstream medical establishment and the media, has everyone convinced that the sun is the enemy when it comes to skin health.

So they tell you to slather on sunblock to keep your skin "healthy."

And while sunscreens are very good at blocking UVA rays, that's a huge problem… because your skin needs exposure to UVA rays to make vitamin D.

Vitamin D is a vitally important nutrient that insures healthy function in just about every system in your body. Vitamin D's also the most potent cancer fighter in the world.

A report came out of a Nebraska university showing that vitamin D has the potential to lower the risk of *all* cancers in women over 50 by 77 percent.[8]

A study by the journal *Anticancer Research* says very clearly that the more you make vitamin D from the sun's rays, the lower your chances are of dying from *15 kinds of cancer.*[9]

University of California researchers discovered that oxybenzone – a common sunscreen ingredient – *boosts* the production of dangerous free radicals in your skin after just 20 minutes of exposure to the sun![10]

You should also avoid using BHA – another common sunscreen ingredient – if you're going out in the sun. And scientists say you shouldn't use it at *all* on young children.[11]

BHA and its cousin BHT are used as preservatives, but the National Institutes of Health says it's "reasonably anticipated" to cause cancer in humans.

The truth is, commercial sunscreen products can do more harm than good. They're loaded with chemicals that could...

- Disarm your body's natural defenses against sun damage... multiplying the harmful effects of the sun's rays;
- Damage your DNA... increasing your chances of serious health problems;
- Affect your hormone balance and contribute to early puberty in children

What's That Smell?

When I went looking for a completely natural source of the fragrance *oud* (pronounced like "food" without the "f") for my line of skin and hair health products (mypureradiance.com), I discovered that the "toxic beauty" problem went deeper than I thought.

When you look at perfumes, they have naphthalates in them. These are known reproductive toxins and possible carcinogens.[12]

They all have them … the problem is, you're never told the ingredients of perfumes. Manufacturers don't have to tell you what's in them, so they don't.

Commercial perfumes are usually 95% synthetic, even if they tell you they're natural. The alcohol base they use is synthetically produced, too. But the bottles don't tell you that. All they have is marketing stuff on there.

I found that the natural oud is mostly coming from Southeast Asia – Thailand or Cambodia, or some parts of Indonesia including Borneo, where I'm going to visit soon.

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Bali is right there, so the next time I go to Bali I'll visit Borneo and Java so I can show you what I find…

But it's an example of how far I travel and the lengths I go to in order to ensure that we have the purest ingredients in all our products for your best health.

Most Wanted Offenders

If you're not sure what you may be getting in your personal care products, here's a list of what to avoid and how that ingredient can harm your health.

These toxic "worst offenders" zap moisture, cause dryness, redness and cracking, attack your DNA, and may damage your organs and accelerate aging and cause cancer:

Oud Dear!

Oud comes from the wood of the tropical Aquilaria malaccensis tree. The tree is thought to have originated in India and now it's spread throughout Southeast Asia.

Oud is a dark and fragrant resin produced in the heart of the tree by the reaction of the wood to the phialophora parasitica mold. The tree protects itself by producing the sweet-smelling oud, also called agarwood oil.

Oud incense is used in Indian religious ceremonies. Ayurvedic medicine uses oud oil to relieve asthma and congestion, and to heal the kidneys and thyroid gland.

It's also the most expensive oil in the world. Oud sells for more than $27,000 per pound but it is very potent. A tiny drop gives you the fragrance for eight hours.

PERSONAL CARE PRODUCT INGREDIENT	HOW IT CAN BE DANGEROUS TO YOU
Parabens	Endocrine disruptor, mimics estrogen, upsets hormonal balances, and can cause reproductive cancer in men and women.
PABA (may be listed as octyl-dimethyl or padimate-O)	Attacks DNA and causes genetic mutation when exposed to sunlight
"Mineral" oil, paraffin, petrolatum	Coats skin like plastic and clogs pores, traps toxins in, slows skin cell growth, disrupts normal hormone function, suspected of causing cancer
Sodium laurel, lauryl sulfate, sodium laureth sulfate (sometimes listed as "from coconut" or "coconut derived")	Combined with other chemicals, it becomes nitrosamine, a powerful cancer-causing agent; penetrates your skin's moisture barrier, allowing other dangerous chemicals to enter your bloodstream
Phenol carbolic acid	Circulatory collapse, paralysis, convulsions, coma, death from respiratory failure
OMC (octyl-methoxycinnamate)	Kills skin cells
Acrylamide	Breast cancer
BHA (butylated hydroxyanisole)	Can cause cancer, also hyperactivity
Toluene (may be listed as benzoic, benzyl, or butylated hydroxtoluene which is BHT)	Anemia, low blood cell count, liver and kidney damage, birth defects
Propylene glycol	Dermatitis, kidney and liver abnormalities, prevents skin growth, causes irritation
PEG, polysorbates, laureth, ethoxylated alcohol	Potent carcinogens containing dioxane

The Real Way To Cleanse, Nourish And Protect Your Skin

As you can see, many of today's commercial care products do little more than rearrange dirt with chemicals, or strip your skin of its natural defenses.

Think of the way a car looks after it rains.

Even with the help of soaps and cleansers, you almost never get the environmental toxins and grime out of your pores where they're hiding.

So, what to do? Here are my recommendations for clean, protected skin that will keep you looking young and healthy for longer than you thought possible.

Recommendation #1 – Antioxidants represent your first and best line of defense against all forms of skin damage, from age-related wrinkles, sunspots, and cancer to a clear and radiant complexion.

They neutralize the action of "free radicals" – rogue molecules that steal from healthy cells, mutate DNA, and accelerate cell death.

These are your skin's most potent allies against free radical damage.

One way to help your skin is to boost the three nutrients your body uses to produce its master antioxidant, SOD (superoxide dismutase). SOD is your best defense against harmful molecules that attack your skin.

The best food for this job is blueberries.

You probably know blueberries are good for your brain, and that they have beta carotene and lots of vitamins. But the real power of the blueberry is that it has all three co-factors for SOD – **copper, zinc and manganese.** Eat a cup of blueberries every day, especially during the winter, and you'll be doing your skin a big favor.

Another powerful and very effective tool for protecting your skin is good old vitamin E. This essential nutrient occupies the attention of attacking oxygen molecules in a process called "scavenging free radicals."

In other words, it's one of the most powerful antioxidant of its kind for your skin that we know of. As a result, your skin will look younger and healthier for longer.

The third and possibly best skin protection you can get is with CoQ10. Turns out it's not just good for heart health. CoQ10 helps your face look younger by restoring youthful energy levels inside the cell and protecting against future damage.

In one study, researchers found CoQ10 keeps older cells functioning more like younger cells.[13] A team of researchers in Japan found CoQ10 protected skin cells from death caused by oxidative stress. [14]

But there's more to CoQ10… it helps wipe out wrinkles, too. Another team of scientists discovered CoQ10 decreases the appearance of wrinkles. So instead of the appearance of deep grooves in your face, CoQ10 helps make those wrinkles appear shallow and less noticeable. [15]

Recommendation #2 – For moisturizing and softening your skin, I look to Nature as well. Some of my favorite natural aides for keeping your skin hydrated are:

- Soothing, moisturizing shea butter. It helps limit water loss from your skin... leaving it feeling softer and smoother. Shea butter can hold up to two-and-a-half times its weight in water.
- Glycerin. This is one of nature's gentlest moisturizers.
- You can retain even more moisture with capuacu butter. This plant extract is similar to shea butter, but contains powerful antioxidants – including quercetin and kaempferol – which may help boost your skin's natural defenses. [16,17]
- Enhance your skin's flexibility and smoothness with jojoba oil – an age-old secret from the desert southwest. [18]
- Harness the moisturizing power of hyaluronic acid. This natural humectant helps hydrate your skin from without and within. It can hold many times its weight in water.

Recommendation #3 – One of the finest ways to

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rejuvenate your skin is with bovine colostrum. This is a mother cow's first milk. The same kind of milk that human mothers have a few days after giving birth, before colostrum transitions to regular breast milk.

The regenerating ability of colostrum has been known since ancient times. It's even been mentioned in Egyptian hieroglyphic texts for its healing properties.

The growth factors in bovine colostrum stimulate regeneration and repair your skin and collagen. This helps to erase wrinkles and age spots.

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Al Sears, M.D.

Al Sears, M.D., is a medical doctor and one of the nation's first board-certified anti-aging physicians.

As a board-certified clinical nutritionist, strength coach, ACE-certified fitness trainer and author, Dr. Sears enjoys a worldwide readership and has appeared on more than 50 national radio programs, ABC News, CNN and ESPN.

In 2010, Dr. Sears unveiled his proven anti-aging strategies in ***Reset Your Biological Clock.*** As the first U.S. doctor licensed to administer a groundbreaking DNA therapy that activates the gene that regulates telomerase, Dr. Sears made history by bringing telomere biology to the general public.

In 2006, Dr. Sears shocked the fitness world by revealing the dangers of aerobics, "cardio" and long-distance running in his book, ***PACE: The 12-Minute Fitness Revolution.***

In 2004, Dr. Sears was one of the first doctors to document the true cause of heart disease and expose the misguided and often fatal drugs-and-surgery approach to heart health.

In ***The Doctor's Heart Cure***, Dr. Sears outlines the easy-to-follow solution that effectively eliminates your risk of heart disease, high blood pressure and stroke.

An avid lecturer, Dr. Sears regularly speaks at conferences sponsored by the American Academy of Anti-Aging Medicine (A4M), the American College for the Advancement of Medicine (ACAM) and the Age Management Medicine Group (AMMG).