



Dr. Sears'

# CONFIDENTIAL CURES

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

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## Stronger, Smarter, Better:

### Simple New System Helps You Double Your "Body IQ" And Reverse Aging

In your January 2013 issue of *Confidential Cures*, I talked to you about my new concept of "Age Quotient," or AQ.

With AQ, we'll be able to look at the total measure of your body's output ability and directly improve it, making your body act younger than your physical age.

AQ is about increasing your body's function and enhancing it, so you can keep moving and stay independent. A higher AQ means you'll be able to do more, and have the same freedom and choices when you're 100 years old that you have when you're 50.

It's the essence of anti-aging ... living younger, starting right now. But it's not just for people over 50 ...

AQ is important if you're in your 30s and 40s too, because it includes measuring your speed, your power and your strength.

Having a higher AQ means you're improving:

- The power of your heart
- The strength of your bones
- The flexibility of your arteries
- Your lungpower
- Your memory and brainpower
- The levels of your hormones
- Your reaction time
- Your vision
- Your speed
- Your physical power

- Your functional muscle strength
- Your body's ability to defend itself from infection
- Your capacity to stop inflammation
- Your ability to drop excess fat
- Your skin youthfulness
- Your capability for fighting oxidation
- The length of your telomeres

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I filmed a few P.A.C.E. sessions at my house so I could show my patients how to improve their Age Quotient.

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Just as your brain has an IQ, each of your body's systems will have an AQ that you can improve over time.

It's much better than the old way of trying to report to you how well you're doing with all those medical acronyms and strange numbers.

Let me give you a few examples ...

I have my researcher T.B. and my medical staff looking at dynamic lungpower and oxygen uptake – and how they change over time – to create our own proprietary lungpower scale.

One of the things they've discovered so far is that your dynamic lung capacity per unit of time (called FEV1 – how much air, in liters, you can exhale forcefully out of your lungs in one second) declines faster in shorter women over time than it does in taller women. And it declines faster for men than for women.

Our PACE Group Study has also proven that you can increase your VO2 max, which is the amount of oxygen your lungs can use while you're at your maximum physical output capacity.

Medical science used to think VO2 max was unchangeable ... but that's because they were using the wrong tool to try and get people fit. They were using endurance training (for efficiency) instead of capacity training (for power).

And when you focus on the power of your lungs and heart, it turns out that you can increase your body's ability to deliver oxygen to your body, increasing your VO2 max.

Now, VO2 max is usually written in milliliters of volume per kilograms of body weight (ml/kg) because oxygen and energy needs are different depending on how big you are.

And I can show you how mine has improved, and how yours could improve... but all those numbers and scores... what do they mean?

If you go to the doctor and they tell you your FEV1 is 3.45 ... well, is that good or bad? If your VO2 max is 26.5, is that ok? Who knows? You have to be a doctor to know.

Frankly, it's not very useful or helpful.

Your lung age is a little more useful. To determine it, I

could measure your lungpower, then I could track it on a graph of the population, and tell you your result in years. For example, "You're 50 and you have the lung age of a 54-year-old."

But that still may not be any more useful to you. What do you do with that information?

That's where AQ comes in. It makes everything much simpler by just showing you what your Age Quotient is, and it's much easier to understand because it's like IQ. IQ is brain intelligence, and AQ is body intelligence.

With AQ, we take your chronological age divided by your biological age for that system, like say the telomere length test, and then multiply by 100. Simple.

We'll be able to:

- Measure your FEV1 and your VO2 max to find out how powerful your lungs are
- Test your maximum heart rate and use other noninvasive cardiac power measurements to tell us how powerful your heart is
- Give you the QMVC (quadriceps maximal voluntary contraction force) test to see how powerful your legs are
- Perform memory evaluations with everything from words to games to see how sharp your brain is
- Measure your body fat storage and your ability to shed excess weight over time
- Give you the most accurate telomere length test available to find out how young your cells are acting
- Look at your hormone levels, markers for inflammation, vision sharpness and much more

And when we have all those numbers, we'll put them together in one overall AQ number for your whole body that we'll keep track of as time goes on.

We can then use your AQ to make your body function better, like a much younger person's. A simple tweak to what you eat, what supplements you take and how you

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exert yourself, and you can continually improve your AQ.

The higher your AQ is, the better you're doing. But unlike other age measurements that are out there, AQ has the advantage that you can always improve it. You are rewarded for being more mature with AQ.

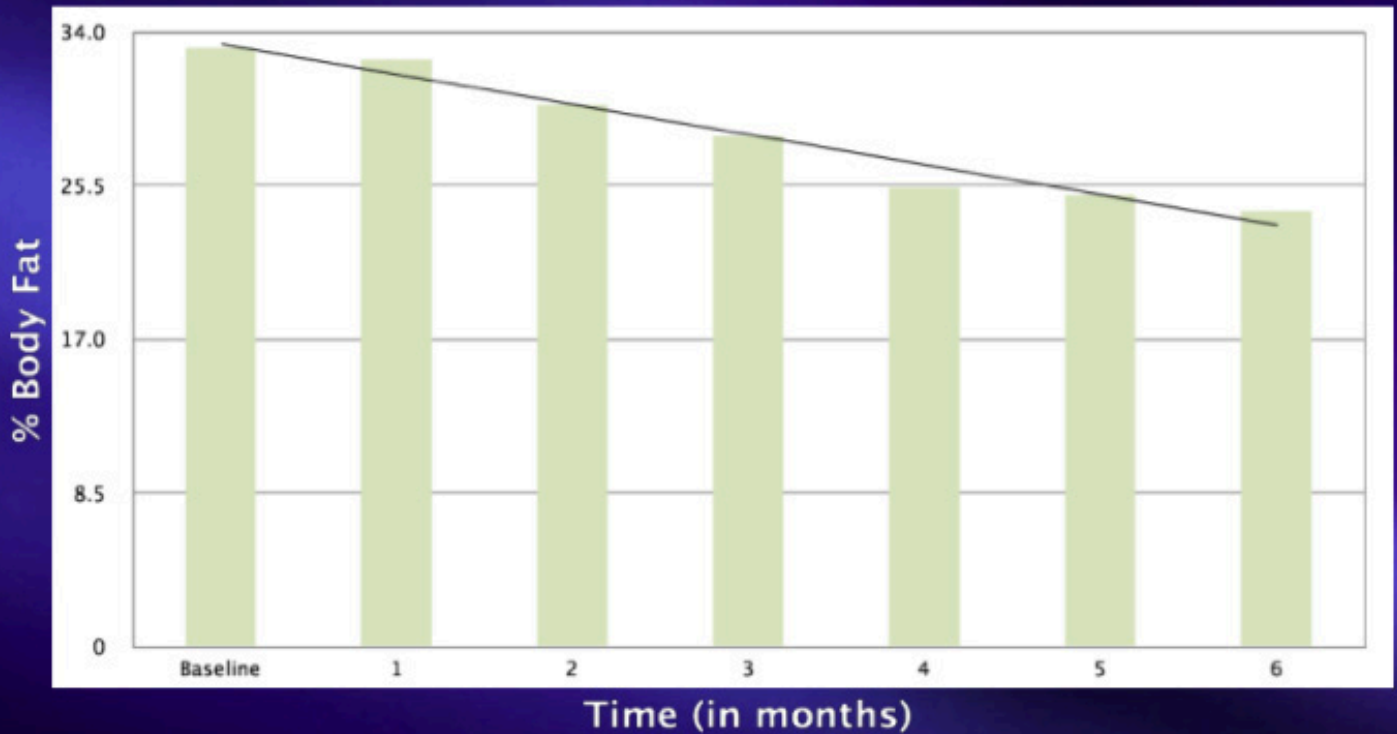
As an example, my chronological age is 56. As you know, I've challenged my lungpower with P.A.C.E. for quite some time. Now when I test my pulmonary age, it's 25. So my lung AQ is 224, which is very high.

The beauty of it is, next year, when I turn 57, if I do as well on the test, my lung AQ will improve. So it's possible to get a bigger number. You can improve your body as you age.

Let me give you another example of how we can improve your AQ for a body system dramatically improve your health:

## PACE Group Average % Body Fat

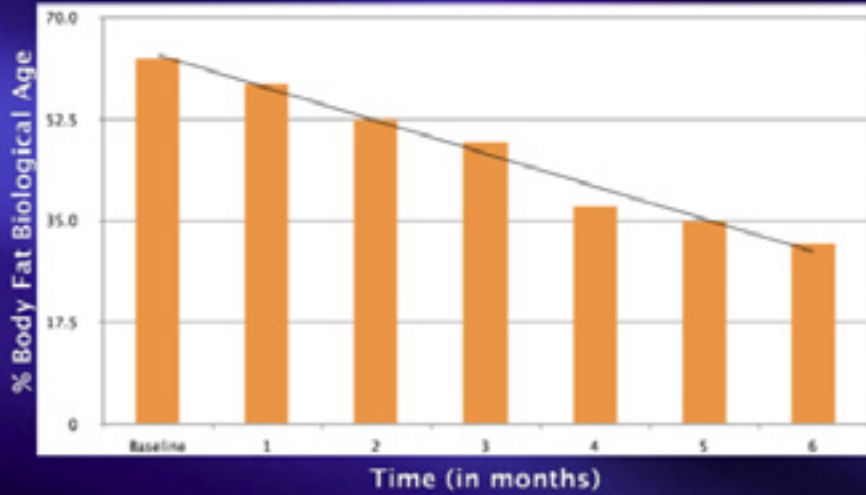
| Baseline | 1   | 2   | 3   | 4   | 5   | 6   |
|----------|-----|-----|-----|-----|-----|-----|
| 33%      | 32% | 30% | 28% | 25% | 25% | 24% |



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# PACE Group Adipose Bio-Age

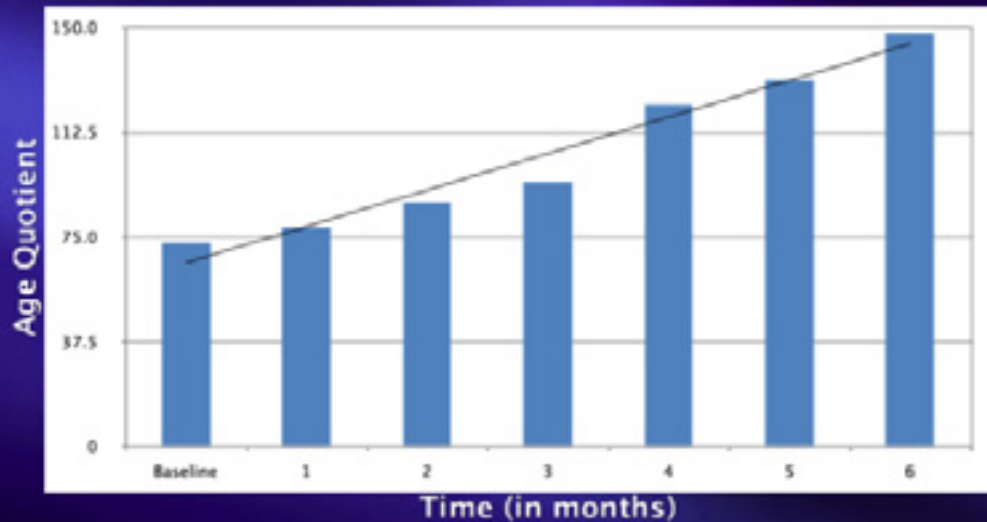
| Baseline | 1    | 2    | 3    | 4    | 5  | 6  |
|----------|------|------|------|------|----|----|
| 63       | 58.5 | 52.5 | 48.5 | 37.5 | 35 | 31 |



However, as good as that sounds... how do you use that information?

# PACE Group Adipose A/Q

| Baseline | 1  | 2  | 3  | 4   | 5   | 6   |
|----------|----|----|----|-----|-----|-----|
| 73       | 78 | 87 | 95 | 122 | 131 | 148 |



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Because it's great to go from 63 to 31, biologically... but that's still just reversing the negative consequence of aging.

Instead, we give people their AQ, and show them how they're improving.

In the chart above, it's much more positive to see yourself go from an AQ of only 73 all the way up to 148. It's like being an AQ genius!

Now that you know how AQ works, I'm sure you're wondering... how did all those people lose so much body fat so quickly and become lean AQ geniuses?

It's simple. I had them:

- Do progressively intense sets of exertion
- Rest in-between each set
- Exert themselves for no more than 12-15 minutes total

Sound too good to be true?

Well, here's why it works – for the people in the PACE Group Study, and for the 70,000 P.A.C.E. participants around the world:

## How Your Body Stores Fat ... And How To Stop It

For the first 2-3 minutes of any workout you burn ATP, or adenosine triphosphate. This molecule is the basic unit of cellular energy. It is stored in the muscle cells and is available at any time. It is also your high-octane fuel for intense effort.

But there is only enough ATP for a few minutes of exercise. When your ATP stores are depleted, your body switches to glycogen, a carbohydrate stored in muscle tissue. Your glycogen stores will take you through about 15 minutes of exercise.

After both your ATP and glycogen stores have become depleted – in about 20 minutes – you switch to fat for energy.

When you exercise for more than 20 minutes at a time, you're teaching your body that it needs to store fat for energy.

But if you stop exerting yourself before your body

starts to use fat for energy, you stay out of the endless “use fat/store fat” loop. Instead, your body learns to store energy in your muscles, and stops storing fat for later use. Because you no longer need it.

In fact, with shorter periods of exertion and proper rest, your body will retrain itself to drop excess fat you already have...

It does this through the adaptive changes your body makes to prepare for the next time you ask it to perform that same short burst of activity. Those changes occur while your body is resting, or during “afterburn.”

## Igniting Afterburn Is The Key To Dumping Fat

After intense exercise, you burn extra calories as your body repairs muscles and stores energy in them, and returns to its normal state. Since this can take from several hours to a full day, you will keep on burning calories long after the workout is over.

A Colorado State University study measured the changes induced by exercising this way. People exercised for 20 minutes in sets of two-minute intervals, followed by one minute of rest. The researchers found that they were still melting fat at an increased rate *16 hours* after the exercise session! At rest, their fat oxidation was up by 62 percent.<sup>1</sup>

And the harder you train, the greater your post exercise metabolism.

In another study, researchers at Laval University in Quebec divided participants into two groups. One group cycled for 45 minutes without interruption. Another group cycled in numerous short bursts of 15 to 90 seconds, while resting in between.<sup>2</sup>

The long-duration group burned twice as many calories. So you might assume that they would melt more fat. However, when the researchers recorded their body composition measurements, it was the short-term interval group that showed the most fat loss.

In fact, the interval group lost **nine times more fat** than the endurance group for every calorie burned!

This is so effective that the participants in the P.A.C.E. Group Study dumped almost 10% of their body fat... and

doubled their adipose tissue AQ!

It's important to keep in mind that increasing your body's AQ with shorter periods of exertion – not doing “aerobics” or other endurance exercise – is what makes the difference. In fact, many long-duration exercises, like jogging or running, produce wear and tear, making your body old before its time and dropping your AQ. Doing P.A.C.E. increases your AQ, and this is why P.A.C.E. is the world's only anti-aging exercise program.

## Anti-Aging The Natural Way – With The P.A.C.E. “Superset”

Strengthening your muscles with short, progressive sets of exertion is important for staying healthy well into your “golden years.” Muscles are what keep you mobile as you age.

Plus, strong muscles can help you:

- Lower resting blood pressure
- Reduce body fat
- Increase bone mass and density
- Alleviate lower back pain and increase lower back strength
- Improve appearance

That's why I want to show you a set of P.A.C.E. workouts specifically designed to target muscle strength throughout your body.

They're simple bodyweight exercises, which are the best way to gain usable strength, which is called “functional” strength – the kind of strength you need to do what you want each day.

In fact, bodyweight exercises are so effective, they form the core of the strength-training program for the Green Berets and Navy Seals.

Here's a challenging P.A.C.E. “superset” workout that will build muscle starting right now, to help you improve your total Age Quotient for years to come:

### Lower Body Superset

| Exercise           | Reps |
|--------------------|------|
| Hindu squats       | 15   |
| Alternating lunges | 15   |
| Jump squats        | 15   |

### Lower Body Superset

| Exercise | Reps |
|----------|------|
| Push-ups | 15   |
| Pull-ups | 15   |
| Dips     | 15   |

Here's how you do the workout:

- Step 1:** Start with the lower body superset. Do 15 Hindu squats. Go right into 15 alternating lunges. Then do 15 jump squats
- Step 2:** Rest 3 to 5 minutes
- Step 3:** Next, do the upper body superset. Do 15 push-ups, then 15 pull-ups, then 15 dips
- Step 4:** Rest another 3 to 5 minutes
- Step 5:** Repeat steps 1-4 one more time

If you can only do the lower body and upper body supersets one time through, that's okay. Gradually build yourself to where you can complete the workout.

This workout will not only build strength and muscle, but you'll still be building your heart and lungs as well.

And if you really want to bump up the intensity, you can jump rope in between each exercise for 30 seconds.

Here's how you do the exercises I've mentioned in this workout:

### Lower Body

**Hindu squats** – Stand with your feet shoulder-width apart. Extend your arms out in front of you, parallel to the ground with your hands open and palms facing down. Inhale briskly and pull your hands straight back. As you pull back, turn the wrists up and make a fist. At the end of the inhalation, your elbows should be behind you with both hands in a fist, palm side up.

From this position, exhale, bend your knees, and

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squat. Let your arms fall to your sides and touch ground with the tips of your fingers. Continue exhaling and let your arms swing up as you stand.

This brings you back to the starting position: standing straight up with your arms extended in front of you, hands open, and palms facing down.

**Alternating lunges** – With your hands on your hips, take a step forward with your right leg until your front knee is bent 90 degrees and your back knee almost touches the ground. Push off from your leading foot and return to the starting position. Repeat with your left leg.

**Jump squats** – With body crouched, feet together, arms at sides, head straight and level, quickly straighten legs and jump upward as high as you can. Simultaneously, extend arms and reach overhead. After landing, quickly return to original position, without losing your balance.

## Upper Body

**Push-ups** – Lie face down. Place hands a little wider than shoulder-width apart. Straighten your back and place feet together. Lower yourself until you almost touch the ground. Now press your body back to the starting position.

**Pull-ups** – Palms face out for a traditional pull-up on a bar to strengthen middle-back muscles. Palms face toward you to do a chin-up, which strengthens the back and biceps.

**Dips** – Use parallel bars, two chairs, or two desks. Lift feet off ground, while putting one hand on each object. Slowly lower yourself until elbows are at 90-degree angles. Pause. Slowly raise yourself. Works your triceps, chest, and middle back.

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<sup>1</sup>Osterberg KL and Melby CL. "Effect of acute resistance exercise on postexercise oxygen consumption ..." International Journal of Sport Nutrition and Exercise Metabolism, 2000 Mar; 10(1):71-81.

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# Three Simple Steps to Better Performance: How To Reclaim Your Manpower

Performance enhancement...

How do you feel about that term?

In sports, it's considered very negatively. That's understandable, because there are regulations against it and it's considered cheating. And a cheating athlete is the worst. Athletes are supposed to be participating in a sport based on honor, honesty and fair play. That's part of what sports are.

But it's unfortunate that it has come to be seen as cheating in general, because it's a good thing in everyday life.

If you can take something like caffeine to increase your endurance, you'll want to use it. But it pushes the envelope of that amazing phenomenon of superhuman capabilities through strength of will, effort, repetition, practice and training.

All of that's part of the same picture ... trying to get better. It's part of the incredible nature of life. And it's the good part.

I think an even playing field is one of the best things about sport. But in your life, performance enhancement is something that you want.

## Amazing Benefits Without The Downside

Almost immediately after getting out of medical residency, I already knew I wanted to find a natural way to enhance performance. I had exposure to performance enhancement as a teenager and in my role as strength coach for a college gymnastics team.

I saw the effect you could get back in the day from the few illegal anabolic steroids that people were using. But I knew that there must be a safe and medically wise way to get some of that effect without hurting yourself.

It's my observation that pretty much anything you can do with an injection of a chemical that mimics a hormone, you could do if you knew the way to increase that level of hormone.

Now, that might be as much as a thought. Your thoughts affect your hormones. So if you only knew how to direct those things, then you could theoretically get the same effect as a shot of synthetic hormone just by thinking the right thought.

For example, transcendental meditation has been shown to increase growth hormone and decrease cortisol (the stress hormone). So there are lots of examples of how your daily routine, the activities you choose, can affect your hormones.

So I always had this hope that sometime in my practice we would learn how to get some of the wonderfully beneficial effects of performance enhancement without the downside of chemical steroids.

When I entered my practice, one of the first things I wanted to do, before anti-aging medicine came along, was to help male patients. I was searching for what I could do that used the experience that I had in sports to give men better performance in endurance and strength – everything that makes their lives better.

At that time we were just getting oral growth hormone secretagogues. It turns out most of those formulas, which mix low doses of amino acids, didn't work very well. But high doses of single amino acids worked very effectively at increasing growth hormone. So we started using that in my practice with good effect. Things like alpha-ketoglutarate, arginine... and we are still doing that.

We can now do many of those things I set out to do years ago. There are many ways you can safely and effectively restore optimal hormone levels.

## **Why Is This So Important For You As A Man?**

Because not only do you want to be able to perform at a high level in everything you do ... but you're in a race against a modern environment that's working against your manhood.

## **“Andropause” ... It Shouldn't Exist**

The male attributes of speed, power and virility are all evolutionarily designed responses to make you more survivable as a man. And nature gives you these traits through testosterone.

But the human body has evolved to survive in a different world. In just the past few decades, the world has changed so fast that our evolutionary responses haven't been able to keep up.

We've gotten away from a protein-based diet that boosts testosterone. Instead, you're fed processed grains, fake foods like soy and flax, and everything you use and wear is loaded with chemicals that leak out into your body. Even your car that you sit in for hours every day has them.

These chemicals and foods have ingredients with one thing in common... they resemble estrogen.

Researchers have been slow to come around to the idea that these estrogen look-alikes are having an effect on us humans. But I can tell you from 20 years of medical experience, excess amounts of estrogen in our environment are causing disastrous changes for both men and women. I see it in my patients almost every day.

In men, low testosterone and high estrogen causes the onset of feminine features. A once muscular chest turns into soft breasts. A “spare tire” forms around your middle. And your risk of prostate cancer goes through the roof.

It affects your energy, too, making you feel slow and tired. It also causes an extra layer of fat under your skin. This subcutaneous fat hides muscle definition and makes your body appear “doughy.”

Politically correct medicine has named this testosterone imbalance “Andropause,” which literally means the end of being a man. But this condition shouldn't even exist. In ancient cultures, there was no such thing. Men were sexually active until they died.

But in our testosterone-lowering environment, you can't build muscle mass, create red blood cells for robust health, strengthen your bones or function sexually.

## **How To Fight Back**

When anti-aging medicine didn't exist yet, I was the



only one I knew – and possibly one of very few people in Florida – who were doing “hormone replacement.”

What I mean by that is that I try to bring your hormone levels back to a physiologically youthful level so you can feel great as a man. It makes you feel confident, it makes you feel ambitious, it gives you energy... it makes you get up in the morning charged and optimistic.

Hormone restoration like this was considered a good thing... before the drug companies gave hormones a bad name.

Now, we can't use the term “hormone replacement” anymore, because the drug companies stole it from us. They called their Frankenstein abomination of a drug therapy “hormone replacement therapy” to fool doctors and patients into thinking their drug therapy was natural.

So today, in any other place except *Confidential Cures*, if I try to tell you that something will boost or replace lost hormones, I could go to jail ... even though it's true and I can prove it.

But drug companies are still at their game. By now, you've probably seen Big Pharma push testosterone “boosters” on TV. They call their products “the same as what your body makes,” but that's not true.

Their testosterone replacement gel, for example, is synthetically produced and suspended in a petroleum-based goo. Then you rub it into your skin.

Does that sound like “the same testosterone” to you?

It's just another chemical. Chemicals can block – not restore – testosterone, and take away all of the good things testosterone can do for you.

Instead of drugs, let me show you the solution to increasing your testosterone naturally. My patients who have used it are some of my happiest, and are on top of their game again.

Fortunately, it doesn't involve any drugs, chemicals or synthetic substances. It's 100% natural.

## Reclaim Your Manhood, No Drugs Required

The good news is, you're not helpless against the

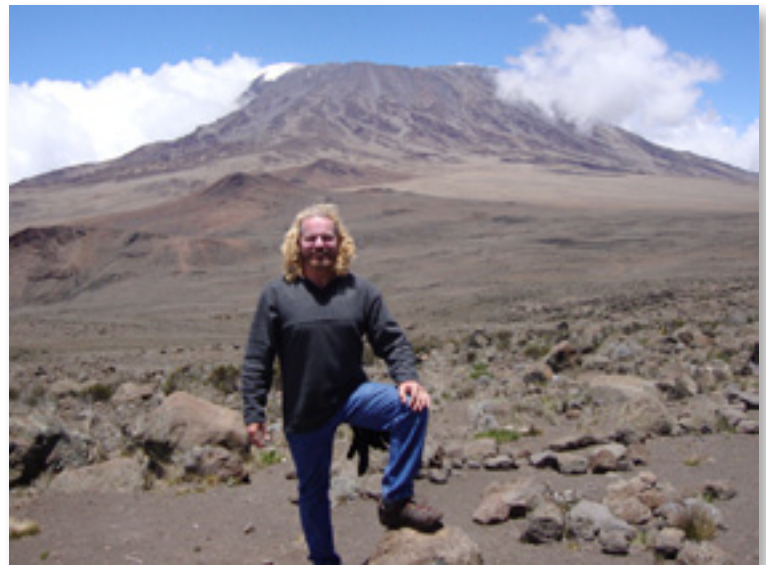
modern world and the problems it's causing. You can avoid Andropause, live a full life and keep your “manpower.”

Here are my three main recommendations you can use starting right now to naturally boost testosterone and restore your hormone levels and fight back against the modern environment:

### 1) Do P.A.C.E. Every Day

Through testing at my Wellness Research Foundation, I discovered that endurance exercises like aerobics and cardio lower testosterone, boost destructive cortisol levels, **burn away a man's muscle and make bones weaker. They can even zap your sex drive.**

I tell all of my patients to stop doing them and do P.A.C.E. instead. As I mentioned in the previous article, P.A.C.E. increases your energy, and studies show P.A.C.E.-like exertion does even more... it increases your manpower.



**Doing P.A.C.E. helped me get to the top of Mt. Kilimanjaro, the highest walkable point on Earth, without missing a beat. I was the only one on our trip who didn't get altitude sickness.**

In a recent study, researchers looked at both younger and older men who did 21 weeks of intense training rather than cardio. When the study was over, they measured significant increases in the men's lean body mass... but more importantly, their testosterone levels increased.<sup>1</sup>

And remember, this study looked at a kind of exertion that is only similar to P.A.C.E. If they had studied men doing P.A.C.E., imagine how much better they would have felt!

Doing P.A.C.E. – short bursts of progressively intense exertion – only takes 10-20 minutes of your time. Good old-fashioned exercises like the ones you used to do back in gym class are the best kind. Try mixing it up with lunges, squats, squat thrusts, pull-ups, push-ups, dips, and crunches. No fancy machines or long runs required.

At first, take it slow and evaluate your exertion level. Don't strain yourself. Take small, deliberate steps to encourage your body to switch from training for endurance to training with intensity.

Within the first week, you'll start to see progress and you'll be able to improve right away no matter what your age, condition or personal history.

When you feel ready, try some of the basic routines in my **PACE Express** program. This gradual build up in cardio-pulmonary power will increase your testosterone, energy, and help you reclaim your natural manpower.

## 2) Increase Your “Free” Testosterone

Ninety-eight percent of your testosterone is bound to a protein called SHBG (sex hormone-binding globulin). That means only 2 percent of your testosterone is free to circulate around your body.

This free testosterone then joins with cells called androgen receptors and improves your desire, function, bone density, muscle mass and strength, adipose (fat) tissue distribution, mood, energy and psychological well-being.

But the estrogen look-alikes in the environment cause you to increase the production of SHBG. This binds up some of that small amount of free testosterone and makes it inactive and unable to bind with the androgen receptors that are supposed to receive it.

My number one way to increase free testosterone in men is with the herb **nettle**. Nettle is well known for blocking the enzyme aromatase, which your body uses to synthesize estrogen. That helps tremendously with keeping estrogen in your body to a minimum if you're a man.

But to me, the exciting thing about nettle is that it has its own compound that can bind with SHBG (it has the tongue-twisting name *3,4-divanillyltetrahydrofuran*).

That means when you take nettle, your body gets to use

more of the testosterone it has.<sup>2</sup> A dose of 140 mg per day of nettle will give you the effect you need.

## 3) Eat the Foods That Make You More Manly

By making some diet changes, you can help defeat hormone imitators and fake estrogen. Here are my top food choices for boosting testosterone and lowering estrogen:

**Oysters:** These “original testosterone boosters” are packed with protein, zinc and magnesium – all three play a key role in testosterone production.

**Fish:** The essential fatty acids EPA and DHA (found in high concentrations in fish) lower SHBG.

**Lean Beef:** Red meat has saturated fat, which has a known correlation with higher testosterone, and zinc, which helps you produce testosterone. When possible, eat grass-fed beef.

**Beans:** These offer a great combination of protein and fiber with more zinc than any other veggie. Navy, lima, kidney, and green beans are good sources.

**Eggs:** Eggs have all essential amino acids, making them the best source of protein. And don't believe the hype; cholesterol in eggs won't hurt you.

**Broccoli, Cabbage, Brussels Sprouts:** Some of the best foods for eliminating estrogens in the urine. Also good sources of estrogen targeting fiber and they're nutrient-rich.

**Garlic:** Enhances testosterone and blocks cortisol, your body's stress hormone.

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2 Schöttner, M, Gansser, D, Spittler, G., “Interaction of lignans with human sex hormone binding globulin (SHBG),” *Z Naturforsch C*. Nov.-Dec. 1997;52(11-12):834-43

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# Restore Your Body's Natural Female Signals And Rebalance Your Life Starting NOW



When I first started my practice, I was shocked by what mainstream medicine was doing to women...

The most widely used and easily available treatments for hormone imbalance were chemical imitations of hormones.

These modified abominations that were created to be different enough from real hormones so they could be patented. Then they were sold as “hormone replacement therapy” or HRT.

But something that is taken from a plant – or from horse urine – and then is chemically manipulated to imitate the effect of a hormone is not a hormone. I, for one, say we shouldn't call taking something that's never been in your body a “replacement.”

So, what should we call these pharmaceutical concoctions? We already have a word. It's honest, accurate, simple... and everyone knows what it means. The word is “drug.”

The problem is, bad press about these drugs has given hormones themselves a bad name.

As I mentioned in the previous article, for the longest time, I refused to call really replacing hormones “using bioidenticals” or anything like that. I didn't want to concede the term hormone replacement” to the drug companies.

Besides, I was helping to gently and naturally restore women's hormones with the real thing, not with a drug. But after while, even I had to start calling what I do bioidentical.

Funny thing is, over time, I've found that the word “identical” reassures women. Because bioidentical hormones are *exact replicas* of your body's missing hormones. They're not synthetic imposters. Your body naturally and easily responds to them.

I've treated hundred of patients with bioidenticals. I've never seen anything but positive results. It's hands down the best treatment I've found. My patients tell me they feel better instantly.

But long before there was any objection to hormone drugs, I was telling women not to use those things. That you don't need to.

In a minute I'm going to show you the protocol I've developed to help women safely rebalance their hormones and replace what they've lost ... because in today's world, it's becoming a necessity...

## Chemical Crazyness – Environment Gone Wild

You already know that big industry has created thousands of other chemicals besides drugs, many of which get into our environment – our air, water, food, soil, and clothing.

Many also have a molecular structure that closely resembles the female hormone estrogen.

When these estrogen look-a-likes, or estrogen “mimics,” get into your bloodstream, they attach to estrogen receptors and give your cells a new set of instructions. This has a lot of negative health consequences for women.

Take the effect it's having on children, for example. If you think back to the time you were in school, kids were kids. They looked androgynous. Girls and boys looked the same through middle school.



They don't any more. Why? Did our genes suddenly change in a generation? No, these kids are being dosed from birth with hormones. There are hormones everywhere.

All the extra estrogen the children's bodies think they have is making kids develop at a young age. The charts I have to measure the growth of kids are constantly outdated. You can't keep up.

And kids are getting fat because of all the environmental hormones. Estrogen causes subcutaneous body fat, which makes us all have a doughy look. When your body thinks you have more estrogen you get a layer of fat under your skin, and it's what we see in kids today.

And the hormone imbalance is making the girls get menses younger and younger. This has moved up by a year for each of the last three decades. Average age used to be 15, now it's 12.

There are girls reaching puberty as young as seven. Studies show the number of 7-year-old girls hitting puberty has doubled since 1997. And they're developing secondary sexual characteristics.

And the overabundance of chemicals is making women's menstruation a whole new thing that they've never experienced before.

Here at my clinic, a staggering number of women tell me they're at their wits end.

I hear story after story of women burdened by ultra-sensitivity, bone-crushing fatigue and desperate emotions they can't control. Many admit their relationships are crumbling and their love lives are drying up.

But women didn't suddenly change to be more sensitive to PMS ... or to have out-of-control menopause symptoms. They are getting huge doses of estrogen from the environment and then suffering.

All these chemicals are also causing a kind of menopause that last longer and is worse than what their mother may have experienced not too many years ago. I call it "mega-menopause."

This is not what nature had in mind. Menopause should be a time that gives you a renewed sense of purpose in your life. The term is "grow" older, not "suffer" older.

In fact, there's nothing "normal" about your hormone signals going haywire throughout your lifetime. Nature never intended for you to have relentless symptoms all your life that become even more unmanageable as you get older.

And I can tell you that they're not happening because of a deficiency of HRT drugs. I do not recommend those for any woman. They are toxic and dangerous experiments. They are not hormones and don't work like natural hormones. And they cause a number of health risks and side effects.

Yet doctors are still prescribing HRT drugs. It's as if they think they can treat women like some kind of lab animal.

The good news is there's no need for suffering. There are perfectly natural, safe and effective ways to unburden yourself from the oppression of estrogen mimics. No HRT drugs necessary. No superhuman doses of synthetic creations that turn you into a lab experiment.

This is my natural, safe approach to restoring your hormone balance in a few easy steps.

These are simple things, but the order is important, and by following these steps using the right herbs and nutrients you can once again feel the way you're supposed to feel at every age.

Follow these steps and you'll regain your natural metabolism ... drop unwanted fat ... calm frayed nerves ... become ultra-focused and centered ... sleep peacefully ... stay hot flash free ... leave mood swings behind ... and live with peace and confidence.

**Step 1) Try to eat hormone-balancing foods.** Walnuts, cherries, chicken, red meat, wild yams, and spices like turmeric, oregano, and thyme all help your body with the process of making hormones.

Also, try to eat low-glycemic-index foods. Foods – usually the processed ones – loaded with sugars, starches and grains can disrupt your hormones. But low-glycemic-index foods like seeds, nuts, wild-caught salmon, grass-fed beef, free-range poultry, eggs, berries and fruits, and vegetables don't interfere with your natural hormone processes.

**Step 2) Make sure you get the right nutrients.** Women who have unbalanced hormones often have low levels of zinc, magnesium, vitamin B-6, and vitamin C. I recommend



you get your nutrients through food, but if you need to supplement, get at least 500 mg of vitamin C, 40 mg of B-6, 30 mg of zinc, and 400 mg of magnesium per day.

**Step 3) Use my herbal secrets to overcome the modern environment.** My favorite three herbs for gently affecting hormone levels easing the symptoms of declining hormones and menopause are:

- **Dong Quai**, an Asian herb that contains phytoestrogens. Phytoestrogens are estrogens found naturally in plants. Phytoestrogens work by occupying estrogen receptor sites in your body and many women I have treated with imbalanced hormones benefit from taking Dong Quai. Dong Quai also improves libido in women with declining sex hormones. I use 500mg in tablet form, twice a day.
- **Black Cohosh**, another plant that contains phytoestrogens. It has been used traditionally by Native Americans to treat menstrual cramping. Black Cohosh also occupies estrogen receptors. It is the best herbal treatment I have found to treat low estrogen caused mood swings and hot flashes. I use 250 mg in tablet form, three times a day.
- **Chaste Berry**, another effective herb for menopausal symptoms. It works by regulating pituitary hormones, which regulate estrogen, progesterone and testosterone. It is a gentle hormone balancer. I use Chaste Berry to relieve depression, insomnia and hot flashes associated with estrogen and progesterone decline. I use 300 mg in tablet form once a day.
- **Red Clover**, a wild growing herb that is so effective, one manufacturer patented a modified form of it to use as a hormone drug.<sup>1</sup> But you don't need their lab-creation. Many studies have found that natural red clover balances hormones very effectively. One study found red clover reduced anxiety by 76% and depression symptoms by 78%.<sup>1</sup> Other studies have shown that red clover can reduce hot flashes and night sweats by an average of nearly 75%.<sup>3,4</sup>

The reason red clover is so effective is that is that it's main active components, called isoflavones, when they come from the right herbs in just the right amounts, help you maintain your body's estrogen dependant functions. I use 200 mg twice a day in capsule form.

**Step 5) Restore your hormones naturally and safely.** Conventional medicine recommends a one-size-fits-all drug. But hormone levels vary widely from woman to woman. For instance, not all post-menopausal women need any estrogen.

To balance hormones successfully it's very important to know where your levels stand. That's why I recommend you get your hormone levels tested.

Armed with this knowledge, your doctor can prescribe bioidentical hormones in the precise dosage of 1) the estrogens and 2) the testosterone you need. (Yes, I said testosterone... Did you know that some of the classic symptoms of menopause such as low sex drive, depression, weakness, fatigue, and low energy may not be from falling estrogen levels, but a decline in testosterone?)

**1.** A "normal" testosterone range for a woman is from about 25 to 85. The key is to support the level of a healthy woman without getting into the range for men. In my experience in measuring hormones in thousands of women, they often feel better with testosterone toward the higher end of the normal range.

a) The herb I recommend to boost testosterone is called tribulus terrestris. It's effective for women because it helps restore natural testosterone levels. Tribulus increases luteinizing hormone (LH). LH is your body's natural way of "telling" itself to produce testosterone. 500 mg of tribulus every day will help restore your natural testosterone you so can stay sensual, energetic and motivated.

**2.** Normal estrogen levels for a woman are a bit harder to pin down. Estrogen levels change throughout life and depend on the individual woman's age and any health concerns. I like to see women at my clinic have estrogen in the 200

range. A lot higher or lower than that could be a cause for concern, depending on age and health. But it's very individualized and the range is very wide. So you should speak with your doctor and discuss what's best for you.

a) If your estrogen is high, you can flush the excess by eating lots of cruciferous vegetables, which have a compound called indole-3-carbinol. This helps metabolize estrogen into harmless compounds. It also prevents the negative effects too much estrogen in a male body can cause, by blocking the fake estrogen from attaching to your cell's receptors. You can also take it as a supplement. I recommend 100 mg of indole-3-carbinol (I3C) a day.

If you decide to take bioidentical hormones, a compounding pharmacist will fill your prescription. This kind of pharmacist can mix just about any drug and a wide variety of other substances including natural hormones. They can make pills, creams or lotions.

Your doctor may not be familiar with compounding. It's a bit of a lost art because of the prescription drug boom. You can find a compounding pharmacist on The International Academy of Compounding Pharmacists website at [www.iacprx.org](http://www.iacprx.org). This is a non-profit organization representing more than 1300 compounding pharmacists. Use their listings to find the one nearest you. Many will even offer mail order service.

Once you begin taking bioidentical hormones, you should get a hormone panel every three months until your levels are in balance. You may have to adjust your dosage one, two, three, maybe as many as five times – but the results will be worth it.

You'll feel energized and you'll no longer suffer from the chemical burden of the modern world, any of the annoying symptoms of menopause, or risk the dangers of synthetic hormones. And the great thing about them is that they are custom made for you. You get the exact right fit for your body.

If you are in South Florida – or can travel here – you can make an appointment for a consultation by calling my clinic at (561) 784-7852.

## References:

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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).

The information and material provided in this letter are for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a competent medical professional before acting on any recommendations in this publication.