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The Nutrition Pyramid That Makes Sense

Forget our government's "Food pyramid."

It's a blatant commercial designed to sell you on eating grains.

The food pyramid, and other "public service initiatives" are produced by the USDA, but have no real benefit to you, me, or any other American.

In the same way the FDA is a servant to Big Pharma, the USDA is a mouthpiece for the grain industry.

And if you actually followed the food pyramid, you would end up sick and diseased.

But the problem goes deeper.

You, as a human being, have nutritional needs that come from millions of years of growth, development, and evolution.

For one, you were designed to eat meat. There is no record of ANY native culture living on vegetables alone.

You were also designed for the regular intake of fat-soluble vitamins like A, D3, E, and K2.

This is what I call your "primal nutrition."

Primal nutrition reflects your evolutionary needs.

It's what every human being needs to thrive in a balanced environment, and it's the foundation of my own nutrition pyramid.

This nutrition pyramid I'll show you today will help you understand not only what your body needs, but will also help you correct for certain tendencies that may be causing you discomfort or disease.

And it will make you healthier, without drugs or surgery.

The reason why I created this new nutrition pyramid is to solve a problem we all now face:

You and I don't live in a balanced environment. Quite the opposite.

We live in a polluted, toxic soup. And we all have hundreds of chemicals and other toxic compounds flowing through our blood every second of the day. Even if you eat organic food.

Our world is so foreign to us our toxic environment has exceeded our ability to adapt to it. And that means everyone will develop problems as a result of living during this period of history.

The fact that you have a "family history" of heart disease, for example, simply means that your family as a whole has a particular handicap that's come about as a result of interacting with the world around you.

But that doesn't mean your genes are the *cause* of your family's heart disease.

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It's the influence from the environment that triggers a gene to express disease.

The second level of my nutrition pyramid, which I call "ortho-nutrition," allows you to adjust or "straighten out" the problems that come from living in our environment.

In fact, the word "ortho" means "straight."

I understand that the idea that *you* have to "straighten out" or correct the effects of this environment puts a burden on your shoulders.

A burden our ancient ancestors never knew or understood.

You see, our ancient ancestors were so well built for their environment, they never had to think about health, nutrition, what to eat, or how to lose weight.

They just hunted, gathered, and ate. End of story.

Today, it's a lot harder.

First, you have to go back and figure out what humans are really supposed to put in their bodies. That's your primal nutrition base.

Second, you have to figure out where your body went wrong in response to your environment and make a correction.

For example, you may have a history of diabetes in your family and discovered at a certain age, that you were next in line.

You might develop serious allergies or food sensitivities.

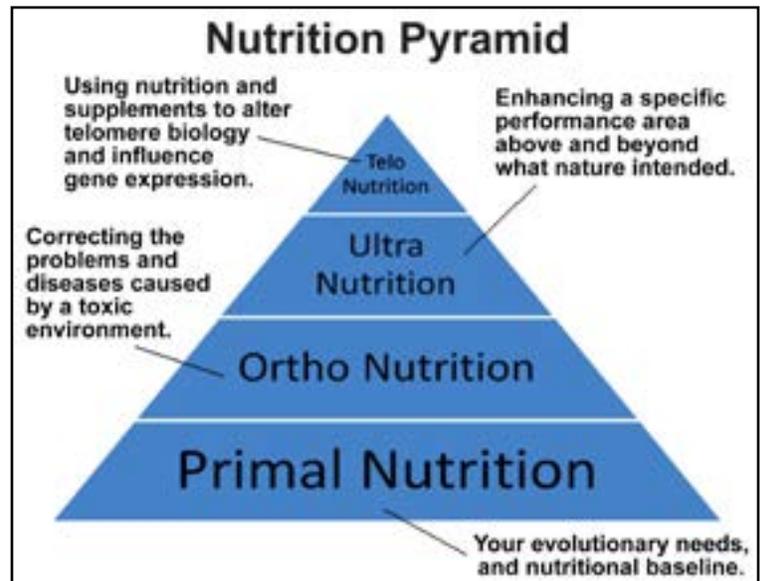
You may suffer from poor oxygen delivery to your cells, which develops into cancer.

These afflictions are all caused by your reaction to a toxic world.

Your genes are influenced by an abnormal stressor that brings these diseases into being.

But your genes are not the cause.

My second level of the nutrition pyramid – ortho-nutrition – gives you the ability to sort that out and fix it.



Let me give you an example of what I mean...

Fight Heart Disease and Win... Even If It Runs In Your Family

Our food is nutrient poor.

Even our vegetables have far fewer minerals than they did just 50 years ago. You know you would have to eat 26 of today's apples to equal just one apple from 1914.¹

That's why I write to you often about "paleo" eating and what I call the "primal" diet. I like the term primal better than paleo because it's a more accurate way to help you fulfill your evolutionary needs, or your primal nutrition.

Primal nutrition is about how our bodies were designed by nature, and how they require certain nutrients because of how we evolved. And that took place both before and after Paleolithic times.

In those days, our environment was stable. And that stability affected our genes, which caused a drop in our body's production of certain nutrients because they were plentiful at the time.

One fundamental example of this is Coenzyme Q10.

It's very hard to make as you get older, very hard to come by in the environment, it's very important, and you're probably not getting enough.

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Part of the problem is we no longer eat the internal organs of wild game. CoQ10 concentrates in your liver, heart and all high-energy organs and does the same thing in wild animals. Our ancestors ate those organs fresh to get CoQ10. But we don't.

Domesticated animals don't have much because they aren't allowed free range, and can't exert themselves intensely, so they produce little if any CoQ10, because they don't have high-energy output. Docile animals in cages produce only *one tenth* the CoQ10 of wild animals.

Yet you need CoQ10 because you can't make energy without it. It also lowers blood pressure, improves memory, and is especially effective at energizing your heart.

It's no coincidence that a lack of CoQ10 has coincided with these three areas being three of the biggest health concerns in the modern world.

When patients come to me feeling older, with weak hearts and low energy, the first thing I do is give them CoQ10.

It's the most important heart nutrient. In my experience, CoQ10 has worked better than any heart medication I have ever used. Half of my patients have their blood pressure return to normal with CoQ10 alone. It gives all organs energy including the brain, and it's even a prostate booster.

To give your body back its primal level of CoQ10, I recommend:

1) Primal Nutritional CoQ10 – Eggs, avocados, almonds, grape seeds and sesame seeds have some CoQ10. But nowhere near enough. The only good food source is the organs of free-range cattle and wild game. The closest thing you'll find if you're not a hunter is grass-fed meat. It has much more CoQ10 that feedlot meat does.

2) Ortho Nutritional CoQ10 – This is one nutrient where, even though I recommend you eat food with it, you won't get enough through food alone. This is where ortho nutrition comes in, to fix the specific areas that may be a problem.

High blood pressure is one example. Congestive heart failure or cardio myopathy would be another.

With ortho nutrition, you're straightening out, or treating, diseases or afflictions that come from your interaction with the environment.

Keep in mind, your dose of CoQ10 will usually be higher than with primal nutrition. Because when you're treating a certain problem, you need a higher "therapeutic dose."

When CoQ10 pioneer Dr. Peter Langsjoen discovered he could reverse congestive heart failure with CoQ10, he used between 900 mg and 2,500 mg a day. That's *far higher* than what you would take on a primal nutrition level.

He also used the "reduced" form of CoQ10 called ubiquinol, which is more readily absorbed and is eight times more powerful than standard CoQ10.

One of the issues with CoQ10 is that it's fat-soluble. You need to have fat intake to use it, but good luck getting healthy fats from modern food. There again, the reduced form, ubiquinol, is a better bet. Take 50 mg of the ubiquinol form every day, as a maintenance dose.

If you have high blood pressure, heart disease, high cholesterol, gingivitis, age-related memory loss, chronic fatigue or are a vegetarian, increase your dose to 100 mg of ubiquinol per day or higher. I recommend you ask your doctor if you want to go above 200 mg a day.

Ultra Nutrition: Better Than What Nature Intended?

Above ortho-nutrition on my nutritional pyramid is the first level of nutrition that goes beyond just what nature intended for you as "normal."

It's a category of nutrition with a separate set of goals that I call **Ultra-Nutrition**.

In this category will be things like herbs that boost testosterone and nutrients that you can take in a larger quantity that you could possibly get from a native environment that make you secrete growth hormone.

It's about finding out what makes the body tick and trying to 'up the level.'

Ultra-Nutrition is about doing better than normal. It's an elitist, super-performing science. *And it lets you focus on specific performance areas that need attention.*

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Now that we know more about how the body works, maybe we can improve your alertness, improve your strength, and prolong some features of youth?

Many aspects of anti-aging will come under ultra-nutrition if what you are trying to do is not just age normally, but do better than what nature had intended for the aging cascade of diseases and decreased capabilities.

A good example of this would be to boost your brainpower by giving some extra support to a neglected part of the brain called the “glia.”

Brain researchers always thought of glial cells as neurons’ strange assistants. They believed neurons did all the signaling and all the “thinking.”

But new research shows that glial cells do a lot more than just make up the “white matter” of your brain.

Some glial cells act as your brain’s immune cells, some anchor neurons in place, and some clean up waste. Some even help you remember things and learn more as you age, even if your “gray matter,” the other half of your brain cells, shrinks with age.

In a new study in the prestigious journal *Nature*, researchers looked at 39 healthy people, some young and some elderly. For the older people who had the most flexible glia, learning a new bit of visual information was about as easy as it was for younger people who used only their neurons and gray matter.²

So that means that not only do our brains NOT lose their flexibility, but there seems to be a part of your brain that – if you can support it – can help your brain act just like a young person’s for the rest of your life.

Older people with healthy white matter kept their ability to adapt and learn, just in a different brain area than in young people.

A good way to protect your glial cells so they can do their job of removing waste from your brain is with a plant compound called **luteolin**.

Toxins and pollutants in the modern world assault your body all day with factors that cause inflammation. They can even hijack enzymes your body normally uses to protect your brain. Luteolin can stop this process cold.

In one study, luteolin almost completely protected glial cells from free-radical damage and inflammation. It also improves memory and helps ease depression.

You can get luteolin from eating celery, green peppers, the herb thyme, and in chamomile and yarrow teas.

There’s also a unique source of luteolin... it’s from the resin bees use to make their honeycombs called propolis. You can find it in most health food stores.



On the Road to Biological Immortality?

The forth element in my Nutrition Pyramid is **Telo-Nutrition** or **Telo-nutritioneering**.

The knowledge that there’s a control mechanism for genes – the telomere – and the fact that we know chemicals that can control the expression of those genes – the epigenome – gives us a huge opportunity to intervene.

It’s the beginning of an exciting new age in science and medicine.

It also takes the chains off of us, and takes walls down in our minds because we’re not just destined to do, “what our genes say.”

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Telo-Nutrition is like a movie script that's not completely written. There are some scenes sketched out, but you get to direct the movie and decide how you want it to come out.

When we learn how to manipulate the control of the progression of your genome through the shortening of the telomere, and the other things that telomerase does, life will get better as you get older.

Activating telomerase and maintaining the telomere activates all kinds of energy mechanisms in the cells. And now that we understand how telomere biology effects genetics, effects the epigenome, effects the aging control mechanism, effects the physiology in the cell, we can use this as an even more sophisticated, more scientifically progressive way of advising you on nutritional supplementation.

We're at a new level — an entirely new concept of how to use nutrients.

I'm going to tell you more about Telo-Nutrition in your third article, but let me take a minute to show you how you can use telomere biology, telo-nutritioneering and modern science to increase telomerase, affect your epigenome and help you grow biologically younger.

I've never revealed this before, so as a *Confidential Cures* member, you're the first to know what I've discovered.

Cancer-Fighting Secret to Longer Telomeres

As I was doing some deep research for my presentation in a few weeks at the A4M Annual World Conference on Anti-Aging in Las Vegas, I came across studies on a nutrient I've had my eye on, but that has been completely overlooked as a telomerase activator.

At the Department of Chemistry at Huazhong University of Science and Technology in China, researchers were looking into cellular senescence, or what happens to cells when they die.

They were particularly interested to know why the mineral **selenium** seems to keep cells youthful and functional for longer.

They took liver cells and divided them into three groups. One group got no supplementation, but the other two got infusions of the mineral selenium.

After 3 weeks, the cells that were growing the best were the ones that had gotten selenium supplementation.

After 4 weeks, these cells' telomeres were significantly longer than normal.

Plus, not only had selenium turned on expression of the gene that rebuilds the telomere (the hTERT or human telomerase gene), but telomerase production in these cells skyrocketed.⁴

Recent studies also show that having more selenium protect DNA breaks, stops telomere loss, and even improves telomere function. This might also be why selenium is a proven cancer fighter. Dozens of studies show that having shorter telomeres is a risk factor for many cancers.

For most people, I recommend getting selenium from fresh, freeze-dried, or aged garlic, which contains a bioactive form of selenium. Start with one capsule or one clove and slowly increase to three capsules or cloves after each meal.



You can also eat Brazil nuts every day. Each has around 100 micrograms of selenium. But while 100 mcg is fine for primal and ortho-nutrition, it's a good idea to eat a bunch of Brazil nuts to get enough selenium for telomerase activation. ■

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Nutritional Repair:

How to Build on Your Primal Nutrition Base to Reverse Disease

The problem of modern disease is not within our bodies.

We were designed to live in a world that we've left behind us.

Our bodies haven't adapted quickly enough. We don't get even the basic nutrients we need to live in the amounts we were designed for. And at the same time, we can't flush out the chemicals, toxins, and pollutants that are now present in our everyday lives as fast as we need to.

This alien environment has wrecked our metabolism and is making our bodies act in ways nature never intended.

The good news is, because we still have the inborn blueprint to be strong, smart, mobile and vigorous, we can fix this new environmental problem.

This is more than prevention. That's passive. I think of the solution I'm about to show you as taking something that has drifted away, and actively bringing it back to where it's supposed to be. It's nutritional realignment, repair and rejuvenation.

You can bring your body back to the natural state of health you were designed for. I call it ortho-nutrition and I'll tell you more about it in a minute.

Let me give you an example...

Do You Want to Wait and Get Alzheimer's?

Soda is everywhere. There's almost no store you can go into where they don't have a cooler full of the stuff.

Yet soda has a huge impact on your system. Your body will use its alkaline minerals such as sodium, potassium, magnesium and calcium to neutralize the acid in soda and return your pH to normal.

Problem is, this upsets your bloodstream. Phosphoric acid enhances the absorption of carbon dioxide to keep your soda fizzy. But the shock of incoming phosphorus from soda with zero calcium causes the calcium levels in the blood to decline. This triggers your body to dissolve calcium from the bones to restore this balance.

Now, just by drinking soda, you've caused your body to mobilize hundreds of milligrams of minerals that you can't use for other purposes... and now you've got a deficiency you have to correct for.

Soda is also associated with Alzheimer's ... so do you want to wait until you're so nutritionally deprived that you suffer from dementia and get put on the synthetic drug Aricept? Or do you take some extra nutrients now to correct for the problem?

An Illustrative Example of How Profit Distorts Treatment

Waiting for disease to take over in this way is like waiting for a knee replacement. You know your knee is going to break down, and you just hold on until the pain gets too bad. Then surgeons cut you open and totally replace your knee.

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Why would you go through that if you didn't have to? Wouldn't it have been easier, better, less painful and certainly more natural to have avoided the surgery?

And as it turns out, the total knee replacement is the highest profit procedure that relates to the dysfunctional, inflammatory, ortho-nutritional issue. None of the other treatments pay like that one, so that's the gold standard by which the whole medical system is built.

There's no way that anyone can make as much money off your inflamed cartilage than when it gets so bad they have to put you through a \$30,000 replacement. So that's what they do more of every year.

Meanwhile, the solution is much more natural. Good circulation, building the strength of the quadriceps muscle which wraps across the patella and inserts down in the tibia so is strengthened and draws the knee together to prevent laxness in the joint, and then supplying the nutrients that you need to build cartilage.

“Correcting” Nutrition

Supplying nutrients that you need to repair a problem is ortho-nutrition. For example you wouldn't consider vitamin C, chondroitin and glucosamine something that you would get at high doses in your primal environment. But if you get a torn cartilage, would you rather provide the nutrients to correct the problem as an ortho-nutritional solution, or would you rather have a scalpel cut into you?

It's much simpler and more natural to correct for pollutants and toxins and abnormalities to your metabolism that an abnormal environment has produced.

In some cases this is only dose related. You can, with a certain nutrient, re-establish your evolutionary requirement, but then it takes more to correct for previous deficiencies.

So in some cases we're trying to swing the pendulum in the opposite direction and re-establish balance. In other cases, you can use nutrients to prevent diseases of civilization, but not just by going back to the primal doses. By getting amounts of nutrients that you wouldn't need to take as supplements, but now you need them because the modern world has screwed you up.

Selenium is a good example. It reduces cancer risk. But you can't just get the amount of selenium that we would have gotten in primordial times. If you were foraging, you could have eaten a few Brazil nuts every day and gotten all the selenium you needed. You might have gotten enough through vegetables and plants, which took up plenty of minerals in ancient times.

Today, vegetables are void of minerals. In fact, you'd have to eat 10 servings of spinach to get the same level of minerals from just one serving about 50 years ago. ¹

A report from the University of Texas in Austin also tracked the decline of nutrients in produce.

They reported findings at a meeting of the *American Association for the Advancement of Science* in St. Louis. They found significant drops in a wide range of produce across the board.

Minerals like iron and magnesium have dropped by more than 80 percent. That's from commercial farming technology and powerful fertilizers that practically *sterilize* the soil – leaving it with little-to-no mineral content.

Even though using ortho-nutrition as a solution is interventionist, and sometimes you have to take more than a strictly “natural” amount, it's more natural than waiting until you are sick from deficiency and taking the lab-created synthetic, space-age alien molecule drug.

With the nutrients, you're using something that is already native to your diet, you're just using it on a different schedule, in a different dose, and taking a supplement where you would get it from your native environment.

The other issue is that you're not just devoid of minerals... you're also getting toxins.

You could wait until you get inflammation from it, and then start taking piroxicam prescribed by your internist, or you could think about taking higher doses of naturally occurring antioxidants and anti-inflammatory herbs before inflammation occurs.

You would be correcting not just for deficiency, but for diseases that have been produced by the abnormal environment including the number one disease of modern civilization, which is inflammation.

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It's more natural to use a naturally occurring nutrient or plant to correct deficiencies and the abuses of toxins and pollutants than it is to take a drug. And that's what I call ortho-nutrition.

Cellular Nutrition

Ortho-nutrition then is more than eating "primal" or paleo. That will get you reasonably close. But today, even if you do eat as well as our Paleo forbearers, it may still not translate to proper nutrition at the cellular level.

You could have poor digestion, food sensitivities, chronic inflammation, poor immune function ... and taking medications can also leach nutrients out of your body.

That results in a vicious cycle. Our cells are not healthy and they need nutrients to heal. But, the nutrients are not available because our cells are too weak to transport the vitamins to where they are needed.

So we are now in an environment that we have to address ortho-nutrition.

You want to try to correct when you can with food and naturally occurring things like herbs that can be cleansing, and purifying and correcting.

But ortho-nutrition is more likely to be more of an intervention.

Supplements are one way to boost nutrient levels. But we can become so deficient in today's world that we need a boost just to be able to get back to where supplements will help.

We had a relatively stable environment for thousands of generations. Then a few hundred generations ago, things started to change but only slightly. Now, in the past three generations, things have really gotten out of hand.

A good example of this is processed foods that have been available for the last 50 or 60 years. Now that you've lived for 50 years eating toxic food, your intimal lining and arteries have become diseased.

What's worse is that your parents grew up in the same environment, and that can affect you as well. For example mothers who take Tylenol – one of the supposedly safest drugs we know of – are passing on the risk of ADHD,

asthma, and infertility to their children.

That's where the "ortho" comes in. It means straighten out, so we're trying to not only fix the problem, but get you back to where your baseline of good health should be, with no diseases or weaknesses.

The traditional way to correct that is to wait until you have a diagnosis and then give you a drug. But it's more natural to treat the constellation of modern problems from the environment with nutrients, even if it means taking supplements, and taking quantities of nutrients that you would not have gotten from your primal environment.

Vitamin Rescue for Your Whole Body

So when I think of ortho-nutrition, I think more along the lines of something like rescuing your arteries from disease with high doses of IV vitamin C. Or maybe even a chelating agent that is trying to correct for that abuse.

You could be doing it to correct for the oxidation of cholesterol that has occurred because of your deficiency of antioxidants that's been going on your entire lifetime. Or to correct for our environmental deficiency of vitamin C.

We're totally dependent on diet to get our vitamin C. Because every animal on the planet except primates, Guinea Pigs and fruit bats can make their own vitamin C. It's a human weakness that we don't make it.

Yet we need vitamin C to live. Based on what animals that can make their own produce, your body would make 10,000 mg a day if it could.

An orange has only 90 mg.

So fruit isn't going to do it for us. But IV vitamins can have a lot of benefits beyond what you might think just "nutrients" can give you.

IV nutrients can reduce stress hormones, improve concentration, improve nutrient absorption overall, and even reduce wrinkles and improve skin complexion.

Many of my patients tell me they get a huge boost of energy and a feeling of wellbeing when they wake up the next day after IV vitamin therapy.

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I've been doing IV vitamin C therapy for years, but the process was a bit slow.

First off I couldn't use many of the mixes because some had synthetic vitamins. That meant I had to wait to get natural nutrients. And there weren't many different nutrient mixes available.

Now that's all changed. I get any mix of natural nutrients my patients might need. And I get them delivered to the center almost on demand.

One of the reasons I like vitamin C through IV is that if you take vitamin C orally, your stomach has to break it down before you can absorb it. Depending on diet, your gut bacteria, and your health, it may or may not get absorbed properly.

IV therapy bypasses all that. The high-concentration vitamin C goes directly into the bloodstream in an unaltered, safe form that is well-tolerated, with no side effects.

I had my patient S.K. write us an e-mail just to tell me: "Dr. Sears, without these IV vitamin C treatments, I honestly don't know how I'd make it through the day."

There's a misconception out there that you have to be sick to benefit from IV vitamin C therapy.

The opposite is true. You see, mainstream medicine believes you are one of two things, normal or sick. When you get sick, they believe their only job is to push you back over the line so you're not sick anymore.

But I believe health is a continuum. I believe my job is to get you as healthy as possible. I want you to have optimal health, so you can live as well as possible, not just barely avoid being sick all the time.

If you're interested in ortho-nutrition through IV vitamin C therapy, here are three things you need to know:

- 1.** You can safely get much more vitamin C through an IV than you can taking supplements. You can infuse vitamin C at 100 times the concentration of oral supplements completely safely. Remember, no matter how high the dose, vitamin C does not harm healthy cells.
- 2.** Make sure your practitioner does a brief medical history assessment to ascertain how

much vitamin C you might need.

- 3.** Be prepared to spend 25 to 45 minutes in the IV room, depending on the dose.

If you'd like to visit my Center for Health and Wellness for IV vitamin C therapy, please call us at 561.784.7852 and any member of my staff will be happy to give you a phone consultation.

Infusing What Your Body Needs, Detoxifying What's Harmful

Your produce may look nice on the shelf but it may be missing what your body needs.

Today's commercial farmers grow fruits and vegetables that are designed to look good on the shelf. That means they're often little more than pith and water. And harsh fertilizers leave the soil with few – if any – minerals to nourish the plants.

Even the U.S. Department of Agriculture admits that vitamin and mineral levels have fallen by as much as 81 percent over the last 30 years.²

I'm not telling you this so that you "eat your veggies." I want you to know that concentrating vegetables ortho-nutritionally reduces the risk of inflammatory diseases in the modern world. Especially the number one killer, heart disease and its related problems.

Here's just a small sampling of some of my research proving this.

- Pureed vegetable mixes caused a healthy increase in vasodilation, which lowers blood pressure and reduces heart disease.³
- In one clinical trial, after only 180 minutes, people who drank just 400 ml of vegetable puree significantly increased their nitric oxide, the molecule that relaxes blood vessels for free blood flow.⁴
- In another trial of 39 health people ages 30 to 70, they found that drinking a vegetable puree skyrockets vitamin C and carotenoids, lowers blood sugar, and causes vasodilation all at the same time.⁵

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- Incredibly, pureed vegetables can also reduce heart risk for people who have a genetic risk for heart disease. ⁶

To make up for a lack of minerals and nutrients in our produce, I've been giving myself an ortho-nutritional boost every day with a hybrid of supplements and food.

I make myself a red ortho-smoothie. What I do is blend down fruits and vegetables into a very small package so I get an infusion of vegetables and antioxidants without eating pounds of food.

In my *Doctor's House Call* letters to you, I gave you the recipe for my green drink. But I'd like to give you as a **Confidential Cures** member my favorite recipe: my red smoothie.

- **1 Whole Lime, Peeled**
- **1 Whole Red Beet**
- **¼ Cup of Cilantro**
- **4 Heads of Broccoli with Stems**
- **1 Section of Peeled Florida Navel Orange**
- **1/16th Piece of Turmeric**
- **¼ Cup of Coconut Water**
- **¼ Cup of Filtered Tap Water**
- **¼ Cup of Spinach**
- **¼ Cup of Arugula**
- **6 stalks of Dandelion Greens**
- **4 Baby Carrots**
- **½ Cup of Ice**

These ingredients aren't random. Not only do they give me a nutrient boost, but they also remove toxins that can cause my body to lose, or not be able to absorb nutrients. In other words they're detoxifying.

- Fresh cilantro is one of the best detoxifiers for your central nervous system. It's been shown to remove mercury from the body very fast.
- Dandelion stimulates digestive bile and acts as a diuretic for excess water to help flush the body.



My office manager S.D. makes me these delicious ortho-nutrition smoothies.

- Arugula is a type of cruciferous vegetable (like broccoli, kale, and watercress) that has detoxifying compounds like sulforaphane and indole-3-carbinol, which remove chemical estrogen mimics and are anti-cancer.
- Turmeric has curcumin, which studies show can elevate the liver's capacity to flush toxic chemicals from the body.

When you choose the right ingredients, you get a double benefit. You get more nutrients from the produce, and you keep more nutrients because of their detoxifying power.

I don't like to use too much fruit in these because it would make it high glycemic. Yet they're still slightly sweet, and very refreshing, so I recommend them if you don't love eating vegetables. ■

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Change Your Aging Program with New Telomere Nutrition

I want to share with you what I will be telling doctors next month.

As I mentioned in your first article, I will be speaking at the American Academy of Anti-Aging's (A4M) upcoming conference in Las Vegas on December 13th.

I've presented to A4M in years past, but this year is exciting because I'll be introducing a new protocol for influencing the human genome.

Something I call **telo-nutritioneering**.

I'm even more honored this time around, because this particular gathering is the largest assembly of doctors in the world.

For the international gathering of doctors in Las Vegas, I'm teaching a step-by-step program for using nutrients that "dial up" the anti-aging genes in your own DNA.

You see, there are select nutrients that have the power to interact with your cell's DNA, and support and strengthen the telomere.

That means you can actively promote the growth of new cells that look and behave younger than your age.

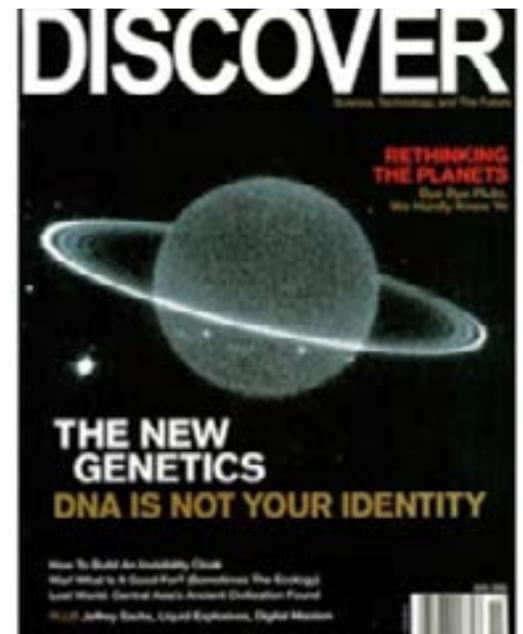
If you haven't heard me talk about telomeres before, telomeres are the bits of DNA at the end of each chromosome that give instructions to your cells.

Short telomeres produce old, decrepit cells.

Long telomeres make young, energetic cells.

In just a moment, I'll show you how you can access the control panel of your telomeres by using nutrition alone.

Continued on the next page...



Discover magazine got this one right: DNA is NOT your identity.

First, I want to show you why some of the most fundamental “truths” of biology are being thrown out the window in light of what we know about your cells’ internal clock.

Genes Do Not Predetermine Disease

Part of the problem is that mainstream medicine still assumes that the presence of a certain genetic risk—especially when there’s a family history—means you’re done for.

And when doctors discuss this with their patients, there’s a sense of destiny, of finality. As if there’s no way to avoid it.

This explains why celebrities like Angelina Jolie are coming forward to announce “pre-emptive” surgery because they carry a gene that causes cancer.

But a gene with a specific tendency only produces disease as it interacts with its environment.

And today, our environment exceeds the limits of adaptation for all individuals.

That means the toxicity of our environment has outpaced our ability to adapt to it.

So every individual is lead to disease by interacting with a toxic environment.

The environment is the trigger, NOT the gene itself.

And new evidence suggests you can change the expression of your genes using nutrition.

Let me show you how this works.

A landmark study by researchers at Duke University revealed the power of nutrition to affect the expression of genes.

The study was so provocative it made the cover of *Discovery* magazine. ¹

Researchers started with a species of mice known as “agouti” mice. Names after the agouti gene they carry, these mice are fat, yellow, and have a predisposition for cancer and diabetes.

But the researchers at Duke University wanted to see if they could breed “normal” mice by changing the diet of the mother.

Under usual conditions, agouti mice give birth to agouti offspring, without any changes.

But when the researchers fed the mother a diet of nutrients that influence gene expression, something remarkable happened.

The agouti mother gave birth to “normal” mice that were small, brown, and had no risk of cancer or diabetes!



Agouti mice are fat, yellow, and predisposed to cancer and diabetes (left). The mouse on the right was born to an agouti mother, but looks completely normal. All from a change in diet.

Here’s a quote from the lead researcher:

“It was a little eerie and a little scary to see how something as subtle as a nutritional change in the pregnant mother rat could have such a dramatic impact on the gene expression of the baby.”

Using nothing more than a few key nutrients, the researchers “turned off” the genes that made the mice fat, yellow, and prone to disease.

As humans, you and I can follow the same principle to activate the genes that support a long, disease-free life, and turn off the genes that promote disease.

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Dial Into Your “Grow Younger” Genes Using These Special Nutrients

TIME magazine recently published an article showing how drinking soda shrinks your telomeres.²

Taken from a study published by the American Journal of Public Health, their results showed how drinking just one 8-ounce soda a day relates to 1.9 years of additional aging. And drinking a 20-ounce soda a day corresponds to 4.6 years of additional aging.

That’s the same risk as smoking.

Now here’s the key: The length of your telomere determines gene expression, and the right nutrition supports your telomeres, while activating the genes that support a youthful, disease-free life.

When you add the right nutrients to your daily regimen, you can actively support the expression of the right genes.

Even if you were born with a gene that causes disease.

There’s no reason to fear your own genome or your family inheritance.

You have the power to do something about it.

And it can be as easy as getting enough of the right nutrients.

That’s the secret behind “telo-nutritioneering.”

Here’s how you can get started.

Your Quick Start Guide to Telo-Nutritioneering

I’ll be writing to you a lot more about telo-nutritioneering in the coming months, but today I want to introduce the idea, and give you a quick way of getting started right now.

I define telo-nutritioneering as:

Altering telomere biology to manipulate the progression and transcription of the genome...

And finding and administering key nutrients at therapeutic doses that support maintain

the telomere or activate telomerase.

That’s what I do for my patients, and today I’ll give you the first piece of the puzzle so you can get started today.

One of the easiest nutrients to find and take on a regular basis is *silymarin*.

Silymarin is the active ingredient in the herb *milk thistle*.

Milk thistle has been used for centuries to purify and



detoxify the body. But today, we know it’s far more powerful than anyone imagined.

While still very effective for detoxification, silymarin was recently discovered to activate telomerase, the enzyme that rebuilds the telomere.³

Published in the *Journal of Cardiovascular Pharmacology*, researchers discovered silymarin:

- Increased telomerase activity by 300 percent...
- Reduced the number of senescent or dying cells, and...
- Increased the activity of endothelial progenitor cells by up to 64 percent.

You can find milk thistle in just about any health food store.

Continued on the next page...

I recommend taking at least 200 mg twice a day. I consider this a “maintenance dose.”

If you’re detoxing, you can double, or even triple that dose for two to three weeks.

There are some people who are afraid of milk thistle. It’s gotten a bad rap as being somehow toxic. But that’s not true. Milk thistle is regarded as safe, although some people with very sensitive skin can get a rash by touching the plant. And, if you have allergies, you might react to milk thistle the same way you would to ragweed or chamomile and chrysanthemums. In fact, that may be where it’s reputation came from.

Also, as with any herb, you get some physiological changes with milk thistle. So if you have a sensitive stomach, it might get upset by milk thistle, or any herb.

Your liver works with milk thistle to help protect and heal. But it’s broken down by liver enzymes that also break down some medications like statins, anti-anxiety drugs and blood pressure medications.

However, instead of avoiding milk thistle because of synthetic drugs, it might be a better idea to ask your doctor why you weren’t offered a natural solution that doesn’t affect your liver.

There are no regular food sources for milk thistle. You can get milk thistle in a tincture or as a liquid extract, but I feel it’s more natural to use the dried extract. Look for a minimum of **80% silymarin**, the active ingredient, for maintaining your telomere length.

Taking this one nutrient on its own is enough to influence your genome, and in the coming weeks, I’ll be sharing even more strategies and protocols for supporting your telomeres, and influencing the genes that extend your “health span.” ■

References:

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3 Parzonko, Andrzej MSc; Naruszewicz, Marek PhD. Silymarin Inhibits Endothelial Progenitor Cells’ Senescence and Protects Against the Antiproliferative Activity of Rapamycin: Preliminary Study. *Journal of Cardiovascular Pharmacology*: December 2010. Volume 56, Issue 6. pp 610-618



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.

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).

Share Your Story With Me

I've made it my personal mission to bring you back hidden and forgotten cures from around the world, and return to your body what's missing from our modern environment so you can live a full life without worry.

I often hear great things about my books, special reports, and products from patients who come in to my clinic.

But I'd love to hear from you, too.

[Click here to take a moment to share your thoughts with me.](#)

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.