

Dr. Sears'

CONFIDENTIAL CURES

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

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New Oxygen Therapies That Flush Disease Out of Your Body

I've never been more excited... and proud. We recently took delivery of a hyperbaric oxygen chamber at the Sears Institute for Anti-Aging Medicine — and we're getting a second one in a few weeks.

My new, 17,000-square-foot center has transformed my clinic into one of the most revolutionary and cutting-edge anti-aging medical practices in the world.



My first hyperbaric oxygen chamber at the Sears Institute of Anti-Aging Medicine. It delivers the healing power of oxygen at 1.5 times normal atmospheric pressure and has already achieved astonishing results with my patients.

And I have my tireless team, my patients and YOU to thank for it.

We now offer hyperbaric oxygen therapy (HBOT), along with a raft of anti-aging, nutrition, fitness and cosmetic treatments, including stem cell therapy, fat transfer, PRP, bioidentical hormone replacement, heavy metal cleansing and telomere testing.

Patients, who have already undergone HBOT, tell me they feel as though their bodies have “come alive” and that they feel like they’ve been given a “new lease on life.”

That’s because HBOT can boost and power up your body’s natural healing processes.

*In a minute, I'm going to show you **FOUR SIMPLE WAYS** you can boost your oxygen intake and start breathing new life into your body from your own home.*

I’m also going to show you how you can use HBOT to help restart the same cellular growth processes you enjoyed as a child.

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Nothing is more important to your life than oxygen. Let me explain...

No One is Talking About the Threat of Low Oxygen

Oxygen is the source of all life — and the chances are you're not getting enough of it.

You may even have hypoxia (low oxygen in your blood) or hypoxemia (low oxygen in your tissues) — dangerous but common medical conditions that cause chronic inflammation, which is at the root of all chronic disease.

The classic symptoms include:

- Shortness of breath
- Changes in skin color
- Fatigue
- Lack of mental focus
- Memory loss

But if you go to your doctor with any of these conditions, you are likely to be misdiagnosed and told that your symptoms are just part of the aging process.

Oxygen is also the primary substance your brain is deprived of during a stroke.

At my recent Palm Beach Anti-Aging Summit, world-renowned hyperbaric oxygen therapist Raymond Cralle revealed how low oxygen can lead to serious diseases, like arthritis, heart disease, Alzheimer's and even cancer.

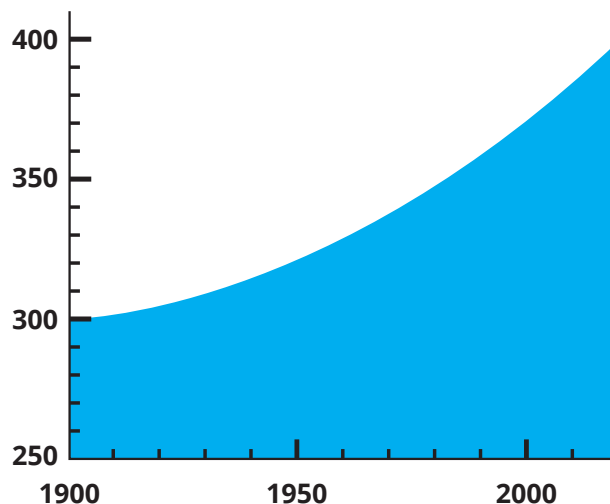
To combat hypoxia and hypoxemia in his patients, Ray uses hyperbaric oxygen therapy (HBOT) to deliver the healing power of pressurized oxygen into their blood.

He also uses HBOT to treat a number of autoimmune diseases, multiple sclerosis, stroke, brain injuries, diabetes, bowel disease and numerous types of cancer.

That's because HBOT increased oxygen levels in your red blood cells, encouraging the healing and regeneration of tissues, blood vessels and nerves.

Boosting your oxygen levels also refreshes your mind, repairs your aging brain, purifies your blood, powers up your heart and replenishes your old, dying cells.

Skyrocketing CO2 in our Air



The rapid rise in CO2 is robbing us of breathable oxygen.

Deficiency that Triggers Inflammation and Causes Disease

Today, most people spend much of their day seated in their car, in the office in front of a computer screen, or at home watching TV.

Your brain may be moving, but your body isn't. That means you are probably not breathing well. Short, shallow breaths cause your lung capacity to shrink, reducing your intake of oxygen.

But that's not the only problem.

Since the start of the industrial revolution, the amount of breathable oxygen in our atmosphere has dropped. Especially in big cities.

The air we breathe in our cities and suburbs today has roughly double the amount of carbon dioxide that you'll find in the countryside. And carbon monoxide — mostly from car exhaust fumes, gas stoves and boilers — binds to red blood cells and prevents them from carrying oxygen.

The level of these toxic gases in our atmosphere has skyrocketed over the past 50 years.

Over time, these factors cause your oxygen intake to fall. Hypoxia is now a huge problem for many Americans... *even though most don't even realize it.*

And it's far worse than mainstream medicine leads us to believe.

Hypoxia is one of the main contributors to our modern-day epidemic of chronic disease, because it "turns on" your inflammation genes.

Here's just a little biochemistry...

The oxygen in your blood breaks down a protein called hypoxia-inducible factor 1-alpha, or HIF-1a for short. Without HIF-1a, your inflammation genes stay "turned off."

But when your oxygen is low, HIF-1a is NOT broken down.

Instead, it joins with another protein called hypoxia-inducible factor 2-alpha, or HIF-2a. And together, they signal the master inflammatory molecule — nuclear factor kappa-B — to jump into action and trigger other inflammatory molecules in your body.

Under normal conditions, the inflammatory response is how your body repairs itself. And once that part of your body is healed, oxygen returns to break down HIF-1a and the inflammation gene is turned off.

But when your oxygen stays low, your body continues to pump out inflammatory molecules. This leads to chronic, low-grade inflammation, which will damage your immune system and leave you vulnerable to chronic illnesses like cancer, Alzheimer's, heart disease and diabetes.

What HBOT can do for YOU

I believe hyperbaric oxygen therapy is the fastest and most effective way to replenish your body's oxygen supply, but also to harness the healing power of super-charged oxygen.

HBOT now has more than 30 years of clinical success under its belt — and its fans go well beyond soccer superstar David Beckham or fashionable Hollywood health faddists, like Uma Thurman, Sharon Stone and Woody Harrelson.

Researchers have also put acute stroke patients, children with cerebral palsy, as well as victims of chronic wounds and slow-healing medical conditions in hyperbaric chambers to breathe oxygen at 1.5 times normal atmospheric pressure — and the results have been astonishing.

Here are just a few other benefits associated with HBOT:

- It helps the treatment of infections, burns and heal wounds by boosting white blood cell action.
- Oxygen is hands down the best detox agent around, because your white blood cells use it to zap dangerous bacteria and viruses.
- It provides much-needed fuel to your brain and nerve cells to keep thoughts clear and muscles moving smoothly.
- It causes rebound arterial dilation, which results in an increased blood vessel diameter, improving blood flow to compromised organs.
- It stimulates an increase in superoxide dismutase (SOD), one of the body's most powerful antioxidants and free radical scavengers.

4 Oxygen Boosters You Can Try at Home

Numerous studies have shown that if you can grow new blood vessels, you will heal — regardless of whether you have diabetes, brain injury, cancer, arthritis or anything else.

And the speed of healing and recovery doesn't depend on your age. It depends on getting the body's natural growth and healing processes going — and this means getting oxygen to the parts of the body that need it most.

Pressurized oxygen works best, but there are still a number of strategies you can use from the comfort of your own home:

1. PACE: You need to keep your oxygen levels up to prevent chronic inflammation. And the best way to do that is with short bursts of vigorous exercise found in my PACE fitness program. It's extremely simple.

You start with a simple exercise like running or jumping jacks. Do a set of these until you are winded. Then take a break and recover. And repeat for a total of three sets.

Then gradually increase the intensity of each set. Over time, you will notice how much easier it gets at a greater higher intensity as you progress.

You'll also notice that the time it takes for you to recover will decrease. This means you're boosting your body's oxygen intake and utilization. The more you challenge your lungs, the bigger they get. And that means you're getting more oxygen where it's needed.

In fact, PACE helps pump oxygen-rich blood to your vital organs by up to **18 times more** than light exercise such as walking.¹

For more information, check out the PACE website.

2. Quercetin: This flavonoid antioxidant is the perfect complement to PACE. While PACE expands the size of your lungs, which increases the maximum volume of oxygen your body can use (known as VO2 Max), quercetin kicks it up another notch.

A study by the University of South Carolina showed that subjects who took 500 mg of quercetin twice a day also had increased VO2 Max — without doing anything else.²

To get the absolute maximum volume of oxygen your body can use naturally, I recommend that you use the potent one-two punch of PACE and quercetin.

You can get quercetin from food like onions, apples, berries, grapes, red wine and leafy, green vegetables. But for the best effect, I recommend that you take a supplement of 500 mg twice a day.

3. Cordyceps sinensis: Research shows this medicinal mushroom has the power to “turn on” genes that increase oxygen delivery to the cells, while “turning-off” inflammatory factors.³

In one study of 30 elderly patients, cordyceps sinensis significantly improved the amount of oxygen the subjects could assimilate.⁴ And another study showed that cordyceps sinensis **increased cellular oxygen absorption by up to 40%**.⁵

A lot of cordyceps supplements combine different species, so it's important to look for a supplement that says cordyceps sinensis. I recommend up to 1 gram twice per day by capsule.

4. Deep breathing: This is a very effective way to get the healing benefits of oxygen. It can be done sitting or lying down. Just place your hands on your belly and feel it expand as you inhale. Then expand your breath into the sides of your lower chest pushing your side ribs out. Finally, lift your upper chest and let it fill with air.

Exhale from your abdomen to your ribs and then to your upper chest. Start with five minutes a day and work up to 15 minutes. In no time at all, you'll be boosting your oxygen intake throughout the day without even thinking.

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Stay Mentally Sharp and Protect Your Cherished Memories

When I first started practicing medicine, no one asked me about memory problems until they were in their late '60s or early '70s.

Today, my patients that struggle with “cognitive function” are as young as 45!

And it's not just me who's taking notice. New studies show people are developing dementia much younger, and dying from it more often.¹

This is not a fluke.

I don't want to alarm you, but you should know this trend will continue. And it will get worse.

Truth is, our toxic environment is a threat to your mental health. Your brain, blood vessels and nervous system were not designed to handle the chemicals and toxins we're exposed to every day.

As a result, dreadful neurological diseases like Alzheimer's, Parkinson's and other forms of dementia are striking greater numbers of victims at increasingly younger ages.

In a minute, I'm going to reveal how you can protect your mind and memory from the ravages of these toxic “alien molecules” with a few key nutrients you'll never hear about from the medical establishment.

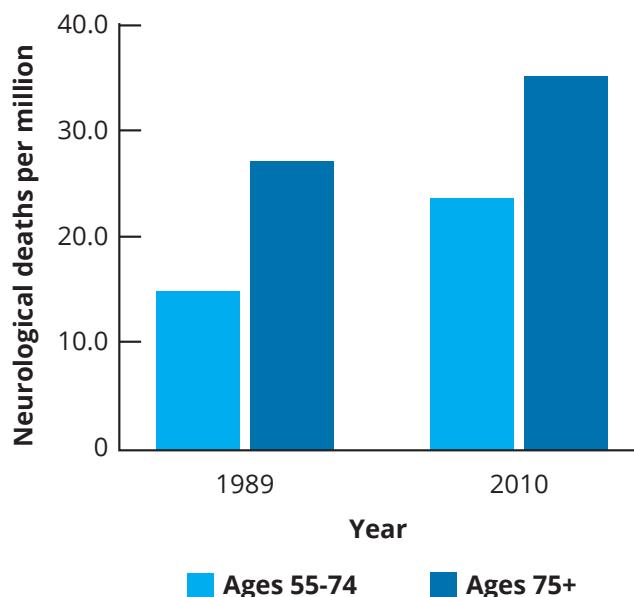
But first, let me show you just how serious this problem is...

The Problem is Getting Worse

A neurological plague is upon us.

Have a look at the chart on the right. Today, more than five million adults in the U.S. suffer from Alzheimer's and that number is expected to triple over the next decade and a half.²

Death by Dementia in the U.S.



This chart reveals the huge increase in the number of people whose lives have been cut short by dementia in recent years.

And just look at the massive impact on people over the age of 75.³ This is not just a normal part of the aging process.

But that's not the only problem.

Cases of early-onset dementia are occurring at increasingly younger ages. The Alzheimer's Association estimates that between 220,000 and 640,000 people in the U.S. suffer from early-onset Alzheimer's or related dementia.

Over the past 20 years, there have been enormous increases in dementia among adults as young as 50.

And early-onset cases are predicted to rise by at least 20% over the upcoming decades.

In the U.K., more than 700 people in their 30s have been diagnosed with dementia!⁴

But the key to protecting your brain — a strategy I've used for years in my own practice — was developed by a handful of early anti-aging pioneers like Dr. Ward Dean, who was a guest speaker at my Palm Beach Anti-Aging Summit in October.

Dr. Dean and I have reversed mental decline in our patients with diet and nutrition — and many times we've been able to keep our patients' cognitive function sharp and in perfect order throughout their lives.

Here are three of the most essential nutrients Dr. Dean and I use in our clinics.

Three Powerhouse Brain Boosters

1. Acetyl-L-Carnitine (ALC): When it comes to your brain, this fatty acid plays two big roles. And both are increasingly important as you age.

ALC supports brain-cell energy metabolism. It helps build acetylcholine, the chemical messenger that aids memory and clarity of thought.

Every cell in your body, including brain cells, needs **L-carnitine**. It lives in the skin of your mitochondria, your cellular power plants.

But the problem is that the skin of your mitochondria is tough. To be allowed to enter, nutrients must be recognized and then escorted inside.

And that job is done by L-carnitine, which recognizes the right nutrients and ferries them through the mitochondrial skin. Once inside, the mitochondria turn these nutrients into **ATP**, the energy needed to keep your cells active and alive.

In the past, food had more nutrients and delivered enough of them throughout your life. What's more, your body is now constantly battling exposure to harmful brain toxins. For example, a toxin like mercury embeds itself in your mitochondrial skin and disrupts the passage of nutrients needed to create energy.

And that's where ALC comes in. It only takes 21 days of ALC supplementation for the mitochondrial

*skin to resume normal transport of the nutrients needed for energy.*⁵

In our toxin-filled world, you can bet you don't have enough ALC. A common symptom of low ALC levels is age spots.

When fatty acids needed to create ATP don't get into the mitochondria, they're attacked by free radicals and become toxic substances themselves. To prevent further damage, your body stores these toxic fatty acids in the skin.

But age spots go away with ALC supplementation.

As I mentioned earlier, ALC does more than keep your mitochondria well-fed. It also donates its acetyl group to build **acetylcholine**.

Without acetylcholine, your neurons can't fire up. It's like trying to connect to the Internet if your connection is down — the computer can't find the signal.

Having higher ALC levels as you age improves:

- Clarity;
- Memory recall;
- And mood.

But Alzheimer's and dementia patients gain even more.

Patients with Alzheimer's disease have significantly depleted levels of ALC and acetylcholine.

But from my own research in my clinic, I've observed that when you introduce ALC, the improvement is almost immediate and often dramatic. And the latest clinical research backs me up on this:

- Recent studies report ALC reverses Alzheimer's disease symptoms of memory loss and problems with focus.^{6,7}
- A clinical trial reported memory improvement in older subjects who took a supplement that featured ALC... when they stopped taking it they regressed. Those who resumed taking ALC found their memory once again improved.⁸

- Extended use of ALC by Alzheimer’s and dementia patients shows consistent improvement in attention, long-term memory and awareness.⁹

ALC comes in capsule or powder form. Both are good, but capsules are easier and faster to take. For the best results, take 1500 mg twice daily in capsule form.

2. Phosphatidylserine (PS): This nutrient plays a vital role in acetylcholine production and mood, as well as neuron health and healing.

Unfortunately, we produce less of this essential brain nutrient as we age. To counter this, you need to supplement to remain sharp.

PS strengthens long-term memory, and studies show that the stress levels of patients also declined. In Alzheimer’s patients, it not only halted mental decline — it reversed it!¹⁰ One study concluded:

“[PS] rolled back the clock measuring cognitive biological age by roughly 12 years.”¹¹

Another study reported Alzheimer’s and dementia patients experienced a **42% increase in recall** after a course of PS.¹²

And an Israeli study of 122 elderly individuals with memory lapses observed those given a PS supplement regained memory, attention span and focus. But those who stopped taking it regressed.¹³

These days, memory and attention problems not only afflict adults. Many children today suffer from common “old age” symptoms. We just have different names for them, like Attention Deficit Hyperactivity Disorder (ADHD).

In one study, 36 kids aged 4 to 14 took 200 mg of PS per day to see if it would help symptoms of ADHD and memory problems. Researchers reported immediate improvement in their focus and short-term memory.¹⁴

When it comes to your brain, it’s simple. Whether you’re six or 60, how well you think and remember depends on getting enough brain nutrients.

For an adult, I recommend a 500 mg supplement of PS three times daily for 30 days to get started. After that, take 500 mg twice daily.

3. DHA: You’ve probably heard “fish is brain food.” Fish is one of the richest sources of the **omega-3 fatty acid DHA**, one of your brain’s building blocks.

Studies show that Alzheimer’s and dementia patients have lower than average levels of DHA and also suffer from brain shrinkage.¹⁵

Your brain is dynamic and it’s constantly changing. DHA helps you adapt and allows you to build new brain cells, restore and create new connections — and also to protect against inflammation.¹⁶

In one clinical trial, Alzheimer’s patients who took 900 mg of DHA per day experienced near-immediate memory improvement.¹⁷

To get omega-3, you can eat three or four servings a week of wild-caught salmon. Other good sources are small, cold-water fish like herring, pollock, mackerel, lake trout, anchovies and sardines. Pasture-raised eggs and grass-fed beef also are good choices.

Most doctors recommend fish oil capsules for omega-3s. I’ve been recommending DHA to my patients since the 1990s — but I no longer recommend you get it from fish oil.

Just like our oceans and rivers, the world’s fish oil supply has become contaminated with toxins. I’ve worried about this problem for years.

And now I’ve found two pure forms of omega-3s. One is krill oil from the crystal clear, frozen waters of the Austral-Antarctic Circumpolar Ocean — possibly the purest place on earth.

The other is calamari oil from the pure waters of the Southern Pacific. It has over 65% DHA¹⁸ — the highest concentration of DHA I’ve found.

Krill and calamari oils are also much more absorbable than other fish oils. Both of these

creatures store their oils in a phospholipid form that can get into every cell in your body.

I recommend taking 2000 mg of squid- and krill-sourced DHA every day.

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Pitch that “Purple Pill”

6 Natural Heartburn Cures

The season of heartburn is upon us! All those festive meals and drinks — then add in stress — and you have the perfect recipe for one of the most common American ailments.

Unfortunately, all the common solutions available to you may cause bigger concerns.

Mainstream medicine these days is big on proton-pump inhibitors (PPIs). You might know them better as Nexium, Prilosec and Prevacid.

It’s true these drugs can sometimes be effective at reducing your stomach acid. So they will help your heartburn — *but they only proved short-term relief.*

But reducing your stomach acid is not a lasting solution to your problem.

And recent studies show there are some pretty big downsides to using PPIs.

Studies show they can:

- Cause diarrhea and pneumonia;
- Trigger vitamin B and calcium deficiencies;¹
- Interfere with anti-clotting medication;
- Increase the risk of hip fractures;²
- And increase your risk of heart attack!³

In a minute, I’m going to show you six safe and highly effective alternatives to PPIs...

First, I need to expose one of the most enduring medical myths today.

I’m talking about stomach acid.

The real problem is not having too much. *It’s having too little.*

Let me explain.

Stomach Acid is NOT Your Enemy

The fact is you NEED stomach acid. It helps digest your food and absorb nutrients. Stomach acid is also an important part of your immune system.

It helps protect you from harmful bacteria — like *H. Pylori*. This bug thrives in a low-acid environment and is a major cause of stomach and duodenal ulcers, gastritis and even gastric cancer.⁴

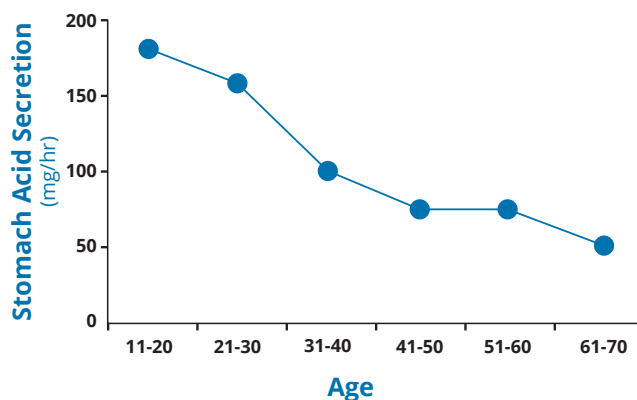
In fact, as you get older, your body produces LESS stomach acid. A study published recently in the *American Journal of Digestive Diseases* shows that 69% of adults over the age of 80 suffer from **achlorhydria** — LOW stomach acid.⁵

If having too much stomach acid were really the cause of heartburn, we would suffer less as we get older and children would suffer most. That’s clearly not the case. Just take a look at the chart below.

So what causes heartburn?

Your lower esophageal sphincter, or LES, is a small muscle that opens and closes to let

The Real Acid Test



The TV commercials are misleading. Your stomach acid actually DROPS as you get older.

food pass from the esophagus into the stomach. Once the food passes, your LES closes, which also blocks stomach acid from coming back up through the esophagus.

The problem starts when your LES doesn't shut tight. Even a slight opening is enough to let stomach acid, bile and food back into your esophagus.

The pain you feel from heartburn is actually your stomach acid burning the lining of your esophagus.

So antacids and PPIs may relieve the symptoms, but they will do nothing for cause of the problem — and that means it will come back again and again.

Beat Back Heartburn By Helping Your Tummy Relax

The upper esophageal sphincter, or UES, at the top of your stomach can let acid up into your esophagus, but you also have another muscle at the bottom of your stomach.

Stress, which is already a big cause of heartburn, can cause your esophagogastric junction muscle to clench. This means your food can't move on to the intestines. And it stays in your stomach, where it can travel up your esophagus.

Keeping your stress to a minimum can help. But the essential mineral magnesium, is a good option when that just isn't possible.⁶

Make sure it's **magnesium chloride** for the best absorption. And take about 450 mg once or twice a day.

Small Changes for Long-Term Relief

If your heartburn is persistent, there are some easy, initial changes you should make that can have a big impact.

You should avoid or minimize:

- Smoking;
- Caffeine;
- Alcohol;
- Citrus juices;
- Spicy foods;
- Greasy and fried foods like pizza, French fries and cheeseburgers.

These can make your heartburn symptoms worse and contribute to LES malfunction.

And here's another tip: Don't lie down within three hours of eating a meal. Research shows this can aggravate heartburn symptoms.⁷

You should also try to maintain a healthy body weight. Excess abdominal fat put pressure on your stomach and your LES. This makes it easier for stomach acid to flow back into your esophagus.⁸

Snuff Out Heartburn with 6 Simple Remedies

You don't need to eat seven or eight Tums before bedtime to get relief from heartburn. There are a few favorite alternatives that I often recommend to patients:

1. Ginger root: Research shows ginger can strengthen the lower esophageal sphincter (LES). Add one-half teaspoon of freshly grated ginger root to a cup of hot water. Let the ginger steep for 10 minutes. Strain the ginger and drink.

2. Peppermint: You can take this in capsule form. But for optimal effect, use fresh peppermint. Place a wad of peppermint leaves between your molars and chew for a minute before swallowing. The calming effect on your stomach is almost immediate.

3. D-limonene: This is an extract from orange peel that's highly effective. In one study, 90% of the people reported complete relief of their heartburn symptoms in just two weeks. What's more, the effect lasted for six months after they stopped taking it.⁹ Take 1000 mg every other day for 20 days. Then

take a maintenance dose as needed. You can find D-limonene at your local health food store.

4. Zinc: Zinc has incredibly powerful gastro-protective effects. One study compared zinc to famotidine (the over-the-counter drug Pepcid). The result? Patients in the zinc group experienced identical symptom relief to those who took Pepcid.¹⁰ You can find zinc at any health food store or even your local grocery store. Aim for 96 mg of elemental zinc per day.

5. Betaine Hydrochloride and Pepsin: This may seem a little counterintuitive. But taking hydrochloric acid (HCL) and pepsin (a digestive enzyme) with every meal can eliminate heartburn symptoms. It also helps break down your food. This ensures you get all the vitamins, minerals and nutrients you need.

Thousands of heartburn patients have experienced relief as a result of taking an HCL and pepsin combination.¹¹ I've found it to be the case for many of my patients as well. Take one 600 mg capsule before each meal. You can find betaine HCL combined with pepsin at your local vitamin shop.

6. Mastic Gum Extract w/ DGL: Mastic gum has been used for thousands of years to heal heartburn. Studies even suggest that mastic gum can kill *H. Pylori*.¹² You can often find it combined with deglycyrrhizinated licorice (DGL) at your health food store. Traditional Chinese medicine has long used licorice for its ability to soothe and coat the stomach. Look for a formula that contains 1 gram of mastic gum extract and 760 mg of DGL.

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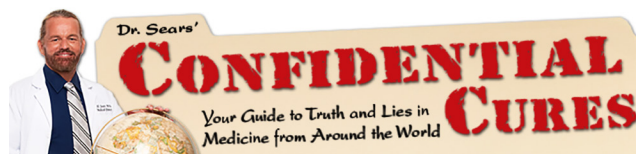
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Al Sears, MD, CNS, is a medical doctor and one of the nation's first board-certified anti-aging physicians.

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