

Dr. Sears'

# CONFIDENTIAL CURES

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

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## Surprising New Twist on Fat, Genes and Fate

**D**eep in your cells, you have the solution to every diet and weight-loss problem you've ever faced.

I like to call them your "skinny genes." And these genes have the power to tell your body to slim down when you're overweight.



*Dr. Sears with a Maasai tribesman, whose "skinny genes" have been turned on since birth.*

Our ancient ancestors selected these genes and enjoyed strong, lean bodies without even thinking about it. Their physical needs were perfectly matched to their environment, so their skinny genes were turned on from the moment of birth. But today, everything is out of kilter.

The level of toxins and environmental threats you face on a daily basis — processed foods, refined sugar, an inactive lifestyle, misleading dietary advice and industrial pollutants that disrupt the delicate hormonal balance of your body — has caused your skinny genes to switch off and your fat genes to switch on.

That's why we struggle with weight issues. And the effect it has on your health, lifespan and quality of life is devastating.

In our world today, fat has become a factor of aging. Our natural lean state has been overwhelmed by our environment. Now, the older we get, the more muscle is replaced by fat.

*But new research reveals your body's "fat" and "skinny" switch is your telomeres.*

And this age-related fat gain is not inevitable. In this article, I'm going to reveal how you can reverse the muscle loss and fat gain, and get the kind of body you've always dreamed of...

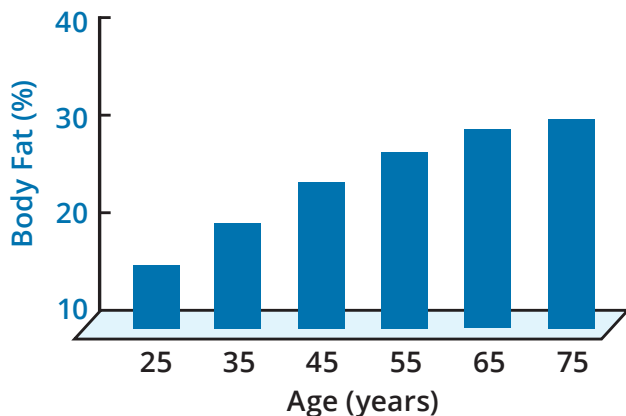
### Discover Your Skinny Switch

Study after study reveals that the impact of the modern world on your body has perverted the course of nature.

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## Why Losing Weight Gets Harder as You Age



*This chart reveals how you gain body fat as you get older.*

Instead of your natural lean state, your muscle mass now shrinks as you age and the amount of fat in your body increases steadily. Research reveals that typically, after the age of 40, you lose 8% or more of your muscle mass *EVERY YEAR*. And this process accelerates significantly after age 70.<sup>1</sup>

Take a look at the chart above, which shows just how much muscle mass is replaced by fat as you age.

And it's a double hit: Less muscle mass means you have less strength and mobility, and more fat dramatically increases your risk of chronic diseases, mental health problems and premature death.

But the good news is that you don't have to accept this fate. That's where your telomere switches come in. Located at the ends of each chromosome, your telomeres are long when you're young, but they get shorter as you age. They are the countdown clocks that determine how fast you age.

We also now know that people with long telomeres have lean, trim bodies. And the opposite is also true: If you are overweight or obese, your telomeres are short.

That's because the amount of fat your body stores is *EXTREMELY* sensitive to telomere shortening. Just look at these studies:

- When researchers at the National Institute of Environmental Health Sciences looked at women over the age of 30, they discovered that as the women got fatter, their telomeres got shorter. And the shorter their telomeres, the faster they aged.<sup>2</sup>
- Published in the *American Journal of Human Biology*, doctors discovered that the most common measures of obesity, including BMI, waist and hip circumference, total body fat, and the amount of fat around your vital organs were inversely proportional to telomere length. In other words, the more fat you have, the shorter your telomeres.
- A study from the *European Journal of Endocrinology* shows that men with low levels of the *adiponectin* (the hormone that tells your body to burn fat) had shorter telomeres.

*This speeding up of telomere loss causes your body to transcribe an older, more dysfunctional part of your genome.*

But these studies, all published within the past few years, provide *NEW* and *COMPELLING* evidence that the length of your telomeres can be either your "fat switch" or your "skinny switch."

The decision is yours. You have the power.

If you support your telomeres with the right nutrients, your natural weight will come easily.

But there's much more at stake than just your waistline. The health and longevity of every cell in your body is tied to the length of your telomeres.

That's because telomeres are the time keepers attached to each strand of your DNA. Each time your cells divide, your telomeres get shorter. When your telomeres run down, cell division stops, and you are less able to fight off the diseases and conditions of aging — including that dreaded middle-age spread.

But by slowing down the shortening of your telomeres — or even in some cases lengthening them — you not only slim down and enjoy a fat-free body,

you extend your lifespan and you stay younger longer. That's what I do for my patients.

## How to Get Longer Telomeres and Shed Pounds

Multinational food conglomerates have been attacking your health for three and a half decades — and they've been doing it with the blessing of the U.S. government and mainstream medicine. In the 1980s, the NIH announced that Americans needed to cut the fat in their diets. It was the biggest mistake in nutrition history.

Now, after years of low-fat dieting, the sad truth is Americans are fatter than ever.

The low-fat diet advice you get from the government, doctors and the news media couldn't be more wrong. In fact, low-fat foods are MORE fattening than regular food.

You see, when food companies take fat out of their products they replace it with carbohydrates, like sugar to add back some of the flavor lost with the fat. Compared with regular foods, these low-fat varieties have many more carbs.

My own research in my clinic shows that eating fat doesn't make you fat. It's carbs — not fat — that are the most fattening foods. Carbs spike your blood sugar levels and cause your body to secrete insulin. This triggers your liver to produce more triglycerides and your body to store fat.

In other words, it is insulin that drives your body into fat storage mode — not eating fat itself.

*But if you eat the right fats — especially **omega-3 fats** — it will increase the length of your telomeres and decrease the size of your waistline at the same time.*

A study in the *Journal of the American Medical Association* looked at patients from the Heart and Soul study and followed them for five years. The results revealed that those with the lowest levels of omega-3 (DHA and EPA) suffered the fastest rate of telomere shortening.<sup>3</sup>

## Accelerate Your Fat Loss with Omega-3s

Consuming more omega-3s can extend the length of your telomeres and your life, and it can dramatically reduce weight — especially when combined with exercise. And the research proves it...

Dr. Peter Howe from the University of South Australia studied a group of overweight individuals for a period of 12 weeks. He divided them up into groups for a trial that looked at the effect of omega-3 fish oil taken daily in combination with exercise three times a week.

They were compared with three other groups taking just fish oil, sunflower oil or a combination of sunflower oil and exercise.

Here's what Dr. Howe wrote in his report:

*“Our research showed that the fish oil and exercise group lost significantly more fat mass than any other group in the study. Seeing the impact on body shape and body composition of these participants has been the most exciting outcome of the research. “Omega-3 fatty acids in fish oil are polyunsaturated fats that can switch on enzymes specifically involved in oxidizing or burning of fat, but they need a driver (in our case, exercise) to increase the metabolic rate in order to lower body fat.”*

This study proves the effectiveness of omega-3s for burning fat. Yet the media still claims that “low-fat” diets will give you a dream body and protect you from disease.

## A Question of Balance

The chances are you're not getting enough of the right fats in your diet.

But you're not alone. We all have the same problem. Omega-3 and omega-6 fatty acids are essential to life. Your heart and brain depend on them. But the natural level of omega-3s in your food keeps getting lower.

That means you often end up with higher levels

## Think of the 3 Major Fats as a Traffic Light

I divide dietary fat into three groups: omega-3s, omega-6s, and trans fats.

These are the good, the bad, and the ugly of fats. And the first two have a critical place in your dietary needs.

You need both omega-3 and omega-6 fatty acids for good health. Your body cannot make enough, so you need to get them from your diet.

They're utterly essential for building and maintaining brain tissue and, as I mentioned earlier, telomere length.

These fats are also vital structural components of cell membranes. And you use them to make a variety of hormones, known as prostaglandins.

The ratio of the three fats in your diet have an important impact on your health.

- 1. "Green Light" – Eat as Much Omega-3s as You Can:** Good sources of omega-3s are salmon, avocado, walnuts, olives, and olive oil. Omega-3s, and particularly EPA and DHA, reduce your risk of dying from cardiovascular disease (CVD) and other diseases.
- 2. "Yellow Light" – Proceed with Caution for Omega-6s:** These are in animal and plant foods. Although omega-6s are essential to a balanced diet, you only need a modest amount. Too much can cause heart disease, diabetes, obesity, fatigue and memory loss.
- 3. "Red Light" – Avoid Trans Fats Completely:** Trans fats lurk in low-fat cookies, cakes, cereal, chips, crackers, and fried fast food, like French fries and chicken nuggets. They are a creation of the modern food industry for their convenience. This is the ugly fat that has no place in your diet.

of omega-6s. This imbalance causes chronic inflammation, which is at the root of many modern health concerns — arthritis, heart disease and cancer.

Before the days of modern industry, your meat and fish had abundant supplies of omega-3s. But these days, even some salmon has little to none of this essential oil. And that's bad news, because your body can't make omega-3s on its own.

And without it, your risk of disease skyrockets. You're at a higher risk of having:

- Heart disease;
- Stroke;
- Diabetes;
- Arthritis;
- Depression;
- Macular degeneration.

As is often true in nature, balance is essential. Your body needs both omega-3s and omega-6s, but in the right ratios.

*For most of the time humans have been on Earth, we ate foods that had omega-6s and omega-3s in the ratio of about 2:1.*

But over the last 75 years, the level of omega-6s in your diet has soared. Now the ratio is about 20:1. The main sources of omega-6s are vegetable oils, processed foods and grain-fed beef.

And the average American now eats 10 times too many omega-6 fatty acids.

If you measure omega-6s and omega-3s in wild or grass-fed animals, you get a different picture. Their ratio is reversed — and heart healthy: 0.16 to 1.

*In other words, the culprit is not the fat in meat. It's the environment in which cattle are raised that changes the ratio of fats in their body.*

Cattle aren't supposed to eat grains. It's not natural and it changes their physiology. When cattle lose omega-3s, so do we.

Farm-raised fish are the same. Salmon bred under these conditions don't get the chance to live in their natural environment or eat their natural diet. Instead, they're fed fish flakes. The same kind of food you feed a goldfish. And the result is a drastic loss of omega-3 fatty acids.

## Start by Getting the Right Fats in Your Diet

You can get omega-3 fats from several dietary sources...

- **Fish and seafood:** These foods are richest in omega-3 fatty acids. Cold water, oily fish are best — like mackerel, herring, salmon, trout and fresh tuna. Eating fish and seafood twice a week will provide between 800 mg and 1,000 mg of those vital omega-3s per week.
- **Grass-fed beef:** This has an extremely healthy ratio of omega-3s and omega-6s. And it's also loaded with protein. In fact, for the best weight-loss results your diet should be mostly composed of protein, with small amounts of carbohydrates.

But after years of tracking my patients' omega-3 levels, I know it's almost impossible to get enough EPA and DHA from your diet.

*Based on my experience, you need at least 500 mg of DHA and about 60 mg of EPA — EVERY DAY!*

**Cod liver oil** capsules are another great way to get the right amount of omega-3s. Supplementing with cod liver oil also...

- Prevents heart disease, cancer — even strokes;
- Lowers your blood pressure;
- Wipes out arthritis pain;
- Relieves depression;
- Lowers triglycerides (blood fat);
- Raises HDL (good cholesterol);
- Boosts your memory and brain power;
- Lowers risk of macular degeneration;
- Protects your blood vessels and nerves;

- Calms irregular heart rhythms, which can lead to sudden cardiac death.

*My favorite is a special kind of fish oil supplement.*

To really boost your omega-3 intake, I recommend krill oil and squid oil. The tiny shrimp-like krill do not live long enough to absorb large amounts of toxins. And squid live miles below the ocean, far from the pollution on the surface.

Krill oil has another advantage. Its omega-3s are stored in phospholipid form instead of triglyceride, which helps DHA cross cell membranes better and explains why it's so good for brain function.<sup>4 5 6</sup>

I always recommend combining krill oil with natural astaxanthin, a powerful antioxidant that can help DHA cross the blood-brain barrier even more efficiently.

Take at least 500 mg of DHA and 60 mg of EPA from a combination of squid oil and krill oil with astaxanthin.

And make sure you take them with meals, so the DHA and EPA can be digested properly.

Replenishing the omega-3s has worked wonders with my patients. If you want to live longer, smarter, healthier — and skinnier — this is one of the easiest ways to get there.

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# Protect Yourself From This Mutant Killer Molecule

**L**ike many of my patients, the chances are you've been taken in by the Great Health Food Hoax. The problem is it's killing you.

I'm not blaming you. You've been bombarded with dangerously misleading and unsupported nutrition claims for decades.

You are told, for example, that granola bars are a healthy snack. The truth is you are better off eating a Snickers candy bar.

Even Harvard School of Public Health website declares: "Whole grains are your best bet."

Nice theory, but unfortunately it's not reality. In fact, whole grain products spike your blood sugar higher and faster than a can of Coco-Cola.

I'm not telling you this to advise you to replace health food with junk food. I'm saying most health foods *ARE* junk food.

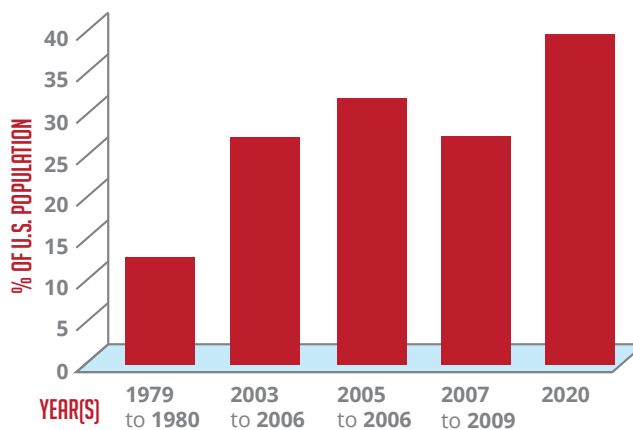
There's the other big problem of hidden refined sugar. Over the past 30 years, this poison has infiltrated almost everything we eat and drink.

*And inside your body, all these sugars and processed carbs have transformed a natural biological process into mutant killer molecules called **advanced glycation end-products (AGEs)**.*

You see, you don't need to gorge on junk food, like candy bars and potato chips to let those killer molecules run rampant through your body — because refined sugars and processed carbohydrates are everywhere. In fact, they have so completely invaded the foods we eat today, you may not even be aware of them.

And the results are all around us — diabetes, cancer, heart disease, obesity and non-alcoholic liver disease, to name just a few.

## An Epidemic in the Making



*The massive sugar overload in our diet has seen the number of prediabetes cases in America skyrocket in recent years. Today, almost 30 million people suffer from diabetes, while another 86 million are prediabetic — and those numbers are surging dramatically.*

These mutant molecules are easy to deal with in your 20s and 30s, when your body has more resources to ward off damage. But as you enter your 40s, the AGEs in your system begin to run wild and they progressively do more damage as you get older.

*In this article, I'm going to show you how to protect yourself from AGEs, because all that junk we call food — wherever you find it — is devastating to your health and cutting years off your life. Let me explain...*

## You're "Caramelizing" Your Insides

Advanced glycation end-products (AGEs) is the silent killer created by too much refined sugar and processed carbohydrates. An easy way to see how it works is to think about the process involved in making caramel.

First, you take sugar and put it in a pan. Then you heat it. Soon, all those grains of sugar melt to form the congealed, sticky candy we call caramel.

The chemical process involved here is called the Maillard reaction.<sup>1</sup> It's the same process that changes a soft slice of bread into a rigid piece of toast.

And it is also what happens in your body when excess sugars — especially sucrose, fructose and galactose — encounter proteins:

- It attaches to healthy cells, causing the inflammation at the root of all chronic diseases.
- It settles in arteries, making the tissue stiff and rigid — like toast.
- It alters the function of hormones, enzymes and even DNA.

Although your body has enzymes in place to deal with sugar intake and prevent AGEs from doing damage — it's not enough to cope with our sugar epidemic.

*But it's the point at which sugar exceeds the capacity of these enzymes — a typical condition when refined sugar and processed foods have infiltrated almost everything we eat today — that the mutant molecules are formed and your insides become "caramelized."*

## The Path of AGEs Destruction

AGEs do their damage by attacking your proteins. And the worst hit will likely be taken by your *cardiovascular system* — the circulatory system of your heart and blood vessels.

Refined sugars and AGEs modify your LDL cholesterol in much the same way as free radicals do. Glycation-modified cholesterol sticks to arteries, causing chronic inflammation and disease.

Recent scientific research reveals that the higher the level of AGEs in your blood, the greater the level of C-reactive protein, an inflammatory molecule and marker of heart disease.<sup>2</sup>

But the damage doesn't end there. As AGEs gets into your arterial walls, it joins collagen molecules — the most abundant protein in the human body — making your artery stiff. This creates a condition

called *Arteriosclerosis*, forcing your heart to work harder to pump blood and increases the risk of heart attack and heart failure.

But your heart isn't the only organ under attack. Because AGEs targets your body's proteins, that means the tissue of your cells and organs are also attacked, as well as your hormones and enzymes needed to keep all your body systems running.

When any of these proteins can't do their jobs, they damage tissue, disrupt cellular metabolism and disturb your hormonal balance.

Other key areas of AGEs damage include:

- **Eyes:** Sugar corrodes proteins in your retina, lens and cornea. This is why diabetics whose blood glucose levels are too high often suffer from retinopathy, cataracts and glaucoma.
- **Kidneys:** When AGEs settle in your kidneys, it limits the speed with which this vital organ can process waste. So you risk your body getting overwhelmed with toxins.
- **Brain:** AGEs can also enter your brain and attach themselves to your neurons, and form *beta-amyloid plaque*. This coats cerebral blood vessels in large volumes in the brains of Alzheimer's and dementia patients.
- **Joints:** When AGEs modify the collagen in your joints, they become stiff and achy.
- **Immune System:** When sugar combines with white blood cells, they don't perform the task of protecting you against germs. You become susceptible to illnesses and disease.
- **Skin:** When sugar and AGEs attack collagen, they also break down the structure of your skin. Without collagen, your skin wrinkles faster, age spots appear and skin infections heal more slowly.

## How to Protect Yourself

While glycation can't be stopped completely, it can be slowed enough to prevent the build-up

## Refined Sugar... By Any Other Name

A National Health and Nutrition Examination Survey reported sugar made up 21.4% of the average American teenager's diet. The adult diet had 15%-18% of sugar — equally shocking.<sup>3</sup>

And even though most Americans don't choose to consume this much sugar — it hides in plain sight. The problem comes down to the abundance of sugar in almost every packaged food. And just because it doesn't say "sugar," it doesn't mean it's not there.

Packaged, processed foods are awash with added sugars. Even organic, healthy foods contain raw sugar, agave syrup or cane juice. While these may come from organic sources, they're still an added sugar... and that means refined.

And these refined sugars go by many different names. Here are some of them...

- High Fructose Corn Syrup
- Corn Starch
- Sorbitol
- Maltose
- Cane Sugar
- Organic Raw Sugar
- Fruit Juice Concentrate
- Invert Sugar
- Fruit Juice
- Dextrose
- Diastatic Malt
- Mannitol
- Molasses
- Evaporated Cane Juice
- Barley Malt
- Treacle
- Maltodextrin
- Caramel

of AGEs. To protect yourself, I recommend the following steps...

- ✓ **Eat natural.** It's much easier to eat natural, unprocessed foods like our ancestors did than spend time reading labels. I recommend you start by eliminating packaged food from your meal plans. Instead, eat a variety of wild fish, range-raised meats, fresh fruits and vegetables.
- ✓ **Exercise with PACE.** Aerobic activity kick-starts your metabolism and speeds sugar removal from the blood. Studies show that the more vigorous the exercise, the faster AGEs leaves your body.<sup>4</sup> My PACE program provides an excellent way to do it.

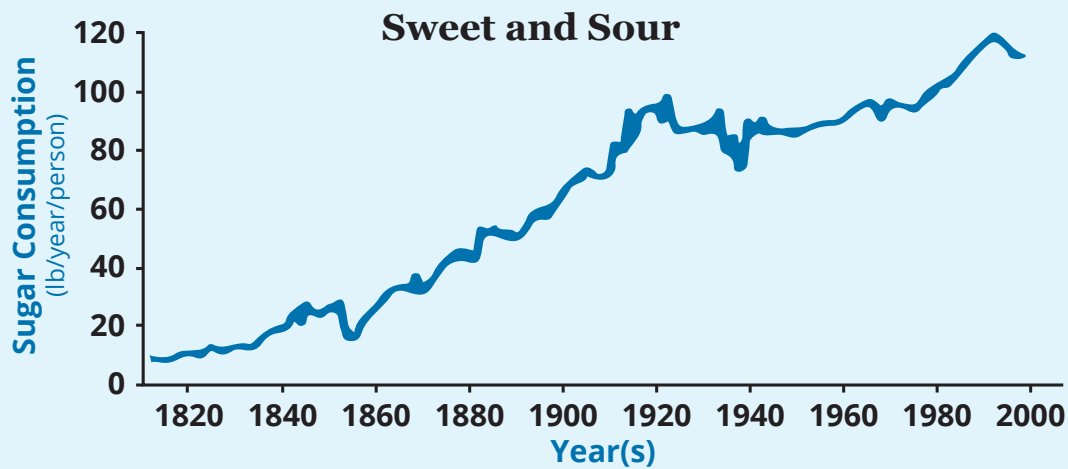
In addition to these two changes, I recommend the following steps to remove AGEs and prevent their formation in the first place...

- ✓ **Add carnosine to your diet.** Studies show that carnosine prevents proteins and sugars from binding and stops the formation of AGEs.<sup>5,6</sup> Grass-fed, pasture-raised beef is the best way to get carnosine from food. A typical 3.5-ounce serving of beef has about 124 mg to 220 mg of carnosine. Overcooking meat denatures protein, breaks down vitamins and removes nutrients, including carnosine. I recommend eating your beef rare.

*You can also supplement. You want the natural L-carnosine form, not the synthetic ones often labeled "nature-identical." Take 500 mg twice daily to keep a steady supply.*

- ✓ **Take N-acetyl Cysteine (NAC).** Studies show this powerful supplement keeps brain cells safe from AGEs,<sup>7</sup> protects DNA from AGEs damage,<sup>8</sup> and turns off molecules that trigger inflammation. NAC also supports liver health and builds glutathione, your body's number one antioxidant. For maximum support, take 1,200mg twice a day.
- ✓ **Benfotiamine.** This little-known fat-soluble type of vitamin B1 prevents AGEs from forming in the first place.<sup>9</sup> It supports the enzymes you need to keep





*The average American consumes between 150 to 170 pounds of refined sugars in one year – much of it “hidden” in everyday foods. Less than 100 years ago, the average intake of sugar was about four pounds per person per year. No wonder AGEs are running wild in your body.*

proteins and sugars separate.<sup>10</sup> When taken by diabetic patients, it can lower blood levels of AGEs by 40%.<sup>11</sup> As an AGE inhibitor, it also protects against heart disease, improves kidney health, protects your eyes and reduces joint inflammation.<sup>12</sup> As a fat-soluble vitamin, though, you need to take it with protein like meat, fish or nuts for best absorption. I recommend taking 300 mg twice a day.

- ✓ **Lipoic Acid.** This is an important antioxidant that supports toxin elimination, but you produce less of it as you age. So I recommend a supplement. Research shows lipoic acid lowers AGE levels in those exposed to HFCS in their diet.<sup>13</sup> Look for R-dihydrolipoic acid, it's the best form of lipoic acid and most readily available to your cells. Supplement with up to 1,800 mg per day.

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# “Toxic Hangover Syndrome” and How to Cure it

Every time you eat, drink or breathe, you’re coming into contact with some of the most dangerous compounds on Earth.

Your primal ancestors — even your parents’ and grandparents’ generation — didn’t have to worry about environmental toxins the way we do. But over the last 30 years, our world has been transformed into a toxic bath — and you’re paying the price with your health and your life.

Industrial manufacturing, mining, power generation and agriculture have released unprecedented amounts of heavy metals, like lead, mercury, cadmium and aluminum and other toxins into the environment. At the same time, cancer-causing hormone disrupters like Bisphenol A (BPA) contaminate almost everything we touch. Pesticides, pollutants and other toxins infect our food, water and air.

But even if you’re careful, you can’t live in a bubble. *The average person today has 1,000 times more lead in their bones than people who lived 200 years ago.* Deadly toxins are in your clothing fabric, carpets, water bottles, car fumes, computers and TVs. I know each time I travel, I get a dose of toxic flame retardants from airplane interiors.<sup>1</sup>

*As we age, the toxins build up in our bodies. They course through our veins and get stored in our body fat.*

The symptoms of this toxic buildup can vary to imitate many other chronic problems. One of the most common but least recognized imitations is this: *It feels just like a hangover:*

- Joint aches and pains;
- Chronic fatigue;
- Nausea;
- Brain fog;
- Irritable bowels.

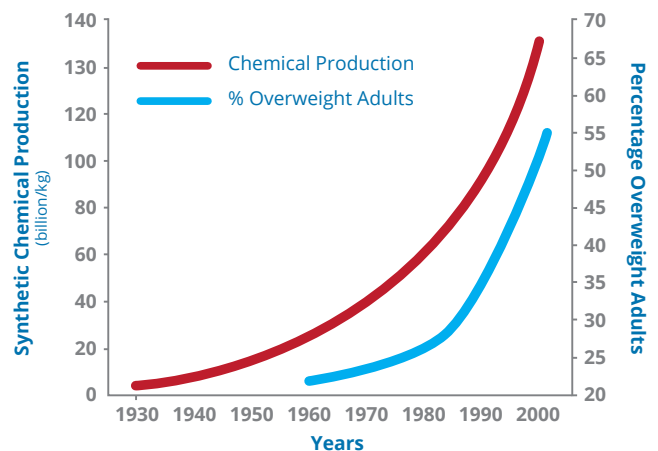
That’s why I call this problem “*Toxic Hangover Syndrome.*”

If you go to your doctor, you’ll likely be told it’s stress... or lack of sleep... or diet... or just your age. The truth is that modern medicine isn’t up to the challenge. They wait until it’s too late and then try to treat the diseases that inevitably follow.

At the Sears Institute for Anti-Aging Medicine, I approach things a little differently — I help my patients rid their bodies of these toxins *before* they can do damage.

*In this article, I’m going to show you how to detoxify your body — and, most importantly, make you feel better. These are safe and proven therapies that can reverse the damage and danger caused by decades of toxic accumulation.*

## Fat and Toxic in America



*The link between the meteoric rise of toxic chemical production and the increasing number of overweight Americans is obvious.*

Getting rid of these toxins will help you live a longer, healthier life. It can boost your immune system, clear your mind, balance your hormones, relieve chronic pain, eliminate digestive problems, and much more.

Let me explain...

## How Much is Too Much?

To ensure survival, nature equipped humans with a liver and two kidneys. These organs were designed to expel the toxins from your body. In fact, the liver filters nearly 100 gallons of blood every day to remove waste products and pollutants.

But in today's world, your body can't keep up. You're bombarded every day with pesticides, heavy metals, cancer-causing estrogen mimickers, toxic chemicals and air pollution.

The EPA recently identified more than 199 toxins we're exposed to every day — including harmful levels of lead, cadmium and mercury.

In 2006, the CDC tested 2,400 people and found a shocking 215 toxic compounds in their blood and urine.<sup>2</sup> In fact, it's estimated that 40% of Americans have toxic levels of lead in their bodies.<sup>3</sup>

And once heavy metals get in your body, they take the place of essential elements like zinc, magnesium and calcium. They start by disrupting the hormone and enzyme activity that influences mood, thought, weight gain, blood sugar and cholesterol levels.

Regular exposure is linked to conditions like heart and kidney disease, stiff arteries, depression, Alzheimer's disease and autism. When they get into your cells, they interfere with energy metabolism and DNA replication. And they accelerate cell aging.

It's no wonder you wake up some days with what feels like a hangover — even without drinking alcohol.

*There's only one way to reverse the effect of all these toxins in your body. It's called chelation...*

## Grabbing those Toxins

'Chelate' comes from the Greek word chele meaning "claw." And that's exactly how heavy metals chelation removes them from your body. They're grabbed and taken out.

Don't worry, though, it's not painful.

I provide proven, safe therapies like *IV chelation* to patients who come to my Sears Institute for Anti-Aging Medicine regularly. The results speak for themselves. Patients feel better almost immediately.

With a common hangover, you feel better once your system clears the alcohol. The same goes for heavy metals and other toxins.

*And that's where chelation therapy comes in...*

Extensive and compelling clinical research results reveal that chelation...

- ✓ Protects the heart and increases vascular flexibility by dissolving hardened calcium that causes stiff arteries and atherosclerosis.<sup>4</sup>
- ✓ Reduces the risk of cataracts.<sup>5</sup>
- ✓ Restores brain function lost from mercury poisoning.<sup>6</sup>
- ✓ Reverses symptoms of Alzheimer's.<sup>7</sup>
- ✓ Protects the kidneys from chronic kidney disease.<sup>8</sup>
- ✓ Eliminates joint pain by removing excess calcifications.
- ✓ Strengthens bones by improving vitamin D metabolism.<sup>9</sup>

In fact, I recommend chelation to every patient who visits me at my clinic — not just those with high heavy metal counts.

And I've found that the best approach combines both oral chelation and IV chelation.

## Some TOXIC Offenders

**Lead:** This heavy metal interferes with your body's calcium metabolism. It causes stiff and calcified arteries, disrupts energy production, creates brittle bones, encourages weight gain and decreases your mental function.

For years, so-called “medical experts” and the government claimed “safe” blood lead levels lie between 2 and 10 µg/dL. But researchers found people with lead levels above 1.9 µg/dL were:<sup>10</sup>

- 250% more likely to die from a stroke;
- 89% more likely to die from a heart attack;
- 25% more likely to die from any cause.

The fact is, there is no safe level of lead in the human body.

*Sources of lead exposure include: Plumbing, batteries, some cosmetics, air (belched into atmosphere from industrial plants), lead paint, toys made outside the U.S., dust and water.*

**Mercury:** The connection to mental slowness, autism, depression, Alzheimer's and Parkinson's disease is well established.

To protect your brain, your body buries mercury deep inside its cells. There mercury makes its way into the walls of your mitochondria and disrupts energy metabolism, a cause of chronic fatigue.

It's also linked to hormone imbalance and an increased risk of high blood pressure, atherosclerosis and heart attack.<sup>11</sup>

*Sources of mercury exposure include: Dental amalgams, shellfish and deep sea fish, cosmetics, skin-lightening products, electric switches, coal, batteries and fluorescent light bulbs.*

**Cadmium:** It destroys your kidneys. And if you get frequent exposure, you're at a higher risk of developing renal, prostate, and lung cancers.

Researchers also report that cadmium is so toxic to the brain that it causes aggressive thoughts and uncontrollable, violent behavior.<sup>12</sup>

*Sources of cadmium exposure include: PVC pipes, NiCad batteries, plastics and rubber products, cigarette papers, car exhaust fumes, hydrogenated oils and processed foods.*

**Bisphenol A (BPA):** This chemical estrogen is in just about everything we come in contact with during our daily lives these days. So it's no longer a matter of trying to avoid plastic bottles.

These xenoestrogens gets into your blood and reprograms your cells to become more feminine. When this happens to women, it throws off their natural cycles, makes them gain weight, and pushes them emotionally into a very anxious and frustrated state. For men, this invader makes them soft, fat and depressed. BPA has been linked to breast and uterine cancers, diabetes, obesity and heart disease.

*Sources of BPA exposure include: Hard plastic bottles, especially if heated (in microwave ovens or dishwashers) or exposed to acidic solutions (tomato sauce, for example), cash register receipts and movie tickets, dental sealants, the plastic lining of soda and food cans, pizza boxes and even garden hoses.*

## The Power of Chelation

IV chelation painlessly delivers 100% of a chelating agent. I use calcium disodium EDTA directly into your blood stream. In no time, heavy metals are grabbed by the EDTA and taken out.

Your cells then release the toxic metals they've stored into the blood for elimination. In time, this approach restores your cell's energy-creation ability. Many of my patients have reported increased energy and greater mental clarity after only a few IV chelation sessions.

And IV chelation with calcium disodium EDTA works fast. In a 10-minute session, you're done and on your way.

For oral chelation, I recommend these four safe and proven compounds:

**1. Activated Charcoal:** I've recommended activated charcoal for many years as a way to detox. This form of charcoal is odorless, potent and safe to consume. Hospitals around the world use it as an antidote for drugs, poisons and medicinal overdoses. It's commonly used to neutralize dental amalgams that contain mercury.

Once you take activated charcoal, its molecules grab the heavy metal molecules they encounter and escort them from your body. And it only takes a small amount of charcoal to wash away heavy metal build-up — and it's extremely effective.

It's a proven, inexpensive way to detox.

Activated charcoal also eases digestion, gas and bloating. You can find it in any health food store or online.

For the best effect, take 20 grams to 30 grams of powdered activated charcoal mixed with water once a day for a period of one to two weeks.

**2. SAM-e and DIM:** The compounds S-adenosylmethionine (SAM-e) and Diindolylmethane (DIM) are the two nutrients I most commonly recommend to

help metabolize excess estrogen and eliminate it from your body.

Besides being an antioxidant, SAM-e promotes bile circulation, which enhances estrogen's excretion out of the body. It's also effective at negating the effects of estrogen in the body by preventing estrogen toxicity.

Take 200 mg a day to start. But you can take up to 800 mg twice a day if a blood test reveals that you have extremely high levels of estrogen.

Meanwhile, DIM is a great natural estrogen cleanser from cruciferous vegetables, like kale and broccoli. But you can't eat enough to cleanse your body well enough. So start with a 100 mg capsule a day. Two capsules provide as much DIM as a pound of vegetables.

**3. Modified Citrus Pectin:** This proven detox remedy is one of the most potent natural detoxifying substances I've ever found.

What's great about modified citrus pectin is that while it eliminates toxic metals and pesticides, it doesn't deplete your body of zinc, calcium or magnesium.

A trial by the U.S. Department of Agriculture reported study participants more than doubled the amount of arsenic, mercury, cadmium and lead excreted within 24 hours of taking it.<sup>13</sup>

It comes from the inner peel of citrus fruits, but it's important to get a modified citrus pectin of the type and dosage of those used in the clinical studies. Most pectin is a type of fiber that just passes through your body. The citrus pectin used to detox is specially formulated for absorption, so it can easily find and bind to toxins.

**4. Milk thistle (*Silybum marianum*):** This medicinal plant has been used by traditional healers for more than 2,000 years — but most modern doctors know nothing about it.

It's one of the best herbs I've found for clearing toxins from your blood. It has a potent antioxidant called silymarin that helps detoxify the liver and restore healthy liver function. And is a great iron chelator.<sup>14</sup>

Look for dried milk thistle extract in your health food store or online. But make sure it has a minimum of 80% silymarin, the active ingredient for liver cleansing and maintaining your telomere length. I recommend taking one 200 mg capsule twice a day.

But whether you take an oral chelator or opt for IV chelation, drink plenty of water. You'll protect your kidneys and flush the toxins faster.

I also help my patients rid their bodies of toxins by recommending the oldest primal food on earth. I'm talking about *spirulina*. The Mayans and the Aztecs considered spirulina a superfood and it's the world's richest source of protein. But it is also rich in cleansing nutrients. Studies show it's a powerful blood detoxifier.<sup>15</sup> Its blue color comes from a compound called *phycocyanin*. This pigment stores nitrogen atoms. These atoms bond with heavy metals, toxins, and radioactive substances. Once the nitrogen grabs a toxin, the spirulina sweeps it safely out of your body.

You can buy spirulina supplements in pill or powder form at health food stores or online. Try adding the powder to smoothies, guacamole or salad dressings. Start with 500 mg and work up to 3,000 mg per day.

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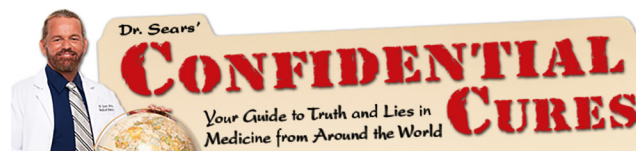
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*Inside next month's issue, you'll discover:*

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- What you can do to revive and multiply your cellular "power plants" with new therapies like laser IV therapy.
- New research on the incredible anti-aging benefits of hyperbaric oxygen therapy.



## AL SEARS, MD

Al Sears, MD, CNS, 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 Ageless Heart Manual: Advanced Strategies to Reverse Heart Disease and Restore Your Heart's Pumping Power*, 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).