



Dr. Sears'

# CONFIDENTIAL CURES

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

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## Is "Modern" Dentistry Making You Sick?

**Traditional dentistry can be toxic, but a new approach to oral health helps you fight disease and look years younger**

**Y**ou go to the dentist to maintain good health in your teeth and gums.

But the truth is that most dentists are using outdated and sometimes dangerous practices that make you age faster than you should.

Think of the silver amalgams they use to fill your teeth. Despite the name, these amalgams are made with liquid mercury, a poisonous heavy metal that can cause serious toxic reactions in your body.

Around 34 tons of mercury are used each year for amalgam fillings by some 120,000 traditional dental offices in America, according to EPA estimates.

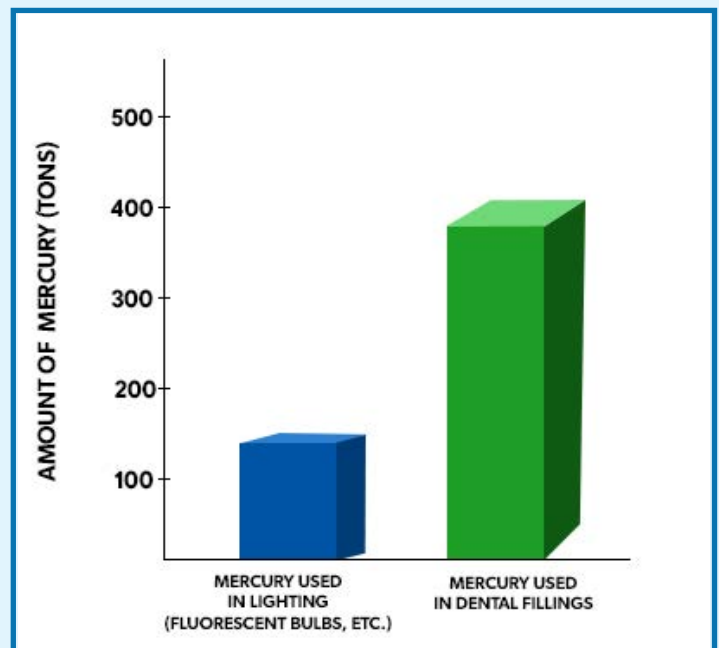
It was once thought that these amalgams, which contain on average 50% toxic mercury, were safe because they are protectively sealed within the silver setting.

But numerous studies have proven that every time you chew your food, mercury vapor is released in your mouth. Other studies show that the vapor is continuously being released. About 80% of mercury vapor is swallowed or inhaled through the lungs into the body.

Mercury has been shown to affect the immune system, put unborn babies at risk and harm the central nervous system.

These amalgams are a dental technology that pre-dates the Civil War. They have also been linked to devastating conditions, like Alzheimer's disease and autism, whose

### Mercury Pollution



victims have been found to have elevated levels of mercury in their brains.<sup>1</sup>

In a Canadian university study, researchers ran tests

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on Macaque monkeys with amalgams. And they discovered high concentrations of dental mercury in the animals' kidneys, livers, jaws and brains within four weeks of the fillings being installed.<sup>2</sup>

At the same time, these dental amalgams permanently damage tooth structure and also weaken over time. And traditional dentists will tell you these procedures are safe.

But it's not only mercury you have to worry about when you visit a traditional dentist.

Other metals like nickel, copper and tin used in many other traditional dental procedures can cause dangerous allergic reactions. Even the mouthwashes they use and recommend are full of chemicals, dyes and other irritants.

But these toxins do more than make you sick — they lead to chronic inflammation that causes disease, ages you faster, and shortens your life.

Traditional dentists almost never consider what's going on in the rest of your body. That's why they often never get to the real root of your problems.

For example, gum and teeth problems caused by acidity — a hidden cause of tooth decay — can never be fixed by more rounds of fillings, crowns, and root canals.

Traditional dentists never see the consequences of what they do either — because it may be years before the damage to your body becomes obvious.

More than 25 million root canals are performed every year in America. But before long these hollow “canals” become hidden pockets of toxic bacteria that can enter your bloodstream and cause the inflammation at the root of chronic diseases that won't appear until years later.

Sadly, the impact of your oral health on the rest of your body is still ignored by most traditional dentists and doctors.

## **But Now Imagine a Different Kind of Dentist...**

I'm talking about the kind of dentistry that's not just focused on your teeth and gums, but one that has the power to reverse aging — both aesthetically and biologically.

I've been telling my patients for years that looking after

your oral health should be a key component of any anti-aging strategy.

Today, in this special issue of *Confidential Cures*, I'd like you to meet my friend, Dr. Patrick Leconte, America's top anti-aging dentist.

You'll discover how the right kind of dental treatment can make you look and feel years younger. And you'll also learn Dr. Leconte's Top Five Anti-Aging Dental Tips.

## **The Birth of Holistic and Anti-Aging Dentistry**

To his patients, Dr. Leconte is more anti-aging guru than cavity filler. He exudes the calm of a yoga master. Over the past 17 years, his practice has become a place where lives are transformed — and where stress and pain are banished.

Welcome to TranZenDental, where you're offered a cucumber paraffin wax treatment for your hands while you wait for your appointment.

You can also get a massage or reflexology session, a homeopathic oral spray to lower your stress level, and acupuncture for anything else that ails you.

Since graduating from the University of Florida almost two decades ago, Dr. Leconte has pioneered a holistic form of dentistry that connects the biology and health of your teeth to the wellness of your entire body.

Dr. Leconte is also one of an elite group of American dentists with a doctorate degree in medical dentistry.

He has combined wellness with traditional and cosmetic dentistry in a way that has made him an anti-aging pioneer.

He believes your smile has the power to transform you — from the sense of your own self-confidence right down to the way your body fights off disease. I'm delighted Dr. Leconte will be one of the speakers at my 2015 Palm Beach Anti-Aging Summit next month.

## **Dr. Leconte Reveals His Secrets to Looking Younger and Preventing Disease**

I sat down with Dr. Leconte recently at his “dental-spa” in Palm Beach Gardens, Florida. Here's what I recorded on my tape recorder...

**Dr. Sears:** It's great to see you again, Patrick.

**Dr. Leconte:** It's always a pleasure.

**Dr. S.:** Before we get down to discussing why anti-aging dentistry is so important, let's jump right in with some advice. Why don't you give our *Confidential Cures* readers your top anti-aging dental tip?

**Dr. L.:** That's an easy one. Whatever else you do, cut down on sugar and carbohydrates. You need three things for oral decay: the tooth, sugar and bacteria. That decay begins with the destruction of the enamel, the hard substance that covers the tooth's crown. Enamel is really the toughest substance in the body. To pierce it, you need enormous energy. And that energy is fueled by sugar. Sugar, in fact, is poison for teeth — and the rest of your body, for that matter.

**Dr. S.:** Now that you've hinted at it, can you tell our readers a little more about how dentistry and anti-aging are linked? And what's the difference between traditional dentistry and the kind of anti-aging dentistry you practice?

**Dr. L.:** Traditional dentists look at your mouth as if it's somehow isolated. Anti-aging dentistry understands the bigger picture — that everything in your body is interdependent and connected biologically. Of course a lot of cosmetic dentistry has an anti-aging effect. It's restorative and can make you look younger, but that often has a biological anti-aging, too. Your mouth is like a gateway. So things happen in your mouth that have a direct bearing on how quickly you age. If you have poor oral health, you're also at risk of many chronic diseases. Anti-aging dentistry has an enormous role to play in making you look and feel years younger, but also in preventing disease.

**Dr. S.:** Like the link between oral health and heart disease, for example. Of course, this has received a lot of media attention in recent years. What do you think about it?

**Dr. L.:** The connection is not just with heart disease. Poor oral health can be an indicator and can even worsen the effects of diseases, including diabetes, heart disease, arthritis, nervous system disorders and even cancer. Your gums are more sensitive than your skin and they absorb much more. Cavities in your teeth are a kind of sickness in your body. Dangerous colonies of bacteria can develop if

you let the decay go long enough, and they can spread from your gums to your bloodstream, causing inflammation and infection throughout your body. That's why you should never ignore toothaches. Inflammation is at the root of all the chronic diseases that accelerate aging and ultimately kill you. Traditional dentists often ignore the impact of oral health on the rest of your body.

**Dr. S.:** And what does that mean in terms of how you practice anti-aging dentistry?

**Dr. L.:** That happens at two levels, and both are closely related. Cosmetic dentistry is anti-aging at both the aesthetic and biological level. And the kind of holistic dental medicine I do is concerned with gum and teeth health, but also the battle against inflammation. Both are interconnected and both are anti-aging.

**Dr. S.:** Can you give me an example?

**Dr. L.:** Your teeth age you, and there are many ways I can correct that. For example, as you age, your teeth lose height. Losing just a few millimeters from your teeth can leave your facial muscles unsupported, allowing more wrinkles to develop. I can replace that lost height with modern cosmetic dentistry technology, like fillings, bondings and veneers. I provide a lot of dental restoration options that have an anti-aging impact. Fixed bridges, for example, can be useful when the teeth needed to support replacements have large restorations or crowns. But they also strengthen weak teeth. These are essentially cosmetic, but they also have an anti-aging impact at the biological level.

**Dr. S.:** I've heard it said that getting your teeth fixed can be as effective as a facelift or botox... do you agree?

**Dr. L.:** If you have sagging skin around your mouth, lips, chin or jaw line, cosmetic dentistry is a much better option than going under the needle or the knife. If you lengthen your teeth, for example, it can tighten up muscles, restore volume and it will give you a much more youthful look. But it also has an anti-aging impact on the rest of your body. The health of your teeth impacts the health of your entire musculoskeletal system, and the health of every cell in your body. Restoring balance in the face really helps balance up rest of your body, and that's what I strive for in all my patients. Most dentists focus on recreating symmetry with your teeth, but that's only part of it. I want total body balance.

**Dr. S.:** Yellow teeth also age you. And I know some people brush and brush, but they can't get rid of that yellow. What do you do about whitening?

**Dr. L.:** Your teeth look yellow because the dentin — one of the main components of teeth — is showing through from behind your worn enamel. Basically, the minerals have worn away. Most dentists will tell you brush with a fluoride toothpaste and rinse with a fluoride mouthwash. But as an anti-aging dentist, I would never recommend that. Fluoride is a toxic chemical. There is a much more natural way. You can remineralize your enamel with oral hygiene treatments at the dentist. But at home, eating healthy fats like butter and coconut oil will help. So can vitamin D3 supplements. I also recommend chewing gum that contains xylitol. Unlike other natural or synthetic sweeteners, xylitol is great for restoring lost minerals.

**Dr. S.:** I know you place a lot of importance on patients' smile. The cosmetic benefits of smiling are obvious, but can you tell my readers why this is so important at the biological level?

**Dr. L.:** Smiling is anti-aging at all levels. It boosts your immune system, lowers blood pressure and releases natural pain killers called endorphins and serotonin. Some of my patients hadn't smiled for years before they came to me. I'm serious. And they were afraid to go to the dentist. Many people feel embarrassed or have self-esteem issues when they visit the dentist. They feel guilty about neglecting their teeth. But when you don't smile, it ages you — even at the cellular level. But smiling may be the best medicine of all, because it relieves stress. Chronic stress may cause you to grind your teeth, but it also affects your immune system in very negative ways. It's another thing that leads to inflammation. That's why I'm not just filling cavities here. I'm really transforming people's lives.

**Dr. S.:** So, in a sense, everything you do here is anti-aging.

**Dr. L.:** That's why for the past 17 years I've incorporated the spa experience into my dental practice. The paraffin treatment, the massages, the reflexology, the acupuncture, in fact the whole spa atmosphere is designed not only to relieve stress about visiting the dentist but to promote wellness in everything you do. When you make an appointment with me, you leave your stress at the door.

Then I go to work on your teeth and gums, removing and repairing the things that weaken your body. Your body has an incredible capacity to recover and build back its strength as soon as you remove the things that weaken it. Wellness and good health begin with your teeth and gums.

**Dr. S.:** And what about mercury fillings? Mercury is a heavy metal and highly toxic. I know silver amalgams also contain mercury. I don't believe any amount of mercury is safe, despite what the EPA says. There's even a correlation between the number of mercury fillings and mercury levels in brain tissues.

**Dr. L.:** Yes, mercury weakens your body in many ways. I don't use mercury at all. In fact, I do a lot of mercury removal and replacement. I prefer zirconia, especially for crowns and bridges. This is a strong metal compound that's tissue-friendly and very aesthetic. But apart from obvious toxic metals like mercury, everybody reacts to different materials in different ways. Some people have a number of different metals in their mouths and this can cause a unique reaction in them. That's why we give each patient a reactivity test to make sure that the materials and the patient are biocompatible. I make sure everything I do here is not hurting or weakening any part of your body.

**Dr. S.:** Let's talk about dental care. Is there a specific type of toothpaste or mouthwash you recommend?

**Dr. L.:** Frankly, I'm very concerned about the toxins in most commercial toothpaste and mouthwash brands. Even so-called "natural" products have dangerous preservatives in them. When I found out about this, I warned my patients right away and I stopped using them myself.

**Dr. S.:** So what do you brush your teeth with?

**Dr. L.:** I now only use baking soda. Actually, I'm launching my own toothpaste for my patients later this year, and there won't be a trace of preservatives or dangerous chemicals in it. Earth Mother provides all the products you need to keep your teeth, gums and the rest of your body strong.

## **Dr. Leconte's Top 5 Anti-Aging Dental Tips**

1. Avoid sugar as much as possible. It fuels the harmful bacteria that decays your teeth and infects your gums. Remember that your mouth is the gateway to the rest of



your body. Your daily diet should contain fibrous fruits and vegetables, like apples, carrots and celery.

2. Take CoQ10. As you grow older, your body produces less of this super-nutrient. But studies prove that CoQ10 deficiencies lead to gum disease and a host of other problems<sup>3,4</sup>. Boost your diet with some of the best sources of CoQ10, like grass-fed meat, chicken and wild-caught fish. And supplement with ubiquinol, the easiest form of CoQ10 for your body to absorb. I recommend at least 50 mg of ubiquinol daily.

3. Load up on vitamin D3. High blood levels of a vitamin D3 metabolite can decrease the risk of red, swollen gums — called gingivitis. Vitamin D3 also has a powerful anti-inflammatory impact. The best food sources are small fish like herring, sardines and anchovies, but you should also get between 10 and 15 minutes of sunshine every day. And supplement! I recommend a soft gel or liquid supplement of vitamin D3 called cholecalciferol, which is identical to the vitamin D3 that your body produces.

4. Never ignore pain. Pain can hijack your mind, but it's a warning sign that your teeth and gums need attention. Don't just chew on the other side and hope the problem will go away. It won't. Dental disease is progressive. Without the right kind of attention, it will only become worse.

5. Chew the right gum. If you're taking medications that give you dry mouth, I recommend a chewing gum that contains xylitol, which is actively beneficial for oral health. The act of chewing also stimulates the hundreds of salivary glands in your mouth to produce saliva, which has antibacterial qualities.

#### References:

1. Mitchell RJ, Osborne PB, Haubenreich JE. Dental amalgam restorations: daily mercury dose and biocompatibility. *J Long Term Eff Med Implants*. 2005;15(6):709-21.
2. Hahn LJ, Kloiber R, Leininger RW, Vimy MJ, Lorscheider FL. Whole-body imaging of the distribution of mercury released from dental fillings into monkey tissues. *FASEB J*. 1990 Nov;4(14):3256-60.
3. Hansen IL, Iwamoto Y, Kishi T, Folkers K, Thompson LE. Bioenergetics in clinical medicine. IX. Gingival and leucocytic deficiencies of coenzyme Q10 in patients with periodontal disease. *Res Commun Chem Pathol Pharmacol*. 1976 Aug; 14(4):729-38.
4. Nakamura R, Littarru GP, Folkers K, Wilkinson EG. Study of CoQ10-enzymes in gingiva from patients with periodontal disease and evidence for a deficiency of coenzyme Q10. *Proc Natl Acad Sci U S A*. 1974 Apr.

Your Exclusive Look at...

# 2015 Palm Beach Anti-Aging Summit

## OCTOBER 8, 2015

**7:30 a.m.**

Registration, Continental Breakfast  
and Networking

**9:00 a.m.**

Dr. Al Sears

Opening Remarks

**9:15 a.m.**

Dipnarine Maharaj, MD, MB, ChB, FRCP (Glas.),  
FRCP (Edin.), FRCPath, FACP

*Regenerative Medicine for Immune Dysfunction  
& Chronic Illnesses*

**9:55 a.m.**

Dr. Charles S. Theofilos

*New Advancements in Regenerative Therapy for  
the Aging Spine*

**10:35 a.m.**

Morning Break

**11:05 a.m.**

Dr. Joseph Purita, MD

*Cutting Edge Concepts in the Use of Stem Cell  
and PRP Injections in an Office Setting*

**11:45 a.m.**

Kristin Comella

*Current Practices for In-Clinic Cellular Therapy*

**12:30 p.m.**

Lunch Break and Networking

**2:00 p.m.**

Dr. John Gray, Ph.D

*Gender-specific Stress Management For  
Optimal Health*

**2:40 p.m.**

Dr. Ward Dean

*The Neuroendocrine Theory of Aging*

**3:20 p.m.**

Afternoon Break

**3:50 p.m.**

Dr. Neil Riordan

*Medicinal Effects of Mesenchymal Stem Cells and  
Their Secretions*

**4:30 p.m.**

Dr. Al Sears

*The World's First Comprehensive Anti-Aging  
Program*

**5:10 p.m. – 6:00 p.m.**

Closing Remarks and Networking

**6:30 p.m. – 7:30 p.m.**

PACE Class on the Lawn

# OCTOBER 9, 2015

## 8:00 a.m.

Continental Breakfast and Networking

## 9:00 a.m.

Raymond Cralle, RPT

*The Biophysiological Effects of Hyperbaric Oxygen*

## 9:30 a.m.

Dr. Patrick Leconte

*The New Frontier of Anti-Aging Dentistry*

## 10:00 a.m.

Morning Break

## 10:20 a.m.

Dr. Keith Scott-Mumby

*Food Is The Number One Anti-Ager*

## 11:00 a.m.

Dr. Bill Andrews

*Cure Aging or Die Trying*

## 11:40 a.m.

Elizabeth Parrish

## 12:20 p.m.

Lunch Break

## 1:30 p.m.

Dr. Al Sears

*Telomeres*

## 2:30 p.m. – 3:00 p.m.

Closing Remarks and Networking

## 3:30 p.m.

Shuttle to Grand Opening



**I'll deliver two lectures during my Palm Beach Anti-Aging Summit. First, I'll share the findings of my latest telomere research, then I'll reveal the five pillars of a personal anti-aging program.**



**The iconic 1920s Palm Beach estate of Mar-a-Lago will host my upcoming Palm Beach Anti-Aging Summit, where a dozen of the best anti-aging physicians and researchers from around the world will share their latest discoveries.**

# 5 Simple Steps to Rebuild Your Aging Heart

As you age, your heart starts to get weaker, zapping your strength, stamina and physical performance. Even worse, it makes you more vulnerable to heart disease and heart attack.

These four markers of heart health start to fail as you age:

- **Stroke volume:** the amount of blood your heart pumps with each beat.
- **Maximum heart rate:** the number of times your heart can beat in one minute.
- **Blood vessel elasticity:** the flexibility of your blood vessels as blood flows through them.
- **Cardiac output:** the amount of blood your heart can pump in one minute.

These changes can be measured and tracked. *And this loss of your heart's power can be reversed.*

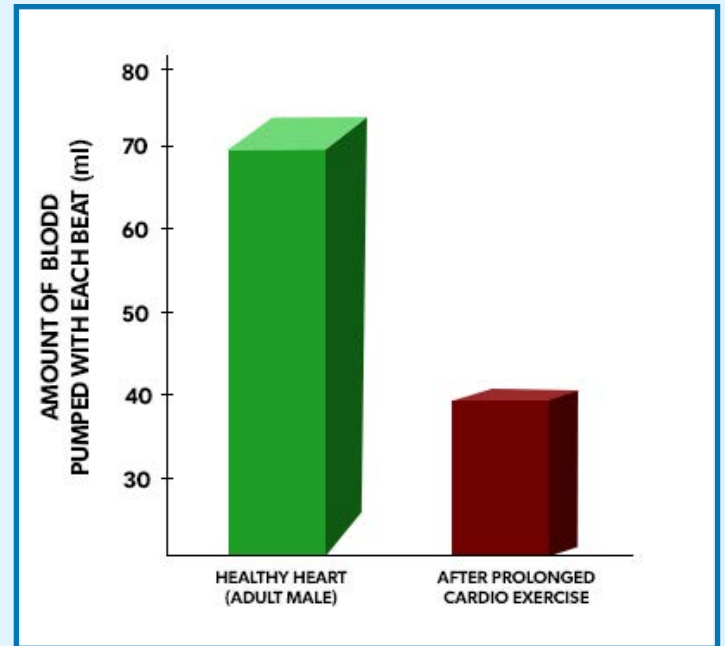
Ask your doctor to protect you from America's No. 1 killer and he'll probably tell you you're not doing enough "cardio," or that you're eating too much meat, or too much fat and then turn around and hand you a prescription for a cholesterol-lowering drug.

Not only does this advice have no chance of preventing heart disease, it will put you on the fast track to a dozen other chronic diseases, including obesity and cancer.

What's more, there are critical tests to measure your REAL heart strength you may not be getting from your doctor.

In this special report, I'll show you five things you can do right now to reverse the age-related loss of your heart's power. You'll find easy-to-follow advice that reinvigorates your aging heart.

## Cardio Shrinks Your Heart's Output



You'll discover how to:

1. See past the misguided warning to keep lowering your cholesterol, and why raising an aspect of your cholesterol is your best defense against heart disease.
2. Recognize a much more accurate predictor of heart disease, how to measure it, and how to bring it under control.
3. Measure a key marker of inflammation, the underlying cause of all heart disease.
4. Unlock the miracle of the most powerful heart nutrient on the planet, and how doing this one thing can energize your heart and protect you from disease.
5. Throw away your jogging shoes and move beyond the failed exercise advice that only makes your heart weaker.



## Forget About Cholesterol... It's NOT the Cause of Heart Disease

In spite of what you hear in the media, there is very little evidence to support the belief that cholesterol causes heart disease.

Your cholesterol blood level can tell you useful information about your health and fitness, but it is not the great predictor of heart disease that conventional medicine leads us to believe. In fact, these numbers make very poor crystal balls, as I learned from experience.

Years ago, I began inheriting a group of patients who “dropped out” with other doctors because they refused to lower their cholesterol levels. These cantankerous old men didn't trust doctors and weren't willing to change their lifestyles in ways that seemed to contradict their instincts.

Over the years, I noticed that these rebels with high cholesterol rarely had heart problems. Recently, the University Hospital in Switzerland announced that cholesterol fails to demonstrate an important (statistically significant) connection with coronary artery disease. Clearly, cholesterol isn't the ultimate heart attack warning it was made out to be.

When you get past the medical beliefs and look directly at the evidence, the literature points out that *nearly 75% of people who have heart attacks have normal cholesterol levels.*<sup>1</sup>

Turns out, the maverick patients were right not to take everything their doctors said as gospel. We now know that total blood cholesterol levels does not give us a clear picture of heart attack risk. Still, most doctors continue to turn to conventional cholesterol screening as the best predictor of heart attacks.

### Cholesterol is a Poor Predictor of Heart Attacks

Doctors and drug companies often refer to the famous Framingham Heart Study when talking about cardiovascular risk. Framingham is a small town near

Boston, where for more than 50 years, researchers followed the population and tracked risk factors for heart disease. Government organizations often cite it as a reason to beat cholesterol into submission, using potent prescription drugs if necessary. But what does the study really reveal?

Amazingly, Framingham researchers themselves reported that “80% of heart attack patients had similar lipid levels [i.e., fat levels in the blood] to those who did not have heart attacks.”<sup>2</sup>

In other words, cholesterol levels do not predict heart attacks in the vast majority of patients. The link between cholesterol and women was essentially zero: women with low cholesterol died just as often as women with high cholesterol. Furthermore, according to data from the Framingham study, almost half of the people in the study who had a heart attack had low cholesterol.

Ironically, as the study participants grew older, the association between cholesterol and heart disease became weaker, not stronger. In fact, according to the data, for men above age 47, cholesterol levels made no difference in cardiovascular mortality.<sup>3</sup>

Since 95% of all heart attacks occur in people above age 48 — and those who have heart attacks at an earlier age are usually diabetics or have a rare genetic problem — then most people do not have to worry about their cholesterol levels!

Remember that even if we could show an association between cholesterol blood levels and heart disease, it would not prove that cholesterol caused heart disease.

### Drive Your Cholesterol Too Low And Your Risk of Dying Goes Up

Now another fact to make you wonder what the ‘experts’ were thinking: High cholesterol seems to have a protective effect in the elderly.

According to research from the Department of Cardiovascular Medicine at Yale, *nearly twice as many people* with low cholesterol had a heart attack — compared with those with high cholesterol levels.<sup>4</sup>

Data from the Framingham study also support the finding that when blood cholesterol decreases, the risk of dying actually *increases*.

There is no question that blood cholesterol is involved in the accumulation of plaque in the arteries. Plaque buildup narrows the arteries and restricts blood flow. This can lead to heart attacks and strokes. Yet the conventional approach continues to miss the most important point: the plaque buildup is dangerous, not the presence of cholesterol itself.

### **Big Pharma Reaps Windfall Profits Promoting the Cholesterol Lie**

Pharmaceutical companies continue to make billions of dollars annually as long as they support the myth that cholesterol causes heart disease. As the previous evidence shows, elevated cholesterol levels do not cause heart attacks. Therefore, it is unnecessary to take drugs to lower cholesterol.

Results from numerous independent drug trials also do not support the connection between cholesterol and heart disease. The National Heart, Lung, and Blood Institute conducted the Lipid Research Clinics Coronary Primary Prevention Trial to test the effectiveness of cholestyramine, a drug known to lower cholesterol. Seven years later, researchers analyzed the data and found that the cholesterol levels decreased by 8%, but there were no important (statistically significant) differences in heart attacks rates.<sup>5</sup>

Researchers have summarized all drug trials published before 1994 (the year drug companies introduced statin drugs). These studies found that the number of deaths from heart attack was equal in the treatment and control groups. And the total number of deaths was actually greater in the treatment groups. None of the trials showed any important (statistically significant) decrease in the death rate from coronary disease.<sup>6</sup>

What it all boils down to is that these cholesterol-lowering drugs lowered cholesterol — but they did not decrease deaths from heart attack.

### **Statins: The Most Profitable Drug in History**

In 1994, drug companies introduced a new class of cholesterol-lowering drugs known as statins. These drugs interfere with the body's production of cholesterol. They also block the production of other essential nutrients, including coenzyme Q10(CoQ10).

These drugs not only lower blood cholesterol levels but also, for the first time, some studies showed a slightly lowered risk of heart attack. But before we reach the conclusion that the lowering of cholesterol caused the modestly lowered heart attack rate, we run into a problem.

There was no relationship between the amount of the cholesterol reduction and the amount of the risk reduction. We call this phenomenon 'lack of exposure response.'

What this usually means is that the factor being investigated — in this case cholesterol — is not the true cause, but is secondary to or merely associated with the true cause.

Stated another way, statins may reduce heart attack risk, but they do so in some way other than reducing cholesterol.

The drug companies that sponsor these studies are very slick at directing attention away from this failure. Only very recently has it come to light that statins do other things more directly related to heart disease risk.

They lower the inflammatory marker, C-reactive protein. (You'll discover more about the role of C-reactive protein in predicting heart disease in this report.)

The 'lack of exposure response' may be because statins help by reducing inflammation — not cholesterol.

But there is more to the story. Statins are expensive. A typical dose costs about \$1,000 to \$1,500 per year. And, more significantly, statins block an antioxidant system important to your cardiovascular health and rob your organs of a crucial nutrient.

Statins can make you chronically fatigued and cause muscle aches. They also stimulate cancer growth in rodents. In human studies, breast cancer was more common in women who took the drug than those in the control group.

Additionally, it's wise to cautiously review information from drug studies that pharmaceutical companies fund. These corporations benefit remarkably when research results recommend a new drug.

Statins are the most profitable drugs in history to date. The statins industry has generated over \$20 billion a year.

Those profits buy a lot of propaganda such as lobbyists in Washington, direct-to-consumer advertising, and marketing to doctors including free continuing medical education about how to prescribe the drugs! This is the fox overseeing the hen house — and the consequences involve your health.

## **Good Cholesterol is Your “Trump Card” When Fighting Heart Disease**

Maybe you've heard about the two types of cholesterol: low-density lipoproteins (LDLs) and high-density lipoproteins (HDLs). LDLs help lay down the plaque deposits in the arteries (that's why they call these 'bad' cholesterol), and HDLs help remove plaque from the arteries (that's why they call these 'good').

HDL is the single most important cholesterol factor in determining your risk of developing heart disease. Don't worry about lowering your total cholesterol level or your LDL level. *Just raise your HDL cholesterol.*

The Framingham study shows that high levels of HDL are directly related to lower risk of heart disease. In fact, it showed that increased HDL could reduce coronary disease independent of LDL cholesterol.<sup>7</sup>

This is the real eye-opener: If your HDL is above 85, you are at no greater risk of heart disease if your total cholesterol is 350 than if it's 150.

High HDLs trump other cholesterol concerns. Why

isn't this simple and powerful advice getting through? For one reason, there is no drug to boost HDL. What's the best way to increase HDL cholesterol? The right exercise. And I'm NOT talking about aerobics or cardio. You'll discover the answer later in this report.

## **Easily Measure and Keep Track of Your REAL Heart Health**

Routine tests detect certain heart diseases. But they don't tell you much about the ability, conditioning, strength, energy or health of your heart.

By the time you finish reading this report, you'll know how you can use blood tests and other markers to assess your cardiovascular health. These tests do more than tell you whether your heart is “normal” or diseased. They help you determine quantitatively your overall heart health.

These simple tests let you know what you are doing well and what you need to improve. You can then use these same tests as a scale to track your progress.

These tests are easy and inexpensive, yet most doctors don't routinely examine these measures. It's quite beneficial to have these tests completed at the same time as your annual physical exam.

However, this assessment of health doesn't easily fit into the disease model of medicine. And, they're not among the standard protocols insurance companies provide.

Don't be shy about asking for these tests. With many physicians, you may need to be your own health advocate. Many new patients at my clinic — who had no obvious signs of heart disease — learned that they had hidden cardiovascular problems as a result of more specific testing — even after their standard cardiology evaluations gave them a clean bill of health.

Equally important, many people were aware that they had heart disease, but their previous doctors told them there was nothing they could do to prevent recurrences without measuring these parameters of heart health.

## Reduce One of Your Best Indicators of Heart Problems: Homocysteine

Most patients and many doctors have never heard of homocysteine. To find out more about this unknown sinister killer, let's take a look at a process called oxidation.

Oxidation is the process that generates energy. There are examples of oxidation all around you. In physics, fire is rapid oxidation, while rust is a form of slow oxidation. In biology, oxidation is the "slow burn" of metabolism — the process of burning energy to fuel all of your body's work.

But just like outside your body, burning inside your body has consequences. If left unchecked, it inflames and damages surrounding tissues. Luckily, nature has a solution.

You are born with extensive "antioxidant systems." They perform brilliantly to "prevent the fire of oxidation" from spreading or damaging delicate surrounding structures.

You've probably heard of many of these antioxidants. Several vitamins are powerful antioxidants. Examples are vitamin C, vitamin E, carotenoids, and CoQ10. These nutrients replenish the antioxidant systems.

Homocysteine is an amino acid that your body produces naturally during normal metabolism. It is the final common product of oxidation in your body. This is important because it distinguishes homocysteine from all other risk assessments. Because it accumulates during oxidation, its measurement is a measure of the health of your antioxidant systems.

Antioxidants prevent homocysteine from accumulating. In other words, homocysteine levels indicate how healthy and successful your antioxidant systems are. If your homocysteine level is high in your blood, it means that the fire of oxidation is overwhelming your antioxidants and damaging your heart and blood vessels.

Homocysteine is an excellent measure of antioxidant health as well as an actual indicator of cardiovascular inflammation. At low levels, your body can handle homocysteine, but when the levels inch above the normal range, it damages your arteries.

Homocysteine also increases the formation of arterial plaque and makes the platelets in your blood stickier. This increases the risk of forming blood clots, which can cause heart attack, stroke and pulmonary embolism.

A number of studies demonstrated the link between high homocysteine levels and heart attack and stroke. For example, the Physicians' Health Study concluded that people with high homocysteine levels are three *times more likely to have a heart attack*.<sup>8</sup>

One of the major causes of elevated homocysteine levels is a deficiency of B vitamins.

Additional factors that may increase a person's homocysteine level include:

- Family history of elevated homocysteine;
- Age (homocysteine levels rise with age);
- Gender (homocysteine levels are higher in men than women);
- Kidney disease (homocysteine levels rise when the kidneys fail to filter homocysteine adequately);
- Use of medication (homocysteine levels rise with the use of certain drugs, such as phenytoin, methotrexate, cyclosporine, levodopa, theophylline, niacin, and cholestyramine);
- Underactive thyroid gland;
- Alcoholism;
- Inflammatory bowel disease;
- Menopause;
- High blood pressure;



- Smoking;
- Homocystinuria (a genetic condition in which high levels of homocysteine are excreted in the urine.)

Now, the good news: Keeping homocysteine levels in check is quite easy. All you need to do is consume adequate amounts of vitamin B2, vitamin B12, and folate. The body uses these B vitamins to detoxify homocysteine and turn it into a harmless amino acid.

Most adults do not consume sufficient B vitamins in the diet. Recommended doses are 25 mg of B2, 25 mg of B6, 500 mcg of B12, and 800 mcg of folate.

Keeping score: A simple blood test can assess the amount of homocysteine in your body. An optimal measure is less than 8 mmol/l.

(NOTE: You can safely take the recommended vitamin supplements before checking your homocysteine levels.)

## **Fight Inflammation by Checking Your Level of C-reactive Protein (CRP)**

C-reactive protein (CRP) is a very effective predictor of heart disease. When the body experiences acute inflammation, injury, or infection anywhere in the body — including the arteries, the liver releases CRP. Normally, the blood contains no CRP. Therefore, its presence indicates a problem somewhere in the body.

Blood tests for C-reactive protein have been around for 30 years, but they have been used as a marker of end-of-life changes when the body begins shutting down before death.

Today, the blood tests are far more sensitive and indicate signs of chronic minor inflammation. We can use the ultra-sensitive modern CRP blood tests to detect heart disease.

The *British Journal of Urology* published a study that examined the CRP levels of almost 400 people.

They found that once the CRP levels reached twice the normal level, their study participants were 150% more likely to suffer a heart attack.<sup>9</sup>

Elevated levels of CRP can also indicate potential heart attacks years before they occur. Consider a study in the *New England Journal of Medicine* in 1997, which followed more than 22,000 men as part of the ongoing Physicians' Health Study.

When the men first enrolled in the study, they were free of heart disease and gave blood samples. Eight years later, 543 of the men experienced a heart attack, stroke, or a blood clot in a major vessel. Researchers compared the blood samples from these men to those from men in the study who did not have cardiovascular disease.

Men with the highest levels of CRP were twice as likely to have had a stroke and three times as likely to have had a heart attack as the men with normal CRP levels. Keep in mind that these elevated CRP levels were present in the blood six to eight years before the cardiovascular event took place.<sup>10</sup>

Other studies found a similar link between CRP and heart attack in women. For example, research at the Brigham and Women's Hospital and Harvard Medical School in Boston demonstrated that C-reactive protein is a very strong predictor of future heart attacks — even stronger than cholesterol. In one study, women with the highest levels of CRP were at 4.4 times the risk of heart attack as women with the lowest levels.<sup>11</sup>

Elevated CRP levels can also indicate additional medical problems, such as rheumatoid arthritis, rheumatic fever, cancer, tuberculosis, or pneumonia. And, CRP can be an excellent tool to assess future cardiovascular problems.

Tell your physician to test your CRP levels each year as part of your annual physical exam.

Keeping score: When it comes to C-reactive protein levels, lower is better. Healthy people score below 1 unit; scores above 4 units indicate signs of heart disease. Levels can reach 20 and above as the body approaches death.



## Reinvigorate Your Aging Heart With the Miracle of CoQ10

The human body requires adequate levels of coenzyme Q10 (CoQ10) to survive. It's no secret that this essential antioxidant is important to maintain a healthy heart. But there is one dirty little secret about CoQ10 that drug manufacturers don't want you to know: Cholesterol-lowering statin drugs slash the levels of CoQ10 in the body.

While these drugs reduce the production of cholesterol in the liver, they also lower the production of CoQ10. In fact, studies found that statin drugs lower CoQ10 levels by as much as 40%.<sup>12</sup>

Drug companies know about this dangerous side effect. One company even developed a statin-CoQ10 combination drug to offset the CoQ10 stripped from the body but have decided to hold the patent without releasing the nutrient drug combination to the public.

Clearly the companies recognize that their drugs drain the body of CoQ10, and they have done nothing to educate physicians and patients about this very real danger of taking statins. Instead, they downplay this fact in hopes that the news about this side effect does not interfere with drug sales.

Unfortunately, most doctors don't know enough about the link between statin drugs and CoQ10 to recommend that their patients take supplements. Some misinformed doctors even discourage the use of CoQ10 and other nutritional supplements altogether.

Recently, a retired chorus line dancer from New York City came to my clinic for the first time with high blood pressure even though she was taking two blood pressure medications and a statin drug.

She said she felt constant fatigue and increasing trouble remembering. When her blood level of CoQ10 was measured, it was lower than 95% of the population.

After taking 200 mg of CoQ10 supplement daily for a couple of months, she was able to stop both blood pressure medications and now maintains a normal

## Cholesterol is Essential for Life, Health and Sex

Although cholesterol has a bad reputation for clogging the arteries, it's not the enemy. Cholesterol is essential for life and health. It provides energy to cells, helps make cell membranes, and assists in the formation of sheaths around nerves. Plus, it plays a vital role in the production of the sex hormones testosterone, estrogen and progesterone, and other adrenal hormones like DHEA and cortisol.

While cholesterol is in some foods we eat, the liver manufactures most of it. In fact, each day our bodies churn out about 1,000 mg of cholesterol, compared to the average dietary intake of about 325 mg for men or 220 mg for women.

No matter whether it comes from the liver or our diet, cholesterol and other dietary fats must move from the digestive system and into the cells to perform these terrific tasks. Fat must be packaged into protein-covered particles that allow the fat to mix with the blood. These tiny particles are lipoproteins (lipid – or fat – plus protein).

blood pressure. She also reported feeling “energized” and she recovered her memory.

She returned to the cardiologist to tell him the good news. She showed him the remarkable nutrient that normalized her blood pressure better than the drugs. But rather than rejoice in her success, he became irate, told her the CoQ10 could not possibly help her blood pressure and threw her CoQ10 in the trash.

Incredibly, this is not the only story like this one. Together they reveal a troubling double standard.

Most doctors are well informed of the uses and benefits of drugs but uninformed and suspicious of nutritional solutions. Yet more than 100 studies show the cardiac benefits of CoQ10.

## Discover the Heart-Healing Benefits of CoQ10

At my clinic, more than half the patients who were taking drugs for high blood pressure were able to stop their medication once they began taking CoQ10. CoQ10 is nothing short of a miracle heart energizer.

CoQ10 is an essential cofactor your body uses to derive energy. You cannot survive without it. CoQ10 is a powerful antioxidant present in every cell in your body. Because of its ubiquitous presence, you may see it referred to as ubiquinone, or its more powerful reduced form, ubiquinol.

CoQ10 is essential for the normal function of all your major organs.

It is especially important to the energy-guzzling organs, like your heart, brain, kidneys, and liver. CoQ10 provides your body with “high octane” fuel. Also, this co-enzyme gives the body five more vital benefits.

CoQ10:

- Destroys free radicals before they can damage your cell membranes.
- Prevents arteriosclerosis by reducing the accumulation of oxidized fat in your blood vessels.
- Eases heart disease, high blood pressure, and high cholesterol.
- Reduces chest pain and improves exercise tolerance in patients with chronic stable angina.
- Regulates the rhythm of the heart rate.

### CoQ10 Works Like Magic on Your Heart’s “Power Plants”

Mitochondria are the structures in your cells that manufacture energy at the cellular level. Virtually every cell in the body has its own energy-producing mitochondria designed to meet the needs of each

individual cell. (There are no mitochondria in red blood cells or the lens of the eye.)

Most cells contain between 500 and 2,000 mitochondria; the highest concentrations of mitochondria exist in the busiest cells of the body, including the brain, heart, kidneys, and additional hardworking organs.

Energy production at the cellular level begins when the body turns the food we eat into nutrients (glucose, amino acids, and fatty acids) the mitochondria can use to produce energy. Within the cells, the mitochondria — through a multi-step process scientists refer to as the Krebs cycle — manufacture adenosine triphosphate (ATP). ATP is literally the body’s source of energy. ATP is the fuel cells burn to perform their tasks.

To make energy, the mitochondria use plenty of CoQ10, which helps in the chemical reactions required for energy production. This is essential to keep the powerhouses of the cells — the mitochondria — working efficiently. In effect, the CoQ10 provides a virtual Fountain of Youth for the cells.

When cells run out of CoQ10, the mitochondria simply cannot produce enough energy to meet the body’s demands. When the body is well stocked with CoQ10, it can operate efficiently. When stockpiles of CoQ10 run low, the mitochondria are less efficient and they may produce adenosine diphosphate (ADP), which is a less potent fuel.

Over time, running your body on cheap fuel will take its toll, damaging the mitochondria and contributing to a growing sense of fatigue.

When our bodies are young, our mitochondria work tirelessly to produce the abundant energy associated with youth. Over the years, however, our mitochondria age and show signs of wear and tear, just as the rest of the body does.

The mitochondria can grow hard and less efficient at producing ATP. When the mitochondria break down, they produce less energy. If this happens long enough,

you experience chronic fatigue. This makes the heart weak and inefficient. This systemic energy crisis can compromise the immune system as a whole, leaving our bodies more vulnerable to attack from bacteria, viruses, and additional pathogens.

A number of studies found that people who suffer from ailments associated with aging – including cardiovascular disease, Parkinson’s disease, and Alzheimer’s disease – all tend to have abnormally low levels of CoQ10 and high levels of mitochondria failure.

At my clinic, I’ve measured hundreds of CoQ10 levels with some surprising results.

- Young people (those in their twenties and younger) almost always have adequate levels of CoQ10.
- CoQ10 deficiencies are common in people in their forties and beyond.
- Long-duration endurance exercisers tend to have lower levels of CoQ10.
- Deficiencies in CoQ10 are very common in patients with heart disease, high blood pressure, diabetes or low HDL cholesterols.
- CoQ10 levels are often low in those avoiding red meat and extremely low in strict vegans.

If you are in one of these categories, as hundreds of my patients discovered, CoQ10 supplements can make a dramatic difference in your energy level and cardiovascular health.

## **You Can Reverse Heart Disease with CoQ10**

Some of the most impressive studies on CoQ10 researched the role of the supplement in the treatment of cardiovascular disease. In a landmark study, Dr. Karl Folkers — one of the pioneering CoQ10 researchers who discovered its chemical structure — and his colleagues found CoQ10 deficiency in a majority of people with heart disease.

Researchers measured the levels of CoQ10 in heart tissue biopsies. And they found low levels of CoQ10 in 50% to 75% of patients with various types of heart disease.<sup>13</sup>

The next round of studies looked at whether taking supplemental CoQ10 could help prevent or reverse heart disease. Since the 1970s, more than 50 studies demonstrated the effectiveness of CoQ10 in the treatment of people with heart disease.

Dr. Folkers and Dr. Peter Langsjoen, a cardiologist in Tyler, Texas, conducted a remarkable study between 1985 and 1993. They observed 424 people who received CoQ10 and conventional medicine treatments for heart disease. Doctors then assessed patient progress according to the New York Heart Association functional scale. The heart disease ratings range from I (the least serious) to IV (the most serious).

After taking CoQ10, 58% of the patients improved one category, 28% moved up two categories, and 1.2% moved up three categories! In addition, 43% of the patients cut back or eliminated their cardiac medication.

CoQ10 also helps lower blood pressure. A double-blind, placebo-controlled study in the *Journal of Human Hypertension* followed two groups of people with hypertension. One group took CoQ10 for eight weeks while the other group took a placebo. The COQ10 group showed a significant reduction in blood pressure.<sup>14</sup>

*Molecular Aspects of Medicine* reported another fascinating study about patients taking CoQ10 and prescription drugs for high blood pressure. Researchers found that more than half of all patients on blood pressure drugs were able to stop using their medications when they began taking supplemental CoQ10.

In a University of Texas study, people with high blood pressure took oral CoQ10. Within one month, they experienced marked improvements in blood pressure. Overall, 51% of subjects were able to discontinue their blood pressure medication.<sup>15</sup>

CoQ10 offers results with very little risk of unwanted side effects. Many medications for cardiovascular disease have unpleasant side effects, including fatigue, nausea, and dizziness. CoQ10 offers many of the same health benefits as prescription drugs do – without their harmful side effects.

There are several forms of CoQ10 available but I recommend ubiquinol, the more powerful, reduced form of CoQ10. It's 8 times more bio-available than the traditional form ubiquinone and is more cost effective.

Take 50 mg of ubiquinol a day if you're in good health and simply need to maintain your heart's normal function as you age.

If you're recovering from a heart attack or dealing with a form of heart disease, a stronger dose is recommended. Consider taking 100 mg to 200 mg of ubiquinol a day in divided doses.

## **Build REAL Heart Strength WITHOUT Doing "Cardio" or Aerobics**

Pick up almost any book or magazine on exercise and you'll probably read the standard exercise prescription: For cardiovascular health, work out for 30 to 60 minutes three or four times a week. Maybe you heard the same advice from your physician. There's one simple problem with this generic exercise prescription: It doesn't work.

In fact, long-duration exercise is a waste of your time, and can actually cause other health problems. This type of exercise makes the heart and lungs more efficient, but reduces their reserve capacity.

Simply put, your reserve capacity is your body's ability to respond effectively to sudden demands you place on it. For your heart, reserve capacity is crucial. It can mean the difference between a long healthy life — and sudden death from a heart attack.

When you exercise continuously for more than about 10 minutes, your heart adapts by becoming more efficient. It achieves this efficiency through downsizing. Long-duration exercise makes the heart,

lungs, and muscles smaller so that they can go longer with less energy — but there's a trade-off.

The cardiovascular system becomes very good at handling a 60-minute jog, but it gives up the ability to rapidly provide you with big bursts of energy for short periods. Far from protecting your heart, this loss makes you more vulnerable to a heart attack.

You can strengthen your heart by building reserve capacity with a specific program developed through years of working with athletes, trainers and patients.

This program is called PACE or Progressively Accelerating Cardiopulmonary Exertion. You can forget about working for hours at the gym! You can build a strong heart to handle your life's demands more effectively with the PACE system. This simple-to-follow system takes only about 12 minutes a day.

Hundreds of patients at my clinic have helped develop this uniquely effective fitness program. Hundreds have built heart capacity and functional strength by using this tried-and-true program. If they can do it, you can, too. And in little time, you'll begin to see and feel the results. Now, let's get to the program.

## **PACE Boosts Your Cardiovascular Fitness in Just Minutes a Day**

PACE will gradually challenge your heart, lungs and blood vessels to build their strength. (Cardio means heart and pulmonary means lungs.)

To accomplish this, you will do a series of short bursts of exercise, and rest in between. As you get used to these brief challenges you will gradually increase their intensity.

Here are four key concepts to keep in mind as you proceed:

**PROGRESSIVELY:** Progressively means doing a little bit more this week than you did the week before. Pushing just a little bit harder with each exercise session causes your level of fitness to improve over time.



You can add resistance or pick up the pace. Gradually increasing the magnitude of the challenge (rather than the length of the challenge) will coach your body into building greater heart and lung capacity to meet any unexpected challenges you may encounter.

**ACCELERATING:** Accelerating refers to training your body to respond to exercise faster. When you are out of condition it takes several minutes to get your breathing and heart rates up. As your physical condition improves, your body gears up for exercise more easily. As your body gets better adapted, you make use of this faster gearing up capacity by increasing the challenge more quickly.

You will train your body to respond more quickly by increasing the pace of exercise sooner in each progressive workout. Don't start at full throttle — but, over time, train your body to respond to the exercise load more quickly. Your body adapts to the increasing quickness of the demands of your exercise by improving the quickness of your response.

Why do this? For one, this is the universal natural condition. Whether predator or prey, naturally living creatures have to accelerate to 100% effort in a single heartbeat. We have only lost that capacity recently. More to the point, this is also the very best way to be prepared for and avoid disaster from the sudden increases in cardiac demand that cause heart attacks.

**INTENSITY:** Intensity simply refers to how hard you exercise. Intensity is what you should be monitoring and changing as you become fitter. Remember, for any exercise program to continue to work over time, you must change something. If you perform the same exercise in the same way for more than a couple of weeks your body has already made its adaptation. You will cease to make any progress unless you add some new degree of challenge.

Many people increase the duration of exercise as they become more capable of exercising longer, believing that they are building a stronger heart. But think about it. Your heart already has the ultimate

endurance challenge — it must beat all the time, even when you're sleeping. You can make your heart learn to pump more blood faster and harder. But you don't have to do it very long.

You can use this principle safely as long as you increase the intensity in a controlled and gradual way. As your cardiac capacity increases, you can do more work without feeling any additional strain. If you walk or jog on a treadmill, about once a week you pick up the pace a little or increase the slope by a little. If you're pedaling a bicycle, you pedal a little faster or add a little resistance.

**DURATION:** You will also change the duration of your exercise but in the opposite direction of most exercisers. As your level of fitness improves, you decrease the duration of the exercise bout.

In other words, you use shorter and shorter episodes of gradually increasing intensity. You will find that by gradually shortening your intervals, it gets easier to increase the intensity with each session. And it's increasing intensity that will continue to increase your capacity.

During your rest periods, don't stop entirely but keep moving at a gentle pace as you recover. Light activity keeps your blood circulating to replenish your muscles' depleted energy stores and remove accumulated lactic acid wastes.

Studies show that your muscles recover faster with light activity than with complete immobility. For instance, if you sprint during your interval, you will keep moving at a walk or gentle trot for your rest period. You have a natural inclination to do this. If you listen to your body, you will want to keep moving after a sprint to "walk it off."

As you begin PACE, workout just 10 to 20 minutes every other day. If you are getting in 20 minutes, soon you will want to divide your 20 minute workout into two 10 minute intervals.

As you get into better shape, cut your exercise sessions down to 9 minutes; rest for three minutes, then workout another 9 minutes. Next, progress to three six-minute



intervals, with two minutes of rest in between each interval.

Again, the principle is to cut the exercise length gradually as you gradually pick up the challenge.

## **Let's Get Started: Your 8-Week PACE Plan**

Build your exercise program around any activity that gives your heart and lungs a workout. Swimming, biking, stair-stepping, sprinting and elliptical machines are all good exercises for the heart and lungs.

What you choose will depend on your preferences and your level of fitness. You might want to alternate the various types of exercise to keep your routine fun and lower the chances of overuse injuries. You are most likely to stick with your program when you choose exercises you enjoy.

*Here is a week-by-week outline of the PACE plan:*

### **Weeks 1 and 2**

Begin by developing an exercise routine based on activities you enjoy. Your goal is to perform this exercise for 20 minutes at a time at low intensity.

If you can't exercise for 20 minutes without stopping, rest as needed. As you're starting out, write down what you did. It is helpful to determine your current level of fitness to use as a baseline to track your progress.

In the second week, begin experimenting with the pace. Push yourself a little harder and then ease up a bit. Vary your pace as much as you feel comfortable.

As you play with the pace, begin to develop an internal scale of how intensely you exercise. Use a scale of 1 to 10, where 1 or 2 is a leisurely pace, all the way up to full throttle at 9 or 10.

**Week 1:** Exercise for 20 minutes at a comfortable intensity level of 2 or 3.

**Week 2:** Exercise for 20 minutes at varying intensity levels recording your pace and how hard it feels.

### **Weeks 3 and 4**

In weeks 3 and 4, increase the amount of work you do in the same amount of time. If you exercise on a treadmill or cycling machine, push yourself to cover more distance in the same time.

Your workout now consists of two intervals, with a rest period in between. During the periods of rest, you don't have to be completely inactive. You will do better to keep moving at low intensity while you recover.

#### **Week 3:**

- Exercise for 9 minutes at intensity level 3;
- Rest for 2 minutes;
- Exercise for 9 minutes of exercise at intensity level 4.

#### **Week 4:**

- Exercise for 8 minutes at intensity level 4;
- Rest for 4 minutes;
- Exercise for 8 minutes of exercise at intensity level 5.

### **Weeks 5 and 6**

In weeks 5 and 6, exercise more intensely during three somewhat shorter intervals.

#### **Week 5:**

- Exercise for 6 minutes of exercise at intensity level 3;
- Rest for 2 minutes;
- Exercise for 6 minutes at intensity level 5;
- Rest for 2 minutes;
- Exercise for 6 minutes at intensity level 4.

#### **Week 6:**

Decrease each exercise period to 5 minutes, while you increase the intensity by one level. Since you are

working a little harder, allow yourself 3 minutes of leisurely-paced rest to recover between intervals.

### Weeks 7 and 8

It's time to put the accelerating component of your PACE program into play. Your goal is to take less and less time to reach the point of your greatest effort. The result is that you complete more intervals during the same time and you increase the level quicker.

The shorter your intervals of greatest intensity, the faster you condition your body for maximal capacity.

#### Week 7:

- Exercise for 4 minutes at intensity level 4;
- Rest for 2 minutes;
- Exercise for 3 minutes at intensity level 6;
- Rest for 2 minutes;
- Exercise for 2 minutes at intensity level 7;
- Rest for 3 minutes;
- Exercise for 3 minutes at intensity level 5.

#### Week 8:

Now you will shorten your first interval a little and increase the intensity of your second interval a bit. You are “accelerating” your challenge with your highest effort occurring earlier.

- Exercise for 3 minutes at intensity level 4;
- Rest for 2 minutes;
- Exercise for 3 minutes at intensity level 7;
- Rest for 2 minutes;
- Exercise for 3 minutes at intensity level 7;
- Rest for 2 minutes;
- Exercise for 3 minutes at intensity level 5;

As you continue to pick up the PACE, increase the intensity of your workout and the number of exercise

intervals. At the same time, shorten the length of your exercise sessions.

You may be doing three five-minute intervals with two three-minute rests. As you progress, shorten the length of your exercise intervals to four, three, two, then one minute. Work a little harder during these shorter exercise sessions.

When you get use to PACE and use it to your full advantage, your workout sessions usually last less than 12 minutes.

### Join the PACE Revolution!

Today, PACE is practiced by thousands of people of all ages, from more than 20 countries. And with remarkable results.

I continually receive letters and emails from patients and readers telling me of their progress. One of my patients, Terri L., recently visited my clinic after practicing PACE for just nine months.

In that time, she:

- ✓ Lost 66 pounds of fat;
- ✓ Built 14 pounds of new muscle;
- ✓ Raised HDL (good cholesterol) by over 30%;
- ✓ Lowered triglycerides (blood fat) by over 35%.

PACE is effective across the board, from fat loss to cardiovascular health and beyond. Lowering triglycerides is especially helpful for Terri as triglycerides are more of a risk factor for cardiovascular disease in women than in men.

Terri's lung power is on the rise, too.

Terri's office is on the second floor. Before she started PACE she would take the elevator without question. Now she bounds up the 25 steps three or four times a day without thinking about it.

With PACE you can actually burn fat for up to 16 hours after your PACE routine.

That's what Terri did to lose 66 pounds in nine months.

You can too.

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# How to Build a Younger Immune System

The cleansing power of fasting is one of the oldest healing therapies known to mankind.

Healers in ancient Egypt, India and Greece often told patients to periodically abstain from food to cleanse and rejuvenate the body.

In fact, the three fathers of Western medicine — Hippocrates, Galen and Paracelsus — all fasted and regularly prescribed it to their patients. Paracelsus even described fasting as “the greatest remedy — the physician within.”

But today, that ancient wisdom has been ignored by most modern doctors — even though studies have shown regular periods of fasting help:

- Protect the brain;<sup>1</sup>
- Fight heart disease;<sup>2</sup>
- Control blood glucose and insulin levels;<sup>3</sup>
- Reduce inflammation;<sup>4</sup>
- And fight cancer.<sup>5,6</sup>

That’s because mainstream medicine makes far more money on symptom-centered treatments that “control” illnesses with expensive drugs and surgical procedures, rather than curing them.

But the science on the extraordinary therapeutic power of fasting is getting harder to ignore...

A recent groundbreaking study by the University of Southern California (USC) revealed that intermittent fasting could actually trigger stem cell regeneration of new immune system cells. The study, published in the *journal Cell Stem Cell*, is the first to show a natural trigger for the regeneration of an organ or system through stem cells.<sup>7</sup>

This is a huge development. Tapping into the healing power of stem cells remains inaccessible to

most people, because it’s highly specialized treatment that’s relatively costly. This new study may change that.

We now have a natural, inexpensive way to bring the benefits of stem cell healing to the masses by adding periods of fasting to our diets.

In this special report, you’ll learn how intermittent fasting works, how it can “reboot” your entire immune system, and how you can start your own fasting program today.

## The End of All Disease

You’ve heard me talk about the healing power of stem cells before...

They’re the most versatile cells in human biology. They act as the building blocks for the repair of virtually every tissue and organ in your body.

When disease or injury causes damage, these “blank slate” stem cells morph into whatever specialized cells you need to repair it. These can include immune cells, bone cells, muscle cells, brain cells, or any other cells.

The newly differentiated cells repair damaged tissue and organs, enabling you to make stunning recoveries.

Stem cell treatment has the potential to cure chronic diseases and ailments we once accepted as a natural part of aging- including cancer, heart and lung disease, diabetes and joint pain.

But that’s not all it can do...

Healthy stem cells also produce the enzyme telomerase. This stimulates the growth of telomeres, the tiny strands of DNA at the end of each chromosome that are the markers of your biological age.

As you age, your telomeres get shorter. By producing more telomerase, you can extend the length of your

telomeres. And the longer your telomeres, the younger and more vibrant you look and feel.

### **Out With the Old, in With the New**

Intermittent fasting taps into the healing power of stem cells by signaling them to produce new, differentiated immune cells in your body.

You see, your immune system is your body's frontline protection against all disease. But your immune cells start to wear out as you age.

The USC study is so exciting, because it reveals that periodic fasting cycles actually flip a regenerative switch inside your body, altering the signaling pathways for your hematopoietic stem cells, which make them generate new immune cells and blood cells.

Here's how it works...

During fasting, your white blood cell count drops. The researchers found that during each fasting cycle, this drop in white cell levels triggers a stem-cell based regeneration of new immune cells to replace them.

Basically, fasting tells your body to start "rebooting" your immune system by removing damaged cells and triggering stem cell regeneration of new immune cells to do battle.

In other words, your body clears the deck of old, weak soldiers and replaces them with healthy ones.

In particular, periodic fasting was able to shut down PKA, an enzyme that needs to go quiet in order for stem cells to switch into regenerative mode. When PKA shuts down, it signals your stem cells to start proliferating and rebuilding your immunity.

Dr. Valter Longo, one of the authors of the study, believes that periodic fasting can give your immune system an entirely new start. In the study, he says: "Now, if you start with a system that's heavily damaged by chemotherapy or aging, fasting cycles can generate, literally, a new immune system."

That stunning declaration hints at the big potential intermittent fasting has to transform modern medicine.

As an added bonus, the study also showed that

## **Is Fasting for You?**

Fasting isn't for everyone. If you're hypoglycemic, diabetic, have kidney or liver disease, or special dietary requirements, you may be better off avoiding it. Consult with your doctor.

Also, make sure you pay attention to your body when fasting. If it doesn't agree with you or it leads to any health issues, it's OK to stop.

But also remember that it will take your body some time to adjust to fasting. If you can deal with minor annoyances like headaches and irritability in the beginning, your body will eventually adjust to fasting cycles.

Those bad symptoms will eventually go away. Just keep in mind that we're all different, so some may require more adjustment time than others.

Like anything worth doing in life, fasting takes a bit of effort to get started. But the more you do it the easier it gets.

Personally, I don't mind getting hungry once in a while so that my body can clear out old cells and create a potent, brand-new immune system from scratch. It seems like a small price to pay for such an amazing result.

fasting leads to a drop in insulin growth factor 1 (IGF-1), a hormone linked to aging, cancer and tumor progression. A study at the Albert Einstein College of Medicine in New York found that low IGF-1 levels are a way of predicting if someone is going to live longer and healthier.<sup>8</sup>

### **An Ancient Remedy**

Fasting isn't new. It was a fact of life for our ancient ancestors. They fluctuated between feast and famine depending upon how successful the hunt was. And they often went for days without food. As a result, feast-and-famine fluctuations became hard-wired into our bodies for optimal metabolic function. That's why a nutrition cycle that includes fasting suits your body far better than the "three meals per day plus snacking in



between” daily diet that most people follow today.

The USC study featured a fasting period of no food for two to four days over the course of six months.

That may be difficult for some people to follow at the start. That’s why I recommend that my patients begin with a safe, simple and effective fasting program that calls for eating during an 8-hour window each day, followed by a 16-hour fast.

- Start your day with a 10 a.m. breakfast;
- Lunch at our regular time;
- Finish your dinner by 6 p.m.
- Your body gets no additional food from 6 p.m. until 10 a.m. the following morning.

Most of my patients find this option a great introduction to fasting, because nearly half of the fast is spent sleeping, making it much easier to adjust to. Then, when your body gets used to the 16-hour fast, you move up to the 24-hour mark.

Starting the 24-hour fast is also easy. If your last meal was at 6 p.m. today, won’t eat until 6 p.m. tomorrow. But you should drink plenty of water to hydrate your body and flush toxins out during the fast.

After the 24-hour fast is over, don’t gorge yourself on a massive meal. Just eat as you normally would. And it’s best to fast on your busiest days so you’re not focused on eating food and any potential hunger pangs.

After your body gets used to the 24-hour fast you can begin stepping up to the two to four day fasts featured in the USC study.

Keep in mind proper nutrition is vitally important when fasting. Give your body a proper supply of clean fuel to work with when your new immune system cells are in place and ready to get to work. Grass-fed beef, wild-caught fish, organic leafy greens and cruciferous vegetables, organic fruits and healthy snacks, like walnuts and almonds are excellent dietary elements before and after fasting periods.

The information provided in this letter is 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 medical professional before acting on any recommendations in this publication.

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## Al Sears, M.D.

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.

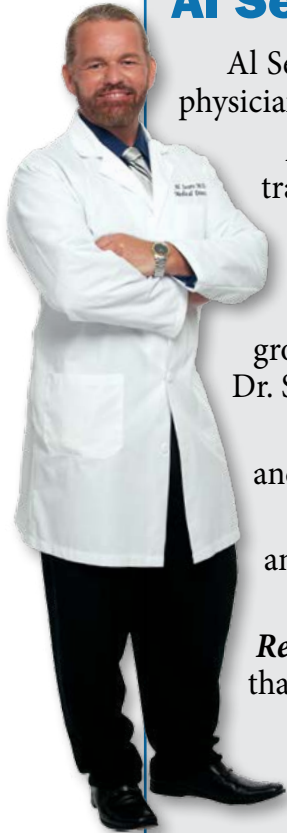
In 2010, Dr. Sears unveiled his proven anti-aging strategies in *Reset Your Biological Clock*. As the first U.S. doctor licensed to administer a groundbreaking DNA therapy that activates the gene that regulates telomerase, Dr. Sears made history by bringing telomere biology to the general public.

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).



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I look forward to you joining me.

Al Sears, MD, CNS

