



Dr. Sears'

# CONFIDENTIAL CURES

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

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## Let Your Body Come Up For Air

When I want my patients to understand the astonishing healing power of oxygen, I usually tell them the story of the three Dutch neuroscientists in a pathology laboratory in Amsterdam in the late 1990s.

Their names were Jaipei Dai, Dick Swaab and Ruud Buijs — and they did something no one else thought possible: they brought brain cells from 30 dead people back to life.<sup>1</sup>

In their macabre but breakthrough experiment, the neuroscientists took slices of brain tissue during post-mortem examinations up to eight hours after death.

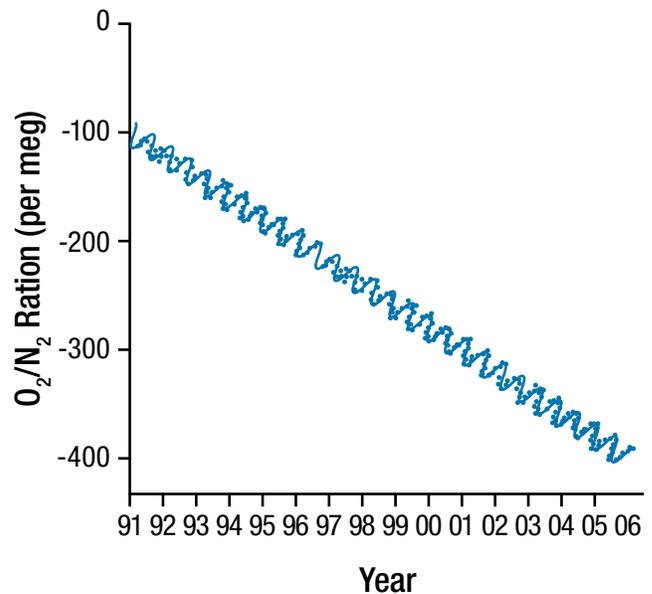
They then carefully injected tracing chemicals into the dead brain cells so they could track any activity in the *axon* branches that protrude from each neuron, connecting it to the next neuron. If a brain cell is alive, it will fire its electrical messages along networks of axons.

The scientists then saturated the cells with a special gas made up of 95% oxygen and 5% carbon dioxide — almost five times the oxygen content found in the air you breathe — and they waited to see what happened.

They waited 18 hours. And to their amazement, the “dead” neurons had fired the tracers right across the tissue sample — just as they would have done in a live brain.

This incredible piece of scientific research is still ignored by mainstream medicine.

**OXYGEN CONTENT OF OUR AIR**



*This graph shows the oxygen content in the air from samples collected near Mauna Loa in Hawaii. The amount of available oxygen in our atmosphere has been steadily dropping for years.*

Their discovery not only has huge healing implications for what establishment doctors still call “irreparable brain damage” — whether through stroke,

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cardiac arrest or accident — it also reveals what oxygen can do for damaged cells in other parts of your body.

Oxygen is the source of life, and your cells and tissues aren't getting enough of it. In fact, as the graph on page 1 shows, the amount of oxygen in the air has been decreasing for years.

In today's polluted world, every cell in your body is deprived of oxygen.

But science proves that replenishing your body's oxygen supply encourages the regeneration of tissues, blood vessels and nerves. It also refreshes your mind, repairs your aging brain, purifies your blood, powers up your heart, and replenishes old, dying cells.

That's why at the **Sears Institute for Anti-Aging Medicine**, I regularly coach my patients on simple ways to ramp up oxygen levels.

## The Power of Oxygen

All parts of your body need oxygen to make and burn fuel, and thus, live.

When you breathe, oxygen binds to a protein molecule called hemoglobin in your red blood cells, which transports it to every cell, tissue and organ in your body.

You see, red blood cells lose their nucleus soon after they're born and that makes them light and bendy, so they can fit through the narrowest of capillaries to deliver essential oxygen.

Inside each cell, your mitochondria — the little furnaces in your cells — use oxygen to produce *adenosine triphosphate* (ATP), the cellular energy that powers everything your body does. This oxygen is also used to repair DNA and damaged structures within your cells, and to create new healthy cells.

Lack of oxygen is one of the most overlooked causes of modern disease. Hypoxia (low oxygen in your blood) and hypoxemia (low oxygen in your tissues) are at the root of multiple illnesses in the polluted, industrialized developed world.

To get an idea of what happens to your body's tissues and organs when they're low on oxygen,

just press down on one of your fingernails and then release the pressure. The bed of your nail will turn whitish for a moment before regaining its pink color.

Had you not been able to release the pressure, all the cells at the tip of your finger would soon suffocate and die, because you stopped the flow of oxygen-carrying red blood cells.

Now imagine the effect of low oxygen on the rest of your body.

Millions of people in the developed world suffer from low oxygen. But mainstream medicine usually misdiagnose the symptoms as part of the aging process.

Low oxygen levels accelerate the diseases of aging, drain your energy, and make sex difficult, if not impossible, for men. Your brain doesn't work as well, your heart is not as strong, and circulation slows down. You suffer chronic pain, migraine headaches, fatigue, lack of focus and memory loss.

Oxygen deprivation has also been linked with many diseases like cancer, arthritis, heart disease and Alzheimer's.

You see, low oxygen turns on your inflammation genes. And your cells stop signaling the disease-killing T-cells in your immune system when they encounter foreign invaders, like viruses and cancer cells.<sup>2</sup>

But getting more oxygen has been shown to reverse numerous conditions. Studies prove increasing oxygen levels can:

- Relieve painful migraine and cluster headaches;<sup>3</sup>
- Help treat diabetic foot, skin grafts, burns and neurological diseases;<sup>4</sup>
- Regenerate brain cells after strokes and seizures;<sup>5</sup>
- Reduce inflammation and oxidative stress;<sup>6</sup>
- Mobilize sleeping stem cells.<sup>7</sup>

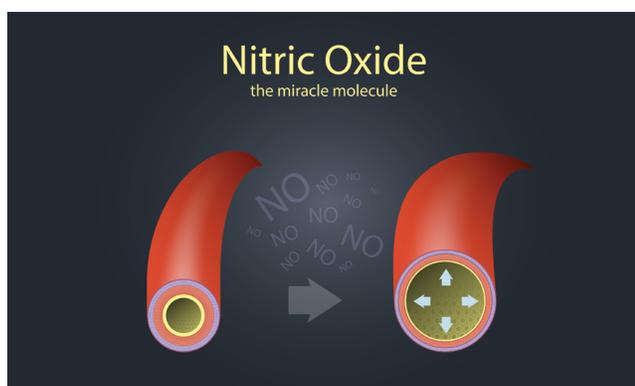
When your body's oxygen levels are up, you also have more energy. You're smarter, stronger and more alive. And your body becomes an impenetrable fortress against disease.

## Increase Oxygen with the ‘Miracle Molecule’

Hands down, the best way to increase oxygen delivery to every part of your body is to trigger the production of a special molecule that until recently suffered an image problem.

I’m talking about *nitric oxide*.

Composed of just one nitrogen and one oxygen atom, written chemically as NO, nitric oxide is a gas at room temperature. As late as the 1990s, it was still thought of as a chemical criminal, a noxious component of car fumes, cigarette smoke and acid rain.



*Nitric oxide relaxes arterial walls and dilates blood vessels, which helps the flow of blood and oxygen to every part of your body.*

But in 1998, pharmacologist Robert Furchgott was awarded a Nobel Prize for providing the first proof that nitric oxide performs critical biochemical functions in your body.

In the years since, study after study has proven its power over multiple illness — from high blood pressure, infections, inflammation and cancer to septic shock, drug addiction and erectile dysfunction.

8,9,10,11,12,13,14,15,16

Its power lies in its ability to ensure healthy blood flow and oxygen delivery throughout your body.

Nitric oxide is produced in small quantities in the cells that line the inner walls of your blood vessels, and is one of your body’s key signaling chemicals.

It sends “blood flow signals” that tell your blood vessels to relax and expand. It controls every cavity and sphincter in your body, and regulates the behavior of nerves in organs as diverse as the lungs, brain and penis.

*But its power to relax arterial walls, dilate the blood vessels, and improve the flow of blood and oxygen everywhere in your body, makes it a powerhouse at preventing and treating heart disease.<sup>17,18,19</sup>*

It’s one of the reasons why exercise is good for your heart. Exercise helps the cells that make up your cardiovascular system produce and store nitric oxide.

You see, blood vessels are like balloons. They can expand and contract rapidly. When they’re relaxed and open, they can move massive amounts of oxygen around your body. Each oxygen-loaded red blood cell lives for about 120 days and travels an amazing 300 miles around the body.

The problem is that your supply of nitric oxide drops off as you age. And that makes it much harder for your blood vessels to expand. And if your blood vessels can’t expand, blood and oxygen delivery becomes restricted.

But there’s good news. You can safely and naturally trigger your body to make more nitric oxide. That means increasing blood flow and oxygen throughout your body — specifically to replace lacking oxygen.

### My Favorite Oxygen Boosters

Here’s what I recommend to my patients:

**L-Arginine:** The first step to more oxygen is to boost your body’s nitric oxide levels — and that means getting more of a simple amino acid called l-arginine. Your body uses it to create nitric oxide.

Body builders have been using l-arginine for years. I recommend l-arginine to my patients, because it’s one of the most reliable, fast-acting tools for increasing nitric oxide.

When your blood vessels are relaxed and flexible, you get more blood to your brain, your heart, your lungs, and your muscles.

L-arginine helps blood vessels function better in chronic heart failure. In one study, vessel dilation increased from 2.2% to 8.8% with an l-arginine supplement.<sup>20</sup> Another study found taking l-arginine helped arteries dilate better for people with high blood pressure.<sup>21</sup>

To maintain healthy muscles and prevent heart disease, you can take l-arginine in a capsule form. *Take a 500 mg capsule each day for prevention.*

For specific problems you have already, you'll get the most from l-arginine if you take it in powder form. To build lost muscle, improve sexual performance or reduce chest pains, start with a loading dose of *5 grams daily for two weeks*. Then take *2.5 grams* daily for maintenance.

L-arginine on its own produces a nitric oxide boost for about an hour after you take it. But you can add something to l-arginine that gives you a lasting boost throughout the day.

In my clinic, I combine standard l-arginine with a specialized form of arginine called *Arginine Alpha-Ketoglutarate* (AAKG). This will give you a time-release effect. Instead of getting a quick boost, you'll get a sustained nitric oxide release that lasts much longer.

**Eat more beets:** Beets naturally boost the production of nitric oxide in your body — thanks to large amount of nitrates in the root vegetable.

You can juice beets, but if possible use organic beets and throw in the roots, fruit, and even the leaves. You can also buy organic beet juice in most super markets and health food stores.

Researchers at Wake Forest University in California not only proved beets boosted nitric oxide throughout the body, they observed the powerful effects in the brains of people who drank beet juice.

MRIs revealed that, just hours after drinking the beet juice, the brains of test subjects were flooded with a steady flow of blood and oxygen.<sup>22</sup>

For maximum effect, add ***hawthorn extract***, a member of the rose family that's been used by herbal

healers for centuries as a remedy for chest pain. It's also used to treat enlargement of the heart, as well as high and low blood pressure.

Drink one glass (250ml) of fresh beet juice along with 15 drops of liquid Hawthorn extract daily to boost nitric oxide levels.

You can also take a supplement, but make sure to choose an activated beet extract with no less than 2,500 mg of fresh beet powder.

Open two capsules into water or juice and then add the liquid hawthorn. Swish it around your mouth, so it mixes with your saliva to activate the nitric oxide.

**Omega-3 fatty acids:** You may already know that *omega-3s* are good for your heart and the brain.

Omega-3s makes red blood cells more flexible, so they move more easily between the capillaries and cells, delivering oxygen and removing poisonous carbon dioxide.

Studies also show that omega-3s work to boost nitric oxide release in your body.<sup>23</sup>

Further studies reveal that omega-3s do more than help oxygen delivery. They also improve oxygen intake in your lungs and promotes *angiogenesis*, the creation of new blood vessels.

- One study from the University of California observed how omega-3s relaxed arteries in the lungs and led to an overall increased oxygen intake into the lungs.<sup>24</sup>
- Another study from the University of Indiana showed omega-3s supported continuous blood flow to and from the lungs in asthmatic patients, who often experience constricted breathing and shortness of breath after exercise.
- Diets enriched with omega-3s increased the number of cells that work to regenerate the inner lining of blood vessels and also play a role in new capillary growth.<sup>25</sup>

The two most potent omega-3 fatty acids are *eicosapentaenoic acid* and *docosahexaenoic acid*, better known as *EPA* and *DHA*.

Supplements are the best way to boost EPA-DHA levels — although not just any supplement.

If you use fish oil, you're likely to run into the toxicity problems you face if you were to eat fish every day. Instead, I recommend krill oil and squid oil to my patients. Take at least 500 mg of DHA and 60 mg of EPA.

Your supplement should also contain *astaxanthin*, a powerful antioxidant. And you should take the capsules with meals, so you can properly digest the EPA and DHA.

**Cordyceps sinensis:** This mushroom grows only above 11,000 feet in the Himalayas — and it's a medical powerhouse. When you take this medicinal fungus, you get oxygen-dense polysaccharides. When these are broken down, their long chains of sugars release oxygen, which is absorbed on a cellular level.

Research also shows that Cordyceps has the power to “turn on” genes that increase oxygen delivery to the cells.<sup>26</sup>

In one study of 30 elderly patients, Cordyceps significantly improved the amount of oxygen these subjects were able to assimilate. And another study showed that Cordyceps **increased cellular oxygen absorption by up to 40%**.<sup>27,28</sup>

You can take Cordyceps *senensis* supplements in capsule form, liquid or as a tea. Some health food stores sell whole, dried Cordyceps that you can add to soups and stews.

When choosing a Cordyceps supplement, always check the source. Some distributors who want to profit at your expense combine different species of Cordyceps, so it's important to look for a supplement that says *Cordyceps sinensis*.

I recommend supplementing with wild-harvested Cordyceps from Tibet. Take 2 to 5 grams twice daily for best results.

It's important to note that people with certain conditions, including autoimmune and kidney disorders, as well as breastfeeding mothers, should



*The rhodiola rosea grows high in the mountains. It's been shown to increase oxygen intake in the lungs and stimulate red blood-cell production.*

not take Cordyceps without speaking with a health care professional first.

**The Herbal Secret of Sherpas:** One of the most powerful natural remedies I recommend at my anti-aging clinic is *rhodiola rosea*, a golden flower that grows natively in high elevations of mountain ranges around the world. But it's also great for oxygen intake.

Tibetan sherpas use rhodiola for energy, physical endurance and to protect against altitude sickness. For centuries, sherpas have lived at high altitudes in the Himalayas and have aided climbers in ascents up Mt. Everest without the need for supplemental oxygen.

Research supports what these sherpas have always known. Rhodiola increases oxygen intake in the lungs and stimulates red blood-cell production.<sup>29</sup>

You can enjoy rhodiola in a tea, the way the sherpas do, or you can find it in capsule form. I recommend daily doses of 200 mg for the best effect.

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# Heal Faster, Live Longer, Stay Young with These Oxygen and IV Therapies

When I was a medical student, some of my classmates and teachers thought I was crazy.

I think it all started when I accidentally proved cardiovascular exercise was actually terrible for us.

At the time, I was focused on sports medicine and rehabilitation, working with the University of South Florida gymnastics team. I was trying to improve their fitness levels — particularly their lung capacity.

But traditional aerobic and cardio exercise just wasn't working. I was stunned to discover that all that endurance work was making their hearts and lungs LESS powerful. So I shifted the team's training focus from "how long" they worked out to "how hard" they worked out.

When they switched to shorter sessions of higher intensity training, something unexpected happened. **Their fitness level and performance improved dramatically.**

That's when I realized traditional exercise advice was failing us. It's also when I created my revolutionary [PACE \(Progressively Accelerating Cardiopulmonary Exertion\) fitness program](#).

As I began my medical practice, I found that improved oxygen levels did much more for my patients than just improve their fitness levels.

I discovered that lung power is the number one predictor of how long you'll live. How well you breathe determines how long you'll stay active and healthy. Because the more oxygen you can get to your body, the better your body works.

That's why when I opened the **Sears Institute for Anti-Aging Medicine**, I made sure to incorporate cutting-edge oxygen therapies to address the various



*Patients are comfortable and relaxed while undergoing hyperbaric oxygen therapy. Some even take a nap.*

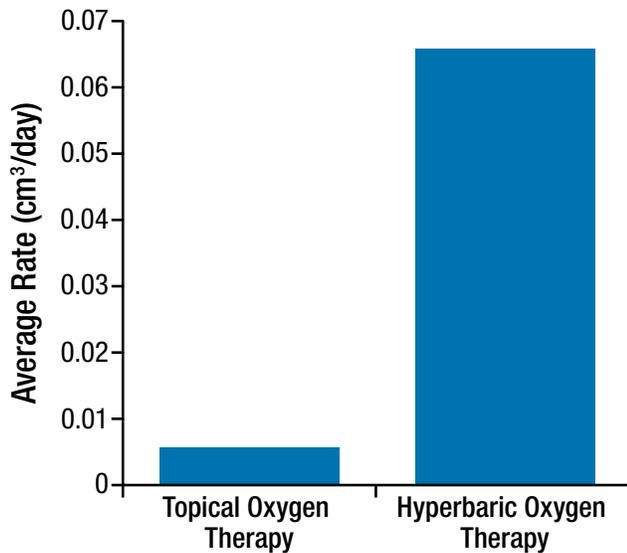
Oxygen restarts the same growth processes you enjoyed as a child. It encourages the regeneration of tissues, blood vessels and nerves. Increasing the intake of oxygen loads the red blood cells, thus promoting healing and all manner of regeneration.

This is why I offer **hyperbaric oxygen therapy (HBOT)** at the **Sears Institute**.

Hyperbaric oxygen therapy delivers pressurized oxygen in a clear chamber that allows your lungs to take in far more of this most essential element than would otherwise be possible.

The process delivers oxygen directly into the bloodstream in far greater quantities than normal, and triggers your body's natural healing process by turning on DNA and genes associated with growth. Those are the same ones that promote healing. The process also turns *off* inflammation and cell death.<sup>1</sup>

## AVERAGE RATE OF WOUND CLOSURE



*Wounds heal much faster when a patient undergoes hyperbaric oxygen therapy when compared to topical oxygen treatments.*

HBOT encourages the regeneration of tissues, blood vessels and nerves. And increasing the intake of oxygen loads the red blood cells, thus promoting healing and regeneration.

This chart shows how much more effective hyperbaric oxygen therapy is than topical oxygen therapy for treating wounds.

HBOT is used to treat a variety of conditions like:

- Burns
- Arterial gas embolism (bubbles of air in your blood vessels)
- Severe anemia
- Decompression sickness
- Carbon monoxide poisoning
- Sudden deafness or vision loss
- Gangrene
- Skin or bone infection
- Non-healing wounds

Recent research shows HBOT can also regrow brain cells and reduce brain swelling, as well as limit radiation damage to soft tissue.<sup>2,3</sup>

The research — and success — of hyperbaric oxygen has been so overwhelming, even the FDA has approved hyperbaric oxygen therapy. Insurance companies are even starting to accept it as part of a treatment protocol.

HBOT therapy is an enjoyable experience. It's non-invasive, completely painless, and most patients either take a nap or enjoy a movie or TV show during their session.

Depending on the nature of your condition, you may benefit from multiple therapy sessions. Supervised by a trained therapist, each refreshing HBOT session lasts about an hour.

## “Energized” Oxygen

In the 1960s, Dr. Robert Atkins — the famous diet guru — lost his medical license after he went on a radio program and told the audience how he cured breast cancer with ozone therapy. After a national uproar, his license was reinstated, but only after he agreed to stop using ozone therapy.

While in office, President Ronald Reagan had to plan a secret meeting in Germany to get ozone therapy for his cancer. He died over a decade later of pneumonia — not cancer — at age 93.<sup>4</sup>

Tens of thousands of doctors in Europe and Russia successfully use ozone therapy on millions of patients every day.

But here in America, the FDA has been trying to crush ozone therapy for more than 70 years — with the help of Big Pharma and the medical establishment. You see, oxygen is cheap, and it can't be patented.

Ozone therapy instantly destroys infections, bacteria, fungi and viruses. It can even *destroy cancer cells* without harming healthy cells.

## Ozone's Power is All About the Extra Oxygen

Ozone is “energized” oxygen. Practitioners use a special machine to make the Ozone (O<sub>3</sub>) from medical-grade O<sub>2</sub>.

First, a small amount of the patient's blood is drawn. Next, it's infused with medical-grade O3 mixed with O2. Finally, the oxygen-rich blood is slowly reintroduced back into the patient using an IV.

The activated oxygen releases its energy throughout the body. It improves circulation, stimulates stem cell production, and flushes out toxins.

For someone with cancer, ozone can lower inflammation and help remove free radicals. It can also destroy cancer cells on contact. It works because healthy cells have biochemicals to safely neutralize ozone but cancer cells don't.<sup>5,6,7</sup>

Just some of the successes of energized oxygen include:

- Destroys viruses, bacteria, fungi and plaque.<sup>8</sup> Dentists use it for sterilizing cavities, root canals and surgical wounds.<sup>9</sup>
- Protects against inflammation, oxidation, neurological diseases, vascular disease, and degenerative diseases like skin lesions and herniated discs.<sup>10,11</sup>
- Treats infected wounds, hepatitis C, circulatory disorders, geriatric conditions, macular degeneration, viral diseases, rheumatism and arthritis.<sup>12,13,14</sup>

## “Super Vitamin” IV Therapy for Anti-Aging

There's one more therapy I want to share with you today. It's called **intravenous (IV) nutrient therapy**.

It's not an “oxygen” therapy, exactly... but I found when I combine IV therapy with hyperbaric oxygen therapy, my patients experience a restorative, healing boost like no other.

I use IV therapy with many patients at my clinic. By infusing highly concentrated amounts of vitamins, minerals and amino acids directly into their bloodstream, I flush their system with healing agents.

By sending nutrients directly into your bloodstream, like **vitamin C** or **glutathione**, you accelerate healing and sometimes even *reverse* hard-to-treat conditions.

It's a highly effective treatment for many deadly diseases, including cancer.

In the 1970s, Nobel Prize-winning chemist Linus Pauling showed that high-dose vitamin C given intravenously was an effective cancer treatment.

More recently, scientists at the University of Kansas also found that high-dose IV vitamin C can kill some cancer cells without harming normal tissues.<sup>15</sup>

Another important study showed that patients with advanced cancer had unexpectedly long survival times after receiving high-dose IV vitamin C therapy.

But I've had success with more than vitamin C IV treatment.<sup>16</sup>



*I offer several types of IV therapy treatments at the Sears Institute for Anti-Aging Medicine. These treatments infuse highly concentrated amounts of vitamins, minerals and amino acids directly into my patients' bloodstreams.*

**Magnesium IV therapy** is effective in combating heart problems and respiratory issues. And it also stops acute asthma attacks.<sup>17</sup>

Concentrated IV doses of magnesium also improve insulin sensitivity and blood sugar in diabetics. And it's an effective treatment for migraines.<sup>18</sup>

I also use **glutathione**, your body's most powerful antioxidant, as an IV therapy to help cleanse your system of toxins.

Exposure to mercury and other chemicals can deplete your body's store of glutathione. And I've found many of my patients have a significant deficiency.

At the **Sears Institute**, I offer patients a full slate of high-dose IV treatments to quickly boost immune function, raise energy levels and treat a variety of age-related health problems.

One of my most powerful IV solutions is the **Myers' Cocktail**. It's a mix of magnesium, calcium, vitamin C and a B-vitamin complex, specially designed to boost immunity and restore energy. It's great for disorders like fibromyalgia, Lyme disease and chronic fatigue syndrome.

There are also a number of customized IV therapies to fight viruses and parasites, build lean muscle, revitalize your organs, increase vitality, and cleanse your body of environmental toxins.

When an IV therapy is combined with a single session in the hyperbaric oxygen chamber, the therapeutic results are magnified exponentially.

*For more information about any of these therapies, please call my staff at 561-785-7852.*

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# A Hi-Tech Healing Miracle That Lights Up Your Life

I'm sure you're familiar with the signs of aging — gray hair, crows' feet around your eyes, aches and pains — to name just a few. But it's not just your skin and joints that show wear and tear through the years. Your immune system ages, too.

It's a process called *immunosenesence*, and it even causes your immune system to lose its "memory" and forget it has encountered certain bugs before.

Your immune system is your body's best friend. It's there to protect you from invading pathogens, groups of dangerous bacteria and viruses that make you sick.

But low immunity doesn't just mean you get more colds and flus, it opens the door to a catalogue of chronic diseases and other conditions linked to aging, including everything from chronic infections to cancer.

Low immunity also speeds up the aging process.

Just as some people get grey hair sooner than others, some people's immune systems weaken faster. For example, if you're in your 50s, you could have the immune system of an 80-year-old.

But if your immune system is fired up, you could just as easily be an 80-year-old with the immunity of someone in their 30s.

The problem is your body is aging faster today thanks to the modern threats you face every day.

Our environment has *changed*, but not for the better — and the tireless warriors that make up your immune system are the first to go. That's when chronic diseases strike.

But when your body needs extra help, what do you do? Where do you turn?

Modern medicine has no answers, because they don't believe in prevention. Besides, they have no reason to

give you something to strengthen your immune system or keep you from getting sick. Big Pharma is in business to sell you drugs *AFTER* you get sick.

I have a better way...

I recently discovered a hi-tech double whammy that ramps up your immune system AND boosts your energy levels at the same time. That means your body can stay strong and vibrant, and you can ward off the diseases of aging *BEFORE* you get sick.

It's called *Fiber Optic IV Laser Therapy* and I'm excited to say the **Sears Institute of Anti-Aging Medicine** is one of just a handful of practitioners in the United States that provides this life-giving therapy.

And I know it works, because I tested it on myself. You can literally flip a switch on your immune system.



*I tried out IV laser therapy on myself before offering it to my patients at the Sears Institute for Anti-Aging Medicine.*

Let me explain...

## Light Up Your Life

I've been using IV laser treatment — or intravenous laser blood therapy, as it's sometimes called — for several months now, and I can tell you the experience is amazing.

Fiber Optic IV Lasers are extremely low-level, soft lasers, and they have nothing to do with surgical lasers, which are used to cut, cauterize and burn out diseased tissue.

Instead of destroying tissues, soft lasers repair them.

Before I offered it to my patients, I tested it on myself at a clinic run by my colleague, Dr. Joseph Purita. He's one of the world's top experts in intravenous laser blood therapy.

I'd read a lot of studies about the safety of low-level laser treatment and its extraordinary healing power — so I wasn't concerned in the slightest. I was more curious than anything else.

I leaned back in the chair and watched as Dr. Purita held up a catheter with a tiny bulb at the end. After he placed it in my arm, he flicked a switch and the tiny bulb began to emit a gentle laser beam with a soft, blue light.

There was no heat, sound or vibration, but I felt a faint tingling sensation as my blood flowed past the laser light. I knew my cells were being radiated with a certain wavelength. Different wavelengths have different colors and can appear red, blue, green or yellow.

The beam glows so cool, it can't damage any healthy cells.

In about 10 minutes, all the blood in my body had circulated past the beam.

I felt hyper-alert and brimming with energy. I was suddenly more focused and clear-headed than I'd ever felt in my life.

When I told Dr. Purita, he wasn't fazed. "Everyone feels like that," he said.

This new energy lasted for hours.

You see, instead of generating a heat effect, low-level lasers work by triggering a photochemical reaction inside your cells. When light hits certain molecules, called *chromophores*, the photon energy causes the electrons in your cells to become excited and suddenly jump into higher-energy orbits.

But IV laser therapy does more than energize you. It was also revving up my immune system. Numerous studies show that IV laser therapy can be a potent fighter against chronic diseases, like diabetes, heart disease, macular degeneration, depression and Lyme disease.

That's because soft laser light has an extremely powerful effect on the *master power source of everything your body does...*

## Secret To A Super Immune System

Laser light energizes your mitochondria, the tiny power plants in each of your cells.

These little organelles make a special kind of chemical energy called *adenosine triphosphate*, or ATP, by synthesizing nutrients from your diet and the oxygen carried by your red blood cells. ATP is fuel for your cells.

If your mitochondria stop producing ATP, your cells simply run out of gas. This causes organs and tissues to malfunction, and chronic diseases are bound to follow.

But here's how soft laser light helps.

Studies have shown that your mitochondria act as photoreceptors for laser light. As soon as your mitochondria are hit with the soft laser, they immediately switch into a higher gear and begin to produce more ATP.<sup>1</sup>

That's because your mitochondria are also the power generators of your *eukaryotic cells*, which convert oxygen and nutrients into ATP.<sup>2</sup>

Laser light has the exact same effect on the special defender cells that make up your immune system —

powering them and energizing them. Soft lasers have even been shown to increase the number of defender white cells in your immune system.

That’s why the all-important *white cells* in your immune system — Interleukins, Interferon, Macrophages, lymphocyte B and T-cells — also get a major boost.

Studies have shown that exposing blood to soft laser light makes white blood cells express antibodies, interferons and interleukins. These are the chemical messengers that regulate immunity, inflammation, and also the production of white blood cells.

Laser light has also been shown to activate white blood cells like macrophages, T-cells, B-cells and cytokines.<sup>3,4</sup>

IV laser treatments have also been shown to regenerate the lymphatic system and increase lymph circulation, your body’s natural detoxifier and a vital part of your immune system.<sup>5</sup>

I’m now recommending IV laser therapy to all my patients so they ramp up their body’s defenses. This is anti-aging technology at its most powerful — and it’s painless and fast.

Soft lasers have been used to help heal:<sup>6,7,8,9</sup>

Spinal injuries	Herniated discs
Arthritis	Wounds
Ulcers	Muscle pain
Nerve damage	

It has also been used in cases of:

Diabetes	Chronic pain
Rheumatism	Fibromyalgia
Chronic fatigue syndrome	Liver disease
Macular degeneration	Kidney disease
Allergies and eczema	Tinnitus
High blood pressure	

Boosting your immunity also speeds up the healing of *burns*. In one study of 95 burn patients, IV laser therapy helped reduce complications from 26.4% to 16%. And it helped to cut death rates from 16% to 3.8%.<sup>10</sup>

Laser light can also be helpful in treating *heart disease*. That’s because it also stimulates the release of nitric oxide, the molecule that signals your blood vessels to relax for greater blood flow.

For best results, I recommend getting sessions once a day or every other day, for a total of three to 10 sessions.

Here’s what I tell my patients about energizing their mitochondria and immune systems at home...

## Four Easy Steps To Boosting Your Mitochondria

1

### Intensify Your Workout:

Short bursts of intense exercise are the fastest way to spark your mitochondria. If you follow my PACE program, you’ve probably felt the surge of energy this type of workout gives you.

PACE can actually INCREASE the number of mitochondria in your cells. I’ve seen it work for my patients and research confirms it.<sup>11</sup> Researchers in Sweden had people perform 30 seconds of all-out cycling followed by a brief period of rest. The subjects repeated this six times. That’s all it took to generate healthy new mitochondria in ALL of the subjects.

2

### Eat More Red Meat:

Mitochondria often fail from lack of L-carnitine. This amino acid helps break down fatty acids needed to produce energy.<sup>12</sup> Your body converts L-carnitine to acetyl-L-carnitine (ALC). Studies show when your mitochondria slow down, ALC can fire them up again.<sup>13</sup>

Researchers at the University of California found boosting levels of ALC reverses the malfunction in mitochondria. And it helps keep them operating smoothly.<sup>14</sup> The best source of L-carnitine is red meat. But avoid nutrient-depleted, grain-fed beef that's full of antibiotics. Instead look for grass-fed beef.

I also recommend taking at least 500 mg of ALC every day. Take it on an empty stomach. Look for a formula that contains only L-carnitine and not DL-carnitine, which is synthetic and interferes with the action of natural L-carnitine. Also, liquid ALC is more absorbable than powders and capsules.

..... **3** .....

### Spark More Energy in Every Cell:

For years, I've been recommending CoQ10 to my patients. One of the ways in which CoQ10 works is by sparking your aging mitochondria to make more energy. But there's another super-nutrient I recommend you take with CoQ10 for energy. It's called *pyrroloquinoline quinone*, or PQQ. It neutralizes free radicals that damage and kill off your mitochondria. At the same time, PQQ triggers your cells to build healthy new power generators.

You can get PQQ from kiwi fruit, sweet green peppers, carrots, cabbage, sweet potatoes, and bananas. But for best results I recommend 10 mg daily of PQQ as a supplement along with 50 mg of CoQ10. Both are key to helping your mitochondria stay healthy. Look for the ubiquinol form of CoQ10. It's more powerful and much easier for your body to absorb.

..... **4** .....

### Get more of this amino acid:

**N-Acetyl-Cysteine (NAC):** This amino acid helps make glutathione, the body's most powerful antioxidant. Glutathione is the main line of defense for mitochondria.

It helps prevent and repair oxidative damage, thus protecting your mitochondria.

But as your body's "master antioxidant," glutathione does a lot more than that...

You see, most antioxidants — like vitamins C and E — are destroyed after wiping out a free radical.

Glutathione is powerful enough to bring them back to life. It's also able to recharge itself after doing battle with free radicals.

And that's good news for your mitochondria. The healthier your mitochondria are, the better your chances of living a long and healthy life.

I advise supplementing with 500 mg per day.

Next month's issue of *Confidential Cures* will feature the first installment of a special 5-part series that I call "**Dr. Sears' 5 Tenets.**" These are the philosophies that guide my whole approach to anti-aging and health. I'll also be telling you about why your doctor may be treating the wrong "Low T" and about an herb that I consider the world's strongest stress buster. Don't miss it!

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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, 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).