



Dr. Sears' **CONFIDENTIAL CURES**
 Your Guide to Truth and Lies in Medicine from Around the World

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Big Pharma Gets Richer While You Get Sicker:

5 Natural Ways to Attack the Root of ALL Chronic Disease

William Osler, one of the founding physicians of the Johns Hopkins Hospital in Baltimore, once wrote: “Medicine is a calling, not a business.”

That probably wasn't your first thought when your last medical bill landed in your mailbox, or when you paid out hundreds or thousands of dollars in monthly prescription costs, thanks to your high deductible.

Instead, you might have been thinking that our health care system cares more about your money than your health.

I wouldn't blame you for thinking that way. *Because it's true.*

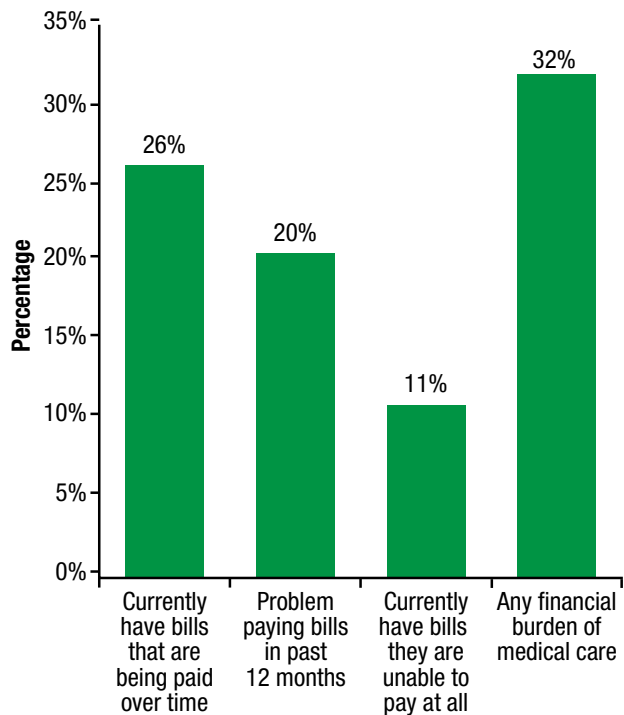
A recent survey by the Commonwealth Fund revealed that around 60 million Americans struggle to pay medical bills every year.¹

The fast-rising cost of Big Pharma meds and higher insurance deductibles mean you or someone you know is probably among them.

The shocking results of a recent Harvard study showed 62% of all personal bankruptcies in the U.S. were the result of patients' inability to pay their medical expenses.²

Meanwhile, Big Pharma's worldwide sales surged to \$1.1 trillion last year — roughly equivalent to the GDP of Mexico!

THE FINANCIAL BURDEN OF MEDICAL CARE



One-third of Americans are in a family that's feeling squeezed by the rising cost of medical care. More than 10% have bills that they can't pay at all.

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Don't get me wrong. I'm all for industry and business. I run one myself. But the problem is, when it comes to medicine, the drive for profit hasn't cured our ills.

Medical debts are soaring and patients are getting sicker in greater numbers. In terms of modern disease, Big Pharma, the government, and their control of the medical establishment has been a disaster.

Chronic conditions like heart disease, cancer, diabetes, Alzheimer's and obesity have skyrocketed over the past few decades.

The most recent statistics from the Centers for Disease Control reveal that chronic diseases are now responsible for 70% of all deaths.

Meanwhile, Big Pharma continues to push its drugs for every chronic disease going — and they've made trillions in the process. But it's not working.

Today, you'll learn about the root cause of all chronic diseases, and why you don't need dangerous and expensive Big Pharma drugs to treat them. By focusing on causes instead of symptoms.

Big Pharma Doesn't Cure People Anymore

Pharmaceutical companies once played a vital role in public health. From the first smallpox vaccine in the 1890s to the roll out of penicillin and other antibiotics in the 1940s, they have helped save hundreds of millions of lives.

And while battle against infectious disease is never over — TB, measles and even smallpox still crop up here and there — they're no longer the menace they once were.

And they're no longer the big money-maker they once were, either.

So, to pick up the slack, Big Pharma shifted its primary focus away from the market of "curing" contagious diseases to "treating" the epidemic rise of chronic disease.

And it made them rich beyond their wildest dreams.

Chronic diseases — like heart disease, cancer, Alzheimer's and diabetes — now cause more than 60% of global deaths. In the U.S., one or more chronic

conditions killed more than 117 million people in 2012 — the latest figures available from the CDC. One of four had two or more chronic health conditions.³

Big Pharma knows it can't cure these modern epidemics the way it did with infectious diseases. But it also knows there's a lot more profit in *managing* your condition than in *curing* it.

Its cholesterol-busting statin drugs are a good example. Statins alone generated more than \$12 billion last year.

The number of people these meds have cured amounts to exactly *ZERO*.

Heart disease rates continue to rise. Last year, the condition killed almost 700,000 Americans, and it's still the nation's number one killer — growing at about 3% a year.⁴

But it's not just heart disease. Despite the billions of dollars spent on drug treatments for all chronic diseases, all of these epidemics continue to surge. The incidence of type 2 diabetes alone has jumped 500% in just 30 years. And the rates are projected to keep rising.

The Biggest Falsehood in Medicine

Big Pharma's trillion-dollar statin business isn't reducing heart disease for one simple reason: it's based on a lie.

That's because cholesterol doesn't cause heart disease. Study after study proves it.

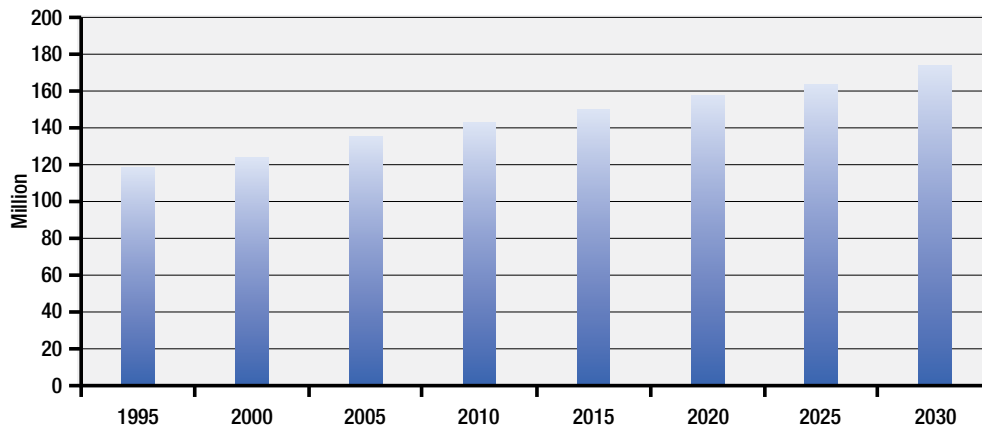
The landmark Framingham Heart Study, which has been ongoing since the 1940s and is considered the most reliable data on heart disease, found no link at all between high cholesterol levels and increased heart disease risk.

In fact, they found the opposite to be true. Cholesterol has a protective effect on your heart.

You see, if your HDL (your so-called 'good cholesterol') is high enough — above 85 — your LDL "bad cholesterol" levels don't even matter. It's only when your HDL drops that your risk of heart disease rises.^{5,6}

Don't get me wrong. There's no doubt that LDL cholesterol plays a role in the accumulation of plaque in your arteries.

RATES OF CHRONIC DISEASE PROJECTED TO RISE



*Almost 45% of the population has at least one chronic disease.
And the numbers are expected to skyrocket in the next decade.*

And as plaque builds up, your arteries narrow and your blood flow becomes restricted. This can lead to heart attacks and strokes.

But the presence of cholesterol itself in your blood isn't harmful. Cholesterol is the thing that heart disease acts upon — not the cause.

The truth is that the culprit has always been **inflammation**.

It's inflammation that damages the blood-vessel walls in the first place. When LDL patches the wall, it's just doing its job.

Blaming cholesterol for heart disease is like blaming the firemen for a fire.

HDL is there to clean up the inflammation. Another recent study confirmed that HDL reduces the inflammation at the root of heart disease.⁷

That's why statins are especially dangerous. Drugs like Lipitor, Crestor and lower your LDL *and* HDL — with disastrous consequences.

These drugs are toxic to your body. They have nasty side effects as long as my arm. And, worse, they distract from treating the real cause of disease.

To make their case and keep the drug dollars rolling in, Big Pharma has hijacked the research. And they've bamboozled both the public and the medical profession into buying their hype. They run multimillion-dollar marketing campaigns to convince you that you need statins to live a longer and healthier life.

At the same time, Big Pharma sends out teams of drug reps to your local doctor's office — armed with free samples, glossy brochures, free lunches and studies funded by itself that show only the results they want doctors to see.

Without even realizing it, many physicians get caught up in the marketing blitz. And since most doctors do not normally spend a lot of time reviewing studies, they are not aware they're being sold on half-truths and creative statistics.

In an almost knee-jerk reaction, they pull out the prescription pad and write up a prescription for a cholesterol-lowering drug. They are apparently unaware of the fact that nearly 75% of people who have heart attacks have normal or low cholesterol.⁸

You cannot cure chronic diseases with toxic pills. It makes money, but not medical sense. You need to attack the root cause of the disease...

Attack the Root of All Chronic Diseases

Heart disease isn't the only casualty of inflammation. Almost all of today's chronic diseases are inflammatory diseases — including cancer, heart disease, arthritis, Alzheimer's, arteriosclerosis and diabetes.

Inflammation is the body's effort to heal itself. But too much inflammation triggers disease.

The problem today is that your body is constantly inflamed.

Industrial pollution and an unnatural, modern diet overloaded with inflammation-friendly ingredients like sugar, cheap vegetable oils and refined grains results in oxidative stress in cells throughout your body. That produces a pro-inflammatory response.⁹

Chronic inflammation causes the gradual destruction of your tissues and causes your organ systems to malfunction — which then brings on chronic diseases.

Most doctors are not educated in the effects of pollution or the role of nutrition in disease. They recommend eating a “balanced diet.”

Then they wait for a chronic disease to strike and prescribe a dangerous Big Pharma med.

This system hasn't worked. No Big Pharma drug is ever going to stop chronic inflammation turning into chronic disease. Even forgetting about the long list of side effects, these drugs mask the root cause of the disease.

The single most important thing you can do to prevent chronic disease is to control inflammation.

Your ancient ancestors didn't get chronic inflammation. So chronic diseases were extremely rare.

We're not so lucky today.

Our foods don't have the same amount of nutrients. We're assaulted by pollution, processed foods and toxic medicines that force our bodies into a state of perpetual inflammatory reaction.

The first thing I do with any patient who comes to my clinic with chronic ailments is to begin a process of drug elimination. If the problem is heart disease, you cannot take statins without compromising your health. You cannot recover. It's the same for drugs prescribed for all forms of heart disease, as well as arthritis, osteoporosis and other modern chronic diseases.

5 Ways to Prevent – and Reverse – Inflammation

1. Fix Your Diet: Today, nutrition isn't just what your diet is lacking. It's also about taking away the foods that cause inflammation — and replacing them with natural alternatives.

I recommend my patients cut out all processed foods, vegetable oils and refined sugars from their diet, and drastically reduce their carbohydrate intake. Your body wasn't designed to eat these foods. Removing them will dramatically reduce the inflammatory reactions in your body.

Plan your meals around protein — free-range chicken, eggs, grass-fed red meat and wild-caught fish — with plenty of colorful vegetables.

Brightly colored vegetables like peppers, sweet potatoes and red onions contain *flavonoids*, which have extraordinary natural anti-inflammatory powers.

And doctors still warn that red meat is inflammatory. But that's only true of meat from feedlot cattle, which are fed grains like soy and corn. These crops are high in inflammatory omega-6 fatty acids, but low in anti-inflammatory omega-3s. Grass-fed red meat is a different story. It's loaded with omega-3s, as are wild-caught fish, especially salmon.

2. Get More B Vitamins: The entire eight-vitamin complex of B vitamins has powerful anti-inflammatory properties. Multiple studies confirm it.

- B vitamins like *folic acid (or folate)*, *vitamins B6* and *B12* break down homocysteine, a harmful amino acid which causes an inflammatory response in the cardiovascular system.^{10,11}
- Vitamins *B3*, *B9* and *B12* improve joint mobility in patients with osteoarthritis and dramatically reduce inflammation levels in those suffering from rheumatoid arthritis.
- Vitamin *B1*, *B6* and *B12* reduce the inflammatory nerve pain associated with diabetes and help prevent diabetes-induced high blood pressure and heart failure.¹²
- Vitamin *B7* (biotin) has been shown to dramatically calm the inflammatory reactions in human cells.¹³

The best source of the full B vitamin complex is grass-fed red meat. Other good food sources include poultry, eggs, bananas, fish, organ meat and dark green leafy vegetables.

You can also take supplements, but you should avoid those that contain a complete B vitamin complex, because it's impossible to get the dosage right. I recommend taking B vitamins separately. Take 1.2 mg per day of vitamin B1; 2 mg of B6; 2 mg per day of B7 (biotin); 800 mcg of B9 (folic acid) and 500 mcg of B12.

3. Spice It Up With Turmeric: This ancient Asian root spice has been used for at least 6,000 years as both a spice and medicine. Its active ingredient is *curcumin* — a potent inflammation crusher.¹⁴

It works by knocking out the body's inflammatory "command center." Your body has a "switch" that activates more than 400 pro-inflammatory genes. It's a molecule called *nuclear factor-kappa B (NF-kB)*. Nearly 98% of all diseases are controlled by this one molecule. But studies show curcumin deactivates NF-kB.

One of the best ways to experience the benefits of curcumin is to cook with *turmeric*. You can find turmeric in ground form in most major supermarkets, or you can buy whole turmeric roots from most health food stores. At home, I like to thinly slice the fresh roots and throw them in stir-fry dishes and stews.

Turmeric is also available as a supplement. Some studies suggest that your body doesn't absorb turmeric supplements as well as the fresh root itself. So if you want to take a supplement, I recommend a *curcumin* supplement. Be sure it contains *piperine*, a black pepper extract that supercharges curcumin's absorbency.

4. Get the Garlic Sensation: Garlic has amazing anti-inflammatory properties. Its secret lies in the high sulfur contents that prevent the activation of inflammatory enzymes in your body.

Multiple studies have also shown that garlic raises your HDL "good" cholesterol, which tames the inflammation at the root of heart disease.¹⁵

I recommend at least two or three cloves a day. I chew on a clove and then brush my teeth with peppermint (another heart-healthy herb).

You can also take garlic as a supplement. The odor comes from the heart-healthy sulfur compounds in

garlic. When you choose a supplement, make sure it has an odor and that it has at least 3,600 mg of allicin (garlic's active ingredient) per dose.

5. Try This Ancient "Sacred Herb": Holy basil is one of the most revered herbs in Ayurvedic medicine. It contains dozens of inflammation-reducing nutrients, including ursolic acid.

This nutrient inhibits the inflammatory COX-2 enzyme, but without the nasty side effects of pharmaceutical drugs.¹⁶

Holy basil has a long and ancient history as a treatment for arthritis and pain by practitioners of Ayurvedic medicine, the world's oldest health system.

Holy basil capsules are available in health food stores and online. Make sure the product you're buying has at least 2.5% ursolic acid to get the anti-inflammatory effect. I suggest 150 mg three times a day.

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This Safe, Proven Treatment Slashes Symptoms in Parkinson's Patients – but the FDA Won't Approve It!

Hyperbaric oxygen therapy is one of the most powerful tools we have to fight the ravages of chronic disease.

It's particularly effective for treating brain injuries or other neurological conditions.

Just ask retired football great Joe Namath. Joe took a beating during his career with the New York Jets. The bone-crunching blows that come with the sport left him with damage to his brain.



Years of crushing blows on the gridiron took a toll on Joe Namath's brain. But he's seen dramatic improvement since undergoing hyperbaric oxygen therapy treatments.

Then he tried hyperbaric oxygen therapy (HBOT). And it gave him his life back.

He's now an outspoken advocate for HBOT.

Then there's Dr. Jeffrey Weiss. Dr. Weiss is the founder of The Healing Institute here in Florida. He's also former faculty of Harvard Medical School and a Visiting Scientist at the Massachusetts Institute of Technology.

In 2002, Dr. Weiss' young son Justin almost drowned and was left in a vegetative state.

Dr. Weiss knew about HBOT from his patient Dr. Richard Neubauer, a pioneer in the use of oxygen therapy for brain injury. Dr. Weiss asked Justin's doctors to try it.

The doctors refused. They told him Justin was beyond hope. They told the family to "pull the plug" rather than try HBOT.

Their reasoning? HBOT "might hurt his ears."

Fortunately the Weiss family fought the doctors and hospital in court — and won.

Dr. Weiss installed an HBOT chamber in his home and began treatment. Justin made a miraculous recovery. After treatment he could sit up, attend school, watch The Disney Channel and listen to his favorite dinosaur stories — all things doctors once said were impossible.

The healing power of oxygen is undeniable... not only for brain injury patients like Joe and Justin, but for people who've had a stroke, or have Alzheimer's, autism, multiple sclerosis, cerebral palsy...

And it's truly a miracle for Parkinson's disease (PD) patients.

Parkinson's is a devastating degenerative disease that robs victims of their independence and their ability to perform everyday tasks.

Yet despite the strong evidence that HBOT helps alleviate the symptoms of Parkinson's, most doctors don't mention it as a treatment option for their patients.

Why Aren't All Parkinson's Patients Treated With HBOT?

You have the FDA and Big Pharma to thank for that.

Oxygen is cheap and can't be patented.

That means there's no billion-dollar drug waiting to be developed and sold, which means there aren't any pharmaceutical companies willing to pay for the studies the FDA requires to "approve" a cure.

The companies that make HBOT chambers are usually small and can't afford the millions of dollars to fund the studies necessary for FDA approval.

That means the FDA won't approve HBOT treatments, and insurance companies won't reimburse for it.

Right now, HBOT is only approved for 14 conditions. To use HBOT to treat any other condition is considered "off-label" use.

While I can legally prescribe HBOT for "off-label" use, if I promote or advertise these treatments, I could get shut down.

FDA -Approved HBOT Conditions	
Decompression sickness	Thermal burns
Non-healing wounds	Gangrene
Necrotizing soft-tissue infections	Smoke inhalation/carbon monoxide poisoning
Radiation tissue damage	Anemia from severe blood loss
Air or gas embolism	Brain abscesses
Compromised skin grafts	Alzheimer's disease
Chronic bone inflammation	Sudden sensorineural hearing loss

Fortunately, it's perfectly legal to tell you about HBOT's healing powers — as well as what it can do for Parkinson's patients — in my newsletter.

What's Really Causing Parkinson's?

Parkinson's disease is a neurodegenerative brain disorder that usually progresses slowly. When you have PD, an area of your brain called the substantia nigra stops producing a neurotransmitter called dopamine.

The less dopamine you make, the less control you have over your movements, body and emotions.

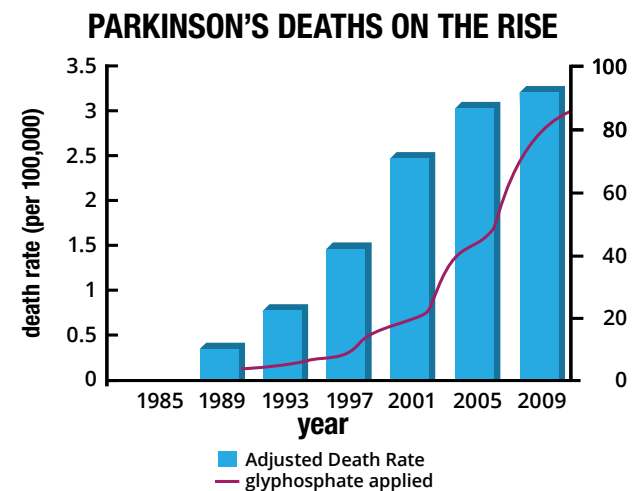
A lot of people are familiar with PD and its symptoms because of famous Parkinson's sufferers like boxer Muhammad Ali and actor Michael J. Fox. Parkinson's patients have trouble moving their hands... they shake... their speech slurs... their faces show less expression. They may have trouble buttoning their clothes, moving their feet when they walk and keeping their balance.

As the disease progresses, people with PD may become "frozen" in place, temporarily unable to move. Some people go on to experience psychological changes like delusions and hallucinations.

Eventually, PD patients usually end up confined to a wheelchair. And although the disease itself is not fatal, complications from it can be. People with Parkinson's can experience fatal choking episodes, pneumonia or serious falls.

Scientists once pushed the idea that Parkinson's disease was a problem with your genes and aging. Mainstream medicine still believes it's mostly hereditary.

While scientists have pinpointed a few genes that contribute to the disease, these rare genetic defects affect only a small proportion of people with Parkinson's.



There's been a sharp increase in deaths from Parkinson's disease since Roundup started being applied to U.S. crops.

Glutathione is Good for Parkinson's Disease, Too

Glutathione is your body's most potent antioxidant... one that fights the damaging free radicals found in the mitochondria of Parkinson's patients.

Sufferers of PD have dangerously low levels of glutathione in the affected areas of their brain. Boosting levels of glutathione can guard against further damage and boost the function of surviving neurons.

When combined with HBOT therapy, glutathione can be very beneficial for Parkinson's patients.

The best way to "take" glutathione for Parkinson's is through an IV. IV use of glutathione has been shown to reduce tremors and improve movement and balance. I offer a range of IV therapies for my patients at the Sears Institute for Anti-Aging Medicine, including glutathione IV therapy.

There is overwhelming evidence that toxic chemicals in our environment, like pesticides, are sending the rates of PD skyrocketing.

A 2007 report published in the journal *Neurology* projected the number of people with PD would double by 2050.¹ That's more than 8 million people...

But Big Pharma, Big Medicine and Big Agra continue to brush the evidence aside.

The medical community got its first proof that toxins could cause "Parkinsonian" symptoms more than three decades ago.

In 1982, a group of heroin users in California began showing up at emergency rooms with signs of advanced PD. These patients had all tried a new, synthetic form of heroin that was laced with a toxin called MPTP, which has since been shown to destroy the neurons that produce dopamine in the nigra.

The affected drug users turned to "living statues" within two days of using the drug. And here's what's really interesting...

MPTP is very similar to several widely used pesticides... and multiple studies have since connected these toxins to PD.

In a study published by the journal *Archives of Neurology*, researchers discovered that anyone who used at least one of eight different kinds of pesticides was more than twice as likely to get Parkinson's. And if you used the insecticide permethrin, you were three times more likely to develop the disease.²

Another study by the University of California at Berkeley found that people exposed to maneb, a common pesticide used in gardens, were 75% likelier to develop Parkinson's.³

Then there are the findings of the Agricultural Health Study. This study followed almost 90,000 licensed pesticide users and their spouses, and monitored them for illnesses. The researchers found that those who used commercial pesticides like rotenone or paraquat developed Parkinson's disease 2.5 times more often than non-users.⁴

Several studies prove that people who work in the agricultural industry have a higher rate of PD. And people who live in rural communities with chemicals in the water supply or work in occupations that use these dangerous chemicals experience a much higher rate of PD than the rest of the population.⁵

And just look at the chart on page 7. It shows how the increase in death rates from PD coincides with the increased use of Monsanto's Roundup on crops. Roundup contains the herbicide glyphosate.

With more and more of our modern food supply tainted by agricultural chemicals, it's no surprise that the incidence of Parkinson's disease continues to soar.⁶

HBOT Is Powerful Medicine for Parkinson's Patients

Doctors using HBOT to treat diabetic patients with foot ulcers — patients who also had Parkinson's disease — were the first to make the connection between HBOT and the relief of PD symptoms.

They were shocked by the unexpected gains these patients made – and they wanted to know why it was happening.

In an early study, Parkinson’s patients were treated from 1.5 to 2.0 ATA (one and a half to two times normal atmospheric pressure) depending on the severity of their symptoms.

The HBOT treatment at 1.5 ATA resulted in a balanced cerebral glucose metabolism, which improved oxygenation and energy production of the injured brain.⁷

All the patients in the study reported a decrease in tremors and an improvement in general well-being.

The study consisted of 10 one-hour treatments, but the patients could keep going until they felt they had gotten maximum benefit from the treatment. They continued to feel good for up to five months after the treatments ended, depending on the patient. When their symptoms returned, they restarted treatment... and the symptoms went away again.

In another study, HBOT was used to treat 64 patients suffering from Parkinson’s. Each patient received daily treatments that lasted 40 to 60 minutes at 1.3 to 2 ATA. Fifty-five of the patients saw improvement in their symptoms after just eight to 12 treatments!⁸

Why Does Oxygen Help Parkinson’s Patients?

The latest research on Parkinson’s shows that the root of the disease lies in your mitochondria. These are tiny structures in your cells that act like batteries. They provide the energy your cells need to function.

But here’s the problem...

As your mitochondria produce energy, they become filled with cell-damaging free radicals. Their function becomes less efficient, and eventually, they have to be removed. This process is called mitophagy.

Mitophagy does a great job of removing damaged mitochondria. But when this system breaks down, patients will begin to experience neurodegeneration.

When mitophagy is working properly, a protein called Miro is removed before the damaged

mitochondria is discarded. Miro helps hold the mitochondria in place, so until it is broken down by your body, your diseased and damaged mitochondria can’t be removed.⁹

The damaged mitochondria have to be removed because they emit free radicals. Those free radicals damage and eventually kill the neurons responsible for supplying dopamine.

Stanford University scientists have discovered that Miro removal is impaired in Parkinson’s patients. When the Miro isn’t removed, the damaged mitochondria remain in place and Parkinson’s develops.

So the fewer damaged mitochondria you have, the less likely you are to develop Parkinson’s.

And the one thing that mitochondria thrive on is oxygen. So it’s not surprising that HBOT therapy is good for Parkinson’s patients.

In fact, it’s been proven that HBOT protects against mitochondrial dysfunction. An animal study proved that it improved mitochondrial dysfunction and delayed the onset of motor neuron disease in mice.¹⁰

How Does HBOT Work?

Oxygen encourages the regeneration of tissues, blood vessels and nerves. Increasing your intake of oxygen boosts your red blood cells, promoting healing and all types of regeneration in your body.



My staff and I are so excited to have this new, state-of-the-art hyperbaric oxygen chamber at the Sears Institute.

Hyperbaric oxygen therapy is oxygen delivered inside a special room or tube under pressure. When the pressure is increased two or three times beyond the normal atmospheric pressure, oxygen is delivered deep into the bloodstream in far greater quantities. It can trigger your body's natural healing process by:¹¹

- Turning on DNA and genes associated with growth... the same ones needed to encourage healing.
- Turning off inflammation and cell death.

Recent research has shown it can also regrow brain cells and reduce brain swelling, as well as limit radiation damage to soft tissue.^{12,13}

HBOT is safe and easily administered. I have a brand new, state-of-the-art hyperbaric oxygen chamber at my Sears Institute for Anti-Aging Medicine. My patients sit or lie comfortably in the oxygen chamber. Some listen to music and others even enjoy a nap!

Learn More About HBOT

HBOT requires a doctor's prescription. If you have any questions about HBOT, or want to learn how it might help you or a loved one, please call and speak to a member of my staff at 561-784-7852.

Or, if you are in the South Florida area or plan to visit in the future, consider scheduling a consultation. My staff would be happy to show you around our beautiful facility. You can schedule an appointment by calling 561-784-7852, or by visiting my website at www.searsinstitute.com.

If you are not able to come to the Sears Institute, you can still find a reputable HBOT provider in your area. My recommendation would be to find a doctor who shares my philosophies and who understands the benefits of HBOT. One way to go about that is to visit the website of The American Academy of Anti-Aging Medicine at www.a4m.com. Click on the "Find a Doctor" tab at the top and locate a doctor in your area.

You can also find a list of HBOT providers at www.hyperbariclink.com. Many centers can refer you to a doctor who is knowledgeable about hyperbaric oxygen therapy, and who can write a prescription if you are a suitable candidate.

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Don't Buy Into the Metformin Myth

Flip Your Cells' Youth Switch WITHOUT This So-Called 'Wonder Drug'

You may have heard of the diabetes blockbuster drug *metformin*.

A lot of my colleagues – even other anti-aging specialists who usually agree with me about other things — think it's a wonder drug. I've even heard it called an “anti-aging miracle.”

I disagree, and I don't recommend taking it. And I certainly don't consider it a wonder drug.

The reason so many believe metformin is an anti-aging powerhouse is because of its ability to boost your levels of a very special enzyme called **AMP-activated protein kinase**. It's more commonly called “AMPK.”

Now, AMPK truly IS an anti-aging wonder. I'll tell you why in just a minute...

But first I want to make it clear that there are much better ways to boost AMPK than by taking a lab-created chemical that can have dangerous side effects.

And the Tsimané people of Bolivia are living proof of that.

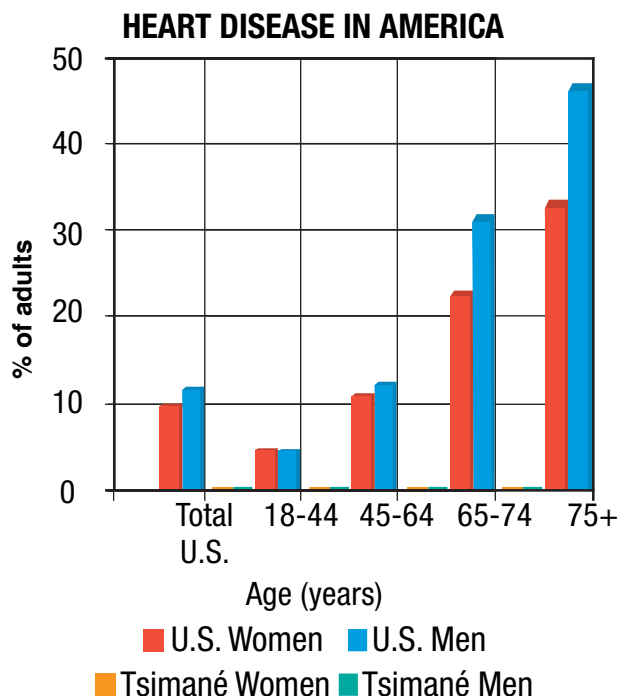
Healthiest Hearts in the World

Scientists recently “discovered” that the Tsimané (pronounced “chee-may-nay”) have the healthiest hearts in the world.

This discovery intrigued me partly because the hearts of the Tsimané aren't just healthy at age 30 or 40, they stay healthy well into old age. A recent study published in the *Lancet* found that hardly any Tsimané had even the slightest signs of heart disease – even those over 75.¹

The researchers noted that an 80-year-old Tsimané has about the same heart and artery health as the average American in their 50s.

Their diet of fish, wild pig, tapir and capybara (the



Heart disease is at crisis level in the U.S., but virtually unheard of among the Tsimané people in Bolivia.

world's largest rodent), rice, sweet potato, as well as foraged fruit, nuts and berries is incredibly heart healthy. It provides them with enough protein, omega 3s, vitamins, antioxidants, CoQ10 and other nutrients to keep their immune systems strong and every organ in their bodies, including their hearts, in peak condition.

But there's something else about these people who hunt, fish and farm on the Maniqui River in the Amazon rainforest in the Bolivian lowlands.

The older members of their community don't just have strong hearts, they have as much energy and vigor as those 25 or 30 years younger.

Researchers found that Tsimané men average around 17,000 steps per day hunting with spears and bows, fishing and foraging – that's more than eight miles – and the women average around 16,000 steps.

Even over-60s have an average step count of around 15,000 (more than seven miles). In our “civilized” societies, sedentary people often take as little as 1,000 steps a day. But even if you’re active, you’re probably not doing more than 10,000 steps.

And they don’t just stroll either – they move vigorously over extremely rough terrain.

Because the Tsimané have built this level of exercise into their daily lives, something almost magical happens at the cellular level.

You guessed it...

Their levels of **AMPK** get triggered.

When AMPK is boosted, your body kicks into high gear and functions with youthful vitality. AMPK has also been shown to extend lifespan.

Today, I’m going to show you how to ramp up your body’s AMPK levels naturally – without Big Pharma meds and without returning to the lifestyle of your hunter-gatherer ancestors.

And you don’t have to walk eight miles a day!

But first, let’s take a quick look at how AMPK works...

The “Youth Trigger” in Your Own Cells

AMPK is a key energy sensor that’s found in every cell in your body. It gets activated naturally when your cellular energy levels are low. That’s why biologists call AMPK your “master metabolic switch.”

You see, energy is produced in your body by mitochondria, little power plants inside your cells. The energy used by your mitochondria is called *adenosine triphosphate*, or *ATP* for short. This is the cellular fuel that powers everything your body does.

As the energy-creating process gets going, ATP is then converted into AMP (adenosine monophosphate), which essentially tells the cell it needs more fuel.

That’s when AMPK jumps into action, boosting the transport of glucose and fats into your mitochondria so it can make more ATP.

The problem is that as you age, AMPK activation slows down. That means less ATP and more malfunctioning cells, which cause inflammation and disease.

Low ATP production is a major underlying cause of multiple conditions, including obesity, diabetes, heart disease, Parkinson’s and accelerated aging.^{2,3} It’s also the reason you slow down as you age, and lose your get up and go.

But when **AMPK** is activated, incredible things happen. It’s like a “youth switch” in your own cells. Your cells leap into survival mode. Your body no longer stores new fat, but burns the fat that’s already in storage.

It also boosts insulin resistance and pumps glucose into cells from the blood so they can make more ATP. That’s why AMPK is such a powerful weapon against diabetes, which is characterized by high blood sugars and insulin resistance.

At the same time, it builds new mitochondria (a process called *mitochondrial biogenesis*) to provide your cells with even more energy. This, in turn, boosts cellular efficiency and improves the function of organs and tissues.

AMPK also recycles damaged or dysfunctional proteins. And it has also been shown to...

- Stimulate weight loss.
- Decrease inflammation.
- Increase blood flow, which boosts oxygen delivery.
- Protect against cardiovascular disease.
- Improve muscle performance.

AMPK’s effect on fat metabolism, blood sugars and your cellular energy generators – along with its other affects on your body – make AMPK an anti-aging powerhouse.⁴

In animal studies, AMPK has been shown to increase lifespan by as much as 20-30%.^{5,6}

Metformin Is the Opposite of an Anti-Aging Miracle

It’s easy to see why so much of the anti-aging medical community is drawn to metformin.

Its ability to activate AMPK and reduce blood sugars has already made it a mainstream frontline treatment for type 2 diabetes taken by more than 120 million diabetics.

But over the past decade, the power of AMPK has become better understood, and interest in the drug has grown. Many anti-aging doctors take metformin themselves and recommend it to their patients.

Metformin, like so many Big Pharma drugs, can be helpful in the short term. But in the long run, it creates more problems than it solves...

Patients often stay on this drug for 10 years... 20 years... and more. That's a long time to be on any drug. And over the long haul it takes a real toll.

For one thing, metformin interferes with your body's ability to absorb vitamin B12.⁷

That's tragic... because B12 is *critical* to your health. It benefits your nervous system, spinal cord, mood, energy level, memory, heart, skin, hair, digestion and more. And it helps regulate nerve transmissions.

In fact, nerve damage from lack of B12 can lead to *neuropathy* – a common and painful complication of diabetes.

Meanwhile, a recently published large study that followed about 9,300 patients with type 2 diabetes in Taiwan for up to 12 years found that metformin more than doubled the risk of Parkinson's or Alzheimer's.⁸

And this drug has also been linked to *lactic acidosis*, a rare but deadly complication that proves fatal in 50% of cases.⁹

I believe metformin is the polar opposite of an anti-aging miracle.

It also comes with potential side effects like dizziness, fatigue, cardiovascular reactions, flu-like symptoms, muscle pain, stomach pain, diarrhea and anemia.

Fortunately, nature has provided alternative – and much safer – ways to trigger AMPK in your body...

3 Natural Ways To Trigger AMPK

Your natural AMPK-triggering system evolved out of necessity from the lifestyle of your ancient ancestors.

Like the Tsimané, your ancestors exerted themselves much more than most people in “civilized” communities today. They regularly undertook long hunting and gathering hikes, at times sprinting, lunging, jumping, crouching, twisting and turning.

In effect, their bodies were continuously activating AMPK, protecting them from disease and keeping them lean, strong and youthful far into old age.

So let's start with exercise...

1. Work Out With PACE: My PACE exercise program not only replicates these ancient natural movements – it also gives your body the same exertion and fitness levels as your ancestors. The beauty of it is that it takes just 12 minutes a day, and you don't need expensive equipment or a gym membership to do it.

PACE stands for *Progressively Accelerating Cardiopulmonary Exertion* and it uses brief but vigorous routines of increasing intensity to help increase the strength and capacity of lungs. After only a few weeks of doing PACE, even my older patients soon develop the lung power of much younger people — even those with heart disease.

Studies show AMPK activity increases with exercise like PACE. You see, vigorous exercise activates AMPK in response to your energy needs.¹⁰

You can choose any exercise that will make you stop and pant for breath. All you have to do is increase the challenge to your lungs and heart little by little, and then accelerate it.

It gives you the extra capacity your lungs need to do the things you want to in your everyday life. Like take a long walk with your dog. Roughhouse with the kids or grandkids.

Have an intense session in the bedroom with your partner.

The secret is pushing yourself in your workouts so you have to catch your breath. That's when AMPK is activated.

And by increasing the intensity of your workouts, your body responds and adapts. Your lungs get stronger and your capacity increases so you're ready for the next challenge.

If you're just beginning PACE, I recommend a simple starting exercise known as ***alternating lunges***. And like all PACE exercises, this is safe at any age.

With your hands at your hips, take a step forward with your right leg until your front knee is bent 90 degrees and your back knee almost touches the ground.



- Push off from your leading foot and return to starting position.
- Repeat with your left leg. Continue until you feel winded.
- Rest, recover and do two more sets.

Start at a speed and level of intensity you're comfortable with. From there, be sure to progressively increase the intensity over time.

You can also try a full sample PACE workout by visiting my YouTube Channel. Just [click here](#).

2. Caloric Restriction: Studies show that when you overeat and your cells are chronically over-nourished, AMPK activity decreases. With so much excess in our modern diet today, that has shown up in the form of weight gain, diabetes, degenerative diseases, accelerated aging and premature death.

Cutting calories is a proven way to activate AMPK, but I don't advocate starving yourself for extended periods of time. I love to eat – and going to extreme measures to reduce calories is no way to live.

Instead, I recommend a technique called “intermittent fasting.” Multiple studies – along with my own clinical observations – show that intermittent fasting activates AMPK.^{11, 12}

I recommend my patients start with a safe, simple regimen that calls for an 8-hour eating window each day, followed by a 16-hour fast.

Here's how it works:

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

Make sure you drink plenty of water to hydrate your body and push toxins out. While I'm not suggesting you eat with abandon during

the non-fasting periods, there is no need to count calories.

Please note: 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.

3. Harness the Power of These Two

Botanicals: Chinese medicine has known for centuries about the amazing anti-aging herbs – *Gynostemma pentaphyllum* and *trans-tiliroside*, which come from rose hips. Modern science has revealed that both activate AMPK. And studies show they do it without drugs, severe calorie restriction, or exercise.

•**G. pentaphyllum:** Known as *Jiaogulan* in Chinese medicine, this is a vine that belongs to the cucumber family and is used to promote longevity. *Studies show that it works by activating AMPK.*¹³

You can find supplements containing G. pentaphyllum online. To get the calorie restriction effects — without starving yourself — I recommend taking 150 mg per day.

You can also make a tea from leaves of G. pentaphyllum, which you can buy online and at specialty health stores.

•**Trans-tiliroside:** This extract from the fruit of *Rosa canina*, or rose hip, is also a staple of traditional medicine. Ancient Chinese, Persians, Romans and Greeks all appreciated the benefits of rose hip.

Trans-tiliroside has been shown by researchers to promote healthy blood glucose levels and lower body weight through AMPK activation. It also lowers LDL and triglycerides, raises HDL, and increases the antioxidant effects of superoxidase dismutase (SOD).

One study showed trans-tiliroside had a greater glucose-lowering effect than metformin.¹⁴

Look for a supplement that contains the standardized extract of at least 5% trans-tiliroside. I recommend 50 mg per day.

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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.



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).