



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

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Alzheimer's — It's NOT What You've Been Told

My Top 5 Nutrients That Will Bring Your Brain Back From The Brink

The Alzheimer's epidemic started about 60 years ago... That's when our government and their corporate cronies in Big Agra got involved in the production of our food and poisoned our environment.

The result is an alien world that contributes to the overwhelming number of chronic diseases we see today — including Alzheimer's.

In order to build a normal, healthy, active brain — and maintain that brain — you require certain nutrients from your environment. We were designed to depend on those nutrients to maintain our brain.

But we're not getting what we need from our modern foods. And at the same time, we're getting levels of toxic contaminants that hurt our brains and sap our minds.

All of the aluminum and mercury from factories and big industry, alone, are a deadly duo in the brew of chemical waste that we can thank fat-cat industrialists for, and our EPA and FDA handlers who looked the other way.

This one-two punch of an unnatural diet plus an alien environment is more than your body can handle.

Alzheimer's is a modern disease caused by living in a contaminated world. I've seen the proof in my own clinic.

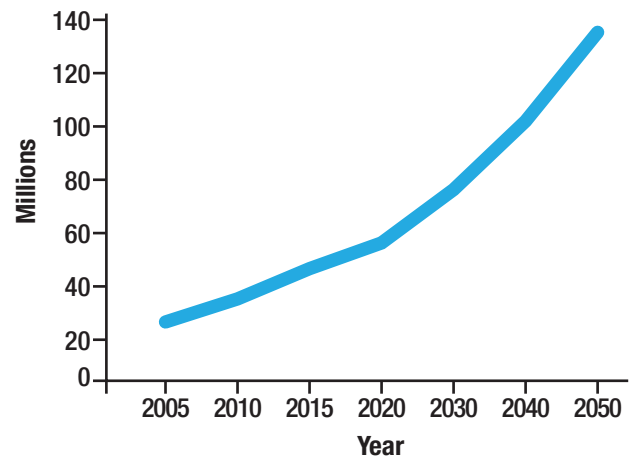
Let me explain...

Florida is well-recognized as a retirement mecca. So as an anti-aging specialist who practices in South Florida,

I'm used to seeing more patients with Alzheimer's disease and dementia than the average doctor.

But I've witnessed a disturbing trend in the past couple of decades...

GLOBAL PANDEMIC RISE OF ALZHEIMER'S



The global rise of Alzheimer's disease is terrifying. Today, around 44 million people worldwide suffer from Alzheimer's, with the vast majority of them in Western Europe and America.

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I used to see the disease start in people in their early 60s. Now, I'm seeing patients with symptoms in their 40s and 50s.

The research confirms what I've seen. A lot of studies have found that people are developing dementia a decade earlier than they did just 20 years ago.¹

In fact, Alzheimer's and dementia have reached epidemic levels. Today, more than 44 million people around the world have some kind of dementia. By 2050, that number is predicted to skyrocket to 135 million.

Our population isn't predicted to grow to that degree. So there has to be something else going on.

Unfortunately, mainstream medicine doesn't have a cure for this dread disease. And even worse, they still refuse to recognize what's causing it in the first place.

The world we live in is nothing like the environment our ancient ancestors thrived in. Our world is full of toxic chemicals. They're in our air, water, cleaning supplies and personal care products. In fact, modern farming adds chemical pesticides to our food.

To make matters worse, most people today eat foods that are toxic in other ways. I'm talking about a diet high in breads, cereals, sugar, cheap vegetable oils and other processed foods.

Our bodies weren't designed for this cheap fuel. When the Centers for Disease Control and Prevention looked at 2,400 people, it found 215 toxins in their urine and blood.²

A recent study suggests these factors can lead to dementia in younger people.³

By 2050, it's predicted that every man, woman and child in America will have some level of memory loss. These toxins in our food and environment are directly associated with all types of dementia.

For example:

- A study at Rutgers University found people with Alzheimer's had 4 times the levels of the pesticide DDT in their blood.⁴
- Toxic chemicals in our food and personal care products called *nitrosamines* break down our energy-producing mitochondria, leading to major neurological damage.⁵

- Autopsies of young adults and children who lived in heavily polluted Mexico City revealed highly elevated amyloid plaque levels in their brains.⁶
- Mice exposed to air pollution developed up to 129% more amyloid plaques.
- And 21% of new Alzheimer's cases are directly linked to pollution.

Modern medicine has NO good answer for memory loss and dementia. And mainstream doctors will tell you there's no way to prevent it.

They couldn't be more wrong. It's true that their Alzheimer's drugs do nothing to stop or even slow down dementia.

But I believe in the brain's power to heal itself — if you give it the proper nutrients. I have seen it happen many times over the years.

There are five nutrients I've used with great success with my own patients to improve — and in some early cases reverse — their cognitive decline.

Your doctor has never even heard of most of these. But they protect you from the slowdown in thinking or reasoning that comes with aging. They put a stop to “senior moments.” They also help prevent and even reverse more serious conditions like dementia, Alzheimer's and Parkinson's disease.

Here are five of the best nutrients I've found to boost brain function and keep your mind sharp.

Brain-Boosting Nutrient #1: DHA — The Fat Fuel That Fuels Your Brain

Your brain is 60% fat and omega-3s make up 40% of that. Omega-3 fats combat brain shrinkage and memory loss. An Oregon study found that people with a diet high in omega-3s had bigger brains for their age. They also scored higher in thinking and memory tests.⁷

Another study in Rhode Island also showed that people with higher fish oil intake had larger brain volume in their hippocampus and cerebral cortex. Those are the areas linked to memory and learning.⁸

And a specific kind of omega-3s, called *docosahexaenoic acid* (DHA), can even help slow the progression of Alzheimer's disease. A University of

California study gave mice DHA, one type of omega-3. They had lower levels of two proteins linked with the beta-amyloid plaques so rampant in Alzheimer brains. The DHA blocked the production of *presenilin*, an enzyme needed to produce those proteins.⁹

DHA is the fat that's also the main structural component of your brain. So it makes sense to get more in your diet to replenish it.

The best sources of omega-3s are animal products like fish, eggs and meats. Oily fish, like mackerel, herring, tuna, salmon, trout and sardines, are the richest source. But over the years I've found that it's almost impossible to get enough omega-3s from your diet. You'll probably need to supplement. Be careful though...

Most fish oil pills are from polluted waters. That's why I recommend krill oil and calamari oil to my patients. The tiny shrimp-like krill don't live long enough to absorb large amounts of toxins. And calamari live miles below the ocean, far from the pollution on the surface. Take 4 to 6 grams per day to realize the brain benefits.

Brain-Boosting Nutrient #2: Acetyl-L-Carnitine – The Great Brain Multi-tasker

Acetyl-L-carnitine (ALC) is an amino acid. Many studies show that it can prevent brain aging and slow the progress of existing brain diseases.¹⁰

ALC promotes brain health by restoring the function of nerve growth factor (NGF). NGF is a protein produced in your brain. It controls the growth and maintenance of neurons.

As you get older your levels of NGF go down. Research shows that the decline in NGF leads to a major drop in the way brain cells perform. And the loss of this growth factor can lead to degenerative brain diseases.¹¹ Acetyl-L-carnitine helps reverse this drop. At the same time it exerts a positive effect on the survival and growth of your neurons.¹²

ALC also acts as an antioxidant. Many studies show that patients with mild cognitive impairment and mild Alzheimer's disease significantly improved with treatment.¹³

Like NGF, your levels of acetyl-L-carnitine decrease with age. That can put you at risk for brain degeneration.¹⁴ But you can take ALC as a supplement. I suggest taking at least 500 mg of ALC every day on an empty stomach. Also, liquid acetyl-L-carnitine is more absorbable than powders and capsules.

Brain-Boosting Nutrient #3: Vitamin D – Sunshine Vitamin Reversed 90% of Alzheimer's

In a breakthrough study, researchers from a prestigious California university *reversed* Alzheimer's in nine out of 10 patients using a protocol that included meditation, fasting, eliminating *carbage* — and 2,000 IUs vitamin D3.¹⁵

It was the first effective Alzheimer's treatment in over 100 years.

Within three to six months, all participants showed “significant improvement” in memory and cognitive function.

Further research reveals that vitamin D plays a powerful role in the prevention of Alzheimer's. In fact, the latest studies reveal:

- Patients with low levels of vitamin D have twice the risk of developing Alzheimer's disease.
- Risk for Alzheimer's increased with the degree of vitamin D deficiency.
- Participants who were mildly deficient had an increased risk of 69%.

- Those severely deficient had a 122% increased risk.

A study reported on at the International Conference on Alzheimer's disease examined the vitamin D levels of 3,325 adults over the age of 65. They compared these numbers to the participants' scores on a series of tests and exams that looked at memory, orientation in time and space, and ability to maintain attention.

The researchers classified the subjects as “cognitively impaired” if they scored in the worst 10% of those in the study.

In a breakthrough study, researchers reversed Alzheimer's in 9 out of 10 patients. It was the first effective Alzheimer's treatment in over 100 years.

The results showed that the risk of cognitive impairment was 42% higher in people who were “deficient” in vitamin D. But patients who were “severely deficient” were 394% more likely to be impaired.

Brain-Boosting #4: CDP Choline — Your Brain’s Defense Against Big Pharma’s Drugs

Many of today’s most popular drugs can make you forgetful. I’m talking about drugs that many doctors prescribe for:

- Overactive bladder
- Parkinson’s tremors
- Heart disease
- Allergies
- Acid reflux
- Stomach cramps
- High blood pressure
- Nausea
- Asthma
- Depression
- Muscle spasms
- Motion sickness
- Insomnia
- Colds
- Pain
- Anxiety

These drugs block the activity of *acetylcholine*. This neurotransmitter in your brain is directly involved in learning and memory. And blocking it is risky business.

I’ve seen confusion, memory loss and declining mental skills in patients who take these drugs. And research confirms what I see in my own practice.

One study found that people taking these kinds of drugs had shrunken areas of the brain linked to memory.¹⁶ Another study in *JAMA Internal Medicine* found that people who used these drugs were more likely to develop dementia.¹⁷

The longer you take these drugs the higher your risk. But even just 60 days on these drugs can cause cognitive problems.

And as you get older, even if you don’t take these drugs, your levels of acetylcholine decline. Messages between your brain cells start to slow down or stop altogether.

But your body has a natural way to rebuild your reserves of acetylcholine. I’m talking about a compound called cytidine-5’-diphosphocholine — what I refer to as *CDP choline*. It’s a precursor to acetylcholine.

In a double-blind study at MIT, 95 healthy people took 1,000 mg of CDP choline or a placebo for three months. The patients with poor memory showed improvement. They made gains in their logical memory and delayed recall.¹⁸

In the second part of the same study, the patients with poor memory were given even more CDP choline — 2,000 mg per day. People taking the higher dose clearly improved their verbal memory. The researchers said CDP choline was effective in helping with memory acquisition and retention.¹⁹

Alzheimer’s patients often have low levels of acetylcholine. But studies show CDP choline can significantly improve thinking ability in patients in the early stages of AD.²⁰ I recommend you take 1,000 mg per day, but you can go up to 2,000 mg.

Brain-Boosting #5: Gotu Kola — The Ancient Ayurvedic Brain Plant

When I was in India studying at the oldest school of medicine, we spent a lot of time talking about gotu kola (*Centella asiatica*). This plant was used for thousands of years in Ayurvedic medicine.

In Bali I also found this herb growing in an ancient Hindu religious site. There it’s sometimes called “the student herb,” because it sharpens the mind.

This ancestral herb is a brain-boosting marvel. It can help spur growth in brain cells.

Modern studies reveal that gotu kola contains unique compounds called *asiaticosides* and *asiatic acid*.²¹ These powerful compounds can prevent damage to brain cells. They also speed up repair of damaged brain cells.

Animal and cell studies show that gotu kola can trigger repair of damaged brain cells. It also restores higher brain function.²²

In one study, rats improved their learning and memory skills after getting gotu kola in their water.²³

In another study of aged rats, adding gotu kola to their water helped them recover more brain functions. Researchers said gotu kola may be useful for speeding the repair of neurons.²⁴

When choosing a gotu kola supplement, look for one with more of the active components. Get one that is standardized to the asiaticosides or asiatic acid.

I recommend my patients use gotu kola in three ways.

1. **As an extract.** Take 10 drops or from 10 to 20 ml per day.
2. **As a powdered herb** (available in capsules). Take 400 mg to 600 mg, three times a day.
3. **As a dried herb.** You can make a tea of the dried leaf, three times daily. Use up to 6 grams of dried leaf.

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Gotu Kola Tea

Directions:

1. To prepare leaves for tea, dry them in indirect sunlight and store them in an airtight jar.
 2. When you're ready to make your tea, crush a few leaves into a cup, then cover with boiling water.
 3. Steep for a few minutes, strain out the leaves.
- Enjoy the hot, full-bodied tea.



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Alzheimer's Of The Eyes...

Why Doctors Are Totally Wrong When They Call Macular Degeneration An "Eye Disease"

People often call eyes the windows to the soul. But your eyes are really windows into your brain...

That's because breakthrough research now reveals that your eyes can be an early warning sign for Alzheimer's — many years before your brain gets damaged...

Yet again, our government and their puppets in Big Pharma have ignored the science right in front of their eyes and deprived you of this life-saving information.

Why? Because telling people about the cause of their health problems so that they can reverse them is not profitable. Instead they want to label you with a disease as if you are broken and therefore need their drug. And with this stunning new connection with your eyes, they get to cash in on two diseases instead of just one...

You see, scientists have known for a long time that beta-amyloid protein deposits are hallmark changes in the brains of Alzheimer's patients. This rogue protein is sticky like glue and prevents neurons from working right. It forms plaques and tangles, and gums up your brain, causing memory loss and confusion.

Now researchers have discovered this same toxic molecule in the macula — the small area in your retina you need for sharp vision and for reading, driving and other daily tasks.

And just as they do in the brains of Alzheimer's sufferers, these beta-amyloid proteins build up in the macula — leading to the gradual death of retinal photoreceptors — the rods and cones that respond to light — and eventually to age-related *macular degeneration*, also called AMD.

I call AMD "*Alzheimer's of the eyes*" — but there's much more than beta-amyloid protein that connects them.

The only effective way to treat both conditions is to understand — and attack — the link between them.



I call age-related macular degeneration "Alzheimer's of the eyes." The only way to treat it is to treat the link between the two.

Here at the **Sears Institute for Anti-Aging Medicine**, we're proving that neither of these conditions is hopeless — despite what most doctors will tell you.

In this *Confidential Cures* article, I'm going to show you the true common cause of Alzheimer's and AMD. And you'll also learn about the steps you can take to greatly lower — or even help eliminate — your risk of becoming a victim of both.

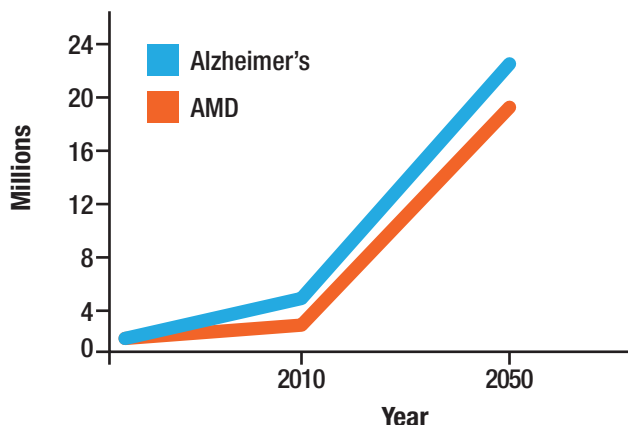
THEY Just Want To Drug You Or Operate On You

Have you noticed your vision getting worse? It happens to most of us as we age. It's often the first signs of AMD, the leading cause of blindness if you're over 50.

That's scary stuff — but it could get even worse. Most optometrists and conventionally trained doctors don't realize it could also be the first signs of Alzheimer's disease.

Just like Alzheimer's, AMD is a blow to your life. When you can't see in front of you, daily life gets not only more challenging, it becomes hazardous and limiting.

THE RISE OF ALZHEIMER'S AND AMD IN AMERICA IS BECOMING AN EPIDEMIC



Connecting these two diseases is the first step forward in stopping this rapid rise.

You lose your ability to drive, play golf, read and write and even take care of yourself.

Like Alzheimer's, perhaps the cruelest part of AMD is the loss of independence and your ability to recognize the faces of loved ones.

Connecting the two diseases is an important step forward. But there's a problem. While all this is great news for the early detection of Alzheimer's and the understanding of AMD, it does nothing to prevent or stop the progress of either disease.

That's because medical scientists and doctors look at diseases in isolation. You have Alzheimer's. You have AMD. To them, you are the sum total of your disease. They can't see the forest for the trees. They see your symptoms as a target for drugs, surgery or both!

The entire mainstream medical system has lost sight of root causes... And it has lost sight of you, the whole person. Everything is linked to the world around you — and inside you.

Doctors will tell you there's no cure for Alzheimer's — and that its effects can never be reversed. And most still have absolutely no idea about its connection to AMD.

But it's misguided to treat Alzheimer's as just a type of dementia and a disease of the brain. And doctors are on the wrong track when they treat AMD as an eye disease.

Vision — Our Early Warning System For Alzheimer's

Your retina, the thin layer of light sensitive tissue at the back of your eyes, presses right into your brain and is connected through the optical nerve.

The retina and brain are also vital parts of the central nervous system. Both are made of the same brain tissue. And your retina has nerve cells just like the ones in your brain.

Recent studies now show that beta-amyloid can be detected in the macula, long before the devastating symptoms of Alzheimer's begin to appear.¹

This is important because a diagnosis of Alzheimer's usually comes too late to do anything about it.

You see, your brain is locked away inside your skull, making Alzheimer's almost impossible to detect at the early stages, without expensive brain scans or by puncturing your spinal cord and taking a fluid sample.

In most cases, the disease isn't diagnosed until the classic symptoms of memory loss, communication problems and lessening ability to think become obvious.

In one study published last year, scientists at the Maxine Dunitz Neurosurgical Institute at Cedars-Sinai Medical Center in Los Angeles found nearly 500% more beta-amyloid deposits in the macula of Alzheimer's patients than in those without the condition.²

The researchers also used special imaging technology to test the retinas of 23 deceased patients who had Alzheimer's alongside the retinas of deceased people without the disease.

Again, this revealed many more beta-amyloid plaque in the retinas of Alzheimer's patients.

This is powerful news for the early diagnosis of Alzheimer's. And a number of research teams are now working to develop low-cost, non-invasive retinal scanners that can be used to detect AMD and Alzheimer's with a simple eye test... long before any signs of dementia are detected.^{3,4}

Meanwhile, scientists at Waterloo University in Canada have already invented a special scanner that

detects early-stage Alzheimer's by measuring the thickness of our retinas.⁵

You see, beta-amyloid deposits kill off retinal cells, making the retinas of AMD and Alzheimer's sufferers much thinner. The researchers found a connection between retinal thickness and the loss of brain cells.

The bad news is that it could be years before these scanners find their way into mainstream optometrist offices and medical clinics.

But the real question is what to do with this new diagnostic information. The ceaseless study of beta-amyloid only focuses on symptoms — not the root *cause* of Alzheimer's or AMD.

Instead, we need to look at what's really driving these conditions...

The Deadly Root Of AMD And Alzheimer's Disease

Both Alzheimer's and AMD are part of a rapidly growing pandemic that's spreading like wildfire around the world. I'm talking about an emerging health threat I call *Syndrome Zero*.

I consider this to be the biggest health crisis of all time. And its links to Alzheimer's and AMD could not be clearer.

Let me explain...

Over the last 100 years or so, food companies have hijacked our food supply. In their race for profits, they have packed our diets with cheap grains, carbs, refined sugar and starches.

But eating processed carbs and starches is just as bad as eating spoonfuls of refined white sugar. And I'm not just talking about candy. Refined sugar is hidden in processed carbs everywhere. Some of them are even marketed as "health food."

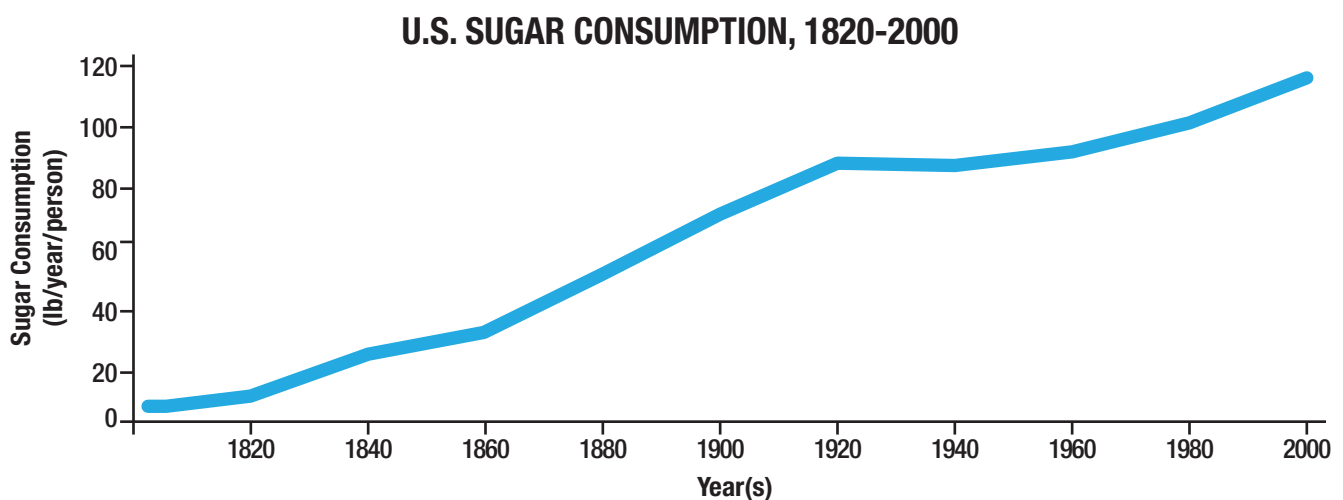
Our primal ancestors ate the way nature intended. They ate sweets — but NO refined sugar. And through most of human history our genetic code evolved during a time when we were eating the equivalent of less than 20 teaspoons of sugar a year.

But today the average American eats up to **170 pounds** of sugar a year!

Dietitians warn about drinking sodas and eating desserts. They tell you to look for "added" sugars on nutrition labels. That's not enough...

Most nutritionists will tell you that eating "simple" sugars causes a rapid rise in blood sugar and insulin production. And they think "complex carbohydrates" — like bread and pasta — break down slowly. It's not true.

Just take a quick look at the kinds of food that send your blood sugar soaring...⁶



*Americans consume up to 170 pounds of sugar every year.
Less than 100 years ago, the average intake was only 4 pounds per person.*

- One slice of wholegrain bread breaks down into the equivalent of almost 3 teaspoons of sugar
- Just half a cup of cooked spaghetti turns into roughly 5 teaspoons of sugar
- A snack size bag of potato chips will hit you just as hard as 11 teaspoons of sugar

And that's just for starters...

It's the same with breakfast cereals... bagels... cookies... mashed potatoes... and the list goes on. They quickly turn into simple carbs that have the same effect on your body as sugar. In fact, they can spike insulin and blood sugar levels higher and longer than pure sugar.

All of this hidden starch and sugar is behind Syndrome Zero. Your body reacts by over-producing insulin, which leads to insulin resistance. This is what's behind the global epidemics of diabetes, obesity and heart disease.

It's also a big reason for the spike in AMD and Alzheimer's disease...

You see, those telltale amyloid-beta proteins produce neuron-damaging toxins known as oligomers. Studies show these are a big factor in both Alzheimer's disease and age-related macular degeneration.^{7,8}

When these oligomers attach themselves to the neurons in your brain and retina, they knock out the cells' insulin receptors.

And this causes insulin resistance in your brain and in your eyes — leading both to AMD and Alzheimer's disease.

To keep your brain and your eyes clear of beta-amyloid protein plaque, you need a special enzyme to break them down. But your brain also uses the same enzyme to clear out insulin. In fact, it's called insulin-degrading enzyme or IDE.⁹

But if you have Syndrome Zero — too much insulin — from a high-starch diet, IDE is too busy mopping up the insulin. It becomes overwhelmed and has no time to break down amyloid-beta. So these proteins build up into the glue-like plaques in your brain and eyes.

Cure Syndrome Zero To Fend Off Alzheimer's And AMD!

At the **Sears Institute for Anti-Aging Medicine**, I don't use prescription drugs to treat these conditions. All of these meds have missed the mark for prevention and cure. Big Pharma just doesn't understand the real cause of these horrible diseases.

Instead, most doctors will tell you dementia and AMD are part of "normal" aging. The truth is, your brain and eyes are capable of staying fully functional no matter your age — as long as you take care of them.

Here are three natural ways I use with my patients to their lower risk of Alzheimer's and AMD, and treat these conditions if they've already begun to develop.

1. Brain food restores insulin balance:

By drastically reducing your starch and carb intake you can normalize your insulin levels, maintain a sharp mind now and throughout your golden years.

The first step is to eat the way our primal ancestors did. Calories from fat and protein won't spike your insulin. Look for grass-fed beef and dairy products, wild-caught coldwater fish, and poultry and eggs from pasture-raised animals. Choose healthy fats like olive oil, butter and coconut oil.

I also recommend limiting carbs to no more than 5% to 10% of your meals. In a recent study, 23 people with cognitive impairment were put on a high-carb diet or a very low-carb meal plan. After just six weeks, the low-carb group showed improved memory compared to the high-carb group.¹⁰

But there's much more you can do...

2. Coenzyme Q10 fights beta-amyloid:

CoQ10 is key to the protection of your body's cells. I recommend it to all of my patients and take it myself every day.

Studies show that CoQ10 protects against the formation of beta-amyloid plaque. In one study, when mice were given CoQ10 treatments it reduced oxidative stress and amyloid plaque... and, importantly, it improved cognitive performance.¹¹

Our primal ancestors got lots of CoQ10 from their diet because they ate plenty of organ meats.

The best organ meat sources are liver and kidney from pasture-raised cattle, goats, pigs, poultry, and sheep, and from wild game like buffalo, rabbit and ostrich.

But unless you're eating organ meats most days, you're probably not getting enough CoQ10 from your diet.

I recommend everyone take 30 mg of CoQ10 daily. If you're over 60, double that to 60 mg. But to protect against Alzheimer's and AMD, increase it to 100 mg a day.

And be sure it's the right CoQ10... The more common form of CoQ10 is called *ubiquinone*. But the *ubiquinol* form is the most potent. Ubiquinol carries an extra electron and is eight-times more powerful than ubiquinone. And it stays in your bloodstream longer than conventional CoQ10.

And to give CoQ10 a boost, I recommend adding 10 mg of the antioxidant **PQQ**. This is the first nutrient ever discovered to multiply the number of mitochondria in your cells. PQQ promotes memory and cognition and also fights AMD by helping to restore the retinal lining.

3. Get enough sleep to fight Alzheimer's: Numerous studies have linked poor sleep quality and disturbances to dementia and cognitive decline.^{12,13}

The Baltimore Longitudinal Study of Aging questioned 70 adults between 52 and 91 years old on the length and quality of their sleep and then conducted neuro-imaging on their brains.

They found that sleep traits associated with greater amyloid buildup included:

- Shorter sleep duration
- Poor sleep quality

Proper sleep protects your brain cells. And in the same, sleep disturbances can also cause neurodegeneration.

You need eight hours of uninterrupted sleep each night.

It's also important to sleep on your side, because this is the position in which your brain's waste-disposal system runs at its most effective.¹⁴

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Controversial Therapy Reversed “Irreversible” Brain Damage...

And It Can Wake Up Your Aging Brain Too

It was every mother’s worst nightmare. And it would have ended in tragedy if not for a miracle therapy the government doesn’t want you to use...

Arkansas mom Kristal Carlson took a quick shower while her 23-month-old daughter played with her older siblings. Fifteen minutes later, she went to look for her little girl.

But she was nowhere to be found.

Kristal ran straight for the most dangerous place her daughter could be... the backyard swimming pool.

Little Eden Carlson had broken through a baby gate at the family home. She was discovered floating face-down and unconscious in water.

The toddler later went into cardiac arrest and was clinically dead for two hours.

CPR and top-notch medical care saved Eden’s life. But then doctors broke the awful news to her mother...

Her little girl had suffered severe and “irreversible” brain damage.

An MRI confirmed that the near-drowning had ravaged her brain’s grey matter, as well as causing loss of white and grey matter. Neurologists told the devastated family Eden would be in a vegetative state for the rest of her life...

That she would never walk or talk or even recognize her mom.

Kristal was told there was no treatment that could undo the damage Eden suffered in the pool.

Now fast-forward a couple months... And Eden is running, shouting and bursting with more energy than she had before her accident.

New MRI scans show that her brain is back to normal. She has regrown substantial brain tissue. According to Kristal, it’s like her daughter never had an accident.



Two-year-old Eden recovered from a near-fatal drowning and “irreversible” brain damage – thanks to oxygen therapy.

Eden was lucky. Her parents refused to accept her diagnosis. They explored other options. And they chose to take their daughter to Dr. Paul Harch, a clinical professor at Louisiana State University in New Orleans who offered *hyperbaric oxygen therapy*.

That decision to use the power of supercharged oxygen — also known as HBOT — changed Eden’s life.

Eden’s miracle recovery is one of hundreds of success stories I’ve researched that proves what a breakthrough treatment HBOT really is.

And yet, despite decades of compelling clinical research, the FDA’s website continues to state that “hyperbaric oxygen therapy has not been clinically proven.”

It even warns patients that it “could ultimately endanger their health.”

But without HBOT and the brave decision of her parents to defy the FDA’s spiel, I wouldn’t be able to share Eden’s incredible recovery with you today. HBOT is just another in a long list of our government’s ignorance or blatant blind eye in real health. Whether it be Alzheimer’s, the connection with your eyes or the

healing treatment — it's clear that if it doesn't profit them, you won't hear about it from them.

But I take my commitment to your health seriously. And I will treat my patients the best way I know how, no matter what the government has to say about it.

That's one of the reasons why I've had my own HBOT chamber installed at my clinic. I've been using it for almost three years now to help heal patients with many conditions, including heart disease, chronic pain, diabetic foot ulcers, brain damage from strokes and many other vital uses.

In this article, you'll learn exactly what HBOT is, why it's so effective and the many conditions it can help cure... and how it can help YOU.

Supercharge Your Body And Your Brain

Hyperbaric oxygen therapy is the delivery of high-pressure oxygen to your body. It was first used in the 1930s to treat deep-sea divers with decompression sickness called "the bends." But doctors soon discovered that it also speeded up wound healing.

At the **Sears Institute for Anti-Aging Medicine**, I treat patients with 100% oxygen at 1.5 times normal atmospheric pressure.

You see, HBOT works because it infuses your body with this supercharged oxygen. It increases oxygen levels in your red blood cells, encouraging the healing and regeneration of tissues, blood vessels and nerves.

Let me explain...

The main reason HBOT is so effective begins with a number: 100 trillion.

That's roughly the number of cells in your body — and each one requires oxygen to make and burn fuel — and 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.

But when your body is injured — whether it's a blocked artery, a diabetic wound, brain damage or gangrene — it reduces the amount of blood flow, and therefore oxygen, to the damaged area.

That means the cells in the wounded part of your body go into a kind of suspended animation, because they're only getting enough oxygen to barely survive.

But with HBOT, your lungs take in more oxygen than would be possible if you were breathing pure oxygen at normal air pressure.

The combination of pressure and oxygen, physically dissolves more oxygen into your red blood cells, boosting oxygen levels and encouraging healing and regeneration.

Studies show breathing pressurized oxygen also stimulates the release of *growth factors* and *stem cells*. This also promotes healing and gets the cells working again.^{1,2}

Thanks to the FDA's needless warning, mainstream medicine has been slow on the uptake. But hyperbaric chambers are now used in a handful of hospitals and healing centers.

As a painless, drug-free treatment for many of our modern world's most chronic conditions, its potential is enormous.

Instead of cutting open your body, removing limbs, or injecting nauseating drugs into your veins, I prefer to prescribe hyperbaric oxygen any day.

And there are no known side effects — because you're not putting anything unnatural in your body. Just pure oxygen... the very source of life.

HYPERBARIC OXYGEN THERAPY CAN TREAT THESE MEDICAL CONDITIONS:

- Anemia
- Arthritis
- Burns
- Brain injury
- Crush injury
- Cerebral palsy
- Chronic wounds
- Decompression sickness
- Diabetic foot ulcer
- Embolisms
- Fibromyalgia
- Hypoxia
- Heart disease
- Infections, including gangrene, and bone infections
- Migraines
- Nerve-related deafness
- Pain management
- Carbon monoxide poisoning
- Stroke
- Radiation injury

But for all the conditions that HBOT has been used to treat, its most remarkable successes have been seen

with brain damage victims, many of whom — like little Eden Carlson — were written off by their doctors as “incurable.”

Most Doctors Still Deny The Brain-Healing Power Of Oxygen

In spite of its warnings, the FDA has approved hyperbaric oxygen therapy as a primary treatment for four different kinds of brain injuries — carbon monoxide poisoning, arterial gas embolisms, cerebral decompression sickness (the bends), and radiation damage to the brain after cancer radiotherapy.

Yet it continues to ignore the long history of successes and the decades of sound scientific research that back up HBOT as a treatment for many other forms of brain damage.

Sadly, most doctors still believe HBOT works by creating a placebo effect. But that’s an enormous misconception.

The fact is that HBOT activates 8,100 genes — especially those involved in inflammation, growth and the repair of human tissue.³ And placebos don’t activate genes.

The real problem is that HBOT falls outside America’s health delivery system — where drugs and surgical interventions are fed into a treatment/insurance complex by corporate interests that control both medical information and clinical practice.

So the FDA continues to support treatments for brain injury that range from simply doing nothing to using meds like over-the-counter painkillers, diuretics, anti-seizure and even coma-inducing drugs for brain surgery.⁴ But all of them have fallen well short of HBOT’s successes, which have been demonstrated both in practice and in high-quality clinical trials.

Most doctors don’t know that HBOT has been used to reverse brain damage since 1963, when it was found to be an effective treatment for carbon monoxide poisoning.⁵

But that was just the beginning. High-quality clinical trials have shown the healing power of hyperbaric oxygen in many other conditions of the brain, including cerebral palsy and autism.

Dr. Harch has even shown its astonishing effectiveness in treating traumatic brain injury in veterans with blast and concussion casualties — as well as post-traumatic stress disorder, depression, anxiety and suicidal tendencies.⁶

He also recently published the success of HBOT treatment on little Eden as a case study in the journal, *Medical Gas Research*.⁷

Studies show HBOT minimizes injury and stops the cascade of damage that follows brain cell death caused by oxygen deprivation — and that it also stimulates intracellular healing.⁸

But at my own clinic, I’ve seen the most extraordinary successes with patients who have suffered brain damage after a stroke...

Reawaken Your Oxygen-Starved Brain After A Stroke

When you have a stroke, the blood supply to parts of your brain is cut off. It’s usually caused by uncontrolled high blood pressure.

It’s the same result whether you have an ischemic stroke (when clot blocks a vessel supplying blood to the brain) or a hemorrhagic stroke (caused by the ruptured blood vessel in your brain). Blood vessels get damaged or destroyed. That means the oxygen your brain cells need to live and function is also cut off.

This lack of blood flow and oxygen often creates “dead zones” in your brain by killing the *neurons* (your grey matter) that store information, as well as your brain’s *white matter* cells that form the connections that transport the signals between neurons.

Doctors used to think the debilitating symptoms suffered by stroke victims, such as paralysis and difficulty swallowing and speaking, were caused by the death of neurons.

But neuroscientists now know that the human brain regenerates neurons constantly — even after a stroke. In other words, given time, your neurons will replenish themselves.

The real problem is the damage done to your white matter. When white matter cells are deprived of oxygen and die, they cause lesions

“*HBOT has been used since 1963 to reverse brain damage.*”

in your brain, like scar tissue. And like roadblocks, they prevent brain-signal traffic from moving.

That's why HBOT is such a breakthrough. It restores cerebral blood flow.

Studies now show that life-giving effects of oxygen delivered at higher pressure actually speeds up the production of new grey matter neurons. Research has also demonstrated that HBOT reduces brain swelling after a stroke.^{9, 10}

But even more importantly, it boosts *brain neuroplasticity* after a stroke. That's your brain's ability to reorganize itself by forming new white matter connections that bypass and find their way through the roadblocks created by the lesions.¹¹

And exciting studies have shown that these connections can still be reformed and activated years after a stroke.¹²

Ramping up your brain's oxygen supply in the aftermath of a stroke is often the difference between full recovery and chronic, lingering disability.

Just Breathe...

I've seen some truly astonishing results using HBOT with my stroke patients. It heals and revives parts of your brain that most doctors give up for dead and damaged.

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

The research — and success — of HBOT has been so overwhelming, even the FDA has approved it. Now many insurance companies accept it as part of a treatment protocol.

HEAL YOUR BODY WITH PURE OXYGEN



I updated the HBOT chamber in my clinic. It delivers the healing power of oxygen at 1.5 times normal atmospheric pressure.

The treatment itself is easy and painless. You just lie down and breathe. You can watch TV, read or even take a nap. The only difference is that you're breathing pure oxygen at 1.5 times normal atmospheric pressure.

HBOT is usually delivered in one of two ways:

1. An HBOT individual unit: This is the method I use to deliver HBOT treatment at my clinic. You simply lie down in a single-person chamber that looks like a tiny submarine with a glass hood — and breathe.

2. An HBOT chamber: In a multi-person hyperbaric oxygen room you can sit or lie down. In this setting, you'll probably get oxygen through a mask over your face or a lightweight, clear hood will be placed over your head.

For more information about getting HBOT treatment at the **Sears Institute for Anti-Aging Medicine**, or to make an appointment, just call my staff at 561-784-7852. Or you can visit www.searsinstitute.com. If that's not an option for you, try a healing center near you.

Jump Start Your Brain's Oxygen Intake At Home

But you can also boost your oxygen intake at home...

This is important because if you've had a stroke, your risks are much higher for having another one. And that means preventing a second stroke can be the most important treatment of all.

I recommend a few natural and powerful ways to get more oxygen into your blood and into your brain — and you can do them right from home:

1. Use the Sherpa's secret: Tibetan Sherpas use *Rhodiola rosea* for energy, physical endurance and to protect against altitude sickness. For centuries, they've lived at high altitudes in the Himalayas and have aided



This tough yellow flower increases the oxygen intake in your lungs.

climbers to ascend Mt. Everest without the need for supplemental oxygen.

This tough little yellow flower, also known as Arctic Root or Golden Root, grows in some of the world's harshest places, but it's one of nature's true medicinal gifts.

Research supports what these Sherpas have always known. Rhodiola increases oxygen intake in your lungs and stimulates red blood cell production. Studies show that rhodiola also increases the oxygen-carrying capacity of your red blood cells.¹³

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.

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

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

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

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

And that means you're getting more oxygen where it's needed.

In fact, PACE helps pump oxygen-rich blood to your vital organs by up to 18 times more than light exercise such as walking.¹⁴

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

A study by the University of South Carolina showed that people who took 500 mg of quercetin twice a day also had increased VO2 max — without doing anything else.¹⁵

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

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

4. Eat more beets: Beets boost your body's production of *nitric oxide*. And this is one of the best dietary ways to increase oxygen intake in your brain.

Nitric acid sends "blood flow signals" that *relax arterial walls, dilate the blood vessels, and improve the flow of blood and oxygen everywhere in your body. This makes it a powerhouse at preventing and treating stroke.*^{16, 17, 18}

For maximum effect, add **hawthorn extract**, which is a great natural remedy for high blood pressure. Take one glass (250 ml) 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 at 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.

You can juice beets yourself. If possible, use organic and throw in the roots, fruit and leaves. Here's my favorite recipe:

Fresh Beetroot and Vegetable Juice

Ingredients:

- 1 organic beetroot
- 2 raw organic carrots
- ½ organic cucumber
- 3 stalks of organic celery
- 1 fresh lemon

Directions:

1. Wash and dry your ingredients. Peel and cut the beetroot into small pieces.
2. There's no need to peel the rest of your ingredients. Chop into small pieces and place in a blender.
3. Add one cup water. Squeeze the juice of the lemon over the vegetables.
4. Blend until smooth and enjoy.



I get the health benefits of nitric oxide from a fresh glass of beetroot and vegetable juice.

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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).

