



Dr. Sears'

CONFIDENTIAL CURES

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

April 2018

Vol. VII Issue 4

Big Pharma's Plot to Steal This Natural Pain Killer

After 10 Years of Agony, 2 Drops of Miracle Oil Ended One Man's Anguish

He was on a backpacking trip with his oldest friends... It was one of those once-in-a-lifetime get-togethers you want to remember for the rest of your life.

But Richard Holt's dream weekend turned into a decade-long nightmare.

In a freak accident, Richard crashed feet first into the concrete sidewalk — 24 feet below.

The accident left him with broken bones in both legs. His left heel was crushed.

And in his right leg, his tibia and fibula detached from their couplings and shattered.

Numerous operations over a period of weeks left Richard confined to a wheelchair. This was followed by months on crutches. Finally, he was able to take his first faltering steps alone...

But every step filled him with agonizing pain.

Richard was given the opioid painkiller OxyContin to help him cope with his agony. But he hated that it made him feel groggy and crushed. Unwilling to become an addiction statistic, he stopped taking it. The opioid withdrawal was horrendous and left him in "indescribable misery."



After a freak accident left him in severe agony for more than a decade, Richard Holt turned to a "miracle" oil that ended his anguish.

Also in This Issue...

They Hijacked Technology And Got It All Wrong.....	7
Rare Mineral Delivers One-Two Punch Against Cancer And Heart Disease!.....	12

But his pain was severe. At some points, Richard rated his pain as a 10. That's the absolute top of the scale that doctors use as to measure pain.

Finally, after a decade of trying to simply manage his pain, Richard turned to what he calls a "miracle" oil.

He describes the affect this oil had on his pain as "profound." In fact, it made such an amazing difference that Richard was even able to resume the martial arts he had to give up years before.

The ancient oil Richard turned to was cannabidiol, or CBD oil.

In this month's *Confidential Cures*, I'll reveal how CBD oil can be used to treat pain as well as fight diseases like cancer, diabetes and heart disease.

I'll also explain why Big Pharma is trying to steal this miracle oil. And exactly what to look for if you want to try this natural cure.

I'm Not Recommending You Use Cannabis, But...

As you may guess from the name, cannabidiol oil comes from the marijuana plant. The marijuana plant contains hundreds of chemical compounds. But only one of these compounds, tetrahydrocannabinol (THC), can alter the state of mind of the person using it.

CBD oil, on the other hand, is NOT psychoactive. It cannot get you "high."

What it can do is interact with and influence the receptors in your brain that affect pain — including your opioid receptor. This is the same receptor targeted by Big Pharma's dangerous and addictive drugs.

Thousands of first-person accounts — like Richard's — provide anecdotal proof that CBD works. And this proof has been well-documented for thousands of years.

You see, CBD was the world's leading medicine for more than 10,000 years.

The two oldest forms of medicine — Ayurveda and Chinese — used the oil to treat everything from high blood pressure and cancer to sexual dysfunction and pain.

And the ancient Egyptians wrote extensively about cannabis in the world's oldest medical textbook.

Called the *Ebers Papyrus*, the scrolls make numerous mentions of using cannabis to alleviate the pain and inflammation caused by injury and disease.

And until the early 20th century, cannabis was widely used in American medical practice. In fact, it made up **half** of all medicines prescribed and sold. From 1850-1937, the *U.S. Pharmacopeia* listed cannabis as the primary medicine for more than 100 separate diseases.

And both George Washington and Thomas Jefferson grew the herb. Washington is even reported to have used it to cure his awful toothaches.

But today, the federal government has made it difficult for doctors to even talk about this discovery... let alone learn more about it.¹ More on that in a moment...

This Is The Biggest Pain Breakthrough Since Aspirin

Once again, CBD is leading a pain-relieving revolution we haven't seen since the invention of aspirin. In just the last few years, it has emerged as the top choice for pain sufferers who, like Richard, don't want to turn to opioids.

It's no secret that the painkiller epidemic is spiraling out of control. In 2012, opiates took 14,000 lives annually. Two years later, it doubled to 28,000. Last year it grew to 66,000. And it shows no signs of stopping.

More than 2 million Americans struggle every year with the nightmare of addiction.

That is until CBD emerged and its healing powers became the ultimate alternative for pain sufferers everywhere.

In fact, a study published in *JAMA* — the world's most prestigious medical journal — found



The oldest medical textbook in the world, the Egyptian Ebers Papyrus, makes numerous mentions of CBD oil's healing benefits.

that every time a state legalizes CBD, something remarkable happens...

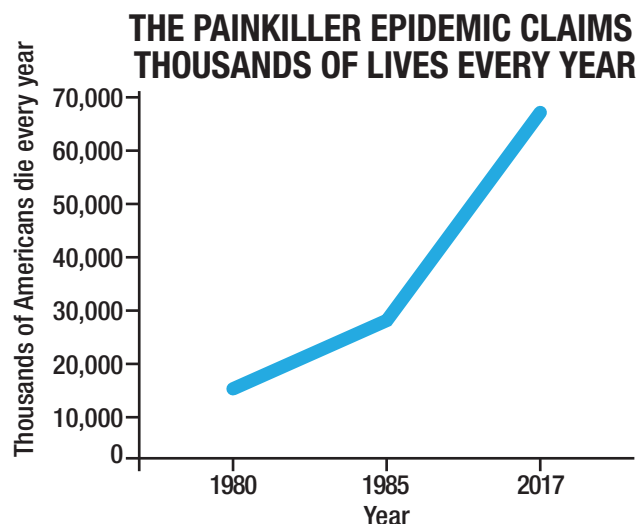
The number of pain prescriptions drop dramatically.²

The journal *Health Affairs* found that when CBD is legalized, 2,000 fewer pain pills are prescribed per doctor.

According to new research from the *European Journal of Internal Medicine*, 20% of CBD users quit taking opiates.³

In this breakthrough study, 2,700 elderly patients treated their cancer pain with CBD. After six months, nearly everyone in the study reported successful results. Their chronic pain was cut in half — with no side effects. Nearly everyone reduced their painkiller use and many quit using opiates entirely.

This study was so effective, it led researchers to call CBD oil Big Pharma's "worst nightmare."



The painkiller epidemic is spiraling out of control.

The evidence is clear: CBD could **replace** Big Pharma's painkillers. And they know it. That's why they've spent millions lobbying politicians to keep it illegal.

Federal Gov't Patented CBD Cure To Help Big Pharma Friends

To date, 29 states have legalized medical marijuana. However, the federal government still considers marijuana a Schedule 1 drug — just like heroin. Despite what states have legislated, they still consider cannabis illegal.

But the federal government also owns a patent that acknowledges marijuana's medicinal benefits.

In their patent No. 6,630,507, they state:



By owning the patent on CBD, the federal government stands to make billions of dollar in profit.

Cannabinoids have been found to have antioxidant properties...

This new-found property makes cannabinoids useful in the treatment... of a wide variety of oxidation-associated diseases, such as age-related inflammatory and autoimmune diseases.

The cannabinoids are found to have particular application as neuroprotectants, for example in limiting neurological damage following... stroke and trauma, or in the treatment of neurodegenerative diseases, such as Alzheimer's disease, Parkinson's disease and HIV dementia.

So, the federal government itself says cannabis, and particularly CBD, has powerful medical applications. So why would the government want to patent CBD while calling marijuana illegal?

All fingers point to Big Pharma.

By patenting this substance, it opens the doors for pharmaceutical companies to license the patent from the government and develop their own patentable — profitable — CBD-based medication.

Giant pharmaceutical companies have already come to market with multiple synthesized drugs designed to mimic the medicinal benefits of both CBD and THC.

With names like Marinol, Sativex and Cesamet — and most recently, Epidiolex — these drugs are

patented forms of cannabis extracts. But as single-molecule drugs, they lack the constituent compounds of plant-derived solutions.

And some of these drugs have concentrated the natural CBD and THC so much that severe side effects have been reported. Side effects that do not occur with natural, non-synthetic CBD.

Of course, these drugs are designed to give Big Pharma the inside track to monopolizing the use of natural compounds that have been around for thousands of years.

10,000 Years Of Use Backed Up By Biggest Names In Science

Today, there are overwhelming anecdotal examples of how CBD is reducing pain and saving lives. And finally, the science is starting to follow.

A 2012 study published in the *Journal of Experimental Medicine* found that CBD significantly suppressed chronic inflammation and pain in animals without causing either tolerance or addiction.⁴

In a separate study, researchers applied CBD oil to severely arthritic rats for four days. Their research reported a significant drop in inflammation and pain, without side effects.⁵

And after taking just a couple of drops of CBD oil, Richard says his pain goes from excruciating to a “dull niggle.”

If severe pain were all that CBD oil treated, I’d still call it a miracle oil. But it does so much more:

- **Cancer:** Breakthrough research has found that CBD works as a powerful anti-cancer agent by affecting the genes involved in the spread of cancer. It works in two ways:

In a process called apoptosis — or cell death — CBD caused cancer cells to essentially commit suicide. And it worked without harming normal, healthy cells, according to the National Cancer Institute. CBD also works by starving developing cancer cells.

You see, new cancer cells are starving... So in a process called angiogenesis, they release chemicals

that cause new blood vessels to form. This keeps the tumors well-fed. Amazingly, research is showing that CBD can essentially shut down these cancer processes.

In a breakthrough study, Harvard researchers found that CBD cuts tumor growth in lung cancer in half — while significantly reducing the ability of the cancer to spread.⁶ And these weren’t just any lung tumors. These were the deadliest, most aggressive, and chemo-proof lung cancer cells. The breakthrough study led one of the researchers to call CBD “a new road to lung cancer therapy.”

- **Syndrome Zero and Diabetes:** According to researchers at Hebrew University of Jerusalem, the part of the body with the most naturally occurring CBD receptors is the pancreas — specifically the islet cells where insulin is produced. A five-year study found that when these receptors are activated with CBD oil, patients had 16% lower fasting insulin levels and 17% lower levels of insulin resistance.⁷
- **Brain Protection:** Multiple studies are showing great promise for CBD treatment to improve the symptoms of profound neurological diseases.⁸

A study in the journal *CNS and Neurological Disorders* revealed that the CBD’s power to protect the brain from a host of diseases including Alzheimer’s, multiple sclerosis and Parkinson’s is “due to its antioxidant and anti-inflammatory activities” as well as “the modulation of a large number of brain biological targets involved in the development and maintenance of neurodegenerative diseases.”

- **Heart and Stroke:** According to research published in the *British Journal of Clinical Pharmacology*, “Accumulating evidence now also suggests that CBD is beneficial in the cardiovascular system.”

One benefit is that CBD appears to act as a vascular-protector — meaning it can help improve the performance of arteries... and regular use appears to reduce the tissue damage when blood is suddenly cut off (known as ischemia) such as in a heart attack or stroke.

Research published in the *British Journal of Clinical Pharmacology* and other peer-reviewed journals found that CBD oil can also treat:⁹

- Alzheimer's
- Heart disease
- Anxiety and depression
- Inflammation
- Parkinson's disease
- Diabetes
- Arthritis
- Epilepsy and seizures
- Neuropathy
- Inflammatory bowel disease
- Multiple sclerosis
- Glaucoma

What To Look For In CBD Oil

If you are considering taking this miracle oil, there are a few things you should know. CBD oil can come from two sources — marijuana or hemp. Both plants are part of the *cannabis sativa* species. But while marijuana contains 10% of the psychoactive compound that can get you high, hemp only has 0.3%.

And as of now, hemp-derived CBD oil is legal in all 50 states.¹⁰ But marijuana-based CBD oil is only legal in states that have legalized the medical use of marijuana. So depending on the product, it may or may not be legal where you live.

There are several ways to take CBD. Before choosing a method, check with your doctor to help you choose the best one. Some of the methods include pure concentrates, tinctures, vaporizing, supplement and topical treatments.

That said — not all CBD oil is created equal. Some contain thinning agents like polyethylene glycol (PEG). When heated as a vapor, the PEG can be carcinogenic — the exact opposite of what anyone's looking to do here.

Once you've made the decision to try CBD oil, here's what you should look for:

- **Read the ingredient list:** Select products with high-quality ingredients. Avoid corn syrup, GMOs, trans fats or artificial additives.
- **Look for a product that has been lab tested:** Find an oil that has been tested for consistency, and verified as free of mold, bacteria, pesticides, solvent residues and other contaminants.
- **Quality ingredients:** Select products with quality ingredients. No corn syrup, GMOs, trans fats, and artificial additives.
- **Safe extraction:** Avoid products extracted with toxic solvents like BHO, propane, hexane or other hydrocarbons. Solvent residues are especially dangerous for immune-compromised patients. Look for products that entail a safer method of extraction like supercritical CO₂.

At this point, I need to say that the information I'm sharing with you today is for educational and informational purposes only. I am not advocating doing anything that could be against the laws of your state.

3 More Natural Pain Killers I Recommend To My Patients

If you choose not to use CBD oil to treat your pain, here are three all-natural pain relievers I've been using successfully with my patients for decades.

1. Holy Basil. I first learned about holy basil when I went to India to study at one of the oldest natural healing schools in the world. It's one of the most revered herbs in Ayurvedic medicine.



Holy basil contains dozens of compounds that reduce pain.

This herb contains dozens of nutrients that reduce inflammation. One of the most powerful is called ursolic acid. It inhibits the inflammatory COX-2 enzyme. But it has none of the nasty side effects of pain drugs. And clinical studies prove holy basil relieves pain and reduces inflammation.¹¹

You can simply chew a few fresh basil leaves if you want, and you'll get some of the pain-relieving effect. But a more potent way would be an extract. I recommend 400 mg to 600 mg a day in divided doses. Make sure the supplement has at least 5 mg to 10 mg of ursolic acid in each capsule.

2. Frankincense. Researchers found that frankincense contains enzymes that block a hormone-like chemical in your body called prostaglandin e2 (PGe2). PGe2 is produced in response to an injury. It causes blood vessels to dilate and expand. This causes the injured area to become swollen and arthritic.

But by directly attacking PGe2, frankincense stops inflammation before it starts.

In a large study, researchers followed 440 arthritis patients for six months. They found that frankincense relieved pain as effectively as painkillers. It also significantly improved knee function.¹²

Another study found that those who took frankincense for eight weeks had better knee function, less swelling and more comfort. They could also walk further and had a better range of motion.¹³

I suggest taking 400 mg three times a day. Frankincense is also available as an essential oil. You can place a drop or two under your tongue. Or dilute a drop in a glass of water or a teaspoon of honey.

3. White Willow Bark. This plant contains salicin, the same compound found in aspirin. It comes from a tree native to Europe and Asia. Hippocrates had his patients chew on white willow bark to reduce inflammation.

Studies show it not only relieves arthritis pain but also increases mobility in the back, knees, hips and other joints. And a study in the *American Journal of Medicine* found it effective for lower back pain.

White willow bark won't upset your stomach like aspirin might. You can find white willow bark extract in health food stores or online. I recommend 240 mg per day.

References:

1. Luthra S. "As states OK medical marijuana laws, doctors struggle with knowledge gap." *USA Today*. Aug. 11, 2016.
2. Bachhuber M., et al. "Medical Cannabis Laws and Opioid Analgesic Overdose Mortality in the United States," 1999-2010 *JAMA Intern Med*. 2014;174(10):1668-1673. doi:10.1001/jamainternmed.2014.4005
3. Abuhasira R., et al. "Epidemiological characteristics, safety and efficacy of medical cannabis in the elderly." *Eur J Intern Med*. 2018 Mar;49:44-50. doi: 10.1016/j.ejim.2018.01.019.
4. Xiong W., et al. Cannabinoids suppress inflammatory and neuropathic pain by targeting $\alpha 3$ glycine receptors. *J Exp Med*. 2012 Jun 4;209(6): 1121-34.
5. Hammell DC., et al. "Transdermal cannabidiol reduces inflammation and pain-related behaviours in a rat model of arthritis." *Eur J Pain*. 2016 Jul; 20(6): 936-948.
6. Preet A., et al. " Δ -9 Tetrahydrocannabinol inhibits growth and metastasis of lung cancer." *Cancer Research: Experimental and Molecular Therapeutics*. May 2007, Volume 67, Issue 9.
7. Penner E., et al. The Impact of Marijuana Use on Glucose, Insulin, and Insulin Resistance among US Adults. *Am J Med*. 2013; (126)7:583-9.
8. Mannucci C., et al "Neurological Aspects of Medical Use of Cannabidiol." *CNS & Neurological Disorders — Drug Targets*. 2017
9. Fernández-Ruiz J., et al. "Cannabidiol for neurodegenerative disorders: important new clinical applications for this phytocannabinoid?" *Br J Clin Pharmacol*. 2013 Feb;75(2):323-33.
10. Ringbom T., et al. "Ursolic acid from *Plantago major*, a selective inhibitor of cyclooxygenase-2 catalyzed prostaglandin biosynthesis." *J Nat Prod*. 1998; 61:1212-15.
11. Badiyan ZS., Moallem SA., et al. "Virtual Screening for Finding Novel COX-2 Inhibitors as Antitumor Agents." *Open Med Chem J*. 2012;6:15-9.
12. Chopra A., et al. "Ayurvedic medicine offers a good alternative to glucosamine and celecoxib in the treatment of symptomatic knee osteoarthritis: a randomized, double-blind, controlled equivalence drug trial." *Rheumatology (Oxford)*. 2013 Aug;52(8):1408-17.
13. Kimmatkar N., et al. "Efficacy and tolerability of *Boswellia serrata* extract of osteoarthritis of knee — a randomized double blind placebo controlled trial." *Phytomedicine*. 2003 Jan;10(1):3-7.

They Hijacked Technology And Got It All Wrong...

Here's How I Discovered the Disease Cure As Simple as the Air We Breathe

When I was in medical school, the “experts” looked at ancient systems of healing with a lot of suspicion.

But I always had an instinct there was something fundamentally right about many things these traditional medical systems do. Even if we couldn't explain it in the terms of western technology... at that time.

Today it's a different story. Technology has revolutionized medicine. And we can prove that these ancient systems have real scientifically proven healing powers.

Technology has been a savior in the field of medicine. And I am happy to combine ancient medicine with technology in my clinic. I'm constantly looking for new ways to help my patients overcome a constellation of diseases... to ultimately live healthier, fuller lives.

That's why I had to stop after reading a new study I came across. Because in this instance, technology was hijacked...

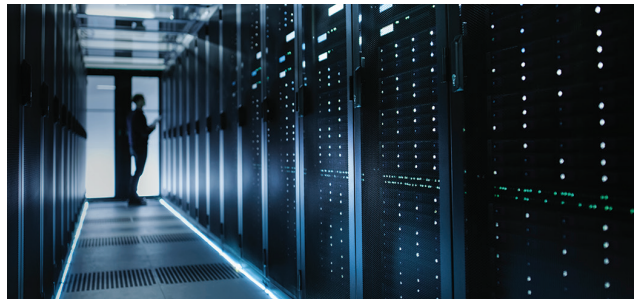
Let me explain.

For 10 years, scientists fed massive amounts of research data from thousands of Big Pharma meds into a *supercomputer* at the University of Florida.

They claim that they can “prevent or delay” the onset of these devastating conditions in thousands of people by using this supercomputer and a new kind of personalized “small molecule” gene therapy.

The article states that 60% of people at risk of getting type 1 diabetes possess a molecule DQ8. It has also been linked to an increased risk of other autoimmune conditions, including rheumatoid arthritis, celiac disease and multiple sclerosis.

The researchers believe if they can block DQ8 they can also block the onset of these diseases.



Big Pharma is attempting to hijack information from a Florida supercomputer in order to dole out more dangerous drugs.

And the drug their supercomputer spat out for the job was a blood pressure drug called *methyldopa*. It's been used for over 50 years to treat high blood pressure in pregnant women and children.

They want you to take this drug as a prevention for diseases you don't even have! And a dangerous one at that. Methyldopa has a long list of nasty side effects as long as your arm — including heart failure, sexual dysfunction, nausea, stomach pain, jaundice, skin rashes, muscle weakness, swollen tongue, diarrhea and shortness of breath.

It's true that autoimmune diseases can be prevented — and in some cases even reversed, despite what most doctors will tell you — but not this way.

In this *Confidential Cures* article, you'll learn about the true, natural way to combat autoimmune disorders. This incredible healing therapy backed up by multiple independent scientific studies and yet still ignored by most doctors.

Big Pharma Tried To Sell Us A “Defective Gene Theory”

You get conditions like diabetes (types 1 and 2), rheumatoid arthritis, celiac disease, psoriasis, multiple sclerosis and lupus, when your body turns against itself.

Most doctors and scientists will tell you the problem is your defective genes.

But you don't develop these conditions because your Aunt Mae, Uncle Harry or anyone else in your family had them.

The fact is your genes were made perfect. They're part of the normal pattern of variation you find across the human species.¹

*The simple fact is that autoimmune diseases begin not with your genes — but when your genes react with our modern toxic environment and Western diet.*²

While your DNA and the presence of immune system-triggering molecules like DQ8 can increase risk, they aren't enough to give you an autoimmune disease. There must be something else going on.

You see, drug companies can't come up with a pill that can combat the effects of our modern environment, so they're trying to tamper with your genes instead or sell you "preventative" medicines.

And as I immediately suspected, Big Pharma giants and drug developers are behind the newly published DQ8 supercomputer research.

Arm Your Body To Attack The Real Foreign Invaders Causing Disease

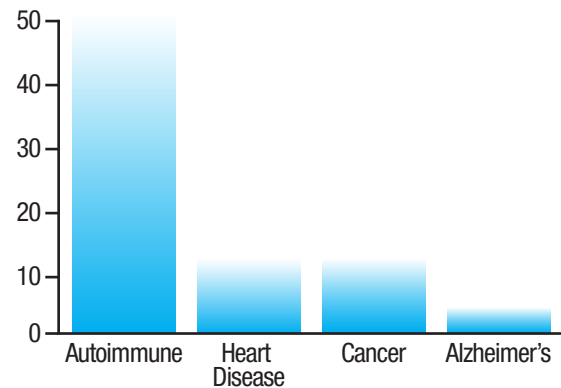
If you have an autoimmune disease, you're not alone. Some 50 million Americans suffer from at least one of the 80 or so conditions you can get when your immune system becomes overactive and attacks your body instead of foreign invaders.³

And over the past few decades, more people than ever before have become victims of an autoimmune disease. In fact, more people now have them than cancer, heart disease and Alzheimer's combined.⁴

Worldwide rates of rheumatic, hormonal, gastrointestinal and neurological autoimmune diseases are rising by around 7% per year. Some of the biggest increases have been seen in *celiac disease*, *type 1 diabetes* and *myasthenia gravis* (muscle fatigue).

That has presented a giant money-making opportunity for Big Pharma. The global treatment market for autoimmune diseases is already worth

THE AUTOIMMUNE PANDEMIC IS OUT OF CONTROL



With more than 50 million diagnosed cases, autoimmune diseases outnumber, coronary heart disease, cancer and Alzheimer's — combined.

more than \$36 billion... and it's expected to grow to around \$46 billion by year 2022.⁵

But the surging incidence of these chronic diseases should be evidence enough that there's a lot more to the problem than just your genes.

*The common thread between all autoimmune diseases is the inflammation response caused by our environment.*⁶

Today, almost all people on the planet are inflamed, thanks to our modern diet packed with inflammation-friendly ingredients like sugar, grains and refined starches.

These unnatural foods and the toxins they contain flood your bloodstream and cause relentless inflammation in your body, because you didn't evolve to eat them. Your immune system kicks into high gear and mistakes its own tissue for a foreign object and attacks it.

Your immune system's overproduction of *cytokines* and other proinflammation signaling chemicals lead to further inflammation of body tissue. And before long, you end up with an autoimmune disease...

Too many cytokines in your joints leads to rheumatoid arthritis... with type 1 diabetes, they destroy the insulin-producing cells in your pancreas... celiac disease occurs when they attack your small intestine.

Even type 2 diabetes, which most doctors think is a metabolic disease, begins when B cells and other

immune cells attack your body's own tissues. This causes insulin resistance, stemming from the starch overload and toxins in our modern diet.⁷

To make matters worse, it can take almost five years just to get an autoimmune disease diagnosis. That's years of unnecessary suffering.

And even if you do get diagnosed, the "cures" are often worse than the disease. Big Pharma's drugs try to beat your out-of-control immune system into submission with dangerous *immunosuppressive* drugs and *corticosteroids* to try to reduce inflammation.

Just like the latest attempts to control diabetes by targeting the HLA-DQ8 molecule, these drugs never get to the real cause.

Yet the researchers behind the HLA-DQ8 study stand to make a significant amount of money from matching the gene compound up with the methyl dopa drug.

You see, multiple independent studies in recent years have downgraded the importance of gene vulnerability in autoimmune diseases like diabetes.⁸

I take a much more natural approach to treating autoimmune diseases in my patients — and it doesn't involve Big Pharma drugs or nasty side effects...

Use The Healing Power Of Oxygen To Fight The Autoimmune Pandemic

Since the 1930s, *hyperbaric oxygen therapy* has been used to help deep-sea divers heal from the bends. But most doctors don't realize how effective it can be against autoimmune diseases.

HBOT is simply breathing in 100% oxygen under higher pressure than we have normally in the air. And its effectiveness against autoimmune diseases boils down to its ability to heal inflammation.

Oxygen doesn't get headlines the way drugs do. And it cannot be patented, so it will never be promoted by the medical industry.

I've had extraordinary successes in treating autoimmune diseases with HBOT at the **Sears Institute for Anti-Aging Medicine**.

You see, when your immune system is working properly, inflammation is your body's natural response

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.

to injuries and infections. Immune cells rush to the scene to beat back infections. Blood-clotting agents such as fibrin are formed.

Most of the time, this immune response is quick and your body goes right back to normal. But with autoimmune diseases that's not the case. Waste products from all that activity accumulate and cause more inflammation. Circulation is impaired. Pain follows.

And inflammation never goes away. It becomes the new normal. These areas of inflammation block the flow of oxygen. Tissues and organs begin to malfunction.

That's where HBOT can work wonders. It saturates your body's fluids and tissues with oxygen. It floods your cells with it, reducing inflammation.

And the high pressure in the HBOT chamber helps drain excess fluid. It pushes out toxic waste products. And it stimulates the growth of new capillaries to restore circulation.

That's just what you need to fight an autoimmune disease. HBOT decreases the level of inflammatory *leukotrienes*, acts as an immune modulator, and improves the cognitive function in many patients suffering from an autoimmune disorder.

Numerous studies have shown that HBOT can have a significant impact on autoimmune diseases like:⁹⁻¹⁵

- Multiple sclerosis
- Lupus
- Psoriatic arthritis
- Rheumatoid arthritis
- Crohn's disease
- Fibromyalgia
- Scleroderma
- Hashimoto's thyroiditis
- Autoimmune hemolytic anemia
- Diabetes and diabetic foot ulcers

I believe hyperbaric oxygen therapy is the fastest and most effective way to replenish your body's oxygen supply, but also to harness the healing power of super-charged oxygen.

That's exactly why I added one to my clinic.

During an HBOT session, you rest comfortably in a pressurized chamber. And you breathe in 100% oxygen. You can listen to music, read, watch a movie or simply relax.

A typical HBOT session lasts about 90 minutes. Treatments are repeated, depending on the condition, anywhere from five to 40 times.

If you would like more information about HBOT and how it might help you, please contact my staff at 561-784-7852. They will be happy to explain it all to you. But there are plenty of ways for you to use the healing power of oxygen.

My Top 4 Oxygen Boosters You Can Use At Home

I think of my obligation to you like this: I have to improve your health.

When I then think about how to do that for you, I come back to this issue: your lungs. Breath is life. How well and deeply you breathe is related to how well and long you'll live.

And the speed of healing and recovery doesn't depend on your age. It depends on getting the body's natural growth and healing processes going — and this means getting oxygen to the parts of the body that need it most.

1. Improve your lung power 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 will notice how much easier it gets at a greater 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.¹⁶

2. Pair PACE with quercetin for maximum lung power: 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 subjects who took 500 mg of quercetin twice a day also had increased VO2 Max — without doing anything else.¹⁷

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 food 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.

3. Turn on oxygen delivery with cordyceps sinensis: Research shows this medicinal mushroom has the power to “turn on” genes that increase oxygen delivery to the cells, while “turning-off” inflammatory factors.¹⁸

In one study of 30 elderly patients, cordyceps sinensis significantly improved the amount of oxygen the subjects could assimilate. And another study showed that cordyceps sinensis increased cellular oxygen absorption by up to 40%.^{19,20}

A lot of cordyceps supplements combine different species, so it's important to look for a supplement that says cordyceps sinensis. I recommend up to 1 gram twice per day by capsule.

4. Use maca to neutralize dangerous oxygen destroyers:

I first discovered this root on one of my early trips to Peru. I was crossing the Inca Trail — the highest paved pass in the world. And while my travel companions suffered the effects of altitude sickness, maca got me through unscathed.



Here I am in a field of maca in the Andes in Peru.

I used a special type of maca (*Lepidium meyenii*) that only grows at high altitudes of the Andes Mountains. Maca root acts as a natural antioxidant.

Animal research shows that it boosts levels of SOD (superoxide dismutase).²¹ This antioxidant is found in every one of your cells. It works by neutralizing the MOST dangerous free radicals in your body like superoxide or “anions.” Most antioxidants can’t touch these super radicals. But SOD is an enzyme. It triggers the conversion of superoxides into harmless oxygen and water.²²

You can supplement with maca from your local health food store. But be sure it comes from 100% pure maca root from Peru. I recommend 500 mg a day.

References:

.....

1. Wilkin TJ. “Changing perspectives in diabetes: their impact on its classification.” *Diabetologia*. August 2007, Volume 50, Issue 8, pp 1587-1592.
2. Taha R. “The Link between Ankylosing Spondylitis, Crohn’s Disease, Klebsiella, and Starch Consumption.” *Clin Dev Immunol*. 2013; 2013: 872632.
3. Rattue G. “Autoimmune Disease Rates Increasing.” *Medical News Today*. MediLexicon, Intl., 22 Jun. 2012.
4. Heart Disease: Scope and Impact. *The Heart Foundation*.
5. “Global Autoimmune Disease Treatment Market — By Disease Type, Diagnostics, Products, Region — Market Size, Demand Forecasts, Industry Trends and Updates (2016-2022)” *Oristep Consulting Report*. June 2017 ID: 4392242.
6. Lerner A., Jeremias P., Matthias T. “The World Incidence and Prevalence of Autoimmune Diseases is Increasing.” *International Journal of Celiac Disease*. 3(4), 151-155. Nov. 16, 2015
7. Velloso LA., Eizirik DL., et al. “Type 2 diabetes mellitus — an autoimmune disease?” *Nature Reviews Endocrinology*. Volume 9, pages 750-755. Jul 9, 2013.
8. Wilkin TJ. “The great weight gain experiment, accelerators and their implications for autoantibodies in diabetes.” *Arch Dis Child* 91:456-458. 2006.
9. Fischer BH., Marks M., Reich T. “Hyperbaric-oxygen treatment of multiple sclerosis: a randomized, placebo-controlled, double-blind study.” *N Engl J Med* 1983;308:181-186.
10. Chen SY., Chen YC., et al. “Early hyperbaric oxygen therapy attenuates disease severity in lupus-prone autoimmune (NZB x NZW) F1 mice.” *Clin Immunol*. 2003 Aug;108(2):103-110.
11. Nippon S., et al. “Rheumatoid Arthritis and Hyperbaric Oxygen Therapy.” 1985, Jan, 59(1):17-26.

12. Use of Hyperbaric Oxygen in Rheumatic Diseases: And Critical Analysis Wallace DJ. Silverman S, et al. *Newlife MG*. 2016
13. Berg D., Berg LH., et al. “Chronic fatigue syndrome and/or Fibromyalgia as a variation of Antiphospholipid antibody syndrome: an explanatory model and approach to laboratory diagnosis.” *Blood Coag Fibrinol* 10:435-438. Lippincott Williams & Wilkins. Published: 2 July 1999
14. Castro-López RE., Chávez-Mayolb JM., et al. “Use of hyperbaric oxygen therapy in T2 diabetics with pelvic lesions. Clinical experience.” *Sociedad Medica del Hospital General de Mexico*. Published by Masson Doyma Mexico. 2 Aug. 2017
15. Kitabjian A. “Efficacy of Hyperbaric Oxygen Therapy in Diabetic Foot Ulcers.” *Endocrinology Advisor*. Oct. 16, 2017
16. Adapted from: von Ardenne, M. Oxygen Multistep Therapy. *Thieme*. 1990. p. 144.
17. Davis JM., et al. “The dietary flavonoid quercetin increases VO(2max) and endurance capacity.” *Int J Sport Nutr Exerc Metab*. 2010 Feb;20(1): 56-62.
18. Mrinalini Singh, Rajkumar Tulsawani, Praveen Koganti, Amitabh Chauhan, Manimaran Manickam, and Kshipra Misra. Cordyceps sinensis Increases Hypoxia Tolerance by Inducing Heme Oxygenase-1 and Metallothionein via Nrf2 Activation in Human Lung Epithelial Cells. *BioMed Research International*. Volume 2013 (2013), Article ID 569206, 13 pages.
19. Mychaskiw G, “Hyperbaric oxygen therapy and neurologic disease: the time has come.” *Undersea Hyperb Med*. 2010;37(2):xi-xiii.
20. Mu J., et al. “Hyperbaric oxygen therapy promotes neurogenesis: where do we stand?” *Med Gas Res*. 2011 Jun 27;1(1):14. PMID: 22146131
21. Vecera R., et al. “The influence of maca (*Lepidium meyenii*) on antioxidant status, lipid and glucose metabolism in rat.” *Plant Foods Hum Nutr*. 2007;62(2):59-63.
22. Faraci FM., Didion SP. “Vascular protection: superoxide dismutase isoforms in the vessel wall.” *Arterioscler Thromb Vasc Biol*. 2004;24(8):1367-73.

Rare Mineral Delivers One-Two Punch Against Cancer And Heart Disease!

Our very first farmers must have had the best-tasting vegetables you could ever imagine.

But that was 12,000 years ago, at the dawn of agriculture.

And those harvests weren't just rich in flavor, they were packed with minerals, vitamins and nutritious plant compounds that kept our ancestors strong, vibrant and mentally sharp.

Sadly, many of those vital nutrients have been obliterated from our modern food supply.

And that's why I want to let you in on the mineral *selenium*, a powerful antioxidant and one of the "lost" essential micronutrients that's sadly been almost eradicated from American food.

Selenium is extremely important. I've been recommending supplements of this rare Earth mineral to my patients for years, because it can make a real difference to how you live... and how you age.

Here are just a few reasons why selenium is so important:

- ✓ You need it for the production of testosterone, the male *and* female sex hormone.
- ✓ It brightens mood and builds body strength.
- ✓ You need it for strong bones.
- ✓ You need it for a healthy prostate.
- ✓ It's essential for fighting heart disease and cancer.

Your hunter-gatherer ancestors got all the selenium they needed by eating organ meats, like liver, heart and even brains. And our forebears got plenty of selenium from those first crops the early farmers grew.

But it was downhill from there.

You see, those first farmers — without knowing it — laid the groundwork for chemically intensive agriculture that really took off after World War II, and which Big Agra continues today on a massive



Big Agra has stripped our modern food supply of essential nutrients.

industrial scale — and your health, manhood, zest for life and even your happiness are the victims.

Big Agra's industrial farming methods have just about "cleansed" the earth of the crucial plant compounds you evolved to depend on for your health. But while your diet and the environment around you have altered, your body still has the same biological and metabolic needs.

Globally, billions of people are so low in selenium that they run a higher risk of cancer and heart disease.¹

The good news is that you still have the inborn blueprint to be strong, smart, mobile and disease-free.

In this article, I'm going to reveal to you how you can use selenium to get back your native strength and lust for life. You'll also learn about the other incredible benefits of this neglected trace mineral.

But first, let's take a look at what happened to all the selenium that should be in your diet...

Nutritional Genocide: How Big Agra Is Killing The Earth

It began with those early farmers, when they first tilled the soil. Then they tilled it again... and again.

The problem is, when land is constantly recultivated, crop yields become more disappointing... and increasingly deficient in nutrients.

It takes a staggering **500 years** for nature to build less than an inch of living soil — and only seconds to destroy it.²

It's why today's fruits and vegetables — including “organic” produce — contain only a fraction of the nutrients the first crops had. Big Agra's pesticides and chemical fertilizers have made this problem much worse.

It's the same reason gardeners can get great harvests in their first few years, but after a while the results are not as good.

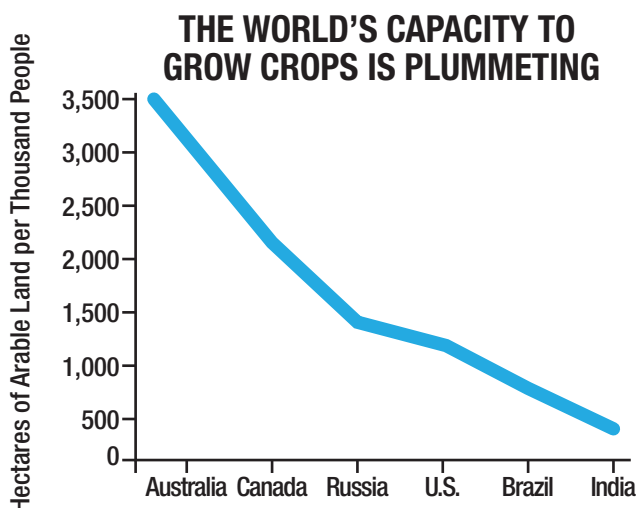
The devastating affect this had on early farming communities is revealed in ancient bone fossils. Archaeological studies show that within just a few generations those first farmers grew sickly, weak and even shorter, compared with the bones of hunter-gatherers.

That's the effect of nutritional genocide. Today, with the rise of Big Agra, that same devastation has spread across the globe. Most of us are puny weaklings compared to our primal ancestors.

As mentioned, Big Agra has continued, on an industrial scale, what those early farmers began — planting and replanting the same land, stripping nutrients from the soil season after season.

You see, nutrient-rich soil is created by the natural ecosystem of wild and diverse plant life.

Big Agra has the opposite effect. Its focus is on singular crops (monocultures) and reaping maximum yield with the least expense. It has nothing to do with nutrition or biodiversity.



As the global population grows, the world's food needs are increasing rapidly. Thanks to Big Agra, our planet's capacity to grow crops is dwindling.

Studies show that over the past 40 years alone, about **2 billion hectares** of soil — an area larger than the U.S. and Mexico combined — have been degraded by intensive Big Agra farming. As a result, a staggering 30% of the world's cropland is now unproductive.³

The *Journal of the American College of Nutrition* published a study comparing the nutrient content of crops in 1999 with 1950 levels. And researchers were shocked to find many vegetables had **lost as much as 80% of their nutrient content**.⁴

Selenium has been one of the biggest victims. In fact, most of the land Big Agra exploits for its enormous crop farms in America has been replanted, poisoned and degraded so often over the last 150 years, the selenium content is next to nothing.

Many other countries face the same problem. Some countries, like Finland and China, have tried adding selenium to their commercial fertilizers. But studies show plants take up only a small portion of fertilizer-selenium.

But Big Agra's biggest cash crop does the most damage of all...

Researchers at the University of Tokyo found repeated planting of *soy* almost completely eliminates selenium content in soil wherever it's planted.⁵

That means in America alone, 83.7 million acres of land have been “cleansed” of selenium.

The problem is, your body needs selenium to survive.

The Nutrient You Can't Live Without

Selenium is a *trace element*, which means your body only needs very small amounts of it — but this mineral is required for making the brain's neurotransmitters and plays an all-important role in your body's metabolism.

In fact, just about every cell in your body has selenium — especially in your muscles, liver, thyroid and kidneys.

Your body also requires selenium to produce essential enzymes, including those needed for testosterone and thyroid hormone production.

Low selenium can even be a root cause of *low-T* and *erectile dysfunction*.

You see, without enough selenium, your body can't make enough testosterone. Studies show that selenium

boosts testosterone by getting in the way of the *aromatase* enzyme's ability to convert it into estrogen.⁶

If you're a regular reader, you'll know that low testosterone doesn't just affect your sex drive. It dampens your mood, motivation and even your muscle mass.

Testosterone is also the most powerful bone builder in both men and women. But selenium is crucial to bone health for another reason...

Thanks to its potent antioxidant properties, several studies have confirmed that selenium is a powerful protector against osteoporosis.⁷

But while selenium is a strong antioxidant in its own right, its real power comes from its extraordinary ability to turbo-charge glutathione, your body's "master-antioxidant."

Glutathione is a key part of your body's immune system. It mops up excessive free radicals caused by our modern environment and repairs the oxidative stress damage.

Free radicals are at the cellular core of today's most devastating chronic conditions — like cancer, osteoporosis, diabetes, cataracts, rheumatoid arthritis, heart disease, Alzheimer's and even aging.⁸

But when selenium enters the picture, glutathione becomes *glutathione peroxidase*, an enzyme that speeds up the reaction between glutathione and free radicals — and turns them into harmless water.⁹

And selenium doesn't just protect you from these modern scourges. It also fights them.

Nowhere has this power been shown to be more remarkable than against America's two biggest killers...

One Mineral, Double Power Against Cancer And Heart Disease

Years ago, Chinese authorities were baffled by the unusually high incidence of *cardiomyopathy* in the Keshan region of China.

Cardiomyopathy is a type of heart disease in which the heart muscle becomes enlarged and too weak to pump enough blood around your body and it even affected Keshan children and teenagers.

No explanation for this virtual epidemic could be found — until a hair analysis provided a clue. The researchers discovered that selenium levels in the hair

of people living in regions with high rates of heart disease were less than half of those in other areas.

Further research revealed that the problem was the low selenium content of soil, and yes, the crops grown in Keshan County.

So the Chinese government decided to supplement the diets of Keshan residents with selenium... and amazingly, cardiomyopathy rates were knocked down to national levels within just a few years, and cardiomyopathy in kids was eliminated!

Other studies have confirmed selenium's cardio-protective properties and discovered that people with low levels of selenium in their blood are **three times** more likely to die of a heart attack than are those with higher selenium levels.

But that's not all that happened...

The Keshan case led to another investigation using blood banks around China. And it was found that areas with the highest blood levels of selenium had the lowest death rates from **cancer**.

These results have now been confirmed in other areas of the world. A wide-ranging study in 1977 showed that in 27 countries, low selenium intake was linked to death from 17 cancers — including **stomach, lung, colon and prostate cancer**.¹⁰

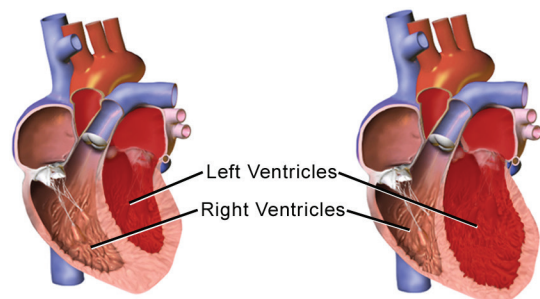
In America, the Dakotas and Wyoming have soils rich in selenium... and have a lower incidence of many different types of cancer.

But boosting your selenium levels has also been shown to be effective at reversing cancer.

SELENIUM PACKS A POWERFUL PUNCH AGAINST HEART DISEASE

Normal Heart

Heart with Dilated
Cardiomyopathy



Researchers uncovered that selenium was the missing link for healthy hearts. People with low selenium levels developed cardiomyopathy.

The U.S. National Cancer Institute reported on a five-year study of 30,000 middle-aged people living in Linxian region of China. The study found that taking vitamin E and selenium together led to plummeting levels of **stomach and esophageal cancer**.¹¹

And the American Nutritional Prevention of Cancer Study, while looking at the effect of selenium on skin cancer, found that **prostate cancer** incidence in men taking selenium was 67% lower than in those who did not. **Lung, breast and colorectal cancers** were also significantly lower.¹²

Meanwhile, researchers from Stanford and Johns Hopkins universities found that selenium supplements could significantly lower the risk of prostate cancer.¹³

And a Harvard study showed that men who had more selenium had the healthiest prostates. This was true even for men with high PSA levels. If they were in the group with the most selenium, their prostate cancer risk dropped by 50%.¹⁴

Fuel Your Selenium Intake To Slash Your Risk Of Cancer

This amazing mineral used to be fairly easy to get from our food. The richest source of selenium by far is organ meats — like liver, heart and pancreas — although these foods have long fallen off family dinner plates.

Fortunately, there are other ways to raise your selenium levels — and remember, you only need a small amount.

1. Add more selenium-rich foods to your plate. I recommend fresh, freeze-dried or aged **garlic** to my patients. It contains a bioactive form of selenium.

Start with one garlic clove or capsule and slowly increase to three cloves or capsules after each meal.

Brazil nuts are another good source of selenium. One Brazil nut contains around 100 mcg of the mineral — *so you just need two per day*.

You can also get selenium from grass-fed red meat, tuna, eggs and walnuts — although in lower quantities. Seaweed is also rich in selenium.

And vegetables like broccoli, cabbage, spinach, mushrooms and asparagus were once naturally rich in selenium... until Big Agra stripped our croplands of nutrients.

THE BEST SELENIUM-RICH FOODS TO ADD TO YOUR MEALS TODAY

Brazil Nuts	607 mcg 1,103% DV	+
Eggs	146 mcg 265% DV	+
Sunflower Seeds	105 mcg 190% DV	
Liver	99 mcg 180% DV	
Rockfish	64 mcg 116% DV	
Tuna	64 mcg 116% DV	
Herring Fish	39 mcg 71% DV	
Chicken Breast	33.2 mcg 58% DV	
Salmon	31 mcg 56% DV	
Turkey	25 mcg 45% DV	
Chia Seeds	15.6 mcg 28% DV	
Mushrooms	15 mcg 27% DV	

Adding just two Brazil nuts a day will give you all the amazing benefits of selenium.

These days, for example, you'd have to eat 10 servings of spinach to get the same level of minerals from just one serving just 50 years ago.¹⁵

2. Supplement to boost your selenium. The government's recommended daily intake is 55 mcg (millionths of a gram). But I recommend taking **200 mcg of selenium** every day to protect against cancer and heart disease... even if you're already a victim.

Most multi-vitamins contain a little selenium, but make sure you take ones that contain enough, so you're getting 200 mcg per day.

Or you can get a stand-alone selenium supplement. Choose supplements that contain *selenomethionine*, the organic form of selenium, not the inorganic sodium selenite or selenite form. The human body absorbs more than 90% of selenomethionine, but only about 50% of selenium in its selenite state.¹⁶

3. Enhance your body's healing powers with this powerful combination. Because **selenium and vitamin E** cooperate as far as absorption goes, I recommend you take them together.

You can get more vitamin E in your meals by adding:

- **Annatto oil:** I first discovered annatto while on a research trip in the Andes Mountains. Annatto contains more of the powerful tocotrienol type of vitamin E than any other source — about 15 mg per tablespoon.

- **Palm oil:** is another good source of tocotrienols. One tablespoon contains 8 mg.
- **Nuts:** A handful of **cashews, almonds** or **pistachios** every day will provide plenty of vitamin E.
- **Dark leafy greens:** One serving of **kale, broccoli, or spinach** has between 1 mg and 2 mg of tocotrienols.

Most people can't get enough tocotrienols in their food, so I recommend supplements.

But here's the problem. Vitamin E supplements usually don't include tocotrienols. So I tell my patients:

- Make sure you get supplements that contain **natural vitamin E** — not its synthetic form. Vitamin E in the form of *all-rac-alpha-tocopherol-acetate* or *dl-alpha-tocopherol* should be avoided. There are serious questions about their safety and whether your body even recognizes such substances.
- Supplement with **50 mg of tocotrienols twice a day**. Ideally, the purer the tocotrienol the better. And because vitamin E is fat-soluble, take it with a meal.

References:

1. Haug A, et al. "How to Use the World's Scarce Selenium Resources Efficiently to Increase the Selenium Concentration in Food." *Microb Ecol Health Dis.* 2007;19(4): 209-228.

2. Leahy S. "Peak Water, Peak Oil... Now, Peak Soil?" *Inter Press News Agency.* May 31, 2013. Accessed here: <http://www.ipsnews.net/2013/05/peak-water-peak-oilnow-peak-soil/>

3. GRID-Ardenal. Global Soil Degradation [map]. 2008.. Available at: www.grida.no/resources/6338

4. Davis DR., et al. "Changes in USDA Food Composition Data for 43 Garden Crops, 1950 to 1999." *J Am Coll Nutr.* 2004;23(6):669-682.

5. Nakamaru Y., et al. "Depletion of Selenium in Soil Solution Due to its Enhanced Sorption in the Rhizosphere of Soybean." *Plant Soil.* 2005;278(1-2): 293-301.

6. Gao R., et al. "Methylseleninic Acid Is a Novel Suppressor of Aromatase Expression." *J Endocrinol.* 2012;212(2): 199-205.

7. Turan B., et al. "Selenium combined with vitamin E and vitamin C restores structural alterations of bones in heparin-induced osteoporosis." *Clin Rheumatol.* 2003;22(6): 432-436.

8. Pham-Huy A., et al. "Free Radicals, Antioxidants in Disease and Health." *Int J Biomed Sci.* 2008 Jun; 4(2): 89-96.

9. Lubos E., et al. "Glutathione Peroxidase-1 in Health and Disease: From Molecular Mechanisms to Therapeutic Opportunities." *Antioxid Redox Signal.* 2011;15(7): 1957-1997.

10. Schrauzer GN., et al. "Cancer Mortality Correlation Studies — III: Statistical Associations With Dietary Selenium Intakes." *Bioinorg Chem.* 1977;7(1):23-31.

11. "Prevention of Esophageal Cancer: The Nutrition Intervention Trials in Linxian, China. Linxian Nutrition Intervention Trials Study Group." *Cancer Res.* 1994;54(7 Suppl):2029s-2031s.

12. Clark LC., et al. "Effects of Selenium Supplementation for Cancer Prevention in Patients With Carcinoma of the Skin. A randomized controlled trial. Nutritional Prevention of Cancer Study Group." *JAMA.* 1996;276(24):1957-1963.

13. Brooks JD., et al. "Plasma Selenium Level Before Diagnosis and the Risk of Prostate Cancer Development." *J Urol.* 2001;166(6): 2034-2038.

14. Traish A., et al. "Long-term Dutasteride Therapy in Men With Benign Prostatic Hyperplasia Alters Glucose and Lipid Profiles and Increases Severity of Erectile Dysfunction." *Horm Mol Biol Clin Investig.* 2017;30(3).

15. Heinrich E. *The Root of All Disease.* TRC Press, 2000.

16. Institute of Medicine. *Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids.* Washington, DC: National Academy Press, 2000.

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).

