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## How Ancient Therapy Is Helping Former NFL Players End Debilitating Pain — And Kick Dangerous Opioid Addiction

Football season starts again in a few weeks. And while I enjoy watching the games, I can't help but think about the crushing blows the players take to their brains and bodies every time they go out on the gridiron.

I've written to you before about how a cutting-edge therapy I offer at the **Sears Institute for Anti-Aging Medicine** is helping players recover from the traumatic brain injuries they've suffered following years of getting sacked.

But I recently read about a player who is using another kind of breakthrough therapy to help him recover from the chronic pain caused by his 15-year football career.

Chicago Bears quarterback Jim McMahon led his team to a Super Bowl victory over the New England Patriots in 1986. But multiple tackles and blows to the head during his games eventually led to debilitating health problems.

Since his retirement, McMahon has been diagnosed with early onset dementia as well as severe headaches, depression, memory loss, and vision and speech problems.

He also suffered a broken neck.

The former NFL star says the pain got so bad "it felt like someone was sticking ice picks in my head." He wanted the pain to end so badly, at one point, he considered suicide.

By 2009, McMahon was taking 100 Percocet pills a month.



*Chicago Bears quarterback Jim McMahon was using 100 opioid painkillers a month — until he tried an all-natural compound that eased his agony with NO side effects.*

In 2010, he started using an all-natural painkiller to ease his agony. He calls the treatment a "godsend," and says it's the only thing that has worked for him. Not only does it relieve his pain without any side effects, it allowed him to ditch his addictive opioid habit.

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And McMahon isn't the only professional athlete who has quit taking prescription pills and replaced them with this compound. New York Jets defensive end Marvin Washington, former NHL player Riley Cote, NBA star Al Harrington and MLB pitcher David Wells have all turned to it to ease their longstanding pain.

But relief of chronic pain isn't this therapy's only benefit. In fact, recent research has proven its benefits in relieving inflammation, easing arthritis, reducing anxiety and depression, eliminating oxidative stress, fighting cancer and improving skin conditions like eczema and psoriasis.

The miracle therapy McMahon began using is cannabis. And for some people, it's a miracle cure.

But before you think I'm suggesting you use a potentially illegal substance, I want to reassure you that I'm not. While I believe in the power of medical marijuana and have recently been licensed to prescribe it to my patients, the topic of this article is cannabidiol, or CBD. I'll explain how it targets a hidden network of chemical compounds and receptors inside the body that regulates everything from memory and mood to your immune system and inflammatory response.

## Trigger Your Body's Own Cannabis Receptors

Nearly three decades ago, while researching the effects of cannabis on the human body, Professor Raphael Mechoulam of Medicinal Chemistry at the Hebrew University of Jerusalem in Israel made a monumental — and underreported — discovery.

One that should have changed how medicine was practiced from that point on...

He located a hidden biochemical communication system made up of tens of thousands of "receptor sites" located throughout the human body.<sup>1</sup>

He called it the *endocannabinoid system*, after the plant at the heart of the research — cannabis. This system is so intricately involved in so many processes in the body that it's being recognized as one of the most important physiologic systems involved in establishing and maintaining human health.<sup>2</sup>

It's part of all your organs and major systems, including your:

Brain
Immune system
Central nervous system (your spinal cord and nerves)
Peripheral nervous system (the nerves that run from your spinal cord to the rest of your body)
Intestinal tract
Musculoskeletal system

Compounds in CBD trigger the tens of thousands of cannabis receptors that are already inside your body. Receptors are tiny proteins attached to your cells that receive chemical signals from different stimuli and help your cells respond. This creates anti-inflammatory and painkilling effects that help with pain management.

But you don't need to worry about getting any hallucinogenic effects from using CBD. There's only one compound in cannabis, tetrahydrocannabinol (THC), that causes this effect. CBD doesn't contain THC. So it can't alter your state of mind — or get you "high."

This is because CBD doesn't affect the same receptors as THC. So you get relief from pain and disease without the mind-altering effects of marijuana or side effects from Big Pharma's pills.

CBD is produced the same way other herbal extracts are... by extracting the CBD from the plant, and then diluting it in a carrier like coconut or hemp.

Unfortunately, until only recently, most doctors never heard of Professor Mechoulam's research — thanks to the government's long-held anti-marijuana stance.

## From Traditional Chinese Medicine And Ayurvedic To Today — Cannabis-Based Medicine Works

More than 80 years ago, the U.S. government banned cannabis-based therapies. They said it was a dangerous drug with no medical value — and waged an all-out war to keep this powerful painkiller out of your hands.

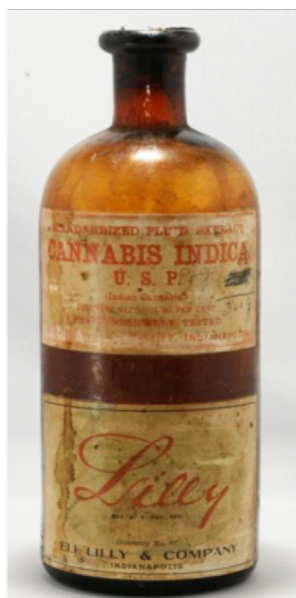
But all along, they knew it was more than just safe... They knew it worked. The use of cannabis for medical purposes dates back thousands of years.

One of the first recorded uses of cannabis dates back to 2737 B.C. That's when Emperor Shen Neng, the father of Traditional Chinese Medicine, prescribed cannabis tea — or *ma* — to treat more than 100 illnesses including arthritis, constipation, malaria and memory loss.<sup>3</sup>

From China, use of the herb spread to India. In 1400 B.C., the sacred Ayurvedic text *Atharvaveda* called cannabis a holy plant that could cure congestion, fever, inflammation and asthma. In ancient Egypt, medical cannabis was used to treat pain and inflammation.

But cannabis was also an important part of early American medicine.

In 1619, the Virginia General Assembly, the first government of the New World, passed a law requiring every farmer to grow *Cannabis Sativa*, or hemp. And by the 18th century it was commonly prescribed to relieve pain, inflammation and convulsions. Many of the country's



***Cannabis was a commonly prescribed medication in America until the mid-1930s.***

Founding Fathers — including George Washington and Thomas Jefferson — grew the herb for both industrial and medicinal purposes.<sup>4</sup>

In fact, for most of American history, cannabis was 100% legal and commonly used in tinctures and extracts. But in the early 1900s, everything changed...

In 1920, the decade-long Mexican Revolution ended. Thousands of Mexicans looking to escape the horrific violence in their country flooded across the border into Texas and Louisiana. These new immigrants brought with them their food and culture — including the use of "*marihuana*." as a medicine and a relaxant.

Before long, the media started spreading fear about both these latest immigrants and their "dangerous" herb. As a way to control, arrest and deport the newly arrived immigrant population, the government declared cannabis an illegal substance, despite the fact that it was legal in America for hundreds of years.

By 1937, the Marijuana Tax Act effectively banned its use and sale. While this act was declared unconstitutional years later, it was replaced by the Controlled Substances Act in the 1970s. This act created a classification system called Schedules that ranked different substances according to how dangerous they were considered and their potential for addiction.

The federal government placed cannabis in the most restrictive category, Schedule 1, as a temporary measure until a commission could decide where it should be permanently placed. But even though the commission later determined that cannabis was not a serious threat to public health, the politics of the time were against reclassifying it. So even today, that's where it remains.

But CBD is treated differently.

According to federal law, if a substance contains CBD and less than 0.3% of THC, it can be legally purchased and used. While this eliminates most CBD products derived from cannabis, it does allow for hemp-derived therapies and extracts.

## Big Pharma Wants To Keep Cannabis All To Itself

Ironically, while the federal law says marijuana and other cannabis-based therapies have no medical value, they're trying to keep it all to themselves.

You see, the federal government admits that cannabis, and particularly CBD, has powerful medical applications. And in 2003, they applied for, and were granted, a patent on cannabis compounds by the U.S. Department of Health and Human Services.

So why would the government patent cannabis while calling marijuana illegal? In a word — money.

By patenting this substance, it opens the doors for pharmaceutical companies to license the patent from the government and develop their own profitable, CBD-based prescription medications. It's a money-money win for both sides.

Giant pharmaceutical companies have already come to market with multiple synthesized drugs designed to mimic the medicinal benefits of both CBD and THC. Sold under the names Marinol, Sativex, Cesamet — and most recently, Epidiolex — these drugs are patented forms of cannabis extracts.

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 highly that patients have reported severe side effects.

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.

It's recently been reported that pharmaceutical lobbyists are working hard, in more than 20 states, to make sure that giant pharmaceutical companies are the **ONLY** ones with access to legal CBD. If cannabis in all its forms becomes legal everywhere, Big Pharma stands to lose billions of dollars.

And it's no wonder they want to get their hands on it. Numerous studies dating back almost two decades prove CBD works to relieve pain and inflammation...

- A 2006 study found that a cannabis-based therapy ***significantly relieved pain*** in arthritis patients.<sup>5</sup>
- A 2011 study found that CBD helped to ***reduce inflammatory joint pain*** in rats by affecting the way pain receptors respond to stimuli.<sup>6</sup>
- A 2014 meta-analysis of existing research on animals concluded that CBD is an effective treatment for ***osteoarthritis***.<sup>7</sup>
- A 2016 study found that the topical application of CBD gel significantly ***relieved pain and inflammation associated with arthritis*** without any side effects.<sup>8</sup>
- And a 2017 study found that CBD can be a safe and useful treatment for acute ***osteoarthritis joint pain***.<sup>9</sup>

## Leading A Pain-Relief Revolution

CBD is leading the biggest pain-relief revolution we've seen since a Bayer aspirin was invented in the 1890s. Millions of pain sufferers are turning to this all-natural therapy to treat their pain instead of dangerous and addictive opioids.

In fact, two new studies have found that in every state that has legalized cannabis, opioid use has dropped dramatically. Both studies were published in the *Journal of the American Medical Association*.

In the first five-year study, researchers reported that prescription opioid use fell a stunning 6.38%. In the second study, researchers found that the daily doses of any opioid dispensed per year dropped by nearly 4 million when patients had access to cannabis.<sup>10</sup>

And according to new research published in the *European Journal of Internal Medicine*, 20% of CBD users quit taking opiates.<sup>11</sup> In this breakthrough study, more than 2,700 elderly patients treated their cancer pain with CBD.



After six months, almost 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.

And unlike opioid pain medications, CBD has not been found to be addictive. In fact, some research has found that CBD can actually help decrease the addictive use of opioids like morphine by blocking the reward pathways that lead to addiction.<sup>12</sup>

## While The World Anti-Doping Agency Approved CBD For Athletes, I Know It's Not For Everyone...

I became interested in sports medicine even before I started medical school. Throughout college, I worked with athletes and today I'm a member of the American College of Sports Medicine. I'm also an ACE-certified fitness trainer. So I get it when one of my patients tells me about after an injury they got playing sports.

But in the same way cannabis worked for Jim McMahon and other athletes, it's providing relief for my patients at the **Sears Institute for Anti-Aging Medicine**. I live in Florida, the retirement capital of the world. And a lot of people are here because they want to play golf and tennis all year round.

So it was a big deal earlier this year when the World Anti-Doping Agency removed CBD from its list of banned substances. Although CBD is 100% legal in all 50 states, this news made them feel even better about adding it to their pain-relieving protocol.



*Earlier this year, the World Anti-Doping Agency removed CBD from its list of banned substances, giving athletes all over the world the OK to use this potent pain reliever.*

But I understand that not everyone wants to try CBD. Fortunately, there are plenty of other all-natural plant-based therapies available. Here are three alternatives I recommend.

**1. Make a deal with the devil.** A few years back, on a trip to Peru, I came across some huge vines known as Devil's Claw. Despite its ominous name, Devil's Claw has many healing properties.

Studies prove Devil's Claw is effective in reducing the symptoms of rheumatoid arthritis, tendonitis, bursitis and even lower back pain.<sup>13,14</sup>

It has an effect similar to COX-2 drugs like Vioxx, but without the risky side effects. One study compared a Devil's Claw extract to Vioxx in 79 patients with severe lower back pain. After just six weeks, Devil's Claw turned out to be just as good as Vioxx.<sup>15</sup>

Devil's Claw is so effective that doctors in Europe commonly prescribe it. About 74% of arthritis prescriptions in Germany are for Devil's Claw.<sup>15</sup>

Look for Devil's Claw in capsule, tincture and in tea form at your local health food store. If you're taking a capsule, start with 600 mg three times a day. Look for 50 mg to 100 mg of the active ingredient harpagoside in each capsule.

For the dried root, take 0.5 to 1.5 grams three times per day in a water-based solution (like a cup of tea). As a tincture, try 0.2 to 1 mL (1:5 in 25% alcohol) three times per day.

**2. Use the "Golden Miracle."** That's what I call curcumin. This ancient spice has more than 615 health benefits, supported by nearly 7,000 studies. But it's best known as a powerful anti-inflammatory. In fact, studies show it reduces arthritis joint pain by 60% and joint swelling by 73%.<sup>17</sup> Another clinical trial found it was more effective than prescription strength NSAIDs.

Your body has a "switch" that activates more than 400 proinflammatory genes. It's a molecule called nuclear factor-kappa B (NF-kB). Nearly 98% of all diseases are controlled by this one molecule. But it can't stand up to curcumin. Studies show curcumin deactivates NF-kB.

Big Pharma has tried in vain to get at the NF-kB molecule. And they have failed miserably. In fact, curcumin has been proven more powerful than 19 of Big Pharma's best-selling drugs — without the side effects.

Look for a supplement that contains piperine. This black pepper extract boosts absorbency by 2,000%. I recommend 400 mg to 500 mg twice a day.

**3. This ancient Ayurvedic “Smart Plant” eliminates arthritis pain.** Ashwagandha — also known as Indian ginseng and winter cherry — is an adaptogen. That means your body uses it only as needed for pain.

In a recent study, researchers gave 60 arthritis patients ashwagandha or a placebo. After 12 weeks, those taking the herb reported significantly less pain using three separate pain score tests.<sup>18</sup>

I recommend 300 mg to 500 mg twice a day. Or you can buy dried ashwagandha root powder. Look for a product that's 100% organic with no artificial flavors or colors. I like to add 1 teaspoon to a cup of boiling organic milk. I let it simmer for 5 minutes. Then add little honey to taste.

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# Free Your Body's Locked-Up Testosterone And Win The Battle Over Low-T In 3 Easy Steps

I'm sure you've seen the ads. Fly-by-night low-T clinics and aggressive pharmaceutical companies advertising promise of everything from curing erectile dysfunction and lack of sexual vigor to making you more alert, energetic, mentally sharp and manly.

At the same time, the media equates low-T therapies with snake oil and cites clinical evidence of testosterone's questionable benefit.

Who do you believe?

Well, there's an element of truth in both. That's because those fly-by-nighters and Big Pharma rely on costly synthetic testosterone injections and creams.

And that's likely to make your problem worse.

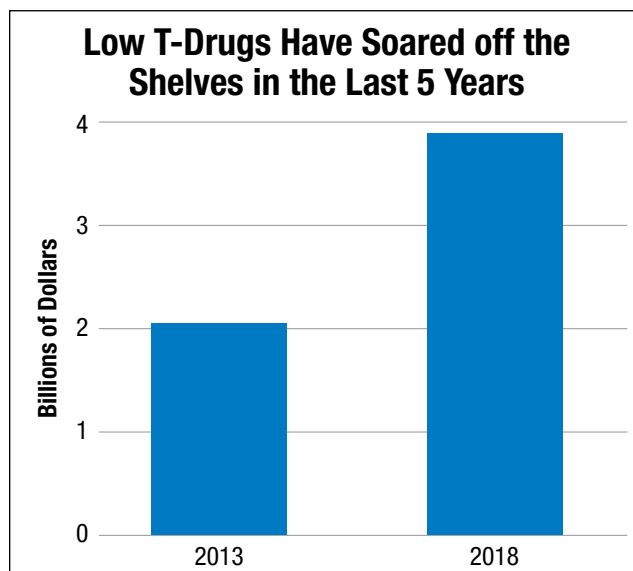
The problem is, your body has testosterone already — but it's locked away. And unlocking it takes a special set of keys...

Natural keys.

Solving a low-T problem takes a multi-faceted approach — there's no one magic-bullet fix. Sure, Big Pharma will gladly reach into your pockets. But there's so much more to the problem that synthetic testosterone won't solve.

I'll show you how to correct this imbalance without Big Medicine's costly solutions. You'll discover why it's crucial to look at the whole equation, so you can cut through the noise and get to the real root of low testosterone.

As you age, your body becomes locked in a battle over the hormone that makes you a man. Of course, I'm talking about the power of testosterone, and your levels start falling naturally at about age 30 and continue falling by about 1% to 2% per year.



*You can see how the low-T drug has surged in just five years.*

Both men and women need this virile hormone for strong bones and muscles, a keen mind, positive mood, smooth skin, proper weight control and rip-roaring libido.

But that's not all. Testosterone also supports protein synthesis as well as red blood cell production. That's a lot.

Once your levels begin slipping you feel the pinch: Many men face depression, fatigue, low libido, high blood pressure, and excess weight gain.

And the search for a solution can be daunting. There's no shortage of disinformation.

Your body's testosterone is constantly under siege — thanks to environmental toxins, hormonal imbalance, and impurities in our food.

The good news is I've developed simple steps to safely, naturally unlock your testosterone and reverse much of the debilitation that comes with low-T...

without triggering an imbalance of hormones that can cause you to be, well, less than yourself.

And not only are most testosterone treatments dangerous to your health, they never get to the root of the problem.

It's time to reclaim your masculinity — safely and naturally.

A **low level of testosterone** (“**low-T**”) is a huge problem for my older male patients.

As they'll tell me, it's about so much more than just younger looks and higher energy. It's all the joys of youth... and that includes sex.

Many had even been on Big Pharma's synthetic testosterone treatments for years. Others had visited a low-T clinic for testosterone shots. It's little wonder that the nearly \$4 billion market in testosterone drugs is booming.<sup>1</sup>

But they quickly find out what I've known for years — at best, these treatments simply do not tackle all the symptoms. At worst, the health risks are simply not worth it.

## Don't Let Them Turn You Into A Woman — Reclaim Your King of Hormones

I've talked about the importance of restoring testosterone levels naturally for years — for both men and women.

If you're a man, testosterone is made in your testes from cholesterol. Women make smaller amounts in their ovaries. A little testosterone is also made in the adrenal glands that sit just above your kidneys.

Essentially, testosterone begins with cholesterol. In fact, your body is incapable of making any hormones without cholesterol — that's one reason a “heart healthy” low-fat, low-cholesterol diet limits your performance.

Despite what you've heard from the media and conventional doctors, fat and cholesterol don't make you fat. They give your body the building blocks to create abundant testosterone and other sex hormones, which actually makes you lose weight and build muscle, especially if your current testosterone levels are low.

Testosterone is found in the bloodstream in two forms. It's either bound to a special protein called **SHBG** — or **sex hormone-binding globulin** — where it's biologically inactive, or it's “free testosterone.”

Most of the testosterone in your body is bound — but about 1% to 2% in men is “free,” so it can enter cells and activate the testosterone receptors for the desired effect.

But what's not natural for a man are the big testosterone drops of 3% or more... and the feminization that comes with it.

That's when a man's pecs become more like a woman's breasts, a condition called **gynecomastia**, more commonly called “man-boobs,” along erectile dysfunction and excess weight gain.

## Low-T Clinics: Avoid The Dangerous Testosterone Trends

The low-T craze began in earnest in 1995. That's when the FDA approved a testosterone patch. Soon after, *billions* of prescriptions were written and thousands of low-T clinics cropped up in strip malls across America.

These days you can take testosterone orally, nasally, intramuscularly with injections, or through the gums via drops, creams, sprays, injections, pills, or transdermal patches.

Sadly, these strip-mall shysters hand out “prescriptions” that are rubber-stamped by doctors who don't even see the patients coming into their clinics.

“These treatments simply do not tackle all the symptoms. At worst, the health risks are simply not worth it.”



And apparently many of them don't understand that testosterone doesn't operate in isolation. It's part of a finely balanced system of biochemical messengers called **androgens**, your sex hormones. Testosterone is your main androgen, but it's not the only one.

But here's the biggest problem. If you keep giving men testosterone, two things happen:

**1. Your body shuts down its own production**

**of testosterone.** When this occurs, your testicles shrink in size, because they've stopped producing testosterone.

Red blood cell and hemoglobin levels can also increase with testosterone therapy, which can cause blood clotting and lead to strokes or heart attacks.

You'll probably also gain weight. That's because when you have so much testosterone in your body, it starts to convert into estrogen, the female sex hormone. This can also cause the dreaded man boobs and breast sensitivity.

**2. Your body starts to convert a lot of testosterone into an androgen called dihydrotestosterone, or DHT.** And that's bad news, too.

DHT causes a man's estrogen (an androgen antagonist) to rise... which leads to increased belly fat, enlarged prostate, increased risk of heart disease and a decline in energy and brain function.

## Find Your Perfect T-Balance To Reclaim Your Masculinity

Your body was made to have the right testosterone levels throughout your life. Don't let doctors or media tell you that your symptoms are just part of "getting older."<sup>2</sup>

The declines that happen naturally each year are not nearly enough to cause low libido or any low-T problems.

Something else is going on...

*Our toxic, modern environment has thrown your androgen system out of whack and it's robbing you of your masculinity.*

Your ancient male ancestors didn't have this problem. They ate a high-protein, low-carb diet of red meat, animal fats, wild fish, eggs, fruits, vegetables and nuts. That kept their hormones balanced and kept them energized and virile.

But eating a high-carb diet loaded with refined sugars, starches and other toxic ingredients creates a new problem. It stimulates an essential enzyme called **aromatase** that converts testosterone in men into **estradiol**, an estrogenic hormone.

Men do need some estradiol. It protects the endothelial cells of the arteries and veins, keeping them flexible and making it easier for your heart to pump blood. And a balance between testosterone and estradiol keeps your brain sharp and encourages strong bones and a better mood.

But too much estradiol causes hormonal imbalances and your testosterone levels drop. And as aromatase levels continue to rise, more testosterone gets converted to estradiol.

Depression, moodiness, fatigue, loss of muscle mass and excess weight follow... and so does a dead sex drive.

There are also thousands of alien molecules that threaten your manhood every day. Over the last century, our world has been flooded with man-made chemicals and pollutants.<sup>3</sup>

Some of the worst toxins we face are called **xenoestrogens**. These chemicals — like *bisphenol A (BPA)* and *phthalates* found in plastics — are hormone disruptors that leach into the foods you eat and the water you drink. They're also used in nearly every consumer product you can think of.

Xenoestrogens accumulate in your body and mimic the action of estrogen, upsetting the delicate balance of estrogen, testosterone and other hormones that work together.

They bind to estrogen receptors on your cells. When that happens, estrogen synthesis is turned on, and testosterone production is suppressed. Over time you become *estrogen-dominant*.

Low-T clinic and synthetic testosterone treatments only make these hormones at the root of the problem worse. Fortunately, there are alternatives.

Often, a patient's testosterone levels rise on their own, once we've repaired the imbalance in other hormones. But if necessary, I treat my low-T patients with ***bioidentical testosterone replacement therapy***.

If you want more information about this therapy and how it might help you, please contact my staff at the **Sears Institute for Anti-Aging Medicine** at **561-784-7852**. They will be happy to explain it all to you. But I also recommend three safe and natural solutions you can do.

## Reclaim Your Manhood In 3 Easy Steps

Here's what I recommend to my patients for taking control of their testosterone:

**Step 1. Stop estrogen dominance.** Your ratio of testosterone to estrogen should be at least 4:1. All other things being equal — the higher your ratio, the more masculine you'll look and feel. I try to get my male patients closer to 8:1.

The build-up of xenoestrogens in your body makes this impossible. You see, your body has no way to deal with these alien, testosterone-destroying chemicals. So I use a special kind of natural detox called ***chelation***.

Chelation claws out the xenoestrogens that have accumulated in your body. Studies have shown chelation degrades xenoestrogens in your body.<sup>4</sup>

I recommend IV chelation, which delivers 100% of a chelating compound — I use calcium disodium EDTA. Xenoestrogens like BPAs — as well as heavy metal hormone disruptors like lead, mercury and arsenic — are “grabbed” by the EDTA and taken out through your kidneys.

**Step 2. Control your estradiol levels.** Estradiol is a powerful testosterone receptor antagonist and it blocks testosterone from binding.

Low-T clinics never tell you that when your testosterone rises, so will your estradiol levels. This means if your estradiol is high, no matter how much testosterone you take, it won't help. Too many of your androgen receptors are blocked and your free testosterone has nowhere to go.

To control your estradiol level, you need to control your body's production of the enzyme *aromatase*.

I do this with an herbal mix called ***berberine***. It's a plant phytonutrient extracted from a number of medicinal herbs, such as barberry. Studies show that berberine binds to aromatase and prevents it from getting out of control.<sup>5</sup>

I recommend between 1,000 mg to 1,500 mg a day.



***The berberine plant is a phytonutrient that can help control the production of the aromatase enzyme in your body.***

**Step 3. Take the oldest and safest aphrodisiac in the world.** Your body was designed to get high levels of **vitamin D** from the sun on your skin. Most doctors don't know that vitamin D is a steroid hormone, just like estrogen and testosterone. It's also critical for the synthesis of testosterone.

One study examined the vitamin D and testosterone levels of more than 2,000 men. It found that men with higher vitamin D levels had more testosterone and lower levels of sex hormone-binding globulin (SHBG). SHBG binds to hormones so your cells can't use them, and if you have too much of it, your testosterone levels drop.<sup>6</sup> Men with vitamin D deficiency had lower testosterone and higher SHBG levels.

## Let The Power Of The Sun Raise Your Testosterone Levels

- Researchers found that men over the age of 65 who supplement with vitamin D were less likely to have low testosterone levels than were men who didn't supplement.<sup>7</sup>
- In another study from 2011, researchers discovered that trial participants who supplemented with around 3,000 IU of vitamin D daily had more than 25% more testosterone than did a placebo group.<sup>8</sup>
- Australian researchers found out that in older men, low vitamin D levels were linked with low free testosterone.<sup>9</sup>
- A 2014 Italian study published in the *Journal of Sexual Medicine* confirmed another link between reduced vitamin D levels and a greater risk of ED.<sup>10</sup>

It also showed that testosterone levels were lowest in March (the end of winter) and highest in August (the end of summer). Since sunlight affects your vitamin D production, people experience seasonal dips and peaks.

I always advise patients in my clinic to get a blood test to check levels and take a high-quality vitamin D3 supplement.

I recommend getting 8,000 IU of vitamin D daily, through a combination of sunshine, foods and supplements.

Here's what I tell my patients:

- **Go out unprotected in the midday sun** for at least 10 to 15 minutes every day. As long as you avoid sunburn, it's good for you and you'll get between 3,000 and 5,000 IU of vitamin D3. Make sure to expose parts of your body that are usually covered.
- **Add food sources of vitamin D3** to your eating plan. A serving of cooked wild salmon and mackerel provide roughly 350 IU vitamin D3 each. Sardines and tuna in oil provide about 225 IU of vitamin D3 each. And one tablespoon of cod liver oil contains nearly 1,400 IU of vitamin D3.
- But you'll also need a **supplement to get your D3 levels up**. I recommend *cholecalciferol* – the same vitamin D your body produces. Avoid the

synthetic form of vitamin D2 in most multi-vitamins. It's less potent and less absorbable. Take 2,000 IU of cholecalciferol daily, preferably in the morning. You should also take it with magnesium, because magnesium levels can drop when boosting your vitamin D3 intake.

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# What's Lurking In Your Drinking Water?

## Purge This Common Toxin From Your Body For A Sharper Brain And Healthy Teeth

Something you're exposed to every day — something you've been told is good for you — is actually a dangerous toxin.

For decades now, dentists have touted it for dental health. But today, nearly 70% of Americans get it in their water supply whether they want it or not.

The toxin is **fluoride**. And a small town in Arizona finally took a stand against this national trend of adding it to their drinking water.

The vote was unanimous. And they've caught a lot of slack for their decision from the state's dental association. They're even going as far as saying the town is putting their children at risk!

The truth is the people of Bisbee, Arizona just made one of the best decisions they could for the health of their citizens.

Community water fluoridation began in 1945, reaching 49% of the U.S. population by 1975 and about 75% by 2014, according to the Centers for Disease Control and Prevention. Many authorities place the estimates much higher.

But water isn't the only way we're building up this toxicity in our bodies: Toothpaste containing fluoride was first marketed in the United States in 1955. And by 1986, more than 90% of children in their formative years — 2-4 — used fluoride toothpaste.

That's a long time for this one-two punch of fluoride to build up.

But until more towns take a stand like Bisbee, I've got a way you can cleanse your body of the harmful toxins in our water supply.



***Fluoride is dumped into your water supply because dentists thought it would put an end to cavities. It didn't and a small town in Arizona decided they've had enough of this toxic water.***

I consistently tell my patients at the **Sears Institute for Anti-Aging Medicine** to reduce their exposure to fluoridated water as much as possible. And I have a bullet-proof method of doing just that. My powerful 3-part detoxification plan goes beyond purging this toxic substance from your body. You'll instantly feel better.

The main form of fluoride used in public drinking water — **fluorosilicic acid** — is a toxic brew. It's even listed with the Environmental Protection Agency as a hazardous waste.

Even the EPA and the Department of Health and Human Services have at least admitted that there was a problem by recommending a lower concentration of fluoride from 1.2 ppm (parts per million) to just 0.7 ppm.

But that's still too much.



## Protect Yourself And Your Teeth From Fluoride Toxicity

In 1939, a scientist at one of Pittsburgh's most prestigious institutes was assigned by our country's biggest aluminum company to find some use for the sodium aluminum fluoride waste that builds up in aluminum production.<sup>1</sup>

The waste that was piled up in mounds near factories would be "blown by the wind onto nearby farms, contaminating the grass and fodder, causing the animals" to give birth to deformed young.

His suggestion?

Dump it in the water supply. Get public health authorities on board saying it's good for us.

Why?

To advance a growing global obsession for fluoride and fluorosilicic acid, the form used in 90% of water fluoridation.

Dental experts thought adding fluoride to your water would put an end to cavities.

It didn't. Adding fluoride to our drinking water actually increases cavities.

In fact, for each parts-per million (ppm) of added fluoride in water, tooth decay goes up 27%.<sup>2</sup>

Believe it or not, the fluoride used in most toothpastes, mouthwashes, dental whiteners, and fluoride tablets is also used as a powerful pesticide, a preservative in glue and *a chemical agent for weapons*.

In fact, fluoride's **fluorine** component — one of the most deadly toxins known to man — made the creation of the atom bombs possible that helped end World War II.

## Fight Back Against What Your Body Doesn't Need

Fluoride is even more dangerous because symptoms don't surface right away. People keep using it because they can't see the harm. Toxins can build up over 20 years before you start seeing effects.

And the effects are devastating...

You see, fluoride crosses the blood-brain barrier. It can lead to changes in the brain's physical structure and biochemistry.

Animal studies show fluoride leads to the same brain changes found in Alzheimer's patients. In children, those changes affect mental development including learning and memory.

Fluoride also lowers intelligence. Harvard researchers found children in high-fluoride areas had much lower IQ scores than those who lived in low-fluoride areas. They suggested that high fluoride levels in drinking water may have an adverse effect on how children's brains develop.<sup>3</sup>

The first step in protecting yourself against the brain damaging effects of fluoride is to avoid it altogether. But that's not easy.

Fluoride is found in antibiotics, prescription drugs like Prozac, non-stick pots and pans, and toothpaste. You'll get it in iced tea, infant formula, wine, and beer made with municipal water. It's in produce like lettuce and bakery products.

But there's good news...

A recent animal study finds that a common kitchen spice can counter brain damage from fluoride.<sup>4</sup>

I'm talking about **curcumin**...



***Curcumin fights off the damage fluoride causes to your brain and white blood cells.***



Curcumin is a powerful antioxidant. It works by battling the oxidative damage of fluoride in the brain. Studies show it also prevents DNA damage from fluoride in human white blood cells.<sup>5</sup>

That's why I advise all my patients to fight fluoride with curcumin.

In this country we don't use enough turmeric to get the full brain benefits of curcumin. That's why I recommend supplements to my patients.

But don't waste your money on a product that won't work...

- **Look for a supplement with at least 90% or greater "curcuminoids."** And be sure your supplement contains piperine (an extract from black pepper). Piperine increases the bioavailability of curcumin by 2,000%.

Take 1,000 mg every day.

- **To get even more out of your curcumin supplement,** I recommend taking what I like to call a curcumin "kickstart."

It's a Balinese root called *galangal*. This rare root has been used in Far Eastern medicine for thousands of years. But only recently have researchers started studying it in the West. One researcher even calls it "the gold mine of future therapeutics."



***Galangal helps flush out toxins from the body and also improves blood circulation.***

You can find fresh galangal at Asian markets and specialty stores, but I recommend the dried root. It keeps longer. I like making a cup of galangal tea. But it's also easy to cook with.

Or you can take it as a supplement. I recommend taking 100 mg twice a day.

But that's not all that I recommend to my patients for ridding their bodies of the toxic water we drink every day...

## **My 3-Part Purging Plan To Naturally Dump Toxins**

The best way to detoxify your body is with chelation. I recommend a combination of oral chelation and IV chelation.

At my clinic, I use calcium disodium EDTA for IV chelation directly into your bloodstream. The EDTA surrounds and grabs hold of toxins and carries them out of your body through your kidneys.

Fortunately, your body was built to naturally purge these toxins. And I've developed a three-step plan for detoxifying right at home.

### **Step 1: Cleanse your colon with these detoxifying herbs.**

- **Cascara sagrada.** This plant extract helps to stimulate the muscles of the colon to contract, helping to push waste and toxins out of your body. It also helps tone and strengthen the colon, which can bring better bowel function back. Look for a supplement dosage of 200 mg per day.
- **Marshmallow root (*Althaea officinalis*).** This root acts like a natural adhesive. When it's exposed to water — for example when it's entering the intestinal tract — it provides a soothing and protective coating to the irritated intestinal lining. Aim for 25 mg per day.
- **Flaxseed (*Linum usitatissimum*).** This crop plant has high levels of omega-3s, which naturally help us calm inflammation, as well as providing a source of fiber, which promotes intestinal health. Look for at least 25 mg a day.

**Step 2: Help your body flush out toxins by keeping your liver on the right track.**

- **Milk Thistle** (*Silybum marianum*). This is my first choice for a liver health boost. Take 200 mg in capsule form twice a day. Look for a dried extract with at least 80% silymarin, the active compound.



*You can make a detoxifying milk thistle tea by steeping the leaves and seeds in hot water.*

- **Dandelion** (*Taraxacum officinale*). This root stimulates bile and acts as a diuretic. In Asia it's used for hepatitis, jaundice, swelling of the liver, and deficient bile secretion. Use 4-10 grams of the dried leaf or 4 mL to 10 mL (1:1) of fluid extract.
- **Sarsaparilla** (*Smilax officinalis* or *Smilax aristolochiifolia*). This is one of my favorite teas to cleanse the blood. Native Americans cherish it as a restorative tonic. Use 1-4 grams of the dried root, or 8 mL to 12 mL (2 to 3 tsp.) (1:1) liquid extract, or 250 mg (4:1) of solid extract.

**Step 3: Sweat out the remaining toxins.**

Steam saunas originated in Finland more than 1,500 years ago. Studies show that in addition to detoxing your skin, frequent use can decrease your overall risk of mortality.

To get the full benefits of detoxification, here are some pointers I give my patients:

- **Dry brush your skin.** Before your sauna, vigorously dry brush your skin with a loofah for five to 10 minutes. This removes dead skin and stimulates circulation. It also unclogs your pores so toxins can be released more effectively. After skin brushing, take a warm shower to rinse off.
- **Build up slowly.** Start with five minutes at a time to build up your tolerance.
- **Work up to 20 or 30 minutes.** Start with once a week and work up to a daily session.
- **Drink up.** Be sure to drink plenty of mineral water before, during and after your sauna session to replenish lost fluids and minerals.
- **Shower again.** Following the sauna session, gently scrub the toxins and sweat from your skin in a warm or hot shower. Finish with 30 seconds of cold water to close your pores. It may take some getting used to. But before you know it, the cold water will feel less shocking and more invigorating.

If you have any other questions about IV chelation or sauna at my clinic, you can call my staff at the **Sears Institute for Anti-Aging Medicine** at **561-784-7852**. They'll be happy to answer any questions you may have.

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The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.



## AL SEARS, MD

Al Sears, MD, CNS, is a medical doctor and one of the nation's first board-certified anti-aging physicians.

As a board-certified clinical nutritionist, strength coach, ACE-certified fitness trainer and author, Dr. Sears enjoys a worldwide readership and has appeared on more than 50 national radio programs, ABC News, CNN and ESPN.

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

Dr. Sears shocked the fitness world by revealing the dangers of aerobics, “cardio” and long-distance running in his book, *PACE: The 12-Minute Fitness Revolution*.

In 2004, Dr. Sears was one of the first doctors to document the true cause of heart disease and expose the misguided and often fatal drugs-and-surgery approach to heart health.

In *The Ageless Heart Manual: Advanced Strategies to Reverse Heart Disease and Restore Your Heart's Pumping Power*, Dr. Sears outlines the easy-to-follow solution that effectively eliminates your risk of heart disease, high blood pressure and stroke.

An avid lecturer, Dr. Sears regularly speaks at conferences sponsored by the American Academy of Anti-Aging Medicine (A4M), the American College for the Advancement of Medicine (ACAM) and the Age Management Medicine Group (AMMG).