

Dr. Sears'

CONFIDENTIAL CURES

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

December 2018

Vol. VII Issue 11-12

CONFIDENTIAL CURES SPECIAL EDITION...

Introducing The Biggest Breakthrough In Regenerative Medicine

Imagine walking into your doctor's office and being told your chance of getting cured just increased **800%**.

Unheard of right?

Maybe in traditional medicine. As you know, they have a vested interest in treating patients without curing them. Because a cured patient is no longer part of their profit machine.

But I've been bucking the medical system for decades to put you and my patients first. I don't wait for FDA dictocrats to tell me what to do.

When I find a therapy works, I offer it to my patients who need it.

You see, the medical establishment and puppets in Big Pharma want you to believe that some of today's worst diseases can't be cured. Conditions like diabetes, heart disease, stroke, spinal cord injuries, autoimmune diseases and so much more.

But they're wrong...

At the **Sears Institute for Anti-Aging Medicine**, we have great success healing our patients of many of today's chronic diseases. And we're doing it using what I consider to be the most exciting medical breakthrough I've seen in medicine a very long time.

I've named it **HyperStem™**.

By combining two of the biggest breakthroughs in regenerative medicine — *stem cell therapy* and

hyperbaric oxygen therapy — we are **curing** patients of these so-called "incurable diseases."

Because this combination doesn't just double the lifesaving effects of stem cell therapy. *It provides 800% more healing power.*

In this special edition of *Confidential Cures*, I'm going to give you a firsthand look at how we use a novel HyperStem protocol — that includes with a host of ancillary regenerative therapies — at the Sears Institute to treat and cure patients. I believe that this collective therapy makes our unique HyperStem protocol the only one in the world to nourish your stem cells with regenerative therapies including primal nutrients, IV laser light, EECP and an IV nutrient cocktail. And get your body's healing power over the 800% mark.

Also in This Issue...

The Next Generation Of Stem Cells Is Moving From Treating To Curing Disease.....	2
HBOT: A Cure As Easy As Breathing.....	6
Stem Cells: Miracle Cure For Boy Shot Through The Heart.....	10
Laser Light Therapy: Supercharge Your Stem Cells With Light Therapy.....	13
EECP: Circulate Millions Of Your Own Stem Cells With Pulsation Therapy.....	17
IV Vitamin Therapy: Flood Your Body With Nutrients To Help Stem Cells Flourish.....	20

The Next Generation Of Stem Cells Is Moving From Treating To Curing Disease

Up until now, these diseases were all widely considered incurable. But you are about to see how all that is rapidly changing...

- Heart disease — CURED¹
- Alzheimer's — CURED²
- Diabetes — CURED³
- Stroke — CURED⁴
- Spinal cord injury — HEALED⁵
- ALS (Lou Gehrig's disease) — CURED⁶
- Sickle cell disease — REVERSED⁷

At the **Sears Institute for Anti-Aging Medicine**, we are moving from treating to curing.

When I find a therapy that's proven by science, I offer it to my patients who need it.

And I've had incredible success for years using cutting-edge therapies that mainstream medicine ignores. One of the biggest examples is stem cells, which I believed would be the biggest medical breakthrough of my career...

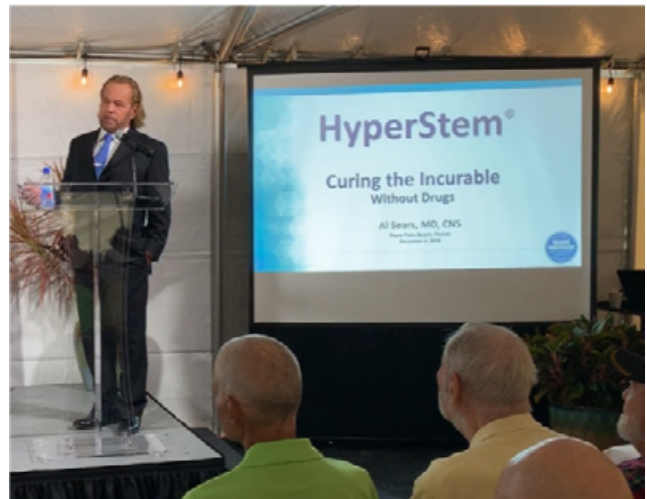
Until now.

Today, I'm taking stem cells to a whole new level...

I'm talking about my brand-new therapy HyperStem.

And just last week, I announced this news at the Sears Institute.

If you were one of the almost 200 people who attended the event, it was wonderful to see you. I always love talking to and connecting with my readers one to one.



I was thrilled to introduce HyperStem™ — the breakthrough therapy we're performing at the Sears Institute — with such a wonderful audience.

Because, after all, it's *people like you* who inspire me to keep searching for the latest, most cutting-edge regenerative therapies.

And that's what the event was all about...

I introduced what I believe is the **biggest medical breakthrough** we will ever see.

You see, HyperStem combines two of the most effective regenerative and anti-aging therapies that exist today — stem cells and hyperbaric oxygen therapy (HBOT).

Now both therapies provide lifesaving treatment for a large number of chronic conditions, ranging from diabetes, stroke and spinal cord injuries to Alzheimer's, arthritis and heart disease. And so many more.

But when stem cells are combined together with HBOT, it results in **800% MORE healing power**.

Let me explain...

HBOT mobilizes stem cells from the bone marrow. In one study, researchers from the University of Pennsylvania gave a series of 20 HBOT treatments to 18 people.

Following just one two-hour treatment stem cells increased by 50%. After the full 20 HBOT treatments *stem cells increased by 800%*.⁸

As a regular reader, you know that stem cells are the basic building blocks of your entire body. They can be transformed into virtually every cell type. They allow your body to regenerate damaged tissue in any organ from your brain to your heart to your liver.

Studies prove these stem cells can:

- Regenerate brain circuits and reverse severe stroke damage.
- Reverse degenerative disc disease in the spine.
- Activate the immune system.
- Relieve arthritis and knee osteoarthritis.
- Repair tendons, torn muscles, injured ligaments, and damaged joint cartilage.
- Stimulate new collagen in the skin and reduce wrinkles.

In other words, stem cells let your body do what it was designed to do: **heal itself**.

They can also reduce the advance of many conditions like diabetes, multiple sclerosis, arthritis, heart disease, macular degeneration, inflammation and autoimmune diseases.

Turbo-Charge Your Healing Power With The Two Best Therapies

When you use HBOT and stem cell therapy together, you're ramping up the number of activated stem cells in your bloodstream. These then go to work with turbo-charged healing power on the parts of your body that need repair.

You see, HBOT works to mobilize stem cells from bone marrow and most stem cell therapies now use adipose stem cells. The combined treatment gets a double dose

of these newly activated cells into your bloodstream, and then whisks them toward the areas of damage.⁹

A recent study out of the *Neural Regeneration Research* found results showing test subjects with TBI, who were given traditional stem cell therapy and HBOT, had better neurological outcomes and better cognitive performance scores than subjects given only one type of treatment.¹⁰

And in a trial at Miami University, 25 type 2 diabetic patients had five hour-long sessions of HBOT before and after stem cell infusions. Four patients were able to stop using insulin altogether after the combined treatment. Fifteen significantly reduced their insulin use over a year, and 10 stopped or dramatically lowered their doses of diabetic meds, like metformin.¹¹

HyperStem is a win-win situation for your body — no matter what your condition. Not only does it boost your stem cell count, but areas of your body that lack oxygen will begin to receive oxygen again.

You see, by dramatically boosting your oxygen supply with HBOT, you're really giving yourself another form of natural stem cell therapy — and when used in conjunction with traditional stem cell therapy, your body goes into healing warp drive.

The problem is that mainstream medicine is way behind the curve on both of these therapies, and most doctors aren't trained in hyperbaric or stem cell medicine.

By combining stem cells with the best therapy for growing new blood vessels, I've pioneered this new approach that floods 8x more stem cells into where you need them most. I've seen the life-changing results in my patients firsthand...

My Patient Told Me... “I'm Tired Of Being Treated, I Want To Be Cured.”

A few months ago, one of my readers drove down from Alabama to see me at my clinic here in South Florida. He read about the work we were doing with our cutting-edge therapies and he was desperate to be cured. I was about to take him into my office to talk.

But then he stopped and pointed to the lady sitting in the chair next to him.

“Dr. Sears,” he said. “This is Pearl. I fell in love with this woman right from the moment I saw her. That was 18 years ago...”

“And I want to live with her for a lot more years.”

But he was worried that his deteriorating health would cut short the rest of their lives together.

Leonard Atkinson is 75 years old. When I first met him, he was suffering from insulin resistance, elevated glucose levels, chronic inflammation and high blood pressure.

He was also 70 pounds overweight and tired all the time. He barely got out of his easy chair and he felt he was missing out on the things he loved most. Like climbing on his tractor and turning the grounds for his gardens.

Just getting around was hard. His left foot had been partially amputated and he could only walk by leaning heavily on his cane.

Leonard had been diagnosed with diabetes 25 years earlier. But it was apparent that he had a classic case of **Syndrome Zero** — the root of all chronic disease.

When I first met Leonard, he was seeing two physicians. And following their advice to a T. But like a lot of patients in his position, Leonard was getting the wrong medical advice...

And it sent his A1C levels soaring.

Then every time his blood sugar levels got out of whack, his doctor increased his insulin. And the more insulin he took, the more weight he gained.

I see this happen all the time in my Syndrome Zero patients. Leonard even had his own way of describing it — a merry-go-round with a rollercoaster in the middle surrounded by a Ferris wheel!

But the worst part was his doctors told him he'd never be cured. Luckily, Leonard refused to believe this and took the drive down to my clinic.

“Dr. Sears prescribes what God has always provided.

“If everyone knew what I learned from him, we wouldn't be building hospitals.

“We'd be cured of all diseases.”

— Leonard Atkinson

I started Leonard on my HyperStem protocol that afternoon.

This protocol includes stem cell therapy, HBOT, detox, IV laser therapy, Myers' cocktail and intermittent fasting. We put him on the Primal Power Meal Plan, as well as the supplements he needed to make up for his substrate dietary deficiencies.

Only four months into his treatment, Leonard was already on his way to being cured.

He lost nearly 30 pounds. He already felt better and more energized than he has in years. He even threw away his cane and got **off three of his four medications**.

Today, his results are even better. After just nine months Leonard is:

- ▶ Off ALL medications
- ▶ Lost 70 pounds — and counting
- ▶ Energy is “off the wall”
- ▶ Inflammation is gone
- ▶ Threw away his cane
- ▶ Glucose level is in normal range
- ▶ Blood pressure is back to normal
- ▶ Libido is better

Leonard stopped his downward spiral of Syndrome Zero symptoms in its tracks.

A big part of Leonard's success was the HyperStem therapy we provided. Since we started using stem cell therapy at the clinic, I've found that it's the biggest-ever advance in regenerative medicine.

It's creating a whole new field of medicine and it will soon affect every other specialty.

Why is it so powerful? Because it's centuries ahead of drug therapy and stem cells are already present inside of you to repair whatever ails you.



Here's Leonard before and after his tremendous success with HyperStem. He says, "If I didn't have this therapy — this cure — I wouldn't be here today."

As Leonard said to me, it's what God gave us to fix something when it goes wrong.

Stem cell therapy has the power to target the root cause of your blood sugar concerns. Because the hidden cause of diseases like diabetes isn't in your blood sugar, it's in your cells. Here's what the science is saying about stem cell therapy...

In an animal study at Stanford University, researchers reversed diabetes completely in mice using stem cell technology. The therapy kept blood sugar healthy for the equivalent of 10 human years.¹²

The procedure was so successful that even the lead scientist admits he was surprised.

In another study, researchers at Northwestern University treated patients using their own stem cells. The results were amazing. Nearly 87% of patients saw their body's ability to produce insulin completely restored.¹³

And five years later, tests showed they maintained healthy levels of insulin and blood sugar. And all with just a single one-time dose!

And the beauty with HyperStem is that it increases the success of the stem cells. Brand-new studies are showing that adding HBOT to stem cell therapy has a much more profound effect than stem cells alone.¹⁴

HBOT nurtures the stem cells so they can go where they need and thrive inside you.

How To Get The Healing Power Of HyperStem In A Few Simple Steps

My team and I have been perfecting this healing therapy. Here's what you can expect:

1. Relax and breathe: We take you to the HBOT chamber. As you recline comfortably, you'll breathe in 100% oxygen. A typical session takes 80 minutes.

2. Harvest: A small amount of fat tissue is removed from your abdomen or love handles. This minimally invasive procedure is done during an office visit. All you need afterward is a small Band-Aid.

3. Separate: We separate your stem cells from your fat cells with a high-speed centrifuge.

4. Isolate: We add your isolated adult stem cells to your own platelet-rich plasma (PRP).

5. Infuse: Then reintroduce them, along with the PRP, back into your body through an IV.

6. Return to HBOT: Finally, we take you to the HBOT chamber. As you recline comfortably, you'll breathe in 100% oxygen. You can meditate, listen to music, watch a movie or simply relax.

7. Follow up with additional HyperStem protocol therapies (IV laser, EECPP, IV nutrients).

My team and I have combined the best healing therapies that work together to give you the most out of your HyperStem protocol.

And today I'm going to share with you these unique steps. With this protocol, you can move away from treating to curing diseases. Even if you are healthy, you can benefit from HyperStem to stay in great health.

Now let me tell you about my breakthrough HyperStem protocol...

STEP 1:

HBOT: A Cure As Easy As Breathing

Hyperbaric oxygen therapy (HBOT) really is just about breathing — except you're getting 100% oxygen under higher pressure (up to 2.5 times) than we have normally in the air.

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

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

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

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

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

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

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

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

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

Hyperbaric Oxygen Therapy Can Treat These Medical Conditions:

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

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

Studies show breathing pressurized oxygen also stimulates the release of *growth factors* and *stem cells*. This also promotes healing and gets the cells working again.^{15,16}

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

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

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

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

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

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

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

The fact is that HBOT activates 8,100 genes — especially those involved in inflammation, growth and the repair of human tissue.¹⁷ And placebos don't activate genes.

The real problem is that HBOT falls outside America's health delivery system — where drugs and surgical interventions are fed into a treatment.



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

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

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

More Than 30 Years Of Overwhelming Research For HBOT's Healing Abilities

The research — and success — of HBOT over the past 30 years has been so overwhelming, the FDA has even approved it for many conditions. Many insurance companies now also accept it as part of a treatment protocol.

Researchers have put acute stroke patients, children with cerebral palsy, as well as victims of chronic and slow-healing medical conditions into hyperbaric chambers to breathe pressurized oxygen — and the results have been astonishing.¹⁸

The list of conditions HBOT can successfully treat is growing almost daily. Research has found that HBOT can:

- Help stroke survivors regain movement following paralysis.¹⁹
- Revive “dead” brain cells in patients with Alzheimer's and dementia.²⁰
- Reduce blood glucose levels in diabetics.²¹
- Significantly relieved migraines compared to a placebo therapy.²²
- Eliminate joint pain and inflammation in arthritis patients.²³
- Ease tinnitus symptoms by 50%.²⁴

HBOT encourages the healing and regeneration of tissues, blood vessels and nerves for three major reasons:

1. Oxygen is used to produce and burn the cellular energy that powers every biochemical function in your body. Hypoxia (low oxygen in your blood) and hypoxemia (low oxygen in your tissues) are at the root of multiple illnesses in our polluted modern world.²⁵ When you suffuse your cells with oxygen, it's equivalent to breathing life into a drowning victim. Tissues and organs begin to function as they were intended.

2. HBOT stimulates the release of *stem cells*.²⁶ A study out of University of Pennsylvania School of Medicine found that after just one HBOT treatment, stem cell concentrations doubled — but after 20 treatments, they increased a staggering 800%.²⁷ And another study found HBOT not only reactivates and mobilizes “sleeping” stem cells — these stem cells have a higher concentration of inflammation-regulating proteins that battle and repair cellular damage where it occurs.²⁸

3. HBOT increases synthesis of nitric oxide (NO), one of your body's key signaling chemicals.²⁹ Multiple studies also reveal that NO signals the release of stem cells, and plays a key role in how stem cells divide and grow into specific tissue, organ and immune cells.³⁰

Create A Nurturing Environment For Your Stem Cell To Thrive With HBOT

One of the greatest additions to the **Sears Institute of Anti-Aging Medicine** this year is Dr. Alison Levitt. With more than 23 years of experience, Dr. Levitt came to us as a pioneer in the field of alternative medicine. She's our new Regenerative Medicine Specialist. And one of the world's leading experts in HyperStem therapy.

Dr. Levitt believes in the body's power to heal from the inside out. And what she loves most about HyperStem is that it creates the perfect environment for your stem cells to thrive and get to where they need.

I've advocated this same advice to my patients for years.



Dr. Levitt has been a wonderful addition to the Sears Institute. She's now a HyperStem pioneer helping patients maximize their stem cells.

A new pilot study suggests that the brain changes associated with meditation and stress reduction. And that it may play an important role in slowing the progression of age-related cognitive disorders like Alzheimer's disease and other dementias.³¹

Researchers confirmed the natural dopamine-boosting effect of yoga with brain scan imaging years ago. In fact, it showed a single yoga session resulted in a 65% increase in dopamine release, showing the practice regulates conscious states at the synaptic level.³²

But another study that used PET scan brain images on people who meditated revealed:

1. People were in a deeply relaxed state but not drowsy.
2. The meditative state is completely different than sleep state and includes conscious awareness.
3. This state lasted for 45 minutes and was evenly spread throughout the brain.

That's why Dr. Levitt leads our patients in a guided meditation when they're in the HBOT chamber. Especially for patients fighting a major disease like cancer.

She teaches them to envision these little stem cells being nurtured by 100% pure oxygen. Imagine them getting stronger, moving through your body with their healing abilities and targeting the bad cancer cells.

I think this has been a great tool for our patients.

Boost Your Oxygen Intake At Home

To date, I've traveled more than 60,000 miles, to 30 countries on six continents, all in search of natural healing herbs and novel cures and approaches that modern medicine has no interest in showing you.

But not all of the treatments I bring back are new. In fact, most have been around for thousands of years.

And every day, new ways of using these ancient secrets are revealed. One of these healing secrets is deep breathing.

On my last trip to India, I met a yoga teacher at the center where I stayed. Every morning we'd wake before dawn. As we watched the sunrise over the mountain, he taught me how to breathe.

Yoga breathing balances your parasympathetic nervous system. This is your "rest and digest" system. It's what makes you relax and recuperate.

These days, we're so over-stimulated, we're always in a state of "fight or flight" (your sympathetic nervous system). Too much stimulation leads to an over dominance of sympathetic tone. This can lead to less stem cells.³³

Breathing can change that.

Recently, I read a comparison between beginning yoga students and expert students. The expert yoga students had up to five times less inflammation than the beginners.³⁴

Inflammation is triggered when the lining of your blood vessels is irritated or injured.

You get inflammation from day-to-day stress. You also get it from a typical American diet. Junk food,

fast food, processed food, and non-organic, hormone-injected, commercially farmed food stress you out from the inside.

Inflammation kills your stem cells. That's why HyperStem creates the perfect environment because HBOT rids your body of inflammation. And when you reduce inflammation, it protects your stem cells.³⁵

When you control your breathing, it builds your lungs. When you exhale, it calms your mind and helps stress go away.

When you're conscious of your breathing, it relieves stress and extinguishes inflammation.

As an anti-aging physician, I know your lungs determine whether you live or die. Doctors involved in the Framingham Heart Study discovered that lung health predicts how long a person will live — even before they develop a serious disease.^{36,37}

One of the first steps in healing your body and mind is to get more oxygen. Here's a simple breathing exercise you can do right now, wherever you are to begin expanding your lung power.

Step 1: Begin by exhaling completely. Force out every drop.

Step 2: Inhale deeply for at least a slow count of four. Fill your lungs until you can't inhale anymore.

Step 3: Hold your breath for at least a slow count of seven. Anticipating the exhalation like this creates a calming and rebalancing effect.

Step 4: Now exhale for at least a slow count of eight. Empty your lungs fully, then force out any remaining air. This is the part we usually forget, but it's the most crucial. As you exhale, you will feel yourself relax.

Do this five to 10 times, and you'll be amazed how it drops your pulse rate, lowers your blood pressure, and calms your mind.

Now that you've created a safe environment, it's time to activate your master healing cells.

STEP 2:

Stem Cells: Miracle Cure For Boy Shot Through The Heart

Stem cell therapy promises to transform modern medicine. It could put Big Pharma out of business. It has proved to be a modern miracle.

Let me tell you about the story of a young boy who was saved with this cutting-edge stem cell cure.

Braden Heckendorn was enjoying Christmas break with his friends and family. On December 28th, he was spending the day at a relative's house. He and his brother set up a target practice in the backyard and brought out the pellet guns they got as gifts three days before.

Then tragedy struck.

The gun malfunctioned and a pellet went through the 7-year-old's armpit, shooting him right in the heart.

Braden went into cardiac arrest and was officially dead for 22 minutes. He was rushed to the hospital where his parents, Bruce and Kristy, were told he had a 1% chance of survival.

Doctors fixed the hole in his heart. But five days later, he had a stroke and suffered severe brain damage along with seizures. Braden was given 24 hours to live...

Miraculously, Braden lived. But because the accident robbed his brain of oxygen, he was left unable to walk, talk or see.

While he made minor improvements over the next couple years, his progress hit a wall. Doctors told Bruce and Kristy this was the best they could expect.

But they refused that diagnosis. And turned to the Internet to research their options.

That's when they learned about stem cell therapy.

The Heckendorns took Braden to Mexico for treatment because this life-changing therapy was illegal in the U.S. Blocked by the big arm of the FDA...

Today, Braden can talk, walk, see and play like any other 11-year-old boy. His family says they can't wait to see what the future holds.



Thanks to stem cell therapy, Braden made a miraculous recovery. Today, he can walk, talk and play like any other 11-year-old boy.

Braden's just one of many stem cell recoveries. And stories like his are the reason I keep fighting for life-saving therapies.

So I've been offering stem cell therapy for years and my patients get great results. But even if you can't come to South Florida, you can still take advantage of this cutting-edge science.

You see, researchers used to think stem cells could only be harvested from embryos. But now we know your body has its own treasure trove of these regenerating cells — the *mesenchymal* stem cells.

There are more than 65 conditions that can be treated or cured with this *mesenchymal stem cell* therapy. But these stem cells go beyond curing disease. They can also help you reverse aging...

In fact, studies now make clear that a reduction in the number and function of your mesenchymal stem cells is one of the chief causes of aging.³⁸ Your immune system gets slower and less effective as you age because you have fewer of these active stem cells to regulate it or handle regeneration and repair.³⁹

These adult stem cells can remain in their “sleeping” state for years, even decades. But no matter what your age, you can access them and activate them.

And you don’t need permission from the FDA.

Here at the **Sears Institute for Anti-Aging Medicine**, I offer a number of treatments that can awaken stem cells in your body — including PRP and *fat-derived stem cell therapy* — for a range of conditions as varied as diabetes, chronic obstructive pulmonary disease (COPD), arthritis, old sports injuries and skin wrinkles.

Brand-new stem cell breakthroughs are happening all the time. Just in the last year, researchers:

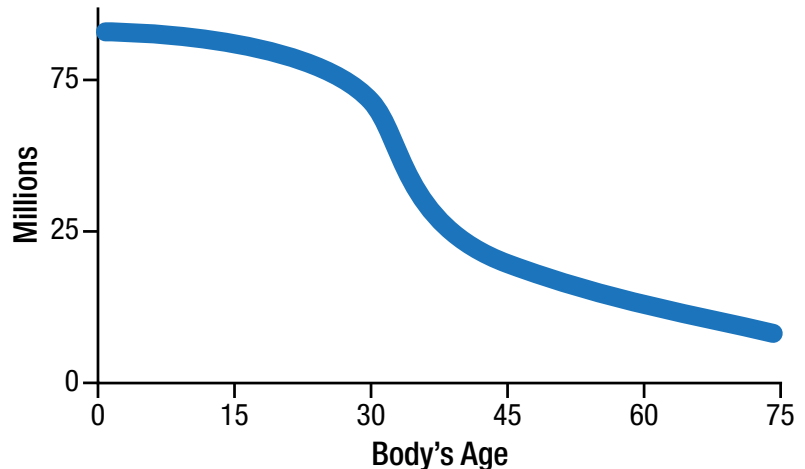
- ✓ Restored eyesight in two blind macular degeneration patients in England.⁴⁰
- ✓ Reversed erectile dysfunction in eight patients in Denmark.⁴¹
- ✓ Returned heart function to normal in patients suffering from severe heart failure in Scotland.⁴²

Our Toxic World Leaves Us Vulnerable to Disease

You were made perfect. Your body has amazing abilities to heal itself and nature did a perfect job providing you with what you need to survive.

The problem is the world we live in is not natural. Everything from the polluted air we breathe, the toxic chemicals we use, and especially the overly processed, grain-based foods we eat have created the biggest health crisis we’ve ever seen.

Number Of Active Stem Cells In The Body



By the time you are 75, you have less than one-third of the stem cells you had at birth.

Our bodies have reacted to this unnatural environment in an unhealthy way. And you begin to lose stem cell activity as you age (stem cell senescence), making your body’s recovery process longer and harder.

Stem cell senescence means you are less able to regenerate new cells. That’s when chronic problems start.

The good news is you can create a nurturing environment in your body that helps your stems cells thrive and go where they need — no matter your age.

Boost Stem Cell Activity With the Right Exercise

One of the easiest ways to stimulate the healing power of stem cells is exercise. A recent study in the *European Heart Journal* showed that vigorous exercise in mice activated 60% of their cardiac stem cells. After just two weeks of exercise the mice showed increased cardiomyocytes, the “beating” cells in heart tissue.⁴³

It works for humans, too. In another study, a simple exercise program made dormant stem cells become active. And amazingly, these new stem cells could help remodel the heart in a group of heart failure patients.⁴⁴

Italian researchers also recently proved that strenuous exercise can lead to high levels of stem cells in bone, liver, and other organs.⁴⁵

Exercise has also been shown to activate stem cells in bone marrow and get them circulating in the blood. They've been called circulating paramedics. Once in the bloodstream, they patrol tissues to halt infections and repair muscle and tissue damage.⁴⁶

But before you set out for a walk, it's important to know that not all exercise will activate stem cells.

You have to do a program like my PACE anti-aging system.

Just walking, running, cycling, or swimming for 30 minutes won't get you the results I'm talking about. You have to reach a high enough intensity to work up a sweat.

With PACE, your goal is to hit a peak of intensity in a short timeframe and then rest. You don't have to do hours of cardio. You'll be done in 20 minutes or less.

And it doesn't matter what shape you're in when you start. You can start with the level that's right for you and slowly progress to more intensity.

But PACE isn't about going all out as hard as you can. You always leave yourself a little bit of room in your workout where you could have gone harder. As you get closer to your peak, you control it so you have room to improve the next day.

To start optimizing your body's stem cell production today, I recommend trying this classic PACE exercise at home. It's a simple crunch.

- Lie on the floor face up with your knees bent and your feet flat on the floor about hip-width apart.
- Place your hands behind your head to support your neck.
- Lift both your head and your feet at the same time and crunch together squeezing both the upper and lower abdominal muscles.
- Release head and feet to the floor.
- Repeat for three or four minutes at a speed and level of intensity you're comfortable with.
- Rest and recover.

Aim for three sets like this. To make it a true PACE workout, increase the challenge when you're

ready. For instance, instead of bending your knees, straighten your legs and stretch your hands toward your feet. Now lift your head and legs at the same time crunching your abdominal muscles together.

Start slowly. It will take a few sessions to build up your stamina, strength and balance.

If you want to learn some other good PACE exercises, go to my [YouTube channel \(https://www.youtube.com/user/AlSearsMD/videos\)](https://www.youtube.com/user/AlSearsMD/videos). I have more than 30 different exercises and a complete workout to help you get started.

Two Extra Steps For Waking Up Your Stem Cells

1. Get eight hours of sleep each night. Your stem cells and immune system need sleep. This is when your body's maintenance work takes place. When you're deprived of sleep, your immune system suffers and your body becomes vulnerable to illnesses and infections.

Here's why...

In 2013, Swiss researchers discovered that a disruption of normal sleep rhythms disrupted stem cell functioning. And last year, German researchers found that a good night's sleep protects stem cells from DNA damage, which keeps them young.^{47,48}

2. Use the secret of the longest living people on earth. Seaweed also promotes stem cell activity.

Undaria pinnatifida, better known as *wakame*, contains the anti-aging molecule *fucoidan*, which at least partly explains why the people of Okinawa, Japan, live longer than any other people on Earth.



Wakame is an edible seaweed that is a staple of the Okinawa diet. This seaweed contains the highest concentration of fucoidan.

Fucoidan is found mostly in brown seaweeds and is common in sushi. But wakame is especially effective.

Studies show that fucoidan has a remarkable ability to promote tissue regeneration, immune function, and improving cell-to-cell communication.

Not only is fucoidan known for its anti-aging affects, it is also believed to combat cancer, metabolic syndrome and other degenerative disorders.

And researchers stimulated mesenchymal stem cells to grow new blood vessels by combining fucoidan with standard stem cell therapy. This opens an exciting new treatment pathway for strokes and other vascular conditions that arise from blockages in blood supply to tissues.⁴⁹

Other studies show the same combination can boost bone regeneration and the suppression of colon cancer cells.^{50,51}

STEP 3:

Laser Light Therapy: Supercharge Your Stem Cells With Light Therapy

There is an exciting — and brand new — field in regenerative medicine called *optogenetics*. Basically, it means controlling cells with the energy of light, and it's one of the fastest-growing and most exciting areas of medicine.

Recent studies reveal that low-level laser light has an extraordinary effect on the behavior of stem cells.

Remember that stem cells are the master cells of every other kind of cell in your body — those that make up your tissues, organs, bones, skin, blood and everything else.

And unlike other cells in your body, stem cells can keep dividing and copying themselves. That means they have the power to grow, regrow, repair, regenerate and replace any one of the 220-plus types of cells in the human adult body.

The problem is that as you age, you end up with much fewer functioning stem cells — along with an adult population of *senescent* stem cells that have basically gone to sleep. So the replication process slows down.

But when stem cells come into contact with laser light... the stem cells become excited which speeds up both the replication and the healing process.

Multiple studies prove that treatment with low-level lasers, speeds up the proliferation of stem cells and their development into other types of cells.⁵²

In 2014, a group of South African researchers successfully used low level laser therapy on *adipose stem cells* — the kind found in your fat tissue — to speed up stem cell division and their growth into smooth muscle cells.

These are the cells that form the tissue and lining of blood vessels, which are often damaged by heart disease.

Then in 2017, another study found that if heart patients are given laser therapy up to four hours after a heart attack, there's a significantly increased chance of survival.⁵³

The researchers discovered that the laser light had spurred stem cells in the heart muscle to begin the process of repairing the damaged tissue almost immediately. And the repair work was still continuing after six weeks.

You see, the photons from laser light penetrate deep into tissues, effectively boosting the energy available to the mitochondria of your stem cells.

In another recent study from earlier this year, researchers successfully used combined low-power laser treatment and adipose stem cell therapy together, to speed up the regeneration of bone cells and repair fractures.⁵⁴

Researchers are now just beginning to understand the enormous healing potential of combining low level laser therapy with stem cell therapy.

Curing Disease One Beam Of Light At A Time

The astonishing healing power of soft fiberoptic laser light is already being used as a powerful weapon against dozens of chronic diseases and conditions — from diabetes and heart disease to chronic pain management and cancer.

IV laser therapy works to improve your health by:

- Boosting blood flow to enhance healing.
- Reducing inflammation.
- Activating your immune system.
- Energizing your mitochondria — the energy plants in your cells — to boost your vigor and vitality.
- Boosting regeneration and anti-aging at the cellular level.

Mainstream medicine, as usual, is slow on the uptake. Many doctors are still unconvinced by the technology — even though it's recognized by every major industrialized nation in the world. This is a tragedy, because hundreds of thousands of patients could benefit from its proven healing power. Even the FDA has approved the use of some low-level lasers.

Something Almost “Magical” Happens With IV Laser Therapy

At the **Sears Institute for Anti-Aging Medicine** we use a therapy called IV laser therapy — or more specifically, *intravenous laser blood irradiation*. The extremely low-powered lasers used in IV laser therapy

have nothing to do with surgical lasers, which are used to cut, cauterize and burn out diseased tissue.

Low-level laser therapy is all about regeneration. Its light is soft and the beam glows so cool, it can't damage any healthy cells. Instead of destroying tissues, it repairs them.

You see, when laser light strikes your cells, something almost magical happens.

Laser light energizes your mitochondria, the tiny power plants in each of your cells. This gives laser therapy a powerful anti-aging quality, because your mitochondria are in charge of your body's master energy system.

They allow you to see, hear and feel. They beat your heart, stimulate your sex drive, allow you to think, and power the processes that build a strong immune system and allow your body to repair and heal itself.

Studies show that mitochondria act as photoreceptors for laser light. As soon as your mitochondria are hit with the soft laser light, they immediately switch into a higher gear and begin to produce more energy in every one of your cells.⁵⁵

This includes the mitochondria of the *special defender white cells in your immune system*. The laser's high energy light powers them up, and also increases their number, so your body has the strength to beat back any threat of infection and disease.

Soft lasers have also been shown to regenerate the lymphatic system and increase lymph circulation, your body's natural detoxifier and another vital part of your immune system.⁵⁶

And they have powerful anti-inflammatory qualities that can relieve all kinds of chronic pain and fight a multitude of conditions. Soft lasers have been used to help heal spinal injuries, herniated discs, arthritis, wounds, ulcers, muscle and tendon pain, and nerve damage.^{57,58,59,60,61}

“Hundreds of thousands of patients could benefit from its proven healing power.”

It has also been used as a powerful weapon against:

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

Boosting your immunity also speeds up the healing of *burns*. In one study of 95 burn patients, IV laser therapy helped reduce complications from 26.4% to 16%. And it helped to cut death rates from 16% to 3.8%.⁶²

But soft laser light has another powerful effect on your body.

What Happens When I Get Combined Therapy?

I recommend adding IV laser therapy after stem cell therapy. One of its many health benefits is that it triggers the release of nitric oxide (NO), a powerful cell signaler and activator.

At the same time, NO sends “blood flow signals” that relax arterial walls, dilate the blood vessels, and improve the flow of blood and oxygen everywhere in your body, boosting its ability to heal. (I’ll tell you another breakthrough way to release NO in your body in the next step.)

Adipose stem cell therapy is a simple outpatient procedure. There are now several hundred stem cell clinics in the U.S. — but if you are interested in adipose stem cell therapy, I recommend making sure the clinic you choose is operated by board certified physicians with a full clinical and nursing staff.

Both procedures are minimally invasive and painless. Stem cell therapy is done in a matter of hours.

IV laser therapy is even quicker. Just sit back in the chair and relax. A catheter with a tiny bulb at the end is placed in your arm — like a regular IV — and an optical fiber delivers the high-energy light particles into your bloodstream, which then carries the radiated cells to tissues throughout your body.

Blood cells take an average of one minute to be pumped all the way through the body. So, during a 10-minute session, your entire blood supply is exposed to the laser around 10 times.

You’ll feel no heat, sound or vibration, but you will feel a faint tingling sensation, as your blood flows past the laser light.

Your cells are being radiated with certain wavelengths of light...

- **The first is the red light.** The benefits of red laser light include strengthening the immune system, increasing cell energy and activity, stimulating stem cell production and regenerating damaged tissues, improving circulation, and reducing inflammation — all key factors in healing tissue damage.
- **Next is blue light.** The blue laser light wavelength stimulates the release of nitric oxide. Nitric oxide stimulates cellular activity and regeneration, is anti-aging, lowers blood pressure, and improves dysfunction in the lining of blood vessels. In addition, the blue laser has anti-inflammatory anti-bacterial effects. It’s also a powerful pain reliever and accelerates wound healing. And it has powerful anti-aging effects. It encourages the growth of new mitochondria

which power cells and activate telomerase, the enzyme that regulates how long cells, including stem cells, stay alive.

- **Then comes green.** Green improves oxygen uptake and supports oxygen-carrying red blood cells. It also stimulates NO and improves circulation, reduces inflammation, relieves pain and lowers blood pressure.

My patients who have received IV laser therapy have reported:

- More energy
- Feeling better generally
- Improved sleep patterns
- Better mood
- Reduction of medications

For best results, I recommend getting sessions once a day or every other day, for a total of three to 10 sessions. But if you can't make it to the Sears Institute, you can still get the laser like effects of energizing your mitochondria at home.

Boost Your Mitochondria At Home In Two Easy Steps

1. Eat more red meat. Mitochondria often fail from lack of L-carnitine. This amino acid helps break down fatty acids needed to produce energy.⁶³ Your body converts *L-carnitine* to *acetyl-L-carnitine* or *ALC*. Studies show when your mitochondria slow down, ALC can fire them up again.⁶⁴

Researchers at the University of California found boosting levels of ALC reverses the malfunction in mitochondria. And it helps keep them operating smoothly.⁶⁵ The best source of L-carnitine is red meat. But avoid nutrient-depleted, grain-fed beef that's full of antibiotics. Instead look for grass-fed beef.



My wife Barbara gets IV laser therapy to give her immune system and energy levels a boost before we travel.

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

2. Spark more energy in every cell. For years, I've been recommending CoQ10 to my patients. One of the ways in which CoQ10 works is by sparking your aging mitochondria to make more energy.

But there's another super-nutrient I recommend you take with CoQ10 for energy. It's called *pyrroloquinoline quinone*, or PQQ. It neutralizes free radicals that damage and kill off your mitochondria. At the same time, PQQ triggers your cells to build healthy new power generators.

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

STEP 4:

EECP: Circulate Millions Of Your Own Stem Cells With Pulsation Therapy

Good blood circulation is key to your body's overall health and function. Your heart pumps blood through blood vessels within your circulatory system. Red blood cells have specific tasks of carrying oxygen to your body's vital organs, providing vitality and energy — and healing stem cells.⁶⁶

And as you just read, one of the best ways to circulate blood flow is with an exercise program like PACE. But for certain patients, exercise of any kind just isn't an option.

To help my patients like this, I've recently taken possession of a new machine that provides *enhanced external counterpulsation*, or **EECP**. While its main goal is treating angina and heart disease, I've incorporated it as an important part of my HyperStem protocol because it provides the blood-circulating effects of exercise.

When you get EECP, you simply lie flat while inflatable cuffs are placed around your calves, thighs and buttocks. A machine then inflates and releases them in time with your heartbeat.

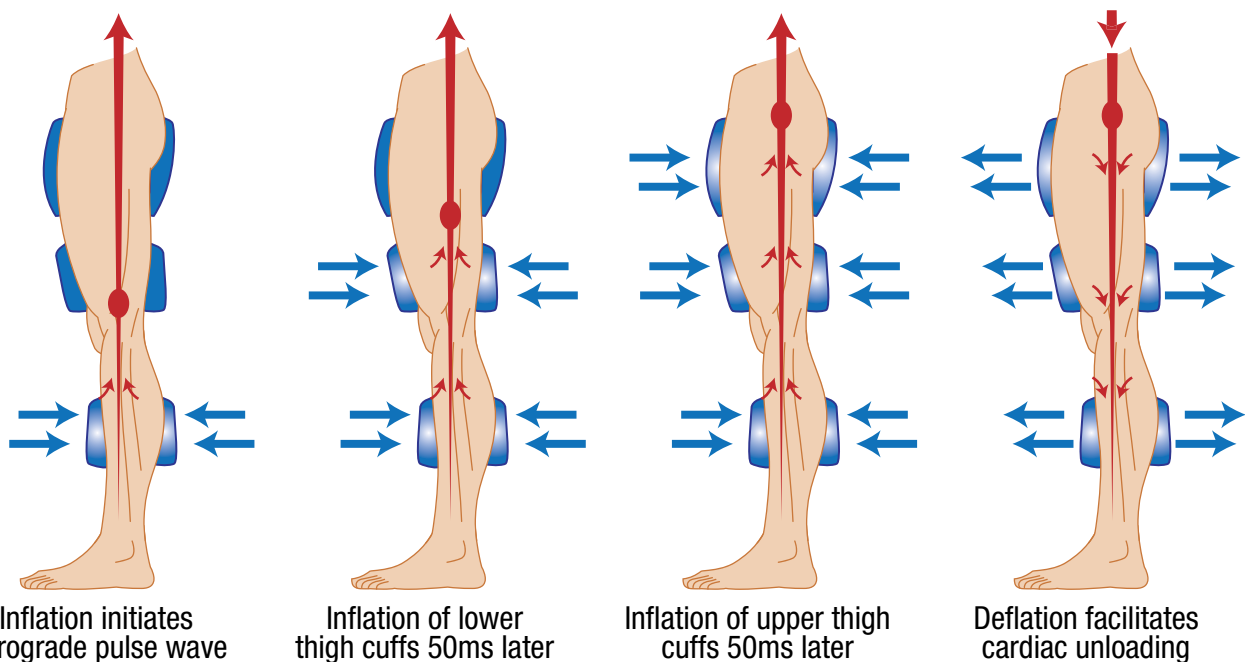
Although EECP was invented in the U.S. in the 1950s, it was left undeveloped as cardiology went down the more lucrative path of drugs and invasive surgeries.

Instead, doctors in China took up the challenge. They spent 20 years developing *counterpulsation* as a non-surgical way to treat coronary heart disease, by getting the timing of these devices just right.

Counterpulsation means pumping blood during the heart's rest phase.

When the heart is at rest, the cuffs inflate. When the heart pumps, the cuffs deflate.

EECP Pushes Blood Toward Your Heart In Four Simple Steps



EECP counterpulsation is like a passive form of exercise — pushing oxygen-rich blood throughout your body.

The cuffs compress the blood vessels in your lower limbs and push blood toward the heart. Each wave of increased blood flow is timed to arrive at your heart at the moment the organ relaxes. When your heart pumps again, pressure is released.

This essentially acts as a passive form of vigorous exercise, boosting blood flow and pushing oxygen-rich blood throughout your body more strongly than normal.

EECP can help your stem cells go where they are needed.

By mimicking the effects of exercise, EECP reduces inflammation and increases the so-called *shear stress* of blood vessel walls, strengthening and repairing them, and reducing endothelial dysfunction.⁶⁷

Activate Nature's Hydraulic Pump

A few years back, my sons introduced me to a movie franchise called "The Fast and the Furious." It's all about souped-up cars and the underground world of illegal street racing. It's not really my type of movie, but my boys seemed to like it.

But there was one feature of the movie that I did find fascinating... In the film, the street racers push a button in their car that releases nitrous oxide (NO) for a quick boost of speed.

It made me think of my clinic. For years, I've been recommending that my patients supplement with a nitric oxide booster to increase blood flow to all parts of the body.

Obviously, the NO used in cars is not the same as we put in our bodies, but the concept is the same.

Nitric oxide is a colorless compound made by cells in your body. I call NO nature's hydraulic pump because it gets everything going. You release NO from the inner layer of the cells lining your blood vessels. This gas relaxes and widens the lining of your blood vessels and allows blood to flow freely.

That's where my new machine plays a key role... You see, EECP also boosts NO.⁶⁸ And hands down, the best way to increase oxygen and stem cell delivery to every part of your body is to trigger the production of nitric oxide.

"The best way to increase oxygen and stem cell delivery to every part of your body is to trigger the production of nitric oxide."

Nitric oxide helps our cells live longer.

It sends blood flow signals that tell your blood vessels to relax and expand. It controls every cavity and sphincter in your body, and regulates the

behavior of nerves in organs as diverse as the lungs, brain and penis.

It also causes blood vessels to dilate.

These dilated blood vessels save cells from starving to death by delivering oxygen and nutrients. The blood vessels also help carry away toxic byproducts, like ammonia.

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

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

Stem cells trigger cellular responses to external signals based on the pathways NO signals.⁶⁹ In other words, it can guide stem cells to where they are needed.

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

That's why EECP is so important to my HyperStem protocol. But you can start the healing process by boosting your NO at home.

Boost NO Naturally In Your Body

Here are three easy ways I recommend to help my patients boost their nitric oxide levels to oxygen flowing through your body.

1. Take the amino acid for a turbo NO boost. L-arginine causes a biochemical reaction that creates nitric oxide and dilates blood vessels. Some of best arginine-rich foods include lobster, crab, spinach, spirulina, turkey, game meat, chicken and goat.

You can also supplement. But make sure you buy either arginine or L-arginine. You can find it in capsules or powders. But avoid synthetic L-arginine.

There's another amino acid you should take along with your L-arginine. After you've been using it for a while, an enzyme starts blocking the NO conversion. That's why you need citrulline. It blocks the enzyme so L-arginine continues to make NO.

Take L-arginine and citrulline in a 5-to-1 ratio. I recommend daily doses 6,000 mg of L-arginine and 1,000 mg of citrulline.

2. Add pomegranate to your meals. This fruit increases nitric oxide in all of your blood vessels. In one study, mice fed pomegranate juice formed about 50% less brain plaques than a control group.⁷⁰

Look for cold-pressed, organic pomegranate juice with no syrups or sweeteners. I recommend drinking two ounces of the juice a day. And eat the seeds, either fresh or dried. Throw a handful on top of salads or in your yogurt or smoothie.

You can also find pomegranate extract in supplement form. Take 500 mg to 1,000 mg per day.

3. Drink a cup of beetroot juice. When you eat beetroot, it mixes with your saliva and bacteria on your tongue. This combo turns into nitric oxide. You

can get the most out of beetroots by either chewing them raw or throwing them in your juicer.

Here's an easy fresh juice recipe you can try:



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

Fresh Beetroot and Vegetable Juice

Ingredients:

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

Directions:

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

STEP 5:

IV Vitamin Therapy: Flood Your Body With Nutrients To Help Stem Cells Flourish

It's not easy to get all the vitamins, minerals and other nutrients you need from your food. *And that's on a good day.*

When you need to provide an environment that allows stem cells to flourish, it's virtually impossible.

So the final piece of the HyperStem puzzle involves flooding your body with the nutrition it requires to let your newly injected stem cells take root. At the clinic, I do this with IV vitamin therapy.

When we combine IV vitamin therapy with HyperStem, it provides the perfect environment for stem cells to flourish. You see, HBOT powers oxygen to places in the body that regular breathing simply can't reach. Infusing your body with 100% pure oxygen rushes nutrients to every single cell.

Providing the perfect environment for stem cells wasn't an issue for our primal relatives.

But in the Western world, we are suffering from a malnutrition epidemic unlike anything we've ever faced. Because the world we live in is nothing like the environment our ancient ancestors thrived in. In their world, they got all the nutrients they needed from food. Nowadays, we have the more food available to us than at any other time in the history of the world.

Yet we are nutritionally starving to death. How is this happening?

Our modern diet has replaced produce, protein and healthy fats with "empty" calories like grains and carbs. These modern foods don't provide even the basic nutrients you need.

And even if you only ate the foods your grandparents ate — it still isn't enough. I see this



IV vitamin therapy infuses highly concentrated amounts of nutrients directly into the bloodstream.

nutritional deficiency all the time in my patients. Most are missing the important nutrients that allowed our ancient ancestors to evolve into the humans we are today. For example:

1. Processing removes most nutrients. Our grandparents wouldn't recognize what is sold in supermarkets today as food. These processed items, filled with refined flour and sugar, high fructose corn syrup, GMOs and fake fats are Big Business phenomenon. These cheap-to-produce foods are packed so full of fake ingredients there's no room left for nutrition.

We evolved to survive on fresh, wild game and fish. But what comes from today's factories are animals full of chemicals, hormones, antibiotics and preservatives. And non-animal processed foods are even worse. They're loaded with fake ingredients and synthetic vitamins and minerals that allow the manufacturer to call the items enriched.

2. Our soil has been stripped naked. Big Agra farms have replaced our small family farms. And to keep production moving along, their farming techniques have depleted vitamins and minerals from our farmlands. Most modern crops have far fewer nutrients than those harvested just a generation ago. In 2004, an eye-opening study was published in the *Journal of the American College of Nutrition*. Using data from the USDA's archives, researchers studied the nutrient content of 43 fruits and vegetables grown in 1950. They compared them to the same crops grown in 1999.

Their findings were disturbing. Levels of vitamin C were down 20%, calcium levels were down 16%, iron 15%. In fact, not one single nutrient had increased in the past 50 years.

3. Our Western diet is sorely lacking. When researchers study traditional tribes, they almost always find that those that stay true to their native diets had no trace of heart disease, cancer, diabetes, obesity or Syndrome Zero. Their foods contained 10 times the amount of fat-soluble vitamins, and at least four times the amount of calcium and other minerals than Western diets. At the same time, their intake of omega-3 fats was at least 10 times higher than in today's diet.

Flush Nutrients Directly Into Your Bloodstream

The fastest and most effective way of giving your body a quick dose of the nutrients it needs is called *intravenous (IV) nutrient therapy*.

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

It's a highly effective ancillary treatment for many of today's chronic conditions, including diabetes, arthritis, autoimmune diseases, Alzheimer's, stroke, liver disease, irritable bowel syndrome, Parkinson's, chronic fatigue, heart disease and cancer.

In fact, I observed firsthand how IV therapy helped to save one of my patients...

D.B. was once a vivacious 47-year-old woman.

For years, she'd watched her diet carefully and exercised regularly. Then came her diagnosis — endometrial cancer. By the time I saw her, she'd already undergone a hysterectomy and chemotherapy. Not surprisingly, she felt awful.

Just getting through the day was a struggle. And she appeared much older than 47. Not only had the cancer taken a toll on her body, so did the treatment.

And just by looking at D.B., I could tell she was deficient in several important nutrients.

These deficiencies were not only making her feel dreadful, but they severely hampered her chances of recovery from cancer. It was also obvious her immune system had been destroyed.

I immediately started D.B. on IV nutrient therapy. After D.B.'s IV session, she felt almost immediate improvement. Her brain fog lifted, her ability to focus returned and her energy levels surged!

Thanks to her IV therapy, D.B. was able to continue focusing on fighting her cancer.

The Nutrient Cocktail That Saved My Patient's Life... And Protects Your Stem Cells

The IV therapy D.B. received is nicknamed the Myer's cocktail after the physician who created it. It's a mix of magnesium, calcium, vitamin C and a B-vitamin complex that is specially designed to boost immunity, improve tissue repair and provide nutrition at a cellular level. Receiving these nutrients intravenously allows them to bypass your digestive process and go directly into your cells. And bioavailability is 100%.

But IV vitamin therapy goes even further by activating sleeping stem cells, which helps your body heal itself. Here are the top nutrients in my Myer's cocktail that allow you to quickly boost your serotonin levels:

- **Vitamin C:** Every single person was born with a severe vitamin C deficiency. That's because humans are one of the few animals that can't produce their own vitamin C.

The average animal makes about 13,000 mg of vitamin C a day. But when they have health issues or injuries, they produce an additional 100,000 mg of extra vitamin C to get them through the crisis.

Our ancestors got all they needed in their diet. But in our toxic, nutrient-poor world we no longer do. And getting enough of this vitamin is vital for your stem cells. You see, vitamin C tells faulty stem cells in your bone marrow to mature and die normally, instead of multiplying and causing cancer. This is the breakthrough findings from researchers at the Perlmutter Cancer Center at NYU Langone Health.⁷¹

Vitamin C works together with HBOT to help support your blood vessels. That means more stability for your system of arteries, veins and capillaries.

The government's recommended daily allowance of 60 mg a day is hardly even enough to protect you against a common cold, let alone protect your stem cells. I suggest you get between 5,000 mg to 8,000 mg a day. To activate your stem cells after HyperStem, I recommend IV therapy. You can safely get much more vitamin C through an IV than you can through supplements. You can infuse vitamin C at 100 times the concentration of oral supplements completely safely. No matter how high the dose, vitamin C does not harm healthy cells.

- **Magnesium:** This trace mineral is responsible for more than 300 biochemical processes in your body. And more than 80% of Americans are deficient. Not only have industrial farming methods stripped the soil of essential minerals like magnesium, the sugar-laden modern American diet prompts your kidneys to excrete magnesium as well.

In a brand-new study published in the *Journal of Nutritional Biochemistry*, researchers found that magnesium increased the proliferation of mesenchymal stem cells while modulating immune responses.⁷²

To supplement with magnesium, I recommend getting between 600 mg and 1,000 mg a day. Look for magnesium that is bound to citrate, malate or aspartate. Take it with vitamin B6. It will increase

the amount of magnesium that accumulates in your cells.

- **B vitamins:** A B-vitamin complex is required for bone marrow stem cells to become mature red blood cells. And a recent study from the University of Georgia and Tufts University discovered that vitamin B9 — also called *folate* — stimulates stem

cell activity.⁷³

Folate has been shown to directly activate the proliferation of neural stem cells that grow into brain cells and *glia* in the nervous system.

I recommend getting 800 mcg of folate each day. Grass-fed calf's liver is one of your best sources, along with dairy, poultry, meat, eggs, seafood and dark leafy greens. If you choose to supplement, avoid the synthetic folic acid form of B9. Look for products that say "5-MTHF." That's the active form of B9.

When it comes to B12, most nutritionists say you only need 2.4 mcg a day. That's way too low. I recommend at least 100 mcg per day. But I advise many of my patients to take as much as 2,000 mcg per day.

You can find vitamin B12 supplements in capsules, patches or lozenges. Sprays are very effective. You spray a fine mist of vitamin B12 into your mouth. Capillaries and small blood vessels in your mouth quickly absorb the mist. They deliver B12 to your circulatory system, tissues and cells. It bypasses the gut where your B12 absorption may be low.

“The nutrients in my Myer's cocktail are 100% bioavailable. But IV vitamin therapy goes even further by activating sleeping stem cells, which helps your body heal itself.”

- **Glutathione:** At the Sears Institute, I add an extra ingredient called *glutathione* to the Myers' cocktail. This is your body's most potent antioxidant and a critical part of your body's natural mechanism for warding off disease, increasing energy, protecting against age-related decline — and ensuring the survival of your stem cells.⁷⁴

The evidence of glutathione's power is backed up in my own research and numerous scientific studies. Danish researchers compared people aged 100 to 105 with people aged 60 to 79 — and found the centenarians had much higher levels of glutathione. And those who were most active had the very highest levels.⁷⁵

I recommend supplementing with 1 to 2 grams per day. Look for the reduced form. This is the only supplement form that's absorbed by your cells.

Getting IV vitamin therapy is a quick and painless process. The intravenous route is the fastest way to deliver fluids and vitamins throughout your body with 100% absorption into the bloodstream. A small catheter is inserted into your vein as you sit back and relax. The entire process takes about an hour.

5 More Ways You Can Boost Your Stem Cells At Home

You can also boost can boost your stem cell production right at home with these simple stem cell-nurturing steps.

1. First, try my 4-nutrient cocktail. Researchers found that a cocktail containing *polyphenols* from *blueberry* and *green tea*, as well as *carnosine* and *vitamin D*, increased mesenchymal bone marrow stem cells by a staggering 68%.⁷⁶

Research also reveals this combination boosts the activity of blood stem cells, which develop into immune system cells.

The cocktail can also protect stem cells from the destructive effects of oxidative stress, and improve thinking and memory, as well as vision, joint and urinary tract function.⁷⁷

- **Fresh Blueberries:** Blueberries have an especially powerful effect on stem cell proliferation and the growth of new adult brain cells in the hippocampal region, boosting cognitive performance and also counteracting cognitive decline. If you can't get organic blueberries, supplement with 500 mg of organic whole blueberry extract per day.
- **Carnosine:** This molecule has a remarkable ability to wake up stem cells that are deteriorating with age. When carnosine was combined with blueberry, stem cell activity increased 83%. I recommend 1,000 mg every day. A typical seven-ounce serving of beef has about 250 mg of carnosine. Or you can supplement with natural L-carnosine. Take 500 mg twice a day.⁷⁸

Conditions Helped By IV Nutrients

- Chronic fatigue
- Fibromyalgia
- Parkinson's disease
- Chronic depression
- Lyme disease
- Cancer
- Sinusitis
- Bronchitis
- Cold/flu
- Immune deficiencies
- Muscle fatigue
- Food poisoning
- Cancer
- Arthritis
- Asthma
- Antioxidant deficiencies
- Anti-aging
- Muscle fatigue
- Depression/anxiety
- Gastrointestinal trouble
- Migraines
- Hormonal imbalance

- **Green Tea:** The active ingredient in green tea, EGCG, can prevent and repair stem cell damage. Studies show that blueberry and green tea extract increased bone marrow stem cell proliferation by 70%. I recommend 200 mg to 350 mg of green tea extract twice a day.⁷⁹
- **Vitamin D:** This super nutrient stimulates the production and activity of stem cells that differentiate into mature oxygen-carrying red blood cells and white blood cells that bolster your immune system. Getting 15 to 20 minutes of unprotected sun each day is safe and will provide roughly 5,000 IU of vitamin D. If that's not an option, take a vitamin D3 supplement of at least 5,000 IU.⁸⁰



Java plum has many health benefits that are good for your skin, heart, stomach and immune system.

2. Add the tropical java plum. This tropical tree, also called Jamun tree, is native to Southeast Asia, but is now grown in many parts of the world. It has been used for millennia to treat diarrhea, skin and digestive system ailments, and to control blood pressure and blood glucose levels. Java plum also has strong antibiotic properties.

Recent research reveals that it also has a remarkable effect on your immune system's ability to suppress colon cancer and other tumors.⁸¹

Java plum contains powerful flavonoids called **glucosides**. These interact with blood stem cells and guide their differentiation toward the production of red blood cells, while inhibiting the production of myelomonocytic cells that grow into leukemia.⁸²

In animal studies, glucosides stimulated the production of heart muscle stem cells. This helps protect your heart and repair damage after a heart attack.⁸³

Java plum has no known toxic side effects. I recommend 10 ml to 20 ml of Jamun juice per day, but you should take it after a meal. You can also buy java plum seed powder. Take 1-3 grams.

3. Take the original superfood. Spirulina. This single-celled, blue-green algae has been around for more than 3.5 billion years.

And 30 years of clinical research reveals that it's probably the most nutritious food source on the planet. In fact, it's so dense with nutrients, you could survive on spirulina and water alone.

Recent research has also revealed its impact on stem cells and the immune system. Studies show that spirulina protects brain stem cells from having their growth inhibited by inflammation and triggers **neurogenesis**, the formation of new neurons.⁸⁴

At the same time, spirulina activates immune system cells by increasing the production of infection- and cancer-fighting immune cells like natural killer cells, T cells and B cells.⁸⁵ And boosts your immune system with its potent antioxidant properties.

Spirulina is usually sold as a deep green- colored powder at most health food stores. Stir a teaspoonful into a glass of water or juice, or add it to a smoothie.

It's also available in capsules or as 500 mg tablets. I recommend 4 to 6 tablets spread throughout the day.

4. Take Activator X. I've been fascinated with Dr. Weston Price since I was in medical school. In the 1930s, Dr. Price left his practice to study the health of traditional tribes. He wanted to find out what they ate that we were missing in our own diets. What he discovered he named Activator X. Today, we know it as vitamin K.

And most Americans are critically deficient in this stem-cell boosting nutrient. Studies now show that K2 is a powerful stem cell regulator that supercharges bone marrow stem cells, the very source of your body's immune system. It's the nutrient your immune system needs to stay strong and robust, so you don't have to worry about chronic diseases.

Recent research has revealed K2 as a youth nutrient, because it boosts the production of stem cells in your body — providing you with an impenetrable immune system and a heightened ability to regenerate and heal.

I truly believe this is the best step you can take this year on a path to wellness. My staff and I have been working to perfect this unique protocol. And we're seeing remarkable results.

If you're interested in learning more about my **HyperStem™** protocol, please call the **Sears Institute for Anti-Aging Medicine** at **561-784-7852**. My staff will be happy to answer your questions.

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.

References:

1. Makkar R, et al. "Intracoronary cardiosphere-derived cells for heart regeneration after myocardial infarction (CADUCEUS): a prospective, randomised phase 1 trial." *Lancet*. Volume 379; (9819):895-904. March 10, 2012.
2. Motluk A. "Could lack of oxygen trigger Alzheimer's?" *New Scientist*. 20 November 2006.
3. Kusuma S, Shen Y, et al. "Self-organized vascular networks from human pluripotent stem cells in a synthetic matrix." *Proc Natl Acad Sci USA*. 2013 Jul 30;110(31):12601-6.
4. Steinberg G, et al. "Stroke." Clinical Outcomes of Transplanted Modified Bone Marrow—Derived Mesenchymal Stem Cells in Stroke: A Phase 1/2a Study." 2016 Jul;47(7):1817-24.
5. Experimental stem cell therapy helps paralyzed man regain use of arms and hands. Charles Liu. Keck Medical Center, USC. April 2016.
6. Panayioti Petrou, et al. Safety and Clinical Effects of Mesenchymal Stem Cells Secreting Neurotrophic Factor Transplantation in Patients With Amyotrophic Lateral Sclerosis Results of Phase 1/2 and 2a Clinical Trials. *JAMA Neurol*. 2016;73(3):337-344.
7. John Tisdale. "Stem cell transplant reverses sickle cell disease in adults." *JAMA*. July 1, 2014.
8. Thom SR, et al. "Stem cell mobilization by hyperbaric oxygen." *Am J Physiol Heart Circ Physiol*. 2006;290(4):H1378-H1386.
9. Heyboer M, et al. "CD34+/CD45-dim stem cell mobilization by hyperbaric oxygen - changes with oxygen dosage." *Stem Cell Res*. 2014;12(3):638-645.
10. Zhou HX, et al. "Umbilical cord-derived mesenchymal stem cell transplantation combined with hyperbaric oxygen treatment for repair of traumatic brain injury." *Neural Regen Res*. 2016;11:107-113
11. Estrada EJ, et al. "Combined treatment of intrapancreatic autologous bone marrow stem cells and hyperbaric oxygen in type 2 diabetes mellitus." *Cell Transplant*. 2008;17(12):1295-1304.
12. Conger K. "Rat-grown mouse pancreases help reverse diabetes in mice." *Stanford Medicine*. Jan. 25, 2017.
13. Couri CE, et al. "C-peptide levels and insulin independence following autologous nonmyeloablative hematopoietic stem cell transplantation in newly diagnosed type 1 diabetes mellitus." *JAMA*. 2009;301(5):1573-1579.
14. Ditschkowski M, et al. "Improvement of inflammatory bowel disease after allogeneic stem-cell transplantation." *Transplantation*. 2003;75:1745—1747.
15. Thom SR., Milovanova TN., et al. "Vasculogenic stem cell mobilization and wound recruitment in diabetic patients: Increased cell number and intracellular regulatory protein content associated with hyperbaric oxygen therapy." *Wound Repair and Regeneration*. 1 March 2011.
16. Talan J. "Stem Cell Defects Associated with Down Syndrome." *Neurology Today*: 7 Nov 2013. Volume 13: Issue 21 p 1, 13-16.
17. Thom SR. "Oxidative stress is fundamental to hyperbaric oxygen therapy." *J Appl Physiol*. 106:988-995, 2009.
18. Al-Waili NS, et al. "Hyperbaric oxygen in the treatment of patients with cerebral stroke, brain trauma, and neurologic disease." *Adv Ther*. 2005;22(6):659-678.
19. Efrati S, et al. "Hyperbaric oxygen induces late neuroplasticity in post stroke patients — randomized, prospective trial." *PLOS One*. 2013;8(1):e53716.
20. Xiao Y, et al. "Hyperbaric oxygen therapy for vascular dementia." *Cochrane Database Syst Rev*. 2012;(7):CD009425.
21. Mwafor T. "Managing low blood glucose levels in patients undergoing hyperbaric oxygen therapy." *Ostomy Wound Manage*. 2014;60(4):12-15.
22. Bennett MH, et al. "Normobaric and hyperbaric oxygen therapy for the treatment and prevention of migraine and cluster headache." *Cochrane Database Syst Rev*. 2015;.
23. Slade JB, et al. "Pain improvement in rheumatoid arthritis with hyperbaric oxygen: Report of three cases." *Undersea Hyperb Med*. 2016;43(4):467-472.
24. Fattori B, et al. "Sudden hypoacusis treated with hyperbaric oxygen therapy: A controlled study." *Ear Nose Throat J*. 2001;80(9):655-660.
25. Novak S, et al. "Anti-inflammatory effects of hyperbaric oxygenation during DSS-induced colitis in BALB/c Mice include changes in gene expression of HIF-1 α , proinflammatory cytokines, and antioxidative enzymes." *Mediators of Inflammation*. 2016;19.
26. Thom SR, et al. "Vasculogenic stem cell mobilization and wound recruitment in diabetic patients: Increased cell number and intracellular regulatory protein content associated with hyperbaric oxygen therapy." *Wound Repair and Regen*. 2011;19(2):149-161.
27. Thom SR, et al. "Stem cell mobilization by hyperbaric oxygen." *AJP Hear Circ Physiol*. 2005;290:H1378—H1386.
28. Heyboer M, et al. "CD34+/CD45-dim stem cell mobilization by hyperbaric oxygen - changes with oxygen dosage." *Stem Cell Res*. 2014;12(3):638-645.
29. Boykin JV Jr. and Baylis C. "Hyperbaric oxygen therapy mediates increased nitric oxide production associated with wound healing: A preliminary study." *Adv Skin Wound Care*. 2007;20(7):382-388.
30. Beltran-Povea A, et al. "Role of nitric oxide in the maintenance of pluripotency and regulation of the hypoxia response in stem cells." *World J Stem Cells*. 2015;7(3):605—617.
31. Wells RE, Yeh GY, et al. "Meditation's impact on default mode network and hippocampus in mild cognitive impairment: A pilot study." *Neurosci Lett*. 2013;556:15-19.
32. Kjaer TW, Bertelsen C, et al. "Increased dopamine tone during meditation-induced change of consciousness." *Brain Res Cogn Brain Res*. 2002 Apr;13(2):255-259.
33. University of Illinois College of Agricultural, Consumer and Environmental Sciences. "Stem cell proliferation is controlled directly by nervous system, scientists find." *ScienceDaily*. ScienceDaily, 17 October 2018.
34. Kiecolt-Glaser, J, Christian L, Preston H, et al. "Stress, inflammation, and yoga practice." *Psychosom Med*. 2010;72(2):113.
35. Elsevier. "Reducing inflammation protects stem cells during wound repair. *Anti-inflammatory drug Celecoxib can promote stem cell survival and wound healing in mice.*" Amsterdam, July 20, 2017
36. Miller, JA. "Making Old Age Measure Up." *Aging*. Vol. 2, Art. 12. Boca Raton, FL.: Social Issues Resource Series, Inc., 1981.
37. Schünemann HJ, Dorn J, et al. "Pulmonary function is a long-term predictor of mortality in the general population." *Chest*. 2000;118(3):656-664.
38. Maruyama T, et al. "Stem cells of the suture mesenchyme in craniofacial bone development, repair and regeneration." *Nat Commun*. 2016;7:10526.
39. Petrou P, et al. "Safety and clinical effects of mesenchymal stem cells secreting neurotrophic factor transplantation in patients with amyotrophic lateral sclerosis: results of phase 1/2 and 2a clinical trials." *JAMA Neurol*. 2016;73(3):337-344.
40. da Cruz L, et al. "Phase 1 clinical study of an embryonic stem cell—derived retinal pigment epithelium patch in age-related macular degeneration." *Nat Biotechnol*. 2018;36(4):328-337.
41. European Association of Urology. "Stem cells shown to restore erection capability in men with erectile dysfunction." *ScienceDaily*. March 27, 2017.

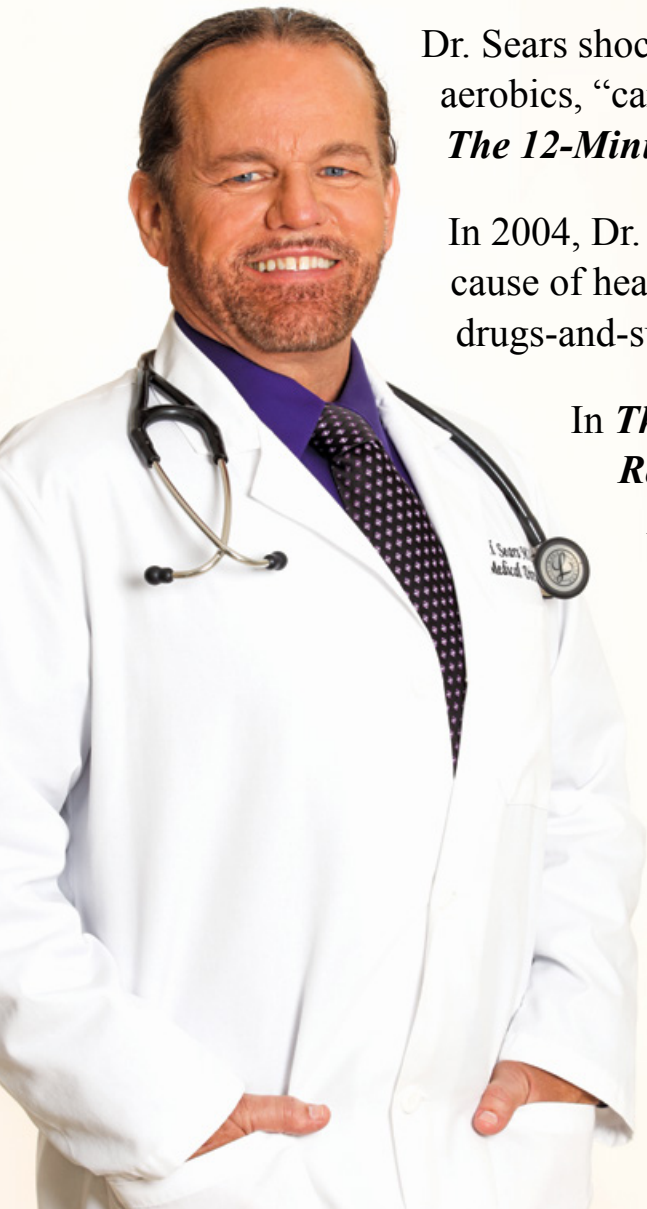
42. Sheldrick G. "Wonder stem cell CURE for heart failure: Millions could be saved by British trials." *Express*. June 11, 2018.
43. Lee JH, et al. "Fucoidan improves bioactivity and vasculogenic potential of mesenchymal stem cells in murine hind limb ischemia associated with chronic kidney disease." *J Mol Cell Cardiol*. 2016;97:169-179.
44. Garg P, et al. "Prospective review of mesenchymal stem cells differentiation into osteoblasts." *Orthop Surg*. 2017;9(1):13-19.
45. Yun CW, et al. "Silencing prion protein in HT29 human colorectal cancer cells enhances anticancer response to fucoidan." *Anticancer Res*. 2016;36(9):4449-4458.
46. Eduardo FP, et al. "Stem cell proliferation under low intensity laser irradiation: a preliminary study." *Lasers Surg Med*. 2008;40(6):433-438.
47. Mvula B and Abrahamse H. "Low intensity laser irradiation and growth factors influence differentiation of adipose derived stem cells into Smooth muscle cells in a coculture environment over a period of 72 hours." *Int J Photoenergy*. 2014.
48. El Gammal ZH, et al. "Effect of low-level laser-treated mesenchymal stem cells on myocardial infarction."
49. Wang YH, et al. "Low power laser irradiation and human adipose-derived stem cell treatments promote bone regeneration in critical-sized calvarial defects in rats." *PLOS One*. April 5, 2018
50. Hashmi JT, et al. "Role of Low-Level Laser Therapy in Neurorehabilitation." *PM R*. 2010 Dec; 2(12 Suppl 2): S292—S305.
51. Livens P. "The influence of laser on the lymphatic system." *Laser surg. med*. 1988. 8 175.
52. T Moshkovska, J Mayberry. "It is time to test low level laser therapy in Great Britain." *Postgrad Med J* 2005;81:436-441.
53. Ohshiro T, Calderhead R. "The role of low reactive level laser therapy in revitalising failing grafts and flaps." *Laser Surg. Med*. 1989. 1 31.
54. Lee E, et al. "A pilot study to determine the efficacy of therapeutic class IV laser treatment on local muscle spasm associated with myofascial pain syndrome in patients with neck pain." Presented at the 2013 AAPM Annual Meeting
55. Hashmi JT, et al. "Role of low-level laser therapy in neurorehabilitation." *PM R*. 2010;2(12 Suppl 2):S292—S305.
56. Lin F, et al. "Lasers, stem cells, and COPD." *J Transl Med*. 2010;16;8:16.
57. Nazarov IP, et al. "State of neuroendocrine systems and immunity in patients with burns." *Anesteziologiya i Reanimatologiya*. 1994;(1):5—8. (Rus).
58. Opalka J, et al. "Age and sex dependency of carnitine concentrations in human serum and skeletal muscle." *Clinical Chemistry* 2001, 47: 12, 2150-2153.
59. Kidd PM. "Neurodegeneration from mitochondrial insufficiency: nutrients, stem cells, growth factors, and prospects for brain rebuilding using integrative management." *Altern Med Rev*. 2005; 10(4):268-93.
60. Hagen T, et al. "Mitochondrial decay in aging—Reversal through supplementation of Acetyl-L-Carnitine and N-tert-Butylalpha-phenylnitron." *Annals NY Acad Sci*, Vol 854. 1998,214-223.
61. Jewell CW, et al. "Enhanced external counterpulsation is a regenerative therapy." *Res Support Non-U.S. Gov't, Journal Article* . 2010;2:111-121.
62. Casey DP, et al. "Effect of Enhanced External Counterpulsation (EECP) on Inflammatory Cytokines and Adhesion Molecules in Patients with Angina Pectoris and Angiographic Coronary Artery Disease." *Am J Cardiol*. 2008 Feb 1; 101(3): 300—302.
63. Sharma U, et al. "The role of enhanced external counter pulsation therapy in clinical practice." *Clin Med Res*. 2013;11(4):226-232.
64. Wang W, et al. "Effects of nitric oxide on stem cell therapy." *Biotechnol Adv*. 2015;33(8):1685-1696.
65. Cimmino L et al. "Restoration of TET2 Function blocks aberrant self-renewal and leukemia progression." *Cell*. 2017.
66. da Silva Lima F. "An insight into the role of magnesium in the immunomodulatory properties of mesenchymal stem cells." *J Nutr Biochem*. 2018 May;55:200-208..
67. Sneh N et al. "Bacterial folates provide an exogenous signal for c. elegans germline stem cell proliferation." *Developmental Cell*, 2016;38(1):33.
68. Richie JP, et al. "Correction of a glutathione deficiency in the aging mosquito increases its longevity." *Proc Soc Exp Biol Med*. 1987 Jan;184(1):113-117.
69. Andersen HR, "Lower activity of superoxide dismutase and high activity of glutathione reductase in erythrocytes from centenarians." *Age Aging* 1998;27:643-648.
70. Bickford PC, et al. "Nutraceuticals synergistically promote proliferation of human stem cells." *Stem Cells Dev*. 2006;15(1):118-123.
71. Ibid.
72. Wang AM, et al. "Use of carnosine as a natural anti-senescence drug for human beings." *Biochemistry (Mosc.)*. 2000;65(7):869-871.
73. Zickri MB and Embaby A. "Relation between endogenous stem cells and green tea extract in overconsumption and amiodarone induced thyroid damage in rat." *Int J Stem Cells*. 2013;6(2):113-120.
74. Mathieu C, et al. "Vitamin D and 1,25-dihydroxyvitamin D3 as modulators in the immune system." *J Steroid Biochem Mol Biol*. 2004;89-90(1-5):449-452.
75. Charepalli V, et al. "Eugenia jambolana (Java Plum) fruit extract exhibits anti-cancer activity against early stage human HCT-116 colon cancer cells and colon cancer stem cells." *Cancers (Basel)*. 2016;8(3):29.
76. Samet I, et al. "Olive leaf components apigenin 7-glucoside and luteolin 7-glucoside direct human hematopoietic stem cell differentiation towards erythroid lineage." *Differentiation*. 2015;89(5):146-155.
77. Song F, et al. "Proliferation of rat cardiac stem cells is induced by 2,3,5,4-tetrahydroxystilbene-2-O-β-D-glucoside in vitro." *Life Sci*. 2015;132:68-76.
78. Bachstetter AD, et al. "Spirulina promotes stem cell genesis and protects against LPS induced declines in neural stem cell proliferation." *PLoS ONE*. 2010;5(5):e10496.
79. Hirahashi T, et al. "Activation of the human innate immune system by Spirulina: augmentation of interferon production and NK cytotoxicity by oral administration of hot water extract of Spirulina platensis." *Int Immunopharmacol*. 2002;2(4):423-434.
80. Fujishiro A, et al. "Vitamin K2 supports hematopoiesis through acting on bone marrow mesenchymal stromal/stem cells." *Blood*. 2015;126:1192.
81. Maresz K, et al. "New study shows evidence that MensaQ7 positively impacts inflammation." Paper presented at 13th international Nutrition and Diagnostic Conference. INDC 2013.
82. Nemeth K. "Mesenchymal stem cell therapy for immune-modulation: The donor, the recipient, and the drugs in-between." *Exp Dermatol*. 2014;23(9):625-628.

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).