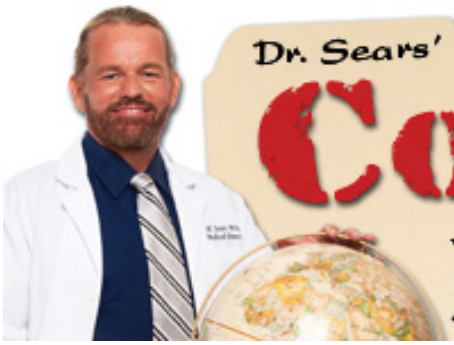


Dr. Sears'
Confidential Cures
Your Guide to Truth and Lies in Medicine from Around the World

February 2019 **Vol. VIII Issue 2**

Dear Friend,

The state of your health has less to do with disease and more to do with your total state of physical, mental and social well-being.

It's the reason I don't like to talk about the diagnosis of disease with my readers or patients.

I've always had a very different way of thinking about health as being on a continuum of performance and capacity. A continuum that can change, reflecting the positive and negative influences of our modern environment.

Let's say you've been having shortness of breath, fatigue and weakness, and reduced ability to exercise. You go to a conventional doctor and are diagnosed as having congestive heart failure (CHF). You're given this disease label and immediately put on Big Pharma's drugs.

You're told you'll be taking these drugs for the rest of your life... because you have the disease of CHF. You're expected to accept the new normal.

But the truth is even severe cases of CHF doesn't have to be a death sentence like you might be told. And Big Pharma's solutions can actually weaken your heart further. What this does mean is that you're on the weaker side of the health continuum and the goal is to shift the momentum moving toward the health enhanced side.

It's all a part of your health journey. It may be different than your spouse's or mine, but it can be improved. You don't have to wear your disease label for life.

When I published my book I argued and argued with my publisher about the title. He wanted to call the book The Doctor's Heart Disease Cure. But I refused... The book is not about a disease cure. It's a heart cure for us all.

It helps us stay on the health continuum and not move faster on the line. That's why I called it ***The Doctor's Heart Cure****.*

That's also why this advisory is not called Confidential Diseases. It's called ***Confidential Cures****. And in this issue, I'm going to tell you the steps you can take today — at any age — to improve where you stand on your personal health continuum.*

Let's get started!

Turn the page and I'll tell you about a tribal secret that gives your heart warrior strength and can give your heart health a giant push on the continuum.

To Your Good Health,

Al Sears, MD CNS

Also in This Issue...

Restorative Heart Elixir Could Save Your Brain Too

"I can't be cured." Every time I hear this in my practice, it hurts me. Because it's simply not true!

Doctors leave their patients feeling hopeless and helpless. It's written all over them.

That's because organized medicine believes in giving you a physical exam and doing lab work. Then they do their job by handing over a diagnosis.

That relieves them from doing anything else. After all, they've told you what's wrong with you.

Leading you to believe that it's all your fault.

If you ask your doctor, "But why am I sick?" they won't give you the reason.

They can't...

That's beautiful for traditional medicine. It gives them one more patient that needs their system. And makes doctors feel smarter than the rest of us.

I call this the ***myth of diagnosis***.

It tries to turn you into a helpless pawn in a system that's profiting off of your misfortune and not helping you figure out how you got there.

And if you ask WHY you have heart failure and WHY you need to fill their prescription, they say it's because of the diagnosis!

It's a circular reasoning that gets you nowhere. And it sentences you to stay sick and rely on their drugs.

They don't look for any underlying connections. They see diseased and make you feel broken.

I offer my patients hope and help them find a real cure. Especially when it comes to your heart.

For instance, I bet you'll never hear this from your cardiologist: Your heart and your brain share a surprising connection.

I don't slap a label on my patients and let them fall into the myth of diagnosis. I help them find a real cure without relying on Big Pharma's drugs for the rest of their lives.

In fact, some of the biggest "incurable diseases" like heart and Alzheimer's both share the same underlying cause...

The reason your MD isn't likely to tell you this is because most cardiologists have "missed the boat" on how to truly prevent and reverse heart disease. There's even a surprising cure as simple as pouring a cup of tea.

In fact, traditional doctors are wrong on almost everything related to heart health, including:

- Cholesterol
- Cardio exercise
- Statins
- ACE inhibitors
- Beta-blockers
- Diuretics

And now, researchers have found that the same hallmark misfolded proteins in Alzheimer's patients have also been discovered in patients with other diagnoses. This reveals a **common cause** — one that has nothing to do with what traditional "health experts" would tell you about Alzheimer's and heart disease.

So now you're probably wondering, why you haven't heard about this.

The reason: Doctors have been seduced by Big Pharma to put their faith in heart drugs and medical technologies that do nothing to get at the real root cause of heart disease or Alzheimer's. Let alone uncover the connection.

Common Beverage Targets Missing Link Between Your Heart And Brain

The very idea of having a heart/brain connection may sound strange to you, but the cutting-edge research and thinking about heart disease confirms it.

First, let's start with the brain. Alzheimer's is characterized by the buildup of misfolded amyloid proteins in the brain. These deposits develop into abnormal clumps and clusters between brain cells, causing cell death and the loss of brain tissue.

Now scientists have discovered that the same protein clumps in diseased hearts.[1]

Researchers from Johns Hopkins University studied the proteins from heart tissue biopsies from people with and without heart failure. They used the same kind of fluorescent antibody used to identify amyloid clumps in Alzheimer's patients.

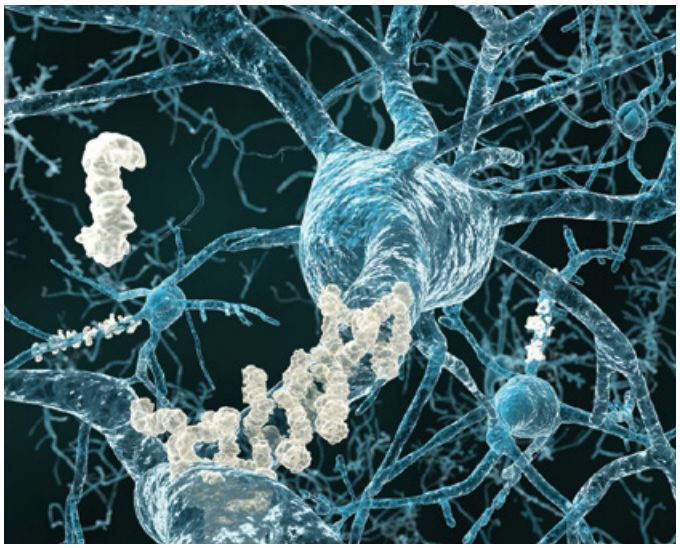
Not only did they discover their presence in the diseased hearts, they found *twice as many* in the heart failure patients than those without the condition.

But they also discovered they could cut the number of clumps in half with a compound called *epigallocatechin gallate* (EGCG).

That's a natural compound in **green tea**.

The Johns Hopkins team is now testing EGCG on protein clumps in human heart tissue. They say their discovery might lead to a new diagnostic tool for heart disease and could also lead to the development of a new way to target amyloid clumps in the heart.

Of course, Big Pharma is already seizing on the idea — pushing the notion that the solution will be a new drug. But you don't need any drug to take advantage of the benefits of this discovery — right now.



You see, the real significance of the discovery is that it is further proof of the connection between modern diseases and their common root — our modern diet and the chronic insulin highs it brings.

New research also reveals the same amyloid clumps are found in diabetic pancreases, the eyes of macular degeneration patients, in the brains of Parkinson's sufferers, in diseased livers and kidneys, and in cardiovascular conditions.[2,3,4,5]

But here's the really big news: *While these amyloid clumps prove a connection, they're just symptoms — not the cause.*

The focus on amyloid proteins in mainstream battle against Alzheimer's has led to years of trying out all sorts of drugs, vaccines and monoclonal antibodies.

Sadly, all of them have failed. In fact, many of these can make things worse. That's because these ineffective "solutions" aim to address the symptom after it develops, rather than treating the underlying cause.

The real question doctors should be asking is this: Where do these amyloid proteins come from in the first place and how do we stop them from forming?

I've developed many other approaches at my South Florida clinic to do just that — from nutritional support to exercise programs and other approaches that I will detail in this letter.

The Real Culprit Behind Amyloid Clumps

Insulin is probably the most misunderstood hormone in the human body. Most doctors only know that it regulates blood sugar levels and diabetics must work to keep these levels low.

There's much more to it. Insulin is your "starvation hormone." And it kicks into action in your body.

Too much insulin makes your body behave as though it were starving, bulking up its fat storage by converting glucose into triglycerides and body fat.

But excess insulin is also the culprit behind the formation of misfolded amyloid proteins — in every disease they're found in.

You see, your body has its own system for clearing excess insulin. It's called *insulin-degrading enzyme* (*IDE).* And your body also uses IDE to clear away amyloid clumps.[6]

But when IDE is too busy keeping up with the excess production of insulin — thanks to America's high-starch diet — the enzyme becomes overwhelmed and has no time to break down the amyloid clusters as they form.

Researchers at Brigham and Women's Hospital in Boston discovered that dysfunctional IDE, along with high insulin, leads directly to the formation of amyloid clumps.[7]

Unless you're going to solve the problem of your body's hyper insulin production, focusing on the development amyloid-busting drugs for any disease is a waste of time.

You have to address their source...

Too Much Insulin Is The Enemy Of Your Heart

Chronically high insulin levels can be just as damaging to your body as high blood sugar levels — especially to your heart.

When your body produces excess insulin for too long, the rapid conversion of glucose into triglycerides triggers damaging oxidative stress and inflammation in your tissues and organs.[8,9,10]

This alone elevates your risk of heart disease. One study revealed that chronically high insulin produces too much of a protein called *VCAM-1*, an "adhesion molecule" in the cardiovascular system.

But too much VCAM-1 is dangerous. It leaves deposits in the endothelial lining of your arteries, unleashing inflammation, causing them to harden and narrow — a condition called *atherosclerosis*.[11,12]

Another study published in the journal *Cardiovascular Diabetology,* directly links high insulin production and insulin resistance to increased risk of heart disease and heart attack.[13]

And a study in the *Journal of Cardiovascular Pharmacology* links high insulin to high blood pressure, a major risk factor in heart disease, heart attacks and stroke.

> "I recommend talking to your doctor and throwing your statins in the trash right now."

For decades, doctors and Big Pharma have blamed heart disease on cholesterol — but the real culprit is insulin.

The good news is you can reduce insulin production naturally and drastically lower your risk of heart disease — and even reverse the condition — without any Big Pharma meds.

In fact, I recommend talking to your doctor and throwing your statins in the trash right now.

Reduce Insulin And Eliminate Your Heart Risk

What would you say if you learned that you could completely reverse serious heart disease in a very short time — by doing the exact opposite of what most cardiologists tell you?

In as little as a few months, men and women who come to the **Sears Institute for Anti-Aging Medicine**, see an improvement in heart health using a couple easy strategies... by focusing on reversing Syndrome Zero and taking back real heart health. Here are two strategies you can start using now.

Step 1: Eat Naturally, Avoid Processed Foods

This should go without saying, but I always recommend eating whole foods, pastured beef, lamb, chicken and other properly raised, organic foods. Unless you know the source of the meat and the practices of the ranch or farm, the safest foods are USDA-certified-organic foods.

Nutrient-rich, properly raised food energizes your body and results in vigor, strength, and long-term health.

And don't be afraid of animal fats, like butter or the fat found in lean grass-fed beef. Your body uses it for fuel and it helps you absorb important nutrients. I tell my patients they should get at least 50% of their fat intake from saturated animal fat.

And don't forget to include other healthy fats like polyunsaturated (omega-3s) and monounsaturated fats in your diet. Get them from wild salmon, olive oil, coconut oil and nuts. Skip all the processed foods, margarine, and Crisco.

Avoid starchy foods as much as possible. They spike your insulin-levels and lay the foundations for amyloid clumps, heart disease, Alzheimer's, diabetes and a host of chronic conditions. Get your carbohydrates from vegetables — not breads, starches and sugary fast foods.

Step 2: Added Heart Protection

I recommend three specific supplements that work both by keeping your insulin levels under control and maintaining a strong heart:

- **Chromium.** I've been recommending chromium to my patients for years as a way to remove excess glucose from the blood and balance blood sugar. Without enough chromium in the body, insulin just doesn't work properly. Chromium also helps your body process carbohydrates efficiently.

But today, we're facing a chromium crisis. Nearly 90% of American adults are chromium-deficient.

The key mineral has been shown to regulate insulin action and reduce the risk of cardiovascular disease.[14]

I recommend supplementing. But you can't take just any kind of chromium supplement. Some types may actually do more harm than good. Research shows that your chromium supplement needs to include niacin to be effective.

Look for *chromium picolinate*, the most effective type pf chromium backed by more than 50 human clinical studies. Take 400 mcg a day.

- **Cupuaçu.** This tropical super fruit is sometimes called the "Food of the Gods," because it tastes like a heavenly blend of chocolate and vanilla. But it's a powerhouse at reducing blood sugar and insulin levels. At the same time, it's rich in heart-critical antioxidants like vitamins A and C, quercetin and kaempferol.

Cupuaçu is also packed with the antioxidant *epicatechin*, which acts like insulin and has been shown to lower blood sugar and improve insulin sensitivity. This super fruit is also rich in phytonutrients like vitamins B1, B2, B3, five essential fatty acids, including omega-3, amino acids, and minerals like phosphorus, calcium, selenium, iron and potassium.

Look online for cupuaçu butter. Make sure it's "cold-pressed," because heat processing can destroy its antioxidant strength.

- **Vitamin K2.** Most doctors overlook the critical role vitamin K2 plays in your body. But if you want to keep insulin production under control, your blood sugars normal and your heart healthy, you need this vitamin. As part of the Framingham Heart Study, researchers found that people with the highest levels of vitamin K2 had better insulin sensitivity and lower blood sugar than people with the lowest levels of vitamin K2.[15]

Studies show that vitamin K2 decreases inflammation and oxidation in your cardiovascular system. One study of 4,800 people showed that high levels of vitamin K2 lowered the risk of coronary artery disease by 57%. It lowered calcium buildup in arteries by 52%.[16]

The study also found that populations that get more vitamin K2 in their diets reduce their risk of dying from cardiovascular disease by 50% over those who had lower amounts.

One of the best sources of K2 is goose liver. Three and a half ounces of goose liver provides at 369 mcg of K2. Natto, the Japanese dish of fermented whole soybeans, is also rich in K2. There are 200 mcg of K2 in a half ounce of natto.

Other good sources include grass-fed meat, full-fat milk, cottage cheese, butter and cheese.

You can also take a supplement, but make sure it's the right kind.

Vitamin K2 comes in several different forms called *menaquinones*. Look for vitamin K2 in the more bioavailable form of menaquinone-7. It's much more bioactive than menaquinone-4.

You can find K2 at your health food store or online. I recommend up to 90 mcg. And it's fat-soluble, so take it with a meal for better absorption.

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Tribal Secret Gives Your Heart Warrior Strength

As a society, our hearts are weaker than ever before.

My patients often tell me that the thought of having a heart attack is terrifying to them... and for good reason.

You see, someone has a heart attack every 40 seconds in the U.S. And at least half of them die before reaching the hospital.

I don't say this to scare you. It's a grim reality to be sure. But it's something within our ability to change.

Where your heart's health falls on your overall healthy continuum is your current snapshot but not the final picture.

Given the right circumstances, you can make a significant change.

And there's no better example of this than the Hadza of north-central Tanzania.

I met this small tribe on my first trip to Africa and was intrigued. I knew I had to spend more time with them and experience their unique culture.

You see, the Hadza don't grow their food. They don't raise livestock. And they live without rules.

They are some of the few left in the world that are true hunter-gatherers similar to our ancestors of 10,000 years ago.

One of the first things I noticed was that everyone was lean and strong. And they don't suffer from any of the chronic diseases that have become the world's worst killers — including heart disease.

And there's a good reason for that...

It's a secret inherent in both what they eat — and how they get what they eat.

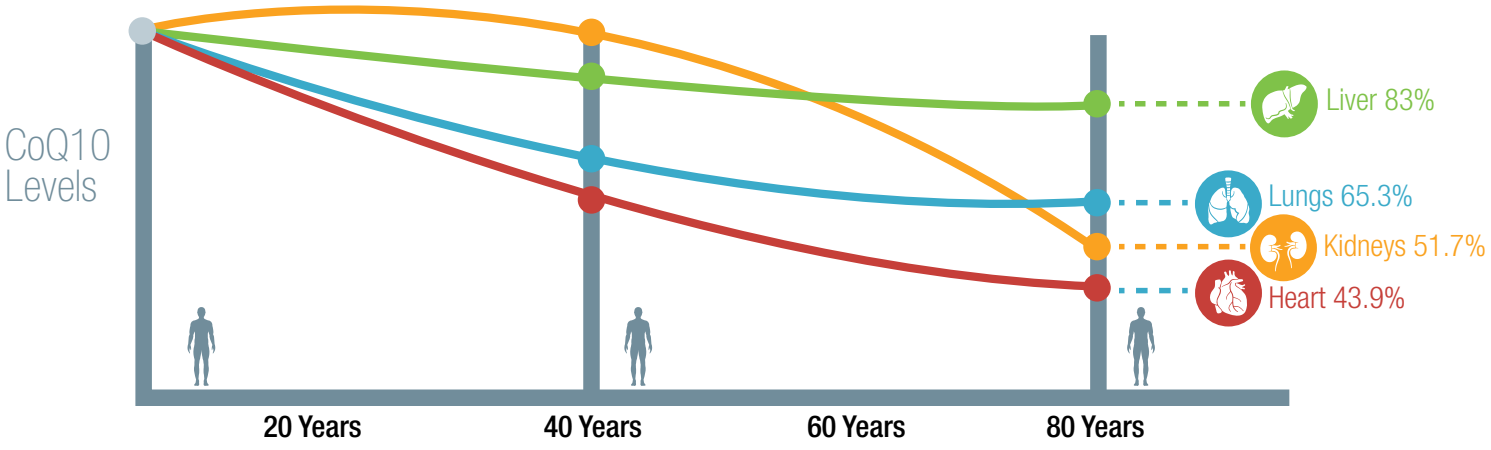
The Hadza are warriors. And they hunt today the same way their ancestors did. Using bows, arrows, spears and traps, they hunt numerous species of animals, like zebra, giraffe and giant antelope.

But here's what makes the Hadza different. They eat every part of the animal they catch, including all the organs.

And organ meat is the best source of CoQ10 on the planet.

CoQ10 is the key to our heart health. But it's more than that. It's crucial to protecting and supporting your mitochondria.

CoQ10 Decline In The Body

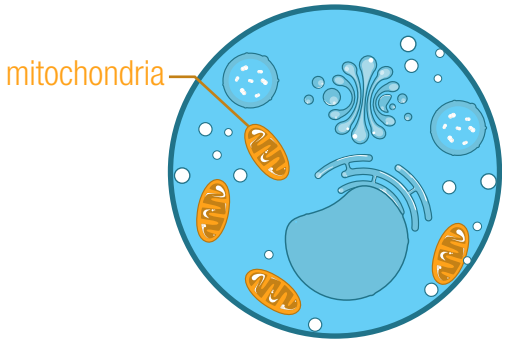


The concentration of Coenzyme Q10 in the body decreases year by year, indicating that is has a close relationship with aging.

That's also critically important because our CoQ10 levels plummet as we age. Just look at how that affects your heart.

As you probably know, your mitochondria are the microscopic energy powerhouses found in each one of your cells. They are responsible for converting energy from the food you eat into energy your cells need to function.

Human Cell



This is the secret of the Hadza... Their diet consists of mitochondria-rich meat. You see, mitochondria holds CoQ10. The more mitochondria you eat, the more CoQ10 your make.

The average American is not getting enough CoQ10 to be heart-healthy.

Researchers have discovered your mitochondria hold the secret to preventing — and in some cases reversing — the debilitating conditions that can strike us in our later years. The key is the power of your mitochondria to stay in charge of the genetic "control switches" inside your cells.

Your heart is especially vulnerable to ***mitochondrial dysfunction*** because it uses more energy than any other organ in your body. But healthy mitochondria continually powers up your energy levels and protects you from heart disease at the same time.

Conventional medicine is lagging way behind, so you won't likely hear about this from your doctor.

But they hold the power to influence whether or not your body becomes a victim or remain "energetic" enough to withstand the threat of disease.

Harness The Power Of Your Mitochondria

Mitochondria live inside every human cell. They are responsible for your body's master energy system. They allow you to see, hear and feel. They beat your heart, stimulate your sex drive and allow you to think.

They are the nanotechnology of your cells, and they power every function and organ in your body.

Each of your cells has at least one of them. The average human cell has 200. But energy-hungry organs have many more. Your liver cells have around 2,000 mitochondria each. Heart cells have around 5,000, and brain cells — the most power-hungry organ of all — have more than 10,000.

When energy systems start to misfire and fail, your body simply can't keep up with all that it needs to do to remain healthy and disease free.

Damaged mitochondria can lead to:[1]

- Strokes
- Heart disease
- Coronary artery disease
- Chronic fatigue syndrome
- Fibromyalgia

Other research shows damaged mitochondria can cause dementia, Alzheimer's, and Parkinson's disease.[2]

So what happens to these little powerhouses as you grow older?

The more energy these cellular engines put out, the more waste they produce. Studies show that mitochondria are the primary site for inflammation from the production of free radicals and oxidative assault.[3]

This also damages their own DNA, which causes the mitochondria to misfire. Over time, your mitochondria start to deplete — some die off, and those that remain become weaker. And so do the cells they inhabit, which grow old and don't function as well as younger cells.

This isn't just a byproduct of aging — it's the source of the aging process itself. Organs and organ systems fail, and diseases begin to strike.

The good news is that we now have enough knowledge to harness the power of your mitochondria and mobilize to prevent disease....

Heal Your Heart The Hadza Way — With Mitochondria-Boosting Nutrients

By working with patients in my own clinic, I have seen how keeping your mitochondria healthy can ensure your body has all the energy it needs to stay strong and healthy — at any age.

I use five powerful and proven mitochondria boosters. If you're a regular reader, I'm sure you'll recognize the first two super nutrients to boost mitochondrial energy... *CoQ10* and *pyrroloquinoline quinone*, or *PQQ:*

CoQ10 is a super nutrient that is key to delaying or preventing mitochondrial depletion.

The problem begins with age: the older you get, the fewer mitochondria you have and the less CoQ10 your body makes. That's why I recommend CoQ10 supplements to almost every patient, no matter what their age or condition.

CoQ10's power begins with its antioxidant abilities, which protect your mitochondria against free radical damage. This stops them aging and dying.

But more than this, CoQ10 is a high-octane fuel and your mitochondria need it to produce the energy they run on.

Every cell in your body uses CoQ10 to get energy from your mitochondria. It sparks them to make extra energy.

If you can't get CoQ10 through nutrient-rich dietary sources like liver, or from supplementing, your energy levels fall and your organs function below par. Cholesterol-busting statins also drastically reduce CoQ10 levels. In Canada, there are even warnings on the labels of statins.

But a CoQ10 supplement can yield immediate benefits.

I've been a big proponent of CoQ10 for decades now. In the mid-1990s, I was one of the few doctors in America testing CoQ10 levels.

"Every cell in your body uses CoQ10 to get energy from your mitochondria. It sparks them to make extra energy."

I recommend that everyone take 30 mg of CoQ10 daily. **If you're over 60**, double that to 60 mg. But if you're suffering from a chronic condition, increase the dose to at least 100 mg a day.

And make sure it's the ***ubiquinol* form of CoQ10, which is the most potent**.

While CoQ10 does an amazing job of squeezing more power out of your remaining mitochondria, it does nothing for the mitochondria you've already lost. That's where the little-known nutrient, *pyrroloquinoline quinone*, or *PQQ,* comes in.

PQQ triggers your cells to build healthy new mitochondria, producing more fuel, so your cell systems work more energetically and more efficiently. At the same time, PQQ also protects your mitochondria, by neutralizing free radicals that damage and kill your mitochondria.

Good sources of PQQ are kiwi fruit, sweet green peppers, carrots, potatoes, cabbage, sweet potatoes and bananas.

But for Alzheimer's patients, I recommend going straight to a supplement. Take 10 mg of PQQ daily with your CoQ10.

3 More Ways to Turbo Boost your Mitochondria

To fully protect mitochondria and give them an extra charge, I use three other powerful nutrients:

1. Acetyl-L-Carnitine: This amino plays a crucial role in making energy in your cells. It transports fatty acids into the mitochondria, where they are burned for fuel. It also carries toxic waste out before it can do damage.

But as you age, carnitine levels in your tissues drop.[4] That's why you need acetyl-L-carnitine (ALC). Your body converts L-carnitine to ALC. Studies show when your mitochondria slow down, ALC can fire them up again. Studies also show ALC reverses the malfunction in mitochondria as you age.[5]

The best source of L-carnitine is grass-fed red meat. But you can also supplement. I suggest taking at least 500 mg of ALC every day on an empty stomach. Look for a formula with only L-carnitine and not D, L-carnitine. D-carnitine is synthetic.

2. N-Acetyl-Cysteine (NAC): Another amino acid that's also a powerful antioxidant. NAC helps make glutathione, the body's most powerful antioxidant. Glutathione is the main line of defense for mitochondria. It helps prevent and repair oxidative damage, thus protecting your mitochondria.[6,7]

Studies show it also protects your telomeres from oxidative damage.[8] So it throws a one-two anti-aging punch. I advise supplementing with 500 mg per day.

3. Rhodiola Rosea: This tough, little yellow flower is native to the arctic mountains of Eastern Siberia and it's a great herb for enhancing mitochondrial energy production. I've seen its power to energize my patients. In just a few months, they are visibly younger and stronger. And they tell me they feel that way, too.

You can find rhodiola tea in your local health food store. Or you can take it in capsule form. It's also called golden root or roseroot. But make sure you get a formula with enough of the herb's active compounds. Look for an extract standardized to contain at least 3% *rosavins* and 1% *salidroside*. That's the same ratio found in the natural root.

I recommend taking 250 mg a day on an empty stomach, preferably in the morning, because rhodiola stimulates your brain.

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Bypass the Heart Bypass — Regrow New Blood Vessels with Easy "Anti-Cardio" Therapy

I'm going to tell you something that makes me really unpopular with cardiologists. But it's too important not share...

The ***worst*** thing you can do for your heart is take prescription heart pills, spend hours at the gym doing grueling "cardio" workouts or go under the knife for a dangerous medical procedure.

I can't believe that these continue to be the most commonly prescribed and recommended therapies for people with heart disease.

And what good has it done?

Heart disease is still the No. 1 medical threat in our country.

But it doesn't have to be...

Today I want to tell you about an all-natural therapy that can do real wonders for your heart.

It can even create new blood vessels in your heart — flooding it with the life-saving volumes of blood you need.

Most cardiologists however, have simply chosen to ignore this treatment because it doesn't fit the traditional image of what cardiologists do.

They say it should only be used as a *last resort*, under medical practice guidelines.

I say that goes against everything I believe in as a doctor.

The treatment has a weird name — *enhanced external counterpulsation*, or *EECP,* for short.

But here's the thing... it works.

And in many cases, it works better than the Big Pharma meds and risky, expensive surgeries that cardiologists keep pushing — for big profit.

This easy heart therapy works by increasing blood flow and strengthening circulation. It's helped my patients treat their hearts with fewer drugs and without bypass surgeries, angioplasty procedures or stents.

Multiple studies show EECP is hands down the safest and most effective reliever of angina chest pain available. And it has been shown to have huge benefits for patients with coronary artery disease and heart failure.

It works by increasing blood flow to the heart, strengthening circulation and providing a proven way to treat heart disease with fewer drugs and without bypass surgeries, angioplasty procedures or stents.

With his uncomplicated, non-invasive treatment you simply lay flat while inflatable cuffs are go around your calves, thighs and buttocks. A machine then inflates and releases them in time with your heartbeat.

It carries almost no risk, yet it remains almost completely ignored by the medical community.

Not only has EECP been approved by the FDA in the U.S., it's also covered by most insurance plans, including Medicare. Even if it weren't, EECP costs a fraction of what you could spend on other cardiologist-approved heart therapies.

Easy Heart Therapy Provides The Same Benefits As Exercise

Although EECP was invented in the U.S. in the 1950s, it's been eclipsed by drugs and invasive surgeries pushed by most cardiologists.

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

$61,500,000,000

"What cardiologists, hospitals and insurance companies earn from heart bypass surgeries every year in America."

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

Patients lie comfortably on a bed, hooked up to an electrocardiography machine. Three cuffs that operate in four precisely timed steps are placed on the body.

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

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.

It's a remarkably powerful weapon against heart disease — the No. 1 killer in America.

Better Blood Flow Supercharges Your Heart

The most exciting benefit of EECP therapy is the release of nitric oxide (NO). Just like with vigorous exercise, with EECP it triggers your body to release this natural blood flow booster.

It's like in the movies, 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.[1]

Even heartburn drugs, called proton-pump inhibitors (PPIs), block the production of nitric oxide, causing your blood vessels to become stiff and narrow. This leads to a lack of oxygen, which can cause a heart attack.[2]

Heartburn drugs can also boost your risk of heart attack by up to 20%.

This is just one of the many benefits of EECP.

More than 100 studies and clinical trials of EECP's effectiveness have been published in medical journals like the *American Journal of Cardiology, Circulation, Heart* and the *Mayo Clinic Proceedings*.

This is important because coronary artery disease is one of the leading causes of premature death and permanent disability. It kills more than 370,000 American adults every year.[3]

Coronary artery disease is caused by plaque buildup in the walls of the coronary arteries that supply oxygenated blood to the heart and other parts of your body.

And studies prove that EECP *is especially effective at relieving the primary symptom of the disease:* ***angina pectoris*** *— the chest pain that occurs when the heart muscle doesn't get enough blood.*

It's a travesty that EECP isn't more widely available in the U.S. China has established more than 1,500 counterpulsation clinics in recent years years. Meanwhile, Germany, Switzerland, the U.K., Ireland and Japan have also recently set up new EECP units.

Yet in America, it remains virtually unknown. Almost all coronary artery disease patients here are prescribed a barrage of Big Pharma meds, including nitroglycerin, statins, beta-blockers, calcium channel blockers, ACE inhibitors and *Ranolazine,* the most popular angina medication.

Meanwhile, more than a million angioplasty procedures are done annually, and more than 500,000 Americans each year undergo coronary bypass surgery. According to the American Heart Association, more than 70% of them also have stents implanted — even though there is significant evidence that stents don't work to ease chest pain.[4]

Recovery time for these operations is lengthy and painful. And the higher number of surgeries you have, the more risk is associated with recovery.

That's not the case with EECP.

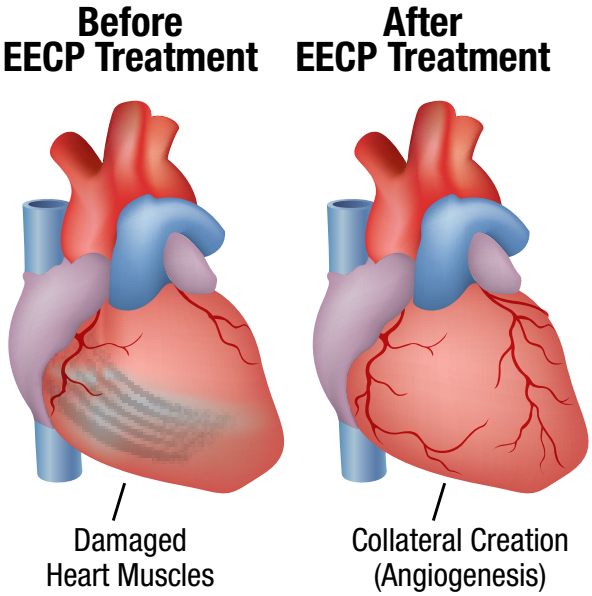
These drugs and surgeries make billions for the pharmaceutical and medical industries — so it's no surprise that attaching cuffs to patients' legs and buttocks, and simply throwing a switch continues to be rejected by most cardiologists — even though it works.

Did You Know Your Body Can Regrow New Blood Vessels?

Perhaps the most remarkable benefit of EECP is its ability to strengthen and repair damaged blood vessels and to regrow new ones, creating new pathways in and around the heart — without any surgical grafting.

That is why some scientists have hailed EECP as a "natural bypass."[5]

You see, when coronary arteries become blocked with plaque, causing obstruction of blood flow, it causes chest pain and possibly a heart attack. Some people naturally form new blood vessels called *collaterals*. These serve to bypass these obstructions.



After EECP therapy, your heart can not only repair existing blood vessels, it can regrow new ones.

Unfortunately, not all people can form these collaterals. The problem is common in patients with a particular type of angina called *chronic refractory angina*.

These patients don't respond to mainstream treatments and many have been crippled with angina for years. Conventional medical wisdom is that little can be done for them.

EECP has literally worked wonders with refractory angina sufferers.

By mimicking the effects of regular exercise, EECP has also been shown to reduce arterial inflammation and increase the so-called *shear stress* of blood vessel walls, strengthening and repairing them, and reducing endothelial dysfunction.[6]

After Several Weeks, Most Patients Can Toss Out Their Medications

I've been so impressed with the decades of research and scores of clinical papers I read on EECP, I now offer the treatment to patients at the *Sears Institute for Anti-Aging Medicine*.

Unlike bypasses, stents and angioplasty surgeries, EECP is done as an outpatient procedure.

Patients simply undergo treatment for about an hour a day, five days a week for seven weeks. About halfway through, most patients feel their angina improving.

After the seventh week, most patients rarely need many of the meds they were taking previously to dilate their blood vessels.

In many cases, EECP can also be used as a primary treatment for heart disease — and I recommend using it as early as possible.

One recent study on EECP's use as a first-line treatment backs up the positive experience of many patients in my clinic. The study noted that when used as a primary treatment, 89% of patients reported fewer angina attacks.[7]

I would go so far as to suggest everyone could benefit from EECP — but especially those who suffer from heart disease, stroke, high blood pressure, diabetes, macular degeneration, erectile dysfunction, Parkinson's disease, peripheral vascular disease and chronic fatigue syndrome.

My patients tell me it provides more energy, better endurance, restful sleep, mental clarity and an overall positive outlook and enhanced quality of life.

Note: EECP should not be used if you suffer from irregular heartbeats, bleeding disorders or for pregnant women.

Eliminate Heart Disease Forever With My 'Anti-Cardio' Program

The effects of EECP last about five years.[8] That means the treatment provides an extraordinary opportunity for heart patients to overcome their painful and debilitating symptoms and use it as a bridge to a sustaining heart cure program for life.

But in addition to EECP, I recommend my patients participate in ***PACE***.

PACE helps you release the vital blood flow booster NO.

It uses brief but vigorous routines of increasing intensity and is specifically designed to help you:

- Build strength and capacity in your heart and lungs.
- Avoid heart attacks and cardiovascular disease.
- Improve your mental edge.

> "Scientific research agrees that high-intensity training is better for your heart, mind and body than conventional cardio."

Short bursts of intense exercise are what nature intended for your heart and the rest of your body.

Unlike cardio or other aerobic or endurance exercise, PACE causes an adaptive response. This means giving your body a new set of challenges, so it adapts to whatever you're asking it to do.

This allows your heart to increase its ability to pump harder for those times when you need it.

My patients have been using PACE to build heart and lungpower for years. And it just takes 12 minutes a day. And just this year I rolled out a beta test in the office for **PACE 2.0**.

Every day, my son Dylan teaches a PACE class here at the Sears Institute during lunch. When I challenged the folks in my office, we got all their baseline measurements and lab work so we can track their progress. I'm already seeing changes in them.

They're looking leaner and their skin is glowing.

In PACE 2.0, we've added "bonus rounds" to the basic principle. It's helped the group continue to accelerate and push themselves.

And scientific research agrees that high-intensity training is better for your heart, mind and body than conventional cardio. The take-away: The more energy you exert during exercise, the lower your risk of heart disease.[9]

All you have to do is increase the challenge to your lungs and heart little by little, and then accelerate it.

One of the easiest ways to begin PACE is start with something you enjoy. Whether that's swimming, running or simply walking. Just remember to keep increasing the challenge... and to rest and recover fully

between each period of exertion.

Or you can begin PACE simple exercise known as ***alternating lunges***. And like all PACE exercises, this is safe at any age...

- With your hands at your hips, take a step forward with your right leg until your front knee is bent 90 degrees and your back knee almost touches the ground.
- Push off from your leading foot and return to starting position.
- Repeat with your left leg. Continue until you feel winded.
- Rest, recover and do two more sets.

Start at a speed and level of intensity you're comfortable with. From there, be sure to increase the challenge slightly with each set. That's what I call "progressivity."

Also, to get stronger quads and more muscle strength even faster, use "acceleration." That means shorten your recovery time between sets, or get up to your desired intensity faster.

The key is to listen to your body. You should be panting at the end of each exertion period. You should *not* be taxed and exhausted throughout the whole workout.

And when you're ready to accelerate, I recommend adding one minute after your last set as a bonus round. This will challenge your body. It's been a great addition to PACE 2.0.

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

And if you'd like more information on EECP treatment at the **Sears Institute for Anti-Aging Medicine**, please contact my staff at **561-784-7852.**

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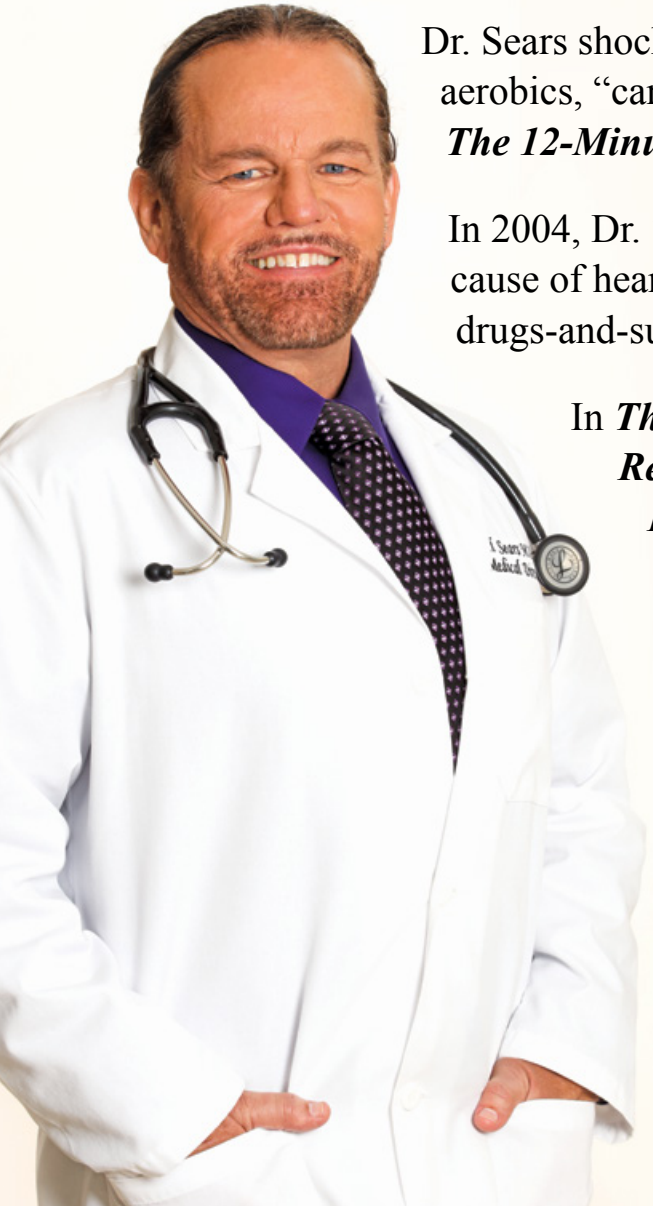
AL SEARS, MD

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).