

Dr. Sears'

CONFIDENTIAL CURES

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

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Dear Friend,

Big Medicine and Big Pharma team up together in order to sell sickness — and make themselves a healthy profit.

Pharmaceutical companies take a common experience and design a drug to “cure” it.

Some of the most profitable examples include:

- Low testosterone
- High cholesterol
- Type 2 diabetes
- Restless leg syndrome
- Leaky bladder

Then Big Pharma spends millions of dollars convincing traditional doctors — usually through expensive meals, promotional trips and even consulting fees — that they need to prescribe this drug to patients.

In the meantime, they go on TV and convince an unsuspecting public that they suddenly have this “new” disease or disorder. And only their prescription can cure it.

Take high blood pressure, for example. For decades, the guidelines stated that normal blood pressure was 140/90. Then overnight, they changed to 120/80. This new lower standard meant that all of a sudden, millions more Americans were diagnosed with hypertension. And Big Pharma suddenly had millions of more new customers.

And of course, those new guidelines are completely bogus. A study out of Germany proves it. The research determined that people with blood pressure

in the range of 130-139/80-89 have no higher risk of mortality than people with lower blood pressure.

But your doctor will tell you that you need medication.

And in too many cases, these Big Pharma pills are downright dangerous. Hypertension drugs cause impotence, weakness, depression, dementia — and even heart failure.

These new hypertension guidelines primarily target the elderly and the so-called diseases of aging.

Like Alzheimer's... Pharmaceutical companies have spent billions developing drugs for this devastating condition. And yet, more than 99% of them fail in development. But they would never tell you about regenerative therapies and treatments that are **PROVEN** to improve memory and quality of life.

Because where is the profit margin in that?

In this issue of **Confidential Cures**, I'll show you how you can treat yourself — naturally and safely — without the fear of disease mongering.

To Your Good Health,

Al Sears, MD, CNS

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Alzheimer's Breakthrough Smashes Convention... Proves Mainstream Doctors Wrong

As an anti-aging doctor in South Florida, a major U.S. retirement destination, I see more seniors than the average physician — and proportionally more patients and families being affected by Alzheimer's.

My patients who don't suffer from this dreadful, mind-wasting condition tell me they fear it more than cancer or any other debilitating disease.

And at lectures I give at the Sears Institute, it's one of the most asked for topics.

I've even created a course on beating Alzheimer's disease in my Sears University.

Most doctors will tell you there's no cure for Alzheimer's. They say the effects are irreversible. For them, an Alzheimer's diagnosis is a death sentence.

But here at the **Sears Institute for Anti-Aging Medicine**, we're proving that Alzheimer's disease is not hopeless.

I treat my Alzheimer's patients with the very source of life itself. I'm talking about OXYGEN.

The link between Alzheimer's and your body's ability to deliver oxygen to your brain couldn't be clearer. And new breakthrough research backs up what I've been doing for years.

This latest research also proves that mainstream medicine and their greedy partners in Big Pharma have been on the wrong track all along.

In this article, I'm going to share with you the astonishing therapy I use with my own patients to prevent, halt, and in many cases, even reverse the cruel effects of Alzheimer's. You'll also learn about some powerful nutritional therapies you can use to jumpstart your oxygen intake.



I've been treating my Alzheimer's patients with hyperbaric oxygen therapy for several years, and the results have been remarkable.

Big Pharma's Epic Failure

Mainstream medicine has totally missed the mark with Alzheimer's research, prevention and cure.

Most doctors will tell you...

1. Dementia is a “normal” part of the aging process.

Wrong! Your brain is capable of staying fully functional no matter what your age is, as long as you take care of it.

2. Alzheimer's is a genetic disease. Wrong! There are two distinct types of this horrible disease. Early-onset Alzheimer's occurs before the age of 60. It accounts for between 5% and 10% of all cases, and it does run in families.

But late-onset, or “sporadic,” Alzheimer's is the most common form. It strikes after age 60.¹ The sharp increase in victims is a recent phenomenon. Human genes don't change so drastically in just two or three generations.

3. It's all about amyloid plaques and tau tangles.

Wrong! Yes, plaques and tangles are classic hallmarks of Alzheimer's. They gum up your brain, causing memory loss and confusion. But these are symptoms — not the cause.

In other words, mainstream medicine's strategies to combat Alzheimer's will never work. Their focus has led to years of trying out all kinds of drugs, vaccines and monoclonal antibodies.

And sadly, all of them have failed. In fact, they make things worse...

Drugs like Aricept, Exelon and Reminyl belong to a class of drugs called "cholinesterase inhibitors." They're supposed to increase a chemical in the brain that improves memory. But researchers from a Boston Ivy League university and other institutions found that people taking the drugs:

- Were twice as likely to be hospitalized for fainting
- Were 69% more likely to have a slower heart rate
- Had a 49% increased chance of needing permanent pacemakers
- Had an 18% increased risk of hip fractures²

Politicians and government agencies keep throwing billions at these flawed theories and drugs. The only thing they've done is line the pockets of Big Pharma.

They've done nothing to stop the explosion of this disease.

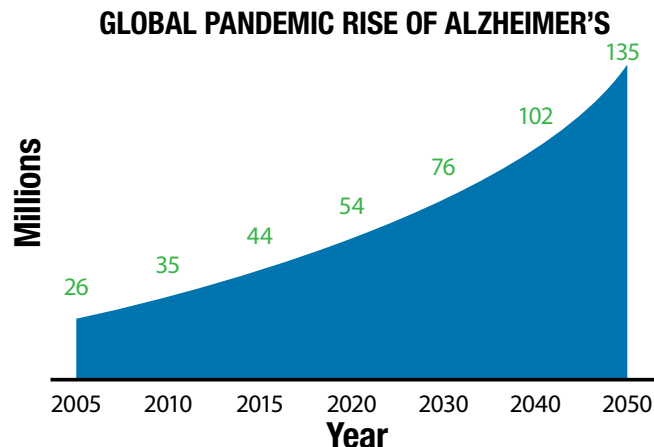
Alzheimer's Is A Global Pandemic

Alzheimer's is increasing at an alarming rate. Sadly, it has become so common, I'm sure you know someone who suffers from it — if not someone near and dear to you.

And the numbers are shocking...

- Alzheimer's is the sixth leading cause of death in America.
- One in three seniors die with Alzheimer's or dementia.
- The number of Alzheimer's patients is expected to more than triple over the next 30 years.
- The disease affects more than 5 million Americans and 44 million globally — the vast majority being in the U.S. and Western Europe.
- Alzheimer's strikes one in 10 Americans over the age of 65 and a shocking 50% of people over the age of 85.
- The disease kills more people every year than breast and prostate cancer combined.

In the next 30 years, it's projected that Alzheimer's will affect a staggering *one in four* Americans. If that projection turns out to be true, it will be more widespread than obesity and diabetes is today!



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

Big Pharma's drugs have done nothing to turn this tide.

That's because they never even get close to the real cause of Alzheimer's disease...

Getting To The Root Of Dementia

Poor blood flow to the brain has long been seen as an early warning sign of Alzheimer's — but there is now strong scientific evidence that it's a root cause.

You see, poor blood flow restricts the delivery of life-giving oxygen, as well as vital nutrients, to your brain.

Studies now confirm a clear and direct link between the terrifying spike in the number of late-onset Alzheimer's cases and chronic inflammation from air pollution and our inflammatory Western diet.

This is the reason most Alzheimer's cases occur in Western industrialized countries. By contrast, I've seen for myself how rare the disease is in sub-Saharan Africa and other traditional cultures.

The research linking Alzheimer's with air pollution — from power plants, traffic, forest fires, industrial factories, you name it — is alarmingly consistent.

One recent study out of Arizona State University examined the Environmental Protection Agency's air quality data along with 15 years of Medicare records for 6.9 million Americans age 65 and older. The researchers

found conclusive evidence that more Alzheimer's cases occur in neighborhoods where air pollution is the highest.³

In another study published in 2018 in the *BMJ Open*, researchers followed more than 130,000 older adults living in London for several years. Those exposed to higher levels of air pollutants, particularly nitrogen dioxide and fine particulate matter released by fossil fuel combustion, were a staggering 150% more likely to develop Alzheimer's disease than those exposed to lower levels of pollution.⁴

A study in Taiwan, where pollution levels are higher, produced nearly the same results.⁵

And in 2017 researchers followed roughly 6.5 million adults living in Ontario, Canada for more than a decade. They found that people who lived closer to major high-traffic roads were significantly more likely to develop Alzheimer's.⁶

That's because the smallest pollution particles lodge deep in your lungs' sensitive tissue or pass into your bloodstream. They trigger an immune response, which over time results in chronic inflammation.

Studies show this inflammation leads to the formation of amyloid plaques and tau tangles, which squeeze blood vessels in the brain, and restrict blood flow and oxygen. This dramatically raises your risk of Alzheimer's.^{7,8}

And our modern toxic food supply has the same effect on your brain.

Over the past half century, corporations have taken over our food supply. In their race for profits, they've packed our diets with cheap, inflammatory carbs, sugar and starches.

Eating processed carbs and starches is just as bad as eating spoonfuls of white sugar. And I'm not just talking about candy bars. Refined sugar is hidden in processed carbs everywhere — in breads, pastas, bagels, cereals, and chips of all kinds. Some of these toxic foods are even marketed as "health food."

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

Today, the average American eats up to 152 *pounds* of sugar a year!

These foods have been shown to spike insulin levels. This ultimately leads to insulin resistance and chronic inflammation, which restricts blood flow within the brain.⁹

Oxygen To The Rescue

Here at the **Sears Institute for Anti-Aging Medicine**, I've been treating my Alzheimer's patients with oxygen for several years — and the results have been remarkable.

I use a special kind of oxygen treatment called **hyperbaric oxygen therapy**, or HBOT for short. This therapy is as easy as breathing — except you're getting 100% oxygen under higher pressure (up to 2.5 times) than we have normally in the air.

Researchers of two American medical schools recently backed me up on HBOT's extraordinary ability to combat Alzheimer's disease.

Medical researchers at Louisiana State University and the University of North Dakota used brain PET scans to confirm the Alzheimer's diagnosis on a 58-year-old patient with rapidly accelerating cognitive decline.¹⁰

Then they used PET scans to show the massive improvements in "brain metabolism" **AFTER** being given HBOT treatment.

The patient, who had been suffering from Alzheimer's for five years and was deteriorating, was given 40 HBOT treatments for five days a week over a period of 66 days.

After just 21 treatments, the patient reported increased energy and levels of activity, better mood and an increased ability to perform daily living activities. The patient could even work crossword puzzles!

And after 40 treatments, the patient reported better memory and concentration, sleep, conversation, appetite, the ability to use a computer as well as reduced anxiety, disorientation and frustration.

You see, HBOT treatment boosts oxygen levels in your brain in two ways:

1. It allows your lungs to take in more oxygen than would be possible if you were breathing oxygen at normal air pressure. The higher pressure physically dissolves more oxygen into your red blood cells, boosting oxygen levels.

2. HBOT also increases the synthesis of **nitric oxide**. This simple, natural gas is one of your body's most important signaling chemicals. Its primary function is to send "blood flow signals" that tell your blood vessels to relax. This allows more oxygen-rich blood to reach your brain. When blood vessels in your brain are inflamed and squeezed, restricting oxygen supply, HBOT opens them up.

This breakthrough study demonstrated that HBOT isn't only the first treatment to halt Alzheimer's disease, but it can also "temporarily" reverse the devastating progress of the condition.

The good news is that getting hyperbaric oxygen therapy is easy and painless.

Let The Healing Begin...

Hyperbaric oxygen therapy was first used in the 1930s to treat deep-sea divers suffering from decompression sickness and trapped air bubbles (the bends). But it was noted quickly that the treatment aided wound healing and relieved pain. Alzheimer's disease is just its latest application.

Today, HBOT is usually delivered in one of two ways:

1. **An HBOT individual unit.** This is the way in which HBOT is most commonly delivered these days — you lie down in a single-person chamber that looks like a tiny submarine with a glass hood — and breathe.
2. **An HBOT chamber for several people.** In a multi-person hyperbaric oxygen room, you can sit or lie down. In this setting, you'll probably get oxygen through a mask over your face or a lightweight, clear hood will be placed over your head.

I use individual units at my clinic. You simply climb onto a bed and relax for a couple of hours. A clear hood is closed over the bed. You can even watch TV or take a nap. Then you just breathe as normal.

As usual, mainstream medicine has been slow on the uptake. But hyperbaric chambers are now even used in a handful of hospitals and healing centers.

If you're interested in HBOT therapy at the **Sears Institute for Anti-Aging Medicine** and are in the South



Hyperbaric oxygen therapy can be delivered in two ways — as an individual unit or a chamber for several people. I use an individual unit at my clinic.

Florida area — or are considering a trip to South Florida — just call my staff on **561-784-7852** for details. Or visit my website at www.searsinstitute.com.

Jumpstart Your Oxygen Intake

I also recommend a few natural and powerful ways to get more oxygen into your blood and into your brain — and you can do them in your own home.

- **Take omega-3 fatty acids.** These key fatty acids play a key role in the structure of all cell membranes in your body. Omega-3s makes red blood cells more "flexible," which means they move more easily between the capillaries and cells, delivering more oxygen.

Studies show that it also improves oxygen intake in the lungs and promotes **angiogenesis**, the formation of new blood vessels.¹¹

Fish-oil supplements can be found just about everywhere these days, but I don't recommend plain fish oil anymore. It's poorly absorbed, compared with newer discoveries, like krill and calamari (squid) oil. These lesser-known options are better equipped to keep your cells, tissues, and organs fully oxygenated.

You can find krill and calamari at your local vitamin or health food stores.

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

You can juice beets yourself. I use organic beets and throw in the roots, fruit, and the leaves. You can also buy organic beet juice.

For maximum effect, add hawthorn extract, which is a great natural remedy for high blood pressure. Take one glass (250 ml) of fresh beet juice along with 15 drops of liquid hawthorn extract daily to boost nitric oxide levels.

You can also take a supplement, but make sure to choose an activated beet extract at no less than 2500 mg of fresh beet powder. Open two capsules into water or juice and then add the liquid hawthorn. Swish it around your mouth, so it mixes with your saliva to activate the nitric oxide.

• **The herbal secret of Sherpas.** Tibetan Sherpas use *Rhodiola rosea* for energy, physical endurance and to protect against altitude sickness. For centuries, they've lived at high altitudes in the Himalayas and have aided climbers to ascend Mt. Everest without the need for supplemental oxygen.



The yellow flower, Rhodiola, also known as arctic root or golden root, is one of nature's true medicinal gifts.

This tough little yellow flower, also known as arctic root or golden root, grows in some of the world's most inhospitable places, but it's one of nature's true medicinal gifts.

Research supports what these Sherpas have always known. *Rhodiola* increases oxygen intake in your lungs and stimulates red blood cell production. Studies show that *Rhodiola* also increases the oxygen-carrying capacity of your red blood cells.¹²

You can enjoy *Rhodiola* in a tea, the way the Sherpas do, or you can find it in capsule form. I recommend daily doses of 200 mg for the best effect.

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Can The FDA's Dangerous Drugs Rob You Of Your Memories?

It was standing room only at a lecture I recently gave at the Sears Institute...

The event was called Curing the Incurable — and we discussed the latest advancements in regenerative medicine.

But it was our discussion on reversing Alzheimer's that got the most attention.

You see, Alzheimer's and other forms of dementia have now reached crisis point across the industrialized world — and it's getting worse. By the year 2050, it's estimated that the number of Americans with Alzheimer's or dementia will triple to more than 16 million.

Fortunately, we're starting to break through the stigma that used to surround these diseases.

My patients and readers are seeking out the latest therapies, asking the hard questions and pushing for real solutions.

We're making great strides. Yet for every step forward we take, it seems Big Pharma is challenging our progress.

For instance, there's shocking new evidence that links dozens of Big Pharma's dangerous drugs to memory loss.



I was thrilled to discuss the latest advancements in regenerative medicine to such a wonderful audience.

Common medications used to treat conditions as varied as asthma, diarrhea, insomnia, allergies, COPD and even headaches — are actively destroying your power to remember.

Add to that the relentless pressure from Big Pharma for doctors to prescribe their lucrative meds, instead of safer, natural remedies that often cost just pennies a day. More on this in a moment...

The causes of Alzheimer's and dementia are varied — but can be boiled down to the effects of the modern world on the human brain.

You see, your brain wasn't designed to thrive on our nutrition-less, processed modern diet or to absorb the industrial pollution that's spewed from factories and traffic fumes.

And now you can add common prescription and over-the-counter drugs to the causes of dementia.

Many mainstream physicians will tell you there's no cure for dementia and memory loss. Yet many of the drugs they prescribe are in fact causing the problem.

Some doctors go even further and attack as “unproven” the natural substances that have the power to protect and restore your memory.

These doctors couldn't be more wrong.

In this article, you'll learn about the critical brain chemical that can reverse the effects of these memory-robbing drugs. And I'm going to show the science that proves it. You'll also learn how you can easily replace many of these dangerous meds with safe, natural alternatives.

The Shocking Truth

The evidence is now overwhelming...

A large new study by researchers in the U.K. looked at the medical records of almost 60,000 patients for more than a decade, and found a direct, indisputable link between dementia and a class of drugs called **anticholinergics**.

The study, published in *JAMA Internal Medicine*, found that people over 55 who took anticholinergic drugs daily for more than three years faced a jaw-dropping 50% increased risk of developing dementia.¹

Many of the drugs are among the most commonly used meds in the world. They include:

- Acetaminophen and ibuprofen “PM” versions
- Clozapine, the antipsychotic drug
- Darifenacin marketed as Enablex, a bladder drug
- Scopolamine, prescribed as an anti-nausea med
- Ipratropium, a bronchodilator used by COPD patients
- Tizanidine, the muscle relaxer
- Antihistamines such as diphenhydramine (brand names include Benadryl)
- Antidepressants and anti-anxiety meds like paroxetine (brand names include Paxil) and alprazolam (Xanax)
- And dozens more.

Anticholinergic drugs work by blocking **acetylcholine**, a key brain chemical that transmits messages to your nervous system. It’s how nerve cells talk to muscle cells.

For example, when you want to raise your hand, acetylcholine triggers the electrical impulse that tells the right muscles to contract. It plays an important part in your heart rate, the widening of blood vessels, respiratory functions and muscle contractions in your stomach during digestion.

But it’s also a neurotransmitter of memory...

Your brain can’t store memories without acetylcholine. And it requires acetylcholine to access them.

That means when you take anticholinergic drugs, you’re inhibiting the chemical pathways of your memory.

The link between dementia and anticholinergics is not new. I’ve been warning my patients about it for years.

A 2014 review found more than 30 studies that found an increased cognitive decline was directly related to the amount of anticholinergic medication patients took.²

And a 2015 study by researchers at the University of Washington found that people aged 65 and older who took anticholinergics for three years or more had a 54% greater risk of developing dementia than people who took these meds for three months or less.³

Another recent study from 2016 found that people who take acetylcholine-blocking drugs had shrunk areas of the brain linked to memories.⁴

The shocking truth is that mainstream medicine and Big Pharma have ignored all the findings. Drug companies continue to push these meds, doctors continue to prescribe them and pharmacies continue to sell them.

The latest study casts aside any doubt. It’s much larger, and analyzes the use of anticholinergics in more detail and over a longer period of time than any previous study.

The researchers also found that the longer patients took anticholinergics, the more likely they were to develop dementia.

Seniors face the highest risk. Not only are older adults more likely to be prescribed anticholinergic meds, your body also produces less acetylcholine as you age.

That means drugs that inhibit this important neurochemical have a stronger effect on you, increasing the risk of dementia and memory loss even further.

The good news is that you can easily reverse an acetylcholine deficiency.

But you’ll never hear about it from your doctor. The problem is that mainstream medicine has declared war on the remedy.

A New War Against Brain Boosters

Natural remedies have incurred the wrath of the so-called “respected” medical establishment for decades.

When it comes to any kind of nutrition, nutritional supplements or herbal remedies — and their actions on the human body — most doctors are untrained and unaware.

A recent study found that American medical schools today average a measly 2.8 hours of nutrition education a year.⁵

Plus, as I mentioned earlier, doctors are under relentless pressure from Big Pharma to prescribe their lucrative meds, instead of safer, natural remedies that often cost just pennies a day.

And like most Big Pharma drugs, anticholinergics were devised to fix one set of problems and ended up creating new ones.

Meanwhile, its strategy for combating dementia has failed miserably. Over the years, Big Pharma has tried out all kinds of drugs, vaccines and monoclonal

antibodies, but none of them has reversed or stopped a single case of dementia.

You see, like any organ, your brain needs care and feeding to work well. Most conventional doctors don't get that.

Now the so-called "respected" medical establishment has come out in force against natural brain-boosting supplements.

You may have heard about it. Claims from doctors — like "lack of evidence" or "not enough research," or even "don't waste your money" — have flooded media recently.

Their latest attack is based on a report that was largely funded by the AARP, and utterly panned the use of brain-boosting supplements.⁶

Its conclusion was predictable and wrong: *"There is no convincing evidence to recommend dietary supplements for brain health."*

Many natural brain boosters have been used successfully by traditional Chinese medicine and Ayurvedic healers for thousands of years.

And it's worth remembering that the AARP isn't just a lobby group for seniors. It's also in the health insurance business and offers discounts on Big Pharma meds.

At the same time, the report noted that 21 of the 27 "experts" who authored the study had potential conflicts of interest — some with major financial ties to Big Pharma giants like Pfizer, Eli Lilly and Novartis.

It would be hard to argue that the research and its conclusion weren't biased.

Yet the report also said there may be exceptions...

Certain nutrients, the authors admitted grudgingly, could prove useful in people with deficiencies.

But what they don't seem to get is that deficiencies — like the acetylcholine deficiency caused by anticholinergics — is often the cause of dementia and memory loss.

It's been known for years, for example, that brain health is affected by levels of nutrients like omega-3 fatty acids, vitamins D, B6, B9 and B12, and key brain chemicals like acetylcholine.

And now we know that these anticholinergic drugs — which purposely cause acetylcholine deficiencies in your brain — are directly linked to dementia and memory loss.

You see, memories don't simply disappear. The problem is that an acetylcholine deficiency stops the brain cells communicating with each other, preventing you from accessing your memory.

The truth is you need proper nutrition and, if necessary, nutritional supplements to restore what's been stolen from you.

Reclaim Your Brain

In my clinic, I've seen firsthand the confusion, memory loss and declining mental skills in patients who take anticholinergics.

I have used all kinds of natural therapies, with great success, to help my patients stay sharp into their 80s, 90s, and beyond.

I help my patients restore acetylcholine levels with a combination of brain-boosting nutrients and herbal medicines...

- **Choline:** I always start with choline. This essential biochemical is one of the building blocks your body needs to make acetylcholine.

In one study, people with a choline deficiency were given choline or a placebo. The choline group showed dramatic improvement in memory tests after just six months.⁷

Women need at least 425 mg of choline a day and men need at least 550 mg.

It's utterly vital for you to replenish your brain and your body's supply of this essential nutrient, either through food or supplements.

The best way to get choline is to eat animal products like pastured eggs and grass-fed red meat. Liver is also a great source. Two ounces of beef liver have 174 mg of choline. One large egg has 141 mg.

You can also take supplements to boost your choline. I recommend 535 mg of choline citrate and 35 mg of its cousin, CDP choline. They each work on different areas of the brain.

- **Acetyl-L-Carnitine:** I also recommend adding this powerful natural chemical to your choline cocktail. When you combine these compounds you

"Many natural brain boosters have been used successfully by traditional Chinese medicine and Ayurvedic healers for thousands of years."

get acetylcholine. Whether your aim is to help prevent or reverse memory loss, it makes sense to take more acetyl-L-carnitine and choline, so you can build more acetylcholine as a response.

Acetyl-L-carnitine is also known to promote brain health by restoring the function of the nerve growth factor (NGF). NGF is a protein produced in your brain. It controls the growth and maintenance of neurons.

As you get older your levels of NGF go down. Research shows that the decline in NGF leads to a major drop in the way brain cells perform.

And the loss of this growth factor can lead to degenerative brain diseases. Acetyl-L-carnitine helps reverse this drop. At the same time, it powers the survival and growth of your neurons.^{8,9}

I suggest taking at least 500 mg every day on an empty stomach.

- **DMAE:** As you age, your body produces less acetylcholine. DMAE, or dimethylaminoethanol, works with choline to help your brain cells replace acetylcholine naturally.

Unlike many Big Pharma meds, DMAE has been shown to provide a safe and non-addictive solution to a variety of cognitive and behavioral disorders — including problems connected to mood, awareness and attention.

The best sources of DMAE are anchovies, sardines and other wild-caught fish, like salmon. You can also take a supplement. For the best results, I recommend 100 mg per day.

- **Ginkgo Biloba:** This herb and ancient natural medicine has been a prime target of the latest attack on natural brain boosters.

It's an extract from the leaves of a tree that's been used in traditional Chinese medicine for thousands of years. And there is significant evidence that it has important pharmacological properties for treating dementia.

The German *Commission E Monographs* — the most comprehensive reports in the world for most major herbal medications — notes that it:¹⁰

- Inhibits age-related decline in acetylcholine receptors on neurons.



Ginkgo biloba is an extract from the leaves of a tree that's been used in traditional Chinese medicine for thousands of years.

Stimulates acetylcholine uptake in the **hippocampus**, the part of your brain that controls learning, language, the formation of new memories — and the emotional connection you have with old memories.

I advise my patients to take 120 mg of Ginkgo biloba daily.

But solving your acetylcholine deficiency is only half the battle. You should also work to replace the drugs that are blocking this important neurotransmitter in the first place.

You Have The Power To Choose

I believe that for every human disease, nature has provided a natural, non-toxic non-drug alternative. The many conditions doctors recommend anticholinergics for, are no exceptions.

I almost never prescribe Big Pharma meds to my patients. Instead, I use combinations of nutrients and herbs, which are simple naturally occurring drugs.

And because nutrients and herbs exist in nature, we evolved with them. That means there's much less concern about toxicity and nasty side effects.

It's impossible in this article to provide natural alternatives for the scores of dangerous anticholinergics on the market. There are too many of them.

But here's just a few of the problems these memory-robbing drugs are used to treat and the much safer alternatives that most doctors will never tell you about:

- **Allergies:** A prime example is the sedating antihistamines like diphenhydramine, marketed under the brand name Benadryl. This drug which is available over-the-counter, has powerful anticholinergic activity.

Instead, I recommend you visit your local natural foods store and look for several herbs that are excellent alternatives. Try marshmallow root, burdock, acerola cherry, capsicum or white pine. All of them have a long history of providing powerful and safe allergy relief.

- **Pain:** Night-time “PM” versions of many commonly used over-the-counter pain meds, like Tylenol and Motrin, are loaded with anticholinergic antihistamines.

A much better alternative for sleep and dulling pain is **melatonin**. It has powerful anti-inflammatory effects that are similar to nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen.

Studies also show that melatonin can slash the number of migraine attacks **by 50%**.¹¹ If your problem is arthritis pain, try the herb Holy basil. It has a long and ancient history of treating arthritis and has powerful anti-inflammatory properties.

- **Overactive Bladder:** Prescriptions for this condition include anticholinergic bladder relaxants, such as oxybutynin (Ditropan) and darifenacin (Enablex).

Instead, I recommend **buchu**. This plant-based remedy for bladder and kidney problems comes from South Africa. It contains antioxidants and bioflavonoids, like quercetin and vitamins A, B, C and E. It also has potent anti-inflammatory, antibacterial, and diuretic properties that cleanse and heal the urinary system.

It’s available as a powder or you can buy dried leaves to make a healing tea.

Also consider spicing things up with pumpkin seed oil. It can calm a busy bladder by strengthening the tissue of your pelvic-floor muscles.

- **Depression and Anxiety:** The psychiatrist’s answer to these conditions is always the same — write a prescription for some addictive Big Pharma opiate or a benzodiazepine, like Xanax, and Klonopin (both anticholinergic).

A far safer and more effective alternative is to boost your levels with the omega-3 fatty acids, DHA and EPA.

And multiple studies show your brain needs EPA and DHA to ward off depression.^{12,13}

Based on my experience, you need at least 500 mg of DHA and about 60 mg of EPA — EVERY DAY!

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Big Pharma's Fake "Disease" Cured By Cutting-Edge Breakthrough

Big Pharma is up to it again. You see, drug companies are experts in inventing new medical conditions just so they can sell you a pill to treat it. The practice has become so widespread it now has a name — disease mongering.

And they have a new target. I'm talking about the leaking from your bladder when you laugh or sneeze. And it happens to almost everyone now and then.

In fact, this condition affects 51% of American men and women. Here's how the numbers break down:^{1,2}

- 34% of men report that they suffer from incontinence (although the numbers are believed to be higher)
- 40% of women have a leaky bladder
- 39% of diabetic men have some degree of incontinence³

It's not a new problem.

But in the past few years, this common complaint has been labeled a sickness by Big Pharma. They named it "Overactive Bladder Disorder" and started telling you it was "disease."

(In this letter, I am not talking about having trouble with the prostate. That is a very different disorder.)

In this case, two doctors with ties to the drug industry came up with the term "overactive bladder."

Then they funded an automated telephone survey that asked people an awkward question: "How often do you go to the bathroom?"

About 17% of those who answered said they went "too often."

Based on that not-so-scientific data, a massive market for a new prescription pill was born. TV commercials touting the new drug flooded the airwaves...

And the number of Americans who suddenly had the "disease" tripled.

Fifteen years later, sales for the drugs topped \$3 billion.⁴



Drug companies invent medical conditions so they can sell you a pill to treat it.

The two urologists who invented the disease — known as the godfathers of overactive bladder disorder — eventually admitted that their data was misleading. And that the 33 million potential new customers they predicted would buy their drug "overstated the market."

And that even the name "overactive bladder disorder" was created with marketing in mind.

Don't get me wrong... I'm all for a solution that helps people who leak a little when they laugh and have to get up two or three times a night to use the bathroom.

But Big Pharma's drugs aren't the answer.

FDA Pushes Through Another Bladder Control Drug

Not long ago, the FDA approved another treatment marketed toward people who pee too much — this time for people who wake up more than once in the night to use the bathroom.

It's a nasal spray called Noctiva. And like a lot of Big Pharma's drugs, it promises a lot more than it delivers.

Two trials were done on the drug. Both studies found it only provided a "small benefit" compared to a placebo.

But it gets even worse. Noctiva comes with a long list of side effects, including a black box warning. That's the FDA's strongest caution about a serious or life-threatening side effect.

Noctiva can cause hyponatremia — a potentially fatal condition that results from dangerously low levels of sodium in the blood. It can lead to seizures, coma, heart attack and even death.

The FDA previously rejected this drug three times because the benefits didn't outweigh the risks. There's a saying that three times is a charm, but it makes me wonder what happened to finally get this drug approved...

In this article, you'll learn about a quick, painless procedure that can stop embarrassing urine leaking for up to 12 months. I'm also going to tell you about another all-natural remedy that has proved effective for more than 5,000 years.

What Exactly Is “Overactive Bladder Disorder” Anyway?

As I mentioned earlier, overactive bladder disorder is a made-up name for a very common situation called urinary incontinence or UI.

In fact, UI is so common that according to a recent study, nearly 70% of women between the ages of 42 and 64 have it.⁵ In women over the age of 70, the number jumps to nearly 80%.⁶

There are four different kinds of UI. Most people suffer from at least two.

1. Stress incontinence. This is the most common kind of UI. It happens when the muscles and other tissues that support the bladder (your pelvic floor muscles) and the muscles that regulate the release of urine (the urinary sphincter) weaken. The resulting leakage can happen during exercise or sex, or when you cough, sneeze, laugh and lift heavy objects. But in some women, simply standing up is enough to cause leaks.

Your pelvic floor muscles and urinary sphincter may lose strength because of:

- Injury
- Surgery
- Weight gain or obesity
- Years of high-impact activities
- Childbirth/Hysterectomy

It's the most common type of bladder control problem.

2. Urge incontinence. This is the second most common cause of leaks. It's that sudden, strong need people have to use the bathroom, but they can't hold their urine long enough to get there.

In a properly functioning bladder, the bladder muscle remains relaxed as the bladder fills up. At this point, you feel the need to use the bathroom. Most people can wait until a convenient time to go. But in those who have urge incontinence, the bladder feels fuller than it actually is. And the bladder contracts when it's not very full. This leads to leaking some urine before you get to a bathroom.

Urge incontinence often happens in those with diabetes, Alzheimer's, Parkinson's, multiple sclerosis or stroke. These conditions interfere with the brain's ability to send messages to the bladder through the spinal cord.

3. Overflow incontinence. This is a frequent or constant dribbling of urine caused by a bladder that never empties completely.

4. Functional incontinence. A physical or mental impairment keeps you from making it to the bathroom in time.

Steer Clear Of Big Pharma's Memory-Stealing Drugs

Leaking a little when you laugh or sneeze isn't a life-threatening condition. But the drugs that treat it are.

In fact, in the last five years, more than 12,000 reports of adverse effects related to bladder control drugs have been reported to the U.S. Food and Drug Administration. These include more than 700 hospitalizations and almost 200 deaths.

A study published in the journal *Expert Opinion on Drug Safety* looked into less well-known safety issues associated with these drugs.⁷ And the more drugs you take for the condition, the higher your risk.

The researchers found that patients using these drugs are at an increased risk of cognitive decline, dementia and death. They inhibit your brain's chemical messengers. And this blocks your concentration, memory and ability to focus.

More specifically, these drugs block the activity of a neurotransmitter in your brain called **acetylcholine**.

I've talked a lot about acetylcholine — it's directly involved in learning and memory. And blocking it is a risky business.

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

One recent study found that people taking these kinds of drugs had shrunken areas of the brain linked to memories.⁸

Another study in *JAMA Internal Medicine* found that people who used these drugs were more likely to develop dementia.⁹

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

At the **Sears Institute for Anti-Aging Medicine**, I don't treat my UI patients with drugs. I use two proven techniques — one that was developed only a few years ago and another that dates back more than 5,000 years.

PRP Cures Incontinence

You've heard me talk about therapies using platelet-rich plasma, or PRP for short, as a treatment for healing arthritis, aching joints, hair loss and even the popular "vampire facelift."

The good news is that recently discovered PRP treatments can also provide an all-natural solution for UI.

PRP is a simple treatment that involves injecting your own blood back into your body. It uses your body's own platelets — the colorless cell fragments in your blood that allow your blood to clot. But we've learned in the past few years they're so much more. They're also your body's emergency response team.

Platelets attract stem cells to any injury or damage. Stem cells are the basic building blocks of your entire body. They can transform themselves into any other kind of human cell — whether it's a heart muscle cell, a blood cell or a vaginal wall cell — so there's zero chance of an immune system reaction.

PRP works because plasma is also your body's natural reservoir for hundreds of proteins called **growth factors**. When PRP is injected into an injured area, these powerful growth factors promote healing and regenerate injured tissue. It helps those with urinary incontinence control their flow of urine by rebuilding their body's own natural collagen.



PRP is a simple treatment I provide at my clinic that involves injecting your own blood back into your body.

In essence, injecting PRP into the tissue surrounding the urethra and the vagina creates what I call a "biological bladder sling." This stops the release of urine when the pelvis is under stress.

I've been treating patients in my clinic with the virtually painless P-Shot and O-Shot for a few years now. The P-Shot is for men. And the O-Shot is for women. These shots were originally developed to help both sexes improve and revitalize their sex lives. And the results are amazing. This quick procedure gives men and women more and stronger orgasms. It increases girth in men's penis size, while increasing natural lubrication and desire in women.

But I also found it has the additional benefit of curing urinary incontinence.

- In a brand-new study done at Tzu Chi University, researchers followed 15 men and five women with severe incontinence issues. By the end of the trial, 70% of patients had improvement of UI severity.¹⁰
- Researchers at the University Hospital in Malaga, Spain treated 20 male patients with stem cell PRP. Six months after the study's conclusion, 85% of patients still responded positively to the treatment.¹¹
- And a recent study supports what I discovered with my own patients. A small study followed a group of patients for six months after they got the shot. The success rate was an amazing 92%.¹²
- A second study found that 90% of women with stress incontinence completely stopped leaking urine after the shot. That number jumped to 99.9% in younger women.¹³

If you're interested in the O-Shot or P-Shot, or any other type of PRP therapy, call my friendly staff at the **Sears Institute for Anti-Aging Medicine** at 561-784-7852 for details.

This Ancient Art Helps You Gain Control Of Your Leaky Bladder

While I bring the latest cutting-edge technology to my clinic, I also dive deep into the past for natural remedies that have proved successful for hundreds — and even thousands — of years.

For those suffering from UI, I recommend an ancient therapy that you can easily do yourself, at home. I've offered it to my patients for years and the results have been astounding.

When I was studying Ayurvedic medicine in India, I met with traditional Master Healers at the oldest existing school of Ayurvedic medicine in the world.

During the last week of lessons, we focused on the healing benefits of yoga. And that's when I learned that this ancient artform can help you improve pelvic strength.

Strengthening your pelvic floor muscles can drastically reduce urinary leakage.

The research backs this up. Researchers at the University of California, San Francisco (UCSF) followed a group of patients between the ages of 55 and 83. All of them all suffered from severe UI on a daily basis. Half of them did a series of yoga poses that focused on building pelvic strength for 18 months. The other half did alternate exercises.

At the end of the study, the women in the yoga group saw their urinary incontinence frequency drop by a whopping 75%.¹⁴

Here at the **Sears Institute for Anti-Aging Medicine**, I offer classes and private yoga sessions to my patients. I recently asked Kata Szabadi, the yoga instructor at my practice, about her recommendations for relieving UI. She demonstrated an easy but highly effective asana — or pose — you can try at home.

Squat Pose (Malasana):

- Stand with your feet a little wider than hip distance apart. Pivot your toes so they are facing outward and are wider than your heels.
- Bend your knees deeply until your hips are lower than your knees. Bring your hands palm-to-palm and place your elbows at the inner parts of your knee.



Yoga can help improve your pelvic floor muscles and reduce urinary leakage.

- Push your elbows into your knees to open up your hips. Attempt to raise your heart up to the sky to stretch your back and spine. Hold for 30 seconds.
- To release, sit back on your buttocks or push up to stand.

This pose stretches your body, strengthens your pelvic floor and helps your digestive system. You don't need to hold the pose for long, but you may see results if you practice a little bit each day.

Another way to train your bladder is with Kegel exercises. They work for all varieties of urinary incontinence. They strengthen the pelvic floor muscles, which are used to hold in urine. Kegels are done by repeatedly squeezing and relaxing the pelvic floor muscles. Research shows that it is highly effective for both men and women.

How to do Kegel exercises?

To get started:

- Find the right muscles. To identify your pelvic floor muscles, stop urination in midstream. These maneuvers use your pelvic floor muscles. Once you've identified your pelvic floor muscles, you can do the exercises in any position, although you might find it easiest to do them lying down at first.
- Perfect your technique. Tighten your pelvic floor muscles, hold the contraction for three seconds, and then relax for three seconds. Try it a few times in a row. When your muscles get stronger, try doing Kegel exercises while sitting, standing or walking.

- Maintain your focus. For best results, focus on tightening only your pelvic floor muscles. Be careful not to flex the muscles in your abdomen, thighs or buttocks. Avoid holding your breath. Instead, breathe freely during the exercises.

- Repeat 3 times a day. Aim for at least three sets of 10 repetitions a day.

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

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

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

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

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

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

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

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

