



Dr. Sears'

CONFIDENTIAL CURES

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

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Dear Friend,

When I talk to people about their goals in aging it usually boils down to this:

They want to keep their independence.

Keeping independence as you age is directly related to physical capabilities like strength, speed, balance, coordination, flexibility and a general sense that comes from habitual use of these capabilities.

The FDA, our government dictocrats — they all ignore the fact that aging is a loss of physical capabilities.

Every lay person knows this, we have all seen this in our everyday experience. It's just what we used to call good common sense. Now here's the shocker:

All of conventional medicine completely ignores every bit of this. In fact, doctors like myself can find themselves ostracized, ridiculed and potentially harassed by our own government.

In short, the current system continues to ignore all of the this until you are disabled. And then all of a sudden, they're all over you in a desperate bid to treat your symptoms with their drugs or surgery. Or even worse, park you in an assisted living facility or nursing home.

It's not a bad deal for them at all. They get to collect their cash for as long as you're sick.

But the truth is you can have this autonomy and avoid the pitfalls of mainstream medicine.

*That was the reason I brought an elite group of experts in regenerative medicine to my **2019 Confidential Cures Summit...***

To talk about and demonstrate the most cutting-edge therapies of today.

It was an amazing two days with so many revelations that are changing the way we look at health and aging.

In this issue, I'm bringing you some of the important topics from the Summit.

- *New, important biomarkers to gauge DNA methylation's effect on aging.*
- *How being obese causes fatty lungs and how to prevent this dangerous condition.*
- *Rebuilding your telomeres and protecting against disease by activating your hTERT code.*

Here's to a health-filled New Year.

To Your Good Health,

Al Sears, MD, CNS

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Rebuild Your Telomeres And Wipe Out Disease By Activating Your hTERT Code

My staff and I just wrapped up the 2019 **Confidential Cures Summit**. And I must say... the speakers who assembled under one roof were amazing.

If you made it to South Florida for the event, I hope you were one of the many people I had a chance to talk to in person. Because after all, this Summit was planned and created for YOU, as a way to bring you the very latest research in regenerative medicine.

Every guest brought something unique to the conversation. Some were entertaining; some were even controversial. But I learned something from each one of them.

Especially my friend and colleague Dr. Bill Andrews. Bill is a veteran biologist, pharmacologist and renowned geneticist. I've been to many events and lectures with him over the years. And I always walk away feeling like I've learned something new.

His presentation focused on gene therapy and extending the healthy human life span. He presented proof that radical age reversal is a lot simpler than we thought — using something I call the **hTERT code**.

The hTERT code makes it virtually impossible for any chronic disease to exist in your body. And if you already have diseased cells, you can make them disappear as if they never existed at all.

Once the hTERT code goes mainstream, it could wipe out all disease. More than 16,200 independent studies confirm this disease-reversing treatment. You can find these peer-reviewed studies on PubMed — the medical database that holds every reputable study ever conducted. And more than 1,000 of these studies show the hTERT code could cure cancer.

Numerous researchers have conducted studies on the hTERT code. And their conclusions are nothing short of astonishing.



Dr. Bill Andrews has dedicated his life's work to proving the effectiveness of telomerase gene therapy (hTERT). Recently, he started to see some of the first patients to undergo hTERT to reverse human aging.

Like Stanford neurobiologist Dr. Michael Fossel, MD, PhD. He estimates the hTERT code could help push human lifespan as far as 200 years. He adds: “We should be able to extend the human life span indefinitely.” What’s more, Fossel says the hTERT code can “postpone or prevent the onset of diseases associated with aging.”

Then there’s Yale molecular biologist Dr. Elizabeth Blackburn, Ph.D. She recently led a team of University of California and Stanford researchers. In a study published in *The Journal of the American Medical Association (JAMA)*, they found the hTERT code could reverse Alzheimer’s. Blackburn led the same group of researchers to even more dramatic findings — results that were published in the journal *Lancet Oncology*.

In this breakthrough study, Blackburn and her team formed a specific protocol to access the hTERT code. They found the test group that followed this protocol managed to avoid a wide variety of age-related diseases, “including many forms of cancer, stroke, vascular dementia, cardiovascular disease, obesity, osteoporosis and diabetes.”

In short, this discovery could expand our life expectancy and make so-called “incurable” chronic diseases a thing of the past. But as great as that sounds, it’s only the tip of the iceberg.

In fact, the hTERT code won’t just lengthen our health span.

It can do so much more...

Reverse The So-Called “Natural” Signs And Symptoms Of Aging

Just as medical advances eradicated once-fatal infections we no longer even think of, chronic diseases like cancer, diabetes, Alzheimer’s and others could be the next to go. So could wrinkles, grey hair and other so-called “natural” signs of aging.

As Dr. Andrews told us: “The hTERT code could treat many diseases associated with human aging, extend human ‘health span’ and life span, and perhaps even reverse the aging process.”

More important, it could help prevent, treat and even reverse the most feared diseases of our time — 100% naturally and safely.

But the discovery of the hTERT code is just the beginning.

I’ve followed the development of the technology behind the hTERT code since 1990. And up until recently, I was one of the only MDs in the country licensed to administer this therapy to the public.

Now, I’ve pioneered a safe and proven way to activate these disease-killing genes in your body right now — without expensive therapies, doctor visits or interference from the FDA.

Genetic Key Unlocks A Secret That Can Erase All Traces Of Disease

You are born with, and still have, a dormant ability in a sleeping gene. Inside this “sleeping gene” is the hTERT code. When activated, this code can replace old diseased cells with new healthy cells.

Simply stated, that ability allows you to start the process of reversing virtually all chronic diseases like cancer, or to reach the age of 100 without showing any signs of aging.

“Regardless of your family history or current state of health, these bits of DNA — when turned on — can replace any sick cells with younger disease-free cells.”

More important, it could help prevent, treat and even reverse the most feared diseases of our time — 100% naturally and safely.

But the discovery of the hTERT code is just the beginning.

There is only one major obstacle...

This hTERT code inside the genes gets “turned off” while you’re still in your mother’s womb. But we have overcome this obstacle.

We now have a safe, proven and inexpensive technology that reawakens this disease-cleansing gene. Regardless of your family history or current state of health, these bits of DNA — when turned on — can replace any sick cells with younger disease-free cells.

The research to prove it is all there. It hasn’t been publicized but the discoveries have been made by some of the most famous and well-respected universities in the world.

Institutions like the University of California at Berkeley and dozens of others have revealed the details of how it all works in prestigious journals like *JAMA* and *Nature*. They’ve even recognized the researchers who made the discovery.

But the message that this discovery is able to **REVERSE** all disease isn’t getting through.

It’s as if an invisible hand “blacklisted” the topic and made it off limits to the mainstream media. But I want you to have the option of using this technology to heal, re-charge and re-energize you and your family.

Both Bill and I referred to the breakthrough study done by Dr. Ronald DePinho. He’s the professor of genetics at an Ivy League university and director of Applied Cancer Science at the Dana-Farber Cancer Institute who “reactivated a code” inside mouse cells that reversed aging.

At the beginning of the study the mice were old in every measurable way — from their skin to their hair to their brain function. They were the equivalent of humans in their 80s and 90s.

Then, as if by miracle, each and every one of these signs of aging was completely reversed.

They became sexually potent again and the females actually became fertile and produced healthy offspring again — at the equivalent of a very old age.

Not only did their intelligence come back, it reverted back to a youthful state. And the atrophy of the brain — the shrinkage — reversed. They grew back a normal, functioning brain of a youthful size, weight and structure. Their hair became shiny and thick again. And their eyesight was restored.

Brain cells that were dormant came back to life, producing new neurons. Their shrunken organs, like their spleens and even their testes and brain, grew in size.

Key organs functioned better, and the mice got their sense of smell back. The males also produced new sperm cells, and their mates gave birth to larger litters.

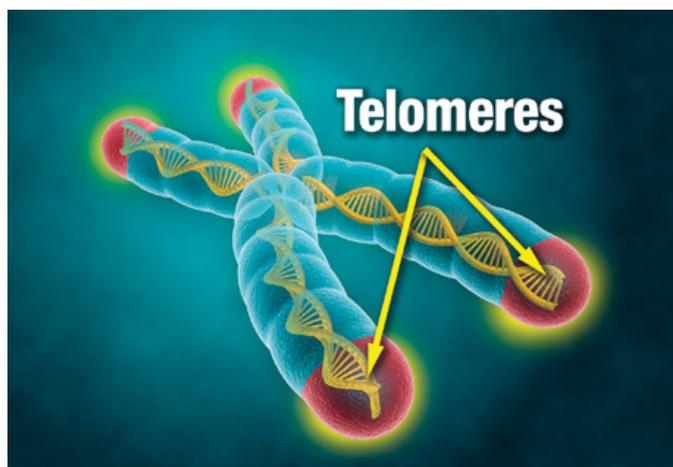
The mice went on to live long healthy lives.¹

Dr. DePinho and his colleagues activated the hTERT code.

Trigger Your Telomeres To Get Longer

The hTERT code in your cells triggers your telomeres to regrow and get longer. And that's how Dr. DePinho worked his magic. This hTERT code "turns on" the enzyme telomerase, and it programs your telomeres to get longer.

As I mentioned before, this "code" is silenced and turned to the "off" position before you're born. But what we've discovered is a way to turn it back on and make your telomeres longer. And when your telomeres get longer, you reactivate all the characteristics of youth.



The hTERT code "turns on" the enzyme telomerase and programs your telomeres to get longer.

That's how the mice in the experiment were suddenly able to regrow their shrunken brains and restore their lost eyesight.

This is only the first part of why I'm telling you we've discovered a way to treat and reverse disease. It's not a myth, a pipe dream or a mere curiosity.

But first, I want to share with you the second part of the good news.

Now You Have A Way Of Reactivating The hTERT Code In Your Cells

The discovery that made this new therapy possible was the same discovery I mentioned earlier that won the Nobel Prize in Medicine. Now, I've been testing these very same techniques with a select group of my own patients for several years.

With the first "activator" designed to turn on your "fountain of youth" gene, we've helped an elite group of patients "grow younger" as they age.

I call them "elite" because the cost of this therapy was VERY expensive when it first became available. During the course of this age-reversing therapy, we saw remarkable changes:

- Longer-lasting fat loss
- Improved vision
- Hair regrowth
- Increased muscle mass
- Increased testosterone
- Greater lung volume
- Elimination of joint pain and improved flexibility
- Greater sense of optimism

Express Your Best Genes With Epigenetics

Epigenetics is the study of how different biological and environmental signals affect the expression of your genes. Rather than changing your DNA, these signals affect the chemicals surrounding your genes that act as triggers or "switches."

By increasing or decreasing the number of these chemicals, you can effectively turn a gene on or off.²

Most epigenetic signals are generated through your diet. And what you eat can significantly impact your gene expression — so much so that it affects the genes of future generations, too.

A well-known example of this is what is called the “Dutch Hunger Winter” of 1944, when a famine struck the western Netherlands, forcing its people to live on 400 to 800 calories a day. The babies conceived, carried and delivered during this period went on to have higher rates of obesity and cardiovascular disease in adulthood.³

Environmental factors also play a key role in epigenetics. For instance, exposure to toxins can directly affect gene expression.

A study of female rats exposed to the fungicide vinclozolin found epigenetic changes occurred in the first generation of male offspring and were passed on through at least four subsequent generations.⁴

An estimated 7 million people die worldwide every year due to environmental pollutants... And approximately 24% of diseases are caused by environmental exposures that could be avoided through preventive measures.⁵

In addition to diet and environment, emotional well-being also significantly affects gene expression.

The effects of emotional trauma are often passed on to future generations through epigenetic inheritance. A 2018 study conducted by New York’s Mount Sinai hospital showed the genes of the children of Holocaust survivors had an increased likelihood of a whole range of stress disorders.⁶

Recode Your Body To Be Stronger For Longer

To program your body to behave the way you want, you have to feed it the right code. This means being selective with the nutrients you provide it. Being selective also maintains your internal balance. And internal balance is key to avoiding chronic disease.

Nutritional imbalances are linked to non-communicable diseases, such as:

- Obesity
- Cardiovascular disease
- Diabetes
- Hypertension
- Cancer

They can also lead to permanent changes in the structure and function of your tissues and organs, and make you susceptible to other diseases.⁷ When your body is in a state of nutritional imbalance, excess chemicals begin stockpiling around your genes. This stockpiling leads to genes being “silenced” — where they can no longer express themselves.

Not only does your diet alter gene expression, it also affects functions such as appetite control, the stability of your metabolism and energy consumption.

When your genes are prevented from expressing themselves according to their original code, mutant copies of your cells are created. And this unchecked variation leads to a host of diseases, most notably cancer.

When you correctly utilize Telo Nutrition, you send your cells clear instructions to choose only the relevant and best-suited code available to them.

Halt Aging By Naturally Lengthening Telomeres

Here are two telomere supporters that are stretching my own understanding of what’s possible when it comes to anti-aging:

1. Take the amazing Ayurvedic miracle plant. One of the new superstar ingredients is an extract from the fruit of the *Terminalia chebula* tree.

This ancient Indian fruit has been used in Ayurvedic medicine for thousands of years to prevent and cure a wide variety of life-threatening disorders — from heart disease and high blood pressure to asthma and diabetes.

In fact, in India it’s referred to as the “King of Medicines.”



Haritaki is an ancient Indian fruit that has been used in Ayurvedic medicine for thousands of years to prevent life-threatening disorders.

But it's just recently that researchers discovered its effects on our DNA. Researchers tested the extract and found that it not only inhibits the oxidative stress that causes aging, but lengthens telomeres by as much as 40%!⁸

2. Then add in astragalus. This is a unique herb I've been fascinated with for the past 20 years. I used to keep jars of it on the shelves in my office to examine while I studied its history. Astragalus smells earthy, almost like fresh-cut grass when it's dried. And I would open the jars and let it give me a sense of calm and relaxation.



Astragalus is a unique herb that has been used in traditional Chinese medicine for centuries.

I've used it in my practice to help people lower their blood pressure and boost their immune systems. And traditional Chinese medicine prescribes astragalus as a detoxifier and a cancer-fighter.

This humble root is one of the most revered herbs in traditional Chinese medicine. Astragalus extract contains two substances — cycloastragenols and astragalosides — that activate telomerase to stop your telomeres from shortening.⁹

In fact, a unique extract from astragalus is revolutionizing the field of anti-aging. Clinical studies back this up...

Researchers tested a group of people and measured the number of cells that looked old and the number that looked young. Then the people started taking astragalus extract.

After three months, they were found to have a ratio of young-looking cells to old-looking cells that someone would have if they were 20 years younger.¹⁰

But as amazing as astragalus is for good health, you can't increase telomere length simply by taking astragalus. You need one unique molecule that has been extracted from among the plant's over 2,000 other compounds.

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Rewinding The Most Powerful Human Body Clock Ever Discovered

Attendees of the **2019 Confidential Cures Summit**, were fortunate to hear from Elizabeth Parrish, founder and CEO of BioViva Sciences.

A few years ago, Liz made medical history by becoming the first person to be treated with gene therapy to reverse biological aging.

Liz and her company are currently developing gene therapies to reverse debilitating age-related diseases, like cancer, heart disease, diabetes, arthritis and Alzheimer's disease.

BioViva has found a way to influence genetic expression by cellular intervention. By using carrier viruses, they can shuttle DNA directly into a patient's cells to modulate which genes are expressed and which ones aren't.

Let me explain...

It will be years before you'll be able to walk into a conventional doctor's office for an **epigenetic test** that will give you an accurate reading of your biological clock.

This measurement will not only tell you how long you're going to live — but also how you can personally intervene to live healthier, younger and, of course, longer.

The good news is, the test already exists. It's a simple saliva test. Mainstream medicine doesn't want it, because it threatens their almost total reliance on Big Pharma drugs that merely suppress the symptoms of illness, instead of getting to root causes.

Recent advances in our understanding of human **epigenetics** now prove that conventional medicine's repeated claim that you get diabetes because you inherit Uncle Joe's genes, or that you get cancer, heart disease or Parkinson's from your grandmother, are false.



Elizabeth Parrish spoke about DNA methylation at the 2019 Confidential Cures Summit.

In fact, epigenetics proves that modern environmental and lifestyle factors have a profound effect on your DNA, and can turn your genes on and off to either trigger or prevent disease and aging.

This gives you total control over your own health and the rate at which you age.

You see, epigenetics goes beyond revealing the genes you were born with. It accurately predicts your likelihood of developing lethal diseases years before they strike. And, more importantly, it reveals exactly how you can avoid them.

The key is a little-known natural process called **methylation**, in which the chemical compound methyl binds to your DNA — and it can be measured.

Too much methylation — caused by the modern onslaughts like pollution, poor diet, smoking, excess alcohol consumption, stress and lack of exercise — interferes with the instructions issued by your DNA to your cells, triggering illnesses and fatal diseases.

But, importantly, methylation also leaves telltale chemical marks on your DNA, which reveals your **epigenetic age** — the true biological age of your tissues and organs, as opposed to your chronological age.

I've been so impressed, I've added this new epigenetic test to my own Age Quotient (AQ) system, which I use to measure the biological age of my patients and help them progress toward younger, stronger and healthier versions of themselves. Put simply, methylation is the most accurate and powerful human body clock yet discovered.

Give Yourself A Higher AQ

I've been using my age quotient system for years to calculate my patients' biological age and give them information they need to improve it. It's a key component to my Biological Age Analysis. This AQ system was my first presentation at the Summit.

Just as your IQ is your brain's intelligence, AQ provides you with your body's intelligence by a measure of its output ability.

And just like IQ, the higher your AQ the better you are doing. In practical terms, a higher AQ means you're able to do more, and have the same freedoms and choices when you're 90 that you had when you were 50.

Raising your AQ means increasing the...

- Power of your heart
- Strength of your bones
- Strength of your immune system
- Flexibility of your arteries
- Power of your lungs
- Length of your telomeres
- Acuity of your memory and brainpower
- Efficiency and effectiveness of your hormones
- Speed of your reaction time
- Sharpness of your vision
- Your overall physical power
- Range of motion
- Strength
- Markers of inflammation — like CRP, autoimmune antibodies and homocysteine levels.



My staff was excited to share information about the Biological Age Analysis at the Summit.

I now use a total of **20 specific biomarkers** — including those for telomere length, muscle mass, bone remodeling, lung capacity, as well as insulin, triglycerides, HDL “good cholesterol” and CoQ10 levels.

To calculate your biological age, I simply take your chronological age and divide it by your biological age for a number of key biomarkers. Then I just multiply by 100.

I use AQ on myself regularly, so let me give you an example. I recently had my clinic test my lung power...

My chronological age is 63. But I've challenged my lung power with exercise for several years — so I'm in pretty good shape. When my pulmonary age was tested, it came in at 21. So that means my lung AQ is 300, which is very high. I was pleased.

But next year, when I turn 64, if I do as well on the test, I hope the AQ for my lungs will be even higher. If I continue with daily PACE exercises and my lung power remains as robust as a 21-year-old, my AQ will rise to nearly 305.

When I have the numbers for all the biomarkers, I put them together into one overall AQ number for your whole body, which you can keep track of as time goes on.

You see, when you know your AQ, it's easy to use that information to make your body function like a younger person. With simple tweaks in what you eat, what supplements you take and how you exert yourself, you can continually improve your AQ as you age.

But recently, I added what I consider to be the best overall marker of biological aging — the methylation test.

The “Smoking Gun” Of Biological Aging

You’re methylating right now — especially if you’ve recently eaten a salad or red meat. As we speak, your body is taking B vitamins from your food and is using it to trigger the methylation process.

Methylation, which technically is the addition of a single carbon and three hydrogen atoms to another molecule, is critical for hundreds of functions in your body. These include your brain chemistry, stress and immune responses, the production of *glutathione*, your body’s master antioxidant, and how your cells make energy.¹

But there’s a problem. Too much methylation overwhelms your DNA, causing individual genes to misfire.

Epigenetic research now reveals that this **hypermethylation** is caused by our modern onslaught of pollutants, along with our processed and nutrition-less American diet and sedentary lifestyle, causes a methylation buildup in your DNA.

This switches off genes that protect you and keep your body youthful and healthy, but switch on the genes that cause you to age.²

This methylation buildup also leaves telltale marks across your genome that accurately reflect the age of cells, tissues and organs in your body, and accurately predict when and by which disease you will be ultimately stricken.

In one recent study, published in February this year in the scientific journal, *Genome Research*, Ivy league researchers described the methylation effect on DNA as the “smoking gun” in the genomic control of aging.³

Their study also confirmed that this newly discovered DNA clock could be “used to accurately determine an individual’s chronological and biological age” and that it can measure “how exposure to certain pollutants or dietary interventions accelerate or slow aging.”

Researchers at Northwestern University calculated that for every year your epigenetic age is older than your chronological age, the risk of getting cancer within three years rises 6%, and your risk of death from cancer within five years goes up 17%.⁴

British researchers from Imperial College London analyzed blood samples from around 2,600 women from

the U.K., Norway, Australia and Italy, and found they could accurately predict breast cancer a full nine years before it struck.⁵

But the discovery of this astonishingly accurate epigenetic clock doesn’t just tell you how long you’ve got left, or what diseases you’re likely to get along the way. It also gives you the opportunity to intervene.

3 Ways To Reduce Methylation And Rewind Your Body Clock

Thanks to advances in epigenetics, we now know that the DNA markers left by excess methylation and methylation drift can be reversed naturally.

All of the nutrients and activities suggested below have been known for years to be “good for you.” Recent studies reveal just how beneficial they are at the DNA level.

1. Eat an epigenetic diet. The relationship between nutrition and your genes is a dynamic one. Methylation levels and drift in your DNA continues to ebb and flow throughout our lifetime, and are heavily influence by diet.

A number of studies show that certain key nutrients have the power to switch genes back on that have been silenced by methylation.

The first step is to make sure you’re consuming the nutrition that is genetically intended for you.

I give all my patients the same simple advice: Eat naturally.

You can easily create an epigenetically healthy diet by replacing harmful processed foods with natural alternatives.

That means focus all of your meals around high-quality protein. I always recommend eating whole foods, pastured beef, lamb, chicken and other properly raised, organic foods. Organic fruits and vegetables, not grains or treats, should make up the bulk of your carbohydrates.

To counter the effects of methylation, it’s important to make sure you include a category of compounds called **polyphenols**, which are found in certain plant foods.

One study found that polyphenols flip genetic switches that inhibit cell lines for esophageal, colon, prostate and breast cancer.⁶

Multiple studies now show polyphenols lower methylation throughout your genome, thus increasing your health span and lifespan.⁷

It's easy to include polyphenols in your daily diet.

Tea, dark chocolate, red wine and berries are probably the best-known sources of polyphenols. But there are many other foods that contain high amounts of these powerful anti-aging compounds.

Here are just a few examples of where you find them...

Fruits	Vegetables	Nuts/Seeds
Apples	Asparagus	Almonds
Apricots	Broccoli	Chestnuts
Grapes	Carrots	Hazelnuts
Blueberries	Spinach	Pecans
Cherries	Red onions	Walnuts
Strawberries	Red cabbage	Flax seeds
Herbs/Spices	Other	
Caraway	Black tea	
Cinnamon	Green tea	
Cumin	Cocoa powder	
Basil	Ginger	
Parsley	Olive oil	
Turmeric	Red wine	

2. Take epigenetic supplements. Each of these nutrients has been shown to reduce DNA methylation levels.

- **Folate and other B vitamins.** Pretty much the entire B vitamin complex is essential for the metabolism of methylation. Folate (vitamin B9) and B12 themselves are key components of methyl.

A recent study, conducted by a research team from the U.S., Canada, Sweden, Singapore, China and Mexico showed that supplementing with B vitamins can reverse epigenetic damage inflicted by industrial pollution and traffic fumes.⁸

B vitamins are found almost exclusively in foods like beef, liver, lamb, salmon, shrimp, poultry and eggs. But I also recommend that you supplement with 800 mcg of folic acid every day, and as much as 2,000 mcg of vitamin B12 per day to get the anti-aging effects.

- **Choline.** This macronutrient is related to the B-complex vitamins and is produced in your body. It has been known for years as a brain and energy nutrient. But recent studies reveal that it also has powerful epigenetic effects — especially when combined with folate.⁹

The best food sources of choline include 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.

But it's hard to get enough from food. I suggest supplementing with 500 mg of CDP-choline, which is shorthand for *cytidine 5'-diphosphocholine*. This provides an easy-to-absorb form of choline, which your body starts to use immediately.

- **Vitamin D.** Hundreds of studies back up vitamin D's power to fight and protect against cancer, heart disease, osteoporosis, diabetes, chronic obstructive pulmonary disease, dementia, depression, migraines, Alzheimer's disease and more.

Its powerful anti-aging properties come from its ability to bind directly to your DNA and reduce the methylation effect on genes.¹⁰

A recent study using 51 obese males found that after taking between 2,000 and 4,000 IU of vitamin D, all the participants rewound their biological clock by almost two years.¹¹

I recommend getting 8,000 IU of vitamin D daily from a mix of sunshine, food and supplements. Use the *cholecalciferol* supplement, also called vitamin D3. It's the same vitamin D your body produces. Take 2,000 IU every day. You should avoid the synthetic form of vitamin D2 that's in most multivitamins. It's less potent and less absorbable.

3. Workout with an epigenetic exercise program.

Researchers at Karolinska Institute in Stockholm conducted an ingenious methylation experiment in which they had volunteers exercise on a bicycle exercise using only one leg, leaving the other unexercised.

The purpose of this was to avoid the problem of unknown factors influencing methylation patterns when comparing one volunteer to another. Instead, as such, each volunteer essentially become his or her own control group.

The volunteers pedaled one-legged for 45 minutes, four times a week for three months.

When the researchers analyzed the results, they determined that more than 5,000 sites on the genome of muscle cells from the exercised leg now featured new, healthier and younger methylation patterns.

Studies also show that exercise directly lowers methylation markers in genes effected by stress and inflammation.¹²

I recommend my PACE exercise program to my patients. It not only lowers methylation marker levels. It benefits almost every other marker I use to calculate their Age Quotient — including:

- Heart
- Lung capacity
- Muscles mass
- Blood pressure

PACE or *Progressively Accelerating Cardiopulmonary Exertion*, is the world's first anti-aging fitness regimen. It shifts the focus of your workout from “how long” you work to “how intensely” you exert yourself.

PACE uses brief but vigorous routines of increasing intensity to help increase the strength and capacity of your heart and lungs. After only a few weeks of doing PACE, even my older patients developed the lung power of much younger people — even those with heart disease!

The really great thing about PACE is you only need 12 minutes a day. You don't need expensive equipment or a gym membership to do it.

“The really great thing about PACE is you only need 12 minutes a day. You don't need expensive equipment or a gym membership to do it.”

You can choose any exercise that will make you stop and pant for breath. It could be as simple as going up and down the stairs, jumping rope, biking, or swimming. The most important thing is to increase your challenge gradually over time.

You simply start out easy, at your own level, and gradually increase intensity as each move becomes easier.

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 through the whole workout.

If you're interested in learning more about PACE or having your methylation or other biological age markers measured, please contact my staff at the **Sears Institute for Anti-Aging Medicine** at **561-784-7852**, or visit my website at www.searsinstitute.com.

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Are Your Lungs Fat?

Lung power is hands down the best predictor of how long you'll live. How well you breathe also determines how long you'll stay active and healthy.

A few years ago, the medical journal *Chest* did a 29-year follow up to the Buffalo Health Study and determined that the better your lungs worked, the less likely you were to die of any cause.¹

Simply put: The biggest part of what gives you the capacity to live robustly is getting enough oxygen.

In recent years, I've seen a growing number of overweight patients developing serious breathing problems. Many have developed the symptoms of adult-onset asthma.

Conventional medicine loosely refers to this condition as **obesity hypoventilation syndrome** — which causes you to have too much carbon dioxide and too little oxygen in your blood.

This is extremely dangerous and can lead to heart failure, brain damage, as well as functional failure in other organs and tissues. You can also suffer from low energy and feel sluggish during the day, have headaches, and feel out of breath.

You or a loved one may also notice you often snore loudly, choke or gasp, or have trouble breathing at night.

The problem is most doctors don't understand this condition is part of a rapidly growing pandemic spreading around the world. And, therefore, they have no idea how to treat it properly.

I'm talking about the emerging health threat I call **Syndrome Zero**. I consider this to be the biggest health crisis of all time. And the link to excess weight gain and breathing problems couldn't be clearer.

Researchers have recently confirmed that Syndrome Zero doesn't just pack excess weight onto your abdomen, thighs and other visible parts of your body.

Fat also builds up in the walls of your airways, altering the structure of your lungs, inflaming them and severely restricting your ability to breathe and absorb oxygen.



At my 2019 Confidential Cures Summit, I shared how lung power is the No. 1 predictor of how long you will live.

Doctors usually prescribe risky steroid and calcium-inhibiting drugs, along with a **CPAP** (Continuous Positive Airway Pressure) machine for the condition.

These may help you breathe, but they won't cure you.

In this article, I'm going to show you how you can completely turn this debilitating, life-threatening condition around. But you can't do it with steroids, a CPAP machine, or anything else that might alleviate symptoms. Instead, you need to target the root cause — and that means attacking Syndrome Zero itself.

Syndrome Zero Drives This Modern Lung Condition

The problem started about 12,000 years ago. That's when our ancestors switched from being hunter-gatherers to farmers. They started to cultivate the first cereal crops in the fertile crescent of the Near East and Ethiopian Highlands.

Gradually they added grains to their basic **primal diet** of meat, berries and wild vegetables.

But in just the past 100 years, grains have replaced the primal parts of our diets. The three main cereal crops in the world today are wheat, rice and corn. According to the World Health Organization, these crops provide a jaw-dropping 80% of the world's calories.

In the 50s and 60s, companies like DuPont and Monsanto transformed farming. Their new technologies improved efficiency. They protected against pests, drought and blight. They made the plant easier to harvest. They dramatically increased yield per acre. And they did it all with little or no regard to the effect on human nutrition.

These grains are not the same ones grown by our ancestors...

Early wheat was very different from what you eat today — especially at the DNA level. Wild wheat contained 14 chromosomes. Soon after humans started to grow grain crops, hybrid varieties of wheat evolved to have 28 chromosomes. Today's genetically modified version — what I call a Frankenfood — has an amazing 42!



Today's wheat is fundamentally different — even at the DNA level.

Food companies love these cheap grains. They're great for profits. So the food industry has flooded our markets with them. As a result, we are eating more and more grains, carbs, starches and sugars.

This switch to grains has altered our metabolism.

As hunter gatherers, our bodies evolved to burn fat and protein for fuel. Now our bodies struggle to adjust to burning carbs. Our nutrition-less, modern food supply has wrecked our metabolisms and made our bodies react in ways nature never intended.

The result of this industrialized, grain-based diet is that Americans are fatter. And they are increasingly more susceptible to the constellation of chronic illnesses that plague our modern world — like diabetes, Alzheimer's, heart disease, cancer and asthma. In other words, they have ***Syndrome Zero...***

Here's What Happens

Your body was not designed to handle all the carbs and sugars in our processed, grain-based Western diet. Every time you eat carbs, your pancreas releases the hormone insulin. The insulin is supposed to carry glucose into your cells to make energy.

But with the flood of cheap food, your pancreas has to work overtime. It produces more and more insulin. Today, most people are chronically producing high insulin.

And the more carbs you eat, the more insulin builds up in your bloodstream. It overwhelms the receptors in your cells. It makes them ***insulin-resistant***. And ultimately, the insulin becomes less effective at pushing glucose into your cells.

Grains make it worse. Our modern wheat crop, with its altered gluten proteins, is a major culprit. This new wheat contains high levels of the starch ***amylopectin***. In one study in the *Journal of Nutrition*, amylopectin has been directly linked to insulin resistance.²

And as you become more resistant to insulin, your body pumps out more and more.

These persistently high insulin levels force your body to pack on the pounds through a process called ***lipogenesis*** — the conversion of carbs into fat. Too much insulin also blocks your body from burning off any of that stored fat.

In recent years, Syndrome Zero has become the underlying condition afflicting hundreds of millions of people around the world — and it is now the primary driver behind multiple chronic diseases, including:

- Obesity³
- Heart disease⁴
- Asthma⁵
- Metabolic syndrome⁶
- Hypertension⁷
- Alzheimer's⁸
- Tinnitus⁹
- Cancer¹⁰

How Syndrome Zero Gets In Your Lungs

When scientists in Australia recently studied the structures of more than 1,300 airways in lung samples from 52 people, they made a startling discovery.¹¹

Using dyes to help visualize the structures, they found that the lung samples of subjects who were overweight or obese contained accumulations of fatty tissue.

And they also found that the more excess weight being carried correlated directly to the amount of fat build up in the lungs.

Their study, published in the *European Respiratory Journal*, observed that when fatty tissue accumulates in the walls of the airways, it not only takes up space, but the problem is made worse because it also triggers an inflammatory response in the lungs.

This in turn causes your airways to thicken and produce excess mucus, resulting in inflamed, irritated and clogged lungs. As a result, your air tubes become narrower, restricting the flow of air in and out of your lungs, making it difficult for you to breathe.

But without realizing it, these scientists were observing Syndrome Zero in action.

You see, the fat buildup was a direct result of hyper insulin production, triggering lipogenesis — the conversion of carbs into fat — in the lungs.

Previous studies have already established that Syndrome Zero damages the structure of the lungs, especially the main bronchial tubes and the small airways that branch off from the bronchi.¹²

At the same time, excess insulin causes a reduction in lung capacity. This means your lungs may not be able to provide your organs and tissues with enough oxygen to function adequately.

Reduced capacity is one of the most destructive effects of accumulating fatty tissue in your lungs.

Note: Patients who are carrying excess weight and are also diabetic should be aware of the dangers of insulin inhalers.

Studies show that the infusion of extra insulin serves to reduce lung capacity even further. One group of researchers noted that tests on *Exubera*, an insulin inhaler made by Big Pharma giant Pfizer, that has since

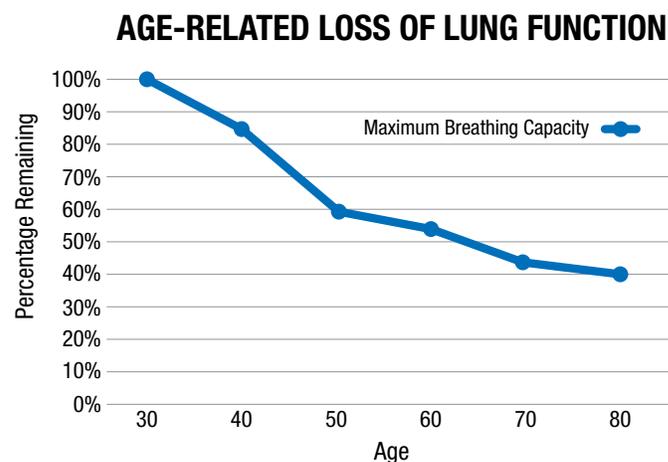
been withdrawn, revealed that more than half of a study group suffered declines in lung volume.¹³

The good news is you can successfully reverse the effects of fatty lungs — but it can only be done by attacking Syndrome Zero itself.

Natural Therapies That Let You Breathe Again

By far, the fastest and most life-changing way to reverse the effects of Syndrome Zero on your lungs is my PACE exercise program.

When your lungs hold less air, it means less oxygen can get to your vital organs. But with PACE, you stretch your lungs and increase their capacity to hold oxygen. It also helps you to pump more blood through your lungs, which clears away pollutants that can cause irritation and infection in your airways.



At the Summit, I started my presentation talking about the loss of lung power.

And PACE attacks Syndrome Zero directly by boosting glucose uptake and lowering high blood sugar levels — thereby reducing your body's need to produce more insulin.¹⁴

It's also a powerful fat-burning tool, reducing the accumulation of fatty cells and inflammation in your airways — and the rest of your body.

PACE builds up your lung power to get more life-giving oxygen flowing throughout your body, especially your heart. Studies show it works up to 18 times better than light exercise, such as the kind of walking your doctor might suggest. It gets 400% more oxygen to your lungs and 331% more oxygen to your heart.¹⁵

The best part is, it doesn't matter what kind of shape you're in when you start. PACE can be done by any adult of any age in any condition. And it only takes 12 minutes a day.

You can choose any exercise that will make you stop and pant for breath. It could be as simple as going up and down the stairs, jumping rope, biking, or swimming. The most important thing is to increase your challenge gradually over time.

All you have to do is increase the challenge to your lungs and heart little by little, and then accelerate it. By increasing the intensity of your workouts, your lungs respond and adapt by getting stronger and increasing their capacity.

You can boost your lung power right in your own neighborhood... or at home.

At the **2019 Confidential Cures Summit** my son, Dylan, led an early morning PACE workout on the beach and our attendees loved it.

You see, Dylan has been doing my PACE program with me since he was 6 years old.

And now as an adult, he's a certified PACE coach and is taking my program to a whole new level.

My patients practice PACE. One couple lives in Cincinnati near a hill. They practice PACE by walking up the hill as fast as they can. And by now they can run up the hill. He's in his 70s and she's in her late 60s. They say it's changed their lives.

Do you live on a hilly street? Is there a park in your town with a hill? You can follow their PACE workout, too:

1. Start by walking up the hill. Measure your heart rate when you get to the top after walking.
2. The next time you go up the hill, give yourself more of a challenge. If you walked the first time, then "power walk" the next time. Get your arms out in front of you and move your hips when you walk.
3. Take your heart rate again, stop and relax. Get a drink of water.
4. On your third time up the hill, try jogging.

Gradually, you increase your intensity as each move becomes easier.

If you want to learn 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.

Now let's cool your inflammation and open your airways: Mother Nature has provided a true bounty of anti-inflammatory remedies that help combat asthma. Here are a couple of them.

Cardamom: I first encountered this ancient herb in India, where they call it the "queen of herbs." Cardamom has powerful **bronchodilator** effects, by acting on calcium channels in the airways — essentially providing the same airway-opening functions as Big Pharma asthma medications, but without the risk of side effects.



My son, Dylan, led an early morning PACE workout at the Summit and the attendees loved it.

Cardamom extract has also been shown to relax the muscles in your airways, and lower levels of free radicals and cytokines, which can inflame the lungs and restrict breathing.¹⁶

Indian frankincense (*Boswellia serrata*): This natural painkiller and powerful anti-inflammatory inhibits the formation of compounds called **leukotrienes**, which cause narrowing of the airways.

In a double-blind, placebo-controlled study, 40 people with asthma were treated with a boswellia extract three times a day for six weeks. At the end of this time, 70% had improved. Symptoms of difficulty breathing, number of attacks, and laboratory measures had improved.¹⁷

Look for a *Boswellia serrata* supplement standardized to at least 65% boswellic acids. I recommend taking 400 mg three times 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.

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).

