

Dr. Sears'

# CONFIDENTIAL CURES

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

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*Dear Friend,*

*I want to call your attention to an important issue...*

*The mainstream media's non-stop coverage of the coronavirus is causing Americans to panic over this new illness.*

*And with over 90,000 cases in over 60 countries reported as I write this, we should pay attention...*

*Because its incidence worldwide is sure to grow.*

*But let's put it in perspective. While this virus is more serious than the flu, it's also more preventable.*

*So far this flu season, influenza has already caused an estimated 26 million illnesses, 250,000 hospitalizations and 14,000 deaths.*

*In the U.S., there are 149 known coronavirus cases in 13 states.*

*But fearmongering by the media makes money...*

*And the coronavirus outbreak has had much more prominent media coverage than other epidemics, including Ebola.*

*A study by TIME magazine found there were 23 times more articles in English-language print news covering the coronavirus outbreak in its first month compared to the same time period for the 2018 Ebola epidemic.*

*And they fan the flames by calling it a "killer virus" and a "deadly disease."*

*But the truth is 80% of cases are mild. Those patients might experience a fever or dry cough but aren't likely to have difficulty breathing or to develop a severe lung infection.*

*And many people who get corona won't ever have any symptoms.*

*You can't rely on a vaccine to protect you...*

*The most important thing you can do for your protection is to avoid undo risk of exposure, practice good hygiene – and most importantly, strengthen your immune system.*

*That's the topic of your first **Confidential Cures** article. You'll learn about an ancient Chinese herb that not only relieves the symptoms of the coronavirus, but also shields your body with an impenetrable defense system that prevents you from getting sick in the first place. But that's not all this herb can do. You'll also discover its antiaging secrets and the research that backs up its 2,000-year use.*

*In addition, you'll learn about a cancer immunotherapy treatment that has been ignored for decades by conventional doctors in favor of Big Pharma's chemo drugs.*

*As well as why you should try to avoid a common medical test that endangers more than 15,000 people every year. And what you should do if you can't...*

To Your Good Health,

Al Sears, MD, CNS

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# Can This Ancient Adaptogen Be The Reason Why More Chinese Haven't Been Infected With Coronavirus?

If you're concerned about the *coronavirus*, you should be. The CDC just issued a warning that it's not a matter of *if* the virus will become a pandemic, but when...

With at least 90,000 people infected — and over 2,600 deaths — coronavirus has rapidly advanced out of China, where it began, and has now spread into dozens of other countries. That includes the U.S., where, as of writing this, almost 150 cases have been confirmed.

If the contagion gets even a toehold in America, you won't just be at risk of this deadly virus on cruise ships or planes, but in any confined space where large numbers of people congregate, like malls, supermarkets, churches, offices, cinemas and restaurants.

The truth is, America is grossly unprepared for a coronavirus outbreak.

The World Health Organization has already labeled the virus a “global health emergency,” yet the development of a protective vaccine is still at least a year and a half away.<sup>1</sup>

Meanwhile, only three U.S. states — California, Nebraska and Illinois — are currently able to test for coronavirus.<sup>2</sup>

Recently, the CDC sent diagnostic test kits to 200 state laboratories, but the kits were flawed and produced inaccurate results.<sup>3</sup>

And those surgical masks you see people wearing will NOT protect you. They may help stop you spreading the virus if you're already infected, but coronavirus can also enter your body through your skin and eyes.

The good news is, even if America isn't ready and the vaccine is still years away, you can prepare yourself... with a remedy being used in the most unlikely of places — Wuhan, China, where the virus began.

Astonishing reports from the quarantined city



***While scientists around the world are scrambling to develop a vaccine, people in China are turning to a traditional herbal cure. And it's working — cases there have begun to decline.***

reveal that locals are now turning to a powerful herb from Traditional Chinese Medicine for help. And it's working: The number of new cases in Wuhan, as well as throughout China, has finally begun to decline.<sup>4,5</sup>

I'm talking about the ancient Chinese immune-boosting herb, *Haung ch'I* — best known to Western herbalists by its genus name, ***astragalus***, or *astragalus membranaceus*.

By far, the best way to ward off coronavirus is to boost the defender cells in your body that fight back against invading viruses and bacteria

*In this **Confidential Cures**, you'll learn all about this wonder herb that not only relieves the symptoms of coronavirus, it also girds your body with an impenetrable defense shield that prevents you from getting sick in the first place. But that's not all *astragalus* can do. You'll also discover *astragalus*'s anti-aging secrets and the science that backs up its 2,000-year use.*

## Where Did The Coronavirus Come From?

Coronaviruses are a large family of viruses. They're named for their spikes, which can look like a crown or the sun's corona. These viruses can infect both animals and humans, and can result in severe respiratory illnesses. SARS and MERS were both coronaviruses.

The new form of the virus we call "Coronavirus" has been officially named *Covid-19* — and it's a bad one. Around 2% of people infected with Covid-19 have died.

Bats are believed to be the source. But it's likely the virus was transmitted from bats to another animal host, and then to humans.

Chinese authorities say the epidemic originated in a Wuhan seafood market, where "illegal transactions of wild animals" were conducted.



***The new form of the virus we call Coronavirus has been named Covid-19.***

The symptoms of Covid-19 are "flu-like" and can include:

- High fever.
- Severe cough.
- Difficulty breathing.
- Gastrointestinal problems.
- Diarrhea.

In some cases, the virus can cause lung lesions and pneumonia. Milder cases more resemble a bad cold, which makes detection difficult.

The Covid-19's genome was sequenced within two weeks or so of its appearance, but there is still much about it that is mysterious. Perhaps the most important unknown is why some people get mild infections, while in others it can lead to death.

The highest risk group seems to be middle-aged and older men with type 2 diabetes.<sup>6</sup>

At the moment, there is no cure and no vaccine for Covid-19. Patients are treated for symptom relief and quarantined to prevent further spread of the disease.

It's not surprising Wuhan residents at the epicenter of the virus have turned to ancient astragalus...

## Astragalus Is One Of The Most Researched Immune Boosters Available

Dismissed for decades by American doctors as folk medicine and witchcraft, astragalus has been used for thousands of years by Traditional Chinese Medicine practitioners. It's commonly taken as a healing tonic, along with other medicinal herbs, or simply as an immune-boosting tea to improve resistance to viral and bacterial infections.

The massive variety of conditions astragalus has been used to treat include:

- Diabetes
- Respiratory problems
- Heart disease
- Viral infections/flu/common cold
- High blood pressure
- Kidney disease
- Skin lesions/sores
- Leprosy
- Hemorrhoids
- Spleen ailments
- Vision/hearing deficiencies
- Asthma
- Internal bleeding
- Sweating
- Fatigue
- Insomnia



Astragalus also tops the list for overall men's health. Traditionally prescribed in Chinese medicine for male infertility, the herb supports male hormones by balancing glucose levels and enhancing testosterone and growth hormone levels.<sup>7</sup>

*But as for protection against coronavirus, astragalus is one of the best-researched immune system stimulants out there.*

Astragalus derives its power from its remarkable *adaptogenic* properties.

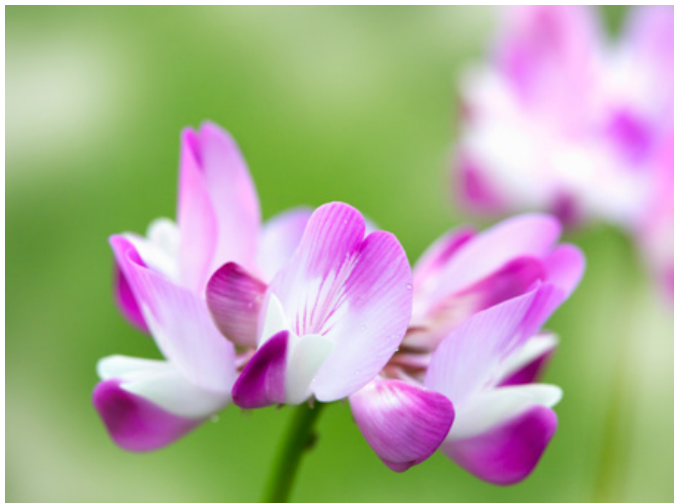
Adaptogens are a special class of healing herbs, which coax your body to *adapt* to its stressors — both internal and external. They work to normalize your body and bring about *homeostasis*, or a state of equilibrium.

Astragalus contains dozens of active, synergistic and supportive components — including anti-cancer and immune-boosting *saponins*, antioxidant *flavonoids* and dozens of anti-inflammatory, oxygen-rich *polysaccharides*.

Other adaptogens include *ginseng*, *ashwagandha*, *maca root* and *licorice* — but none has the wide-ranging immune-boosting powers of astragalus.

This *super adaptogen* heightens the efficiency of virtually every component of your immune system and provides your body with a near-impenetrable defense. It does this by triggering the production of immune system stem cells, flooding your body with young, new immune cells ready to battle against any viral or bacterial invader.

And just take a look at some of the research that supports its use:



***Astragalus is a super adaptogen that boosts every aspect of your immune system.***

■ A number of studies have confirmed that the herb's anti-viral and anti-bacterial effects are the result of its wide-ranging impact on the immune system. These include increased production of defender T cells, as well as the stimulation of high *immunoglobulin* levels, which boost the ability of immune cells to attach themselves to harmful bacteria and viruses, and aid in their destruction.<sup>8</sup>

■ In one study from the 1980s, astragalus extract was given to 19 cancer patients and 15 healthy people at the M.D. Anderson Cancer Center in Houston. Researchers found that the treatment restored immune system functioning in the majority of the patients. In some cases, it made the cancer patients' immune systems resemble those of the healthy subjects. In fact, the patients who used astragalus doubled their chances of survival.<sup>9</sup>

■ A Chinese study found that 8 grams of astragalus given orally to 14 healthy volunteers for two months led to a significantly increased *interferon*-inducing ability in the subjects' blood vessels, compared to the control group. This dramatically heightens the virus-fighting power of cells. The researchers also found that two months after the end of therapy, the interferon-inducing ability was still significantly higher.<sup>10</sup>

■ In another Chinese study, a herbal tincture of astragalus was shown to stimulate the production of immune system T-cells in human and animal subjects.<sup>11</sup>

■ Patients with viral myocarditis, a viral infection that causes inflammation of the heart muscle, showed enhanced T-cell production after taking an extract of astragalus orally.<sup>12</sup>

■ In clinical research, astragalus was shown to stimulate cancer-destroying natural killer cells, as well as immune cells called *macrophage*, which have the ability to locate and "eat" particles, such as bacteria, viruses, fungi, and parasites.<sup>13</sup>

Astragalus also has very low toxicity and no known side effects. But it doesn't just balance and boost your immune system...

### **Astragalus Also Works At The Cellular Level to Protect Your Telomeres**

Astragalus doesn't just make your immune system younger — it works on your whole body. And that begins at the sub-cellular level.

Studies reveal that astragalus has a direct impact on your telomeres. These are the tiny protective caps at the end of each strand of DNA — and they're critically important to your health.

Telomeres are the ticking biological clocks you carry in the nuclei of each of your cells, where your DNA sits tightly coiled.

The longer your telomeres are, the younger your cells behave and the healthier you are. But the shorter your telomeres, the more prone you become to "old age," and diseases like cancer... heart disease... arthritis... Alzheimer's... Parkinson's... and diabetes.

*There is only one way to restore telomere length and stop cells from dying... through activation of the telomere-rebuilding enzyme, **telomerase**.*

That's where astragalus comes in...

Multiple studies confirm that astragalus increases telomerase activity and reduces the effects of cellular aging.<sup>14,15</sup>

More than a decade ago, scientists used an extract from astragalus to create *TA-65*, the world's first commercial telomerase activator. TA-65 has since literally reversed the aging process in thousands of patients — in some cases, slashing 20 years off their biological clocks. I'll tell you more about TA-65 in a minute.

*"The longer your telomeres are, the younger your cells behave and the healthier you are. But the shorter your telomeres, the more prone you become to "old age," and diseases"*

But astragalus's anti-aging powers aren't limited to its effect on telomere length. Scientists have discovered that astragalus has other age-reversing properties. It's also an:

- **Antioxidant:** Studies using an astragalus extract have shown its ability to significantly decrease free radical activity and reduce cell death.<sup>16</sup>
- **Anti-inflammatory:** Studies show astragalus inhibits the production of the proinflammatory cytokines, and has powerful anti-inflammatory effects in the walls of blood vessels, slowing anti-vascular aging and reducing the risk of heart attack.<sup>17,18</sup>
- **Anti-cancer:** Astragalus is now a widely used element in cancer treatment, either alone or together with chemotherapy and radiation. Multiple studies confirm astragalus can inhibit proliferation and induce the cell death of cancer cells in a number

cancer types. These include colon, gastric, lung, liver, bladder and breast cancers.<sup>19,20,21,22,23</sup>

- **Antihyperglycemic (a blood sugar lowering agent):** Studies show astragalus can lower blood sugar levels in type 2 diabetics.<sup>24</sup>
- **Expectorant:** Astragalus has been used for centuries to help reduce excess amounts of mucous from the respiratory tract. Studies show it also helps lung tissue repair by inhibiting the expression of pro-inflammatory cytokines.<sup>25</sup>
- **Anti-neurodegeneration:** A Chinese study from 2013 found that isoflavonoids, special kinds of plant antioxidants, in astragalus had neuroprotective qualities, reducing cognitive decline and memory loss.<sup>26</sup>

## 3 Easy, All -Natural Ways To Protect Your Immune System — and Reverse Aging

I've used this herb for more than 20 years to help my patients improve their immune systems and as a central part of anti-aging therapy.

Astragalus is available in a variety of forms, including dried root, powdered root, pills, capsules, tinctures and extracts.

Here are three ways I suggest taking it.

- **Use the Root to Make an Immune-Booster Tea or Tonic:** The traditional Chinese method of taking of astragalus is to make a tea and mixed with other herbs as medicinal tonic.

As a root, astragalus is best prepared as a decoction. Simply add one tablespoon of the root to 8 ounces of water in a covered pot. Don't let the water boil. Try to keep it at a low simmer for 20 minutes and then strain. Throw in about an inch of ginger and four tablespoons of raw unfiltered honey to turn it into a tonic.

You can also add astragalus to soups or stews.

You can also prepare what herbalists call a *congee*, a nutritive medium made with rice, in which medicinal herbs are steeped and carried into the body. You can add fresh ginger, cinnamon, cardamom, raisins, dates, carrots or whatever strikes your fancy. Just throw it all in a pot and let it simmer.

You can find slices of dried astragalus root at Chinese groceries, at some health-food stores or online.

- **Take a Supplement:** I recommend taking 500 mg of the concentrated extract three times a day.

Or take two to three tablespoons of **astragalus root powder daily** (about 30-45 grams).

- **Try Nano Astragalus:** One of the most important breakthroughs in modern medicine is the world's first telomerase activator. It's made from an astragalus extract called *cycloastragenol*.

In one of several study trials, researchers tested the effects of cycloastragenol on white blood cells, which form much of the body's immune system. The researchers measured the number of white blood cells that looked old, and the number that looked young. Then one group started taking cycloastragenol, while the other group took a placebo.

After three months, the group taking cycloastragenol was found to have a ratio of old to young cells more typical of people 20 years younger, with telomere length significantly extended. Cycloastragenol can literally turn back the hands of your biological clock.<sup>27</sup>

I was privileged to become the first doctor in the U.S. licensed to administer TA-65, the first commercially available cycloastragenol. Since 2005, there has not been a single adverse side effect or event has been reported. It has been proven to be completely safe.

The best news is that cloastragenol is now available in "nano" form. This is the use of "nano technology" to break down the cycloastragenol molecules into a scant fraction of their original size — all to improve absorption and effectiveness. I recommend taking 5 mg daily.

If you're interested in learning more about immune- and telomerase-boosting cycloastragenol therapy at the **Sears Institute for Anti-Aging Medicine**, please contact my staff on 561-784-7852.

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# He Cured Cancer Patients With Immunotherapy — Until Big Medicine Ditched It For Dangerous Chemo

Let me tell you a story about a man who cured cancer in hundreds of patients...

His name was William B. Coley. While few people have ever heard of him, he was almost certainly the 20<sup>th</sup> century's most effective cancer killer.

In the year 1891, Dr. Coley was a young physician at New York Memorial Hospital. He had just lost his very first patient, a 17-year-old girl, to *sarcoma*, a type of bone cancer. He was so distressed by her painful death, he threw himself into research to find out more about this disease.<sup>1</sup>

He studied the records of other sarcoma patients in New York and one case jumped out at him — a man who had undergone three failed surgeries to remove a huge sarcoma tumor from his face.

But something unusual happened. After his final surgery, he suffered days of high fever. He wasn't expected to survive.

But he did. And, to the amazement of his doctors, his tumor shrank. In a matter of weeks, it disappeared completely. His cancer never returned.

Dr. Coley was onto something groundbreaking — although he didn't fully understand it. He thought the bacteria from the infection had somehow killed the cancer.

He was mistaken, but he was on the right track. So he began to infect cancer patients by injecting them with a kind of soup made from killed bacteria that he'd scraped from the scabs of other patients.

As astonishing as it sounds, over a period of more than 30 years, "Coley's vaccine," as it was called, cured hundreds of terminally ill patients — not just of sarcoma, but of multiple types of cancer.



***Dr. Coley was the first physician to cure patients with immunotherapy. After his death, the medical establishment discredited his work in favor of chemotherapy.***

Sadly, not long after his death in 1936, the medical establishment began to deride his work. Seduced by the new invention of X-ray radiation and the advent of chemotherapy, Dr. Coley's methods were buried. Yet the fact remains, his bacterial mixture shrank tumors and cured hundreds of cancer patients.

Dr. Coley didn't know it, but he was curing his patients with ***immunotherapy***.

The invasion of bacteria in his "vaccine" caused the immune systems of his patients to jump into high gear, killing anything that wasn't natural in their bodies, including cancer.

Today, immunotherapy is the new frontline against an increasing number of cancers.



But Big Pharma's immunotherapy drugs cost hundreds of thousands of dollars. The cost of cancer treatments is outrageous. Two recently approved immunotherapy treatments, *Kymriah* from Novartis and Gilead Sciences' *Yescarta*, cost up to \$475,000 per patient, depending on the type of cancer.

In this *Confidential Cures*, I'm going to tell you about a natural immune-boosting treatment that's every bit as potent as Big Pharma's immunotherapy drugs, and won't bankrupt you either. It's also completely safe and without side effects.

It's a therapy that combines *hyperbaric oxygen therapy* (HBOT) with *stem cell therapy*. These are two of the most potent immune system boosters ever discovered. I'm also going to tell you about some about some powerful herbal immune boosters you can take at home.

## Fortify Your Cancer Killer Cells To Eliminate Foreign Invaders

There's a simple reason that most cancers strike at the onset of middle age — it's the stage in life when your immune system begins to weaken. It starts to lose its ability to recognize and eliminate "foreign" microbes and chemicals in your body, including cancer.

The problem is... A weakened immune system is not just the cause of cancer — the disease itself depletes your body's defenses further. In most people with cancer, their immune system response is just not strong enough to do much good.

And while chemotherapy is often effective at killing cancer cells, it inflicts further devastating damage on your immune system.

When you're young, your immune system is continually activating stem cells that develop into immune cells — like cancer-killing *T cells*, *B cells* and *NK (Natural Killer) cells*.

But as you age, stem cell activity slows and your immune system gradually becomes weaker. Our modern environment and lifestyle accelerate the aging of your immune system. As traumas and illnesses strike, your body loses its ability to defend itself.

Recent studies show that cancer cells often develop undetected by weakened immune systems. In some cases, cancer cells even send signals that suppress a weakened immune system further, allowing cancer cells to grow into malignant tumors.<sup>2</sup>

NK cells are your body's foot soldiers for fighting cancer and studies show that the fewer of these killer cells you have, and the less active they are, the worse your prognosis.<sup>3</sup>

*Conversely, studies also show that by ratcheting up your immune system, you can beat cancer.*

Researchers at Brigham and Women's Hospital evaluated data from more than 1,500 cancer programs across the country and found that immunotherapies doubled the survival rate of patients.<sup>4</sup>

Dr. Coley may have been wrong about bacteria attacking tumors — but he was right about the human body's natural ability to kill cancer itself.

The good news is you no longer have to scrape bacteria from infected scabs to fire up your immune system. And you may be one of millions of Americans living with cancer for whom a \$475,000 drug bill, on top of the other medical costs, is just impossible.

## Non-Drug Therapies Ramp Up Your Body's Natural Defenses

The two therapies that make up HyperStem — *stem cells* and *hyperbaric oxygen treatment (HBOT)* — are powerful immune system boosters individually.

A mountain of scientific evidence backs their ability to ramp up your body's defenses and cancer-attacking properties.

Mainstream medicine would never promote either of these powerful treatments — thanks to the pharmaceutical industry's cozy relationship with the FDA. Big Pharma regards these treatments as a direct threat to its grip on the jaw-dropping **\$200 billion** global cancer industry.



***HyperStem combines two of the most effective regenerative therapies that exist today.***



You see, Big Pharma can't patent these therapies, because they're natural. The stem cells are harvested from your own body... and oxygen, well, it doesn't get more natural than that.

Let's start with HBOT...

## Flooding Your Body With Oxygen Stops Cancer Cell Growth

As you know, hyperbaric oxygen therapy is the delivery of high-pressure oxygen to your body.

It was first used in the 1930s to treat deep-sea divers with decompression sickness (*the bends*). But doctors soon realized the treatment also speeded up wound healing.

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

At the **Sears Institute for Anti-Aging Medicine**, I treat patients with 100% oxygen at 1.5 times normal atmospheric pressure. The combination of pressure and oxygen physically dissolves more oxygen into your red blood cells, boosting oxygen levels.

HBOT has been used successfully for decades to treat an enormous range of conditions — including anemia, arthritis, burns, cerebral palsy, diabetic foot ulcers, migraines and a variety of autoimmune disorders, to name just a few.

But HBOT is also a potent cancer killer.

You see, low oxygen levels — a condition called *hypoxia* — allows cancer cells to thrive and are hallmarks of almost every cancerous tumor. Hypoxia also reduces the effectiveness of chemotherapy.<sup>5,6,7</sup>

HBOT solves the hypoxia problem by infusing every cell in your body with oxygen, thus inhibiting the proliferation and growth of cancer cells.<sup>8</sup>

HBOT also increases the synthesis of nitric oxide (NO), one of your body's key signaling chemicals. NO not only increases blood flow and oxygen delivery, it stimulates the release of *stem cells* up to 800%.<sup>9,10</sup>

This burst of stem cells has a powerful effect on your immune system, boosting the numbers and vitality of cancer-killing T cells and NK cells — which have the ability to target many types of cancer at once, unlike most immune cells.<sup>11,12</sup>

HBOT has been shown to be effective against a range of cancers, including:

- Head and neck cancer<sup>13</sup>
- Skin cancer<sup>14</sup>
- Colorectal cancer<sup>15</sup>
- Leukemia<sup>16</sup>
- Brain cancer<sup>17</sup>
- Breast cancer<sup>18</sup>

At the same time, studies show that HBOT can also accelerate the healing process after damaging cancer treatments, like radiation therapy.

## Regenerate Your Stem Cells To Produce 10 Billion Immune-Boosting NK Cells

Stem cells have been used for decades as a standard treatment in transplant procedures for patients with cancers like leukemia and lymphoma, and other disorders of the blood.

If you're a regular reader, you'll know that stem cells are the basic building blocks of your entire body. They are the master cells of almost every other kind of cell you have — the cells that make up your tissues, organs, bones, skin, blood and everything else.

But in addition to their regenerative properties, stem cells are a vital part of your immune system. They produce streams of new immune cells that fight infections, reduce inflammation and fight diseases.

Your body's stem cells naturally produce around 10 billion immune cells every day.

Stem cells also have other cancer-fighting properties. They secrete factors that physically interact with tumor cells and block their growth.<sup>19</sup>

But when stem cell activity is dulled — either from aging, our modern environment or disease — your body loses its power to generate new, cancer-killing immune cells.

A 2013 study involving patients with skin cancer found that NK cells need to be both numerous and “highly functional” to mount a strong enough immune response to attack — and even recognize — cancer cells.<sup>20</sup>

Antigens are foreign substances your immune system targets. When your immune system senses antigens in your body, it releases T cells as self-defense.

By boosting your immune system with stem cells, you may not need hugely expensive drugs or even chemotherapy — because your immune system will destroy the cancer cells before they have time to develop into disease.

But after chemo, stem cell therapy is hands down the best way to rebuild an immune system that's been wrecked by chemo drugs.

## Try The 1-2 Cancer-Killing Punch

Now imagine the turbo boost to your immune system after *HyperStem* — combined stem cell therapy and HBOT treatments.

Both treatments cause your body to release multiple healing factors and a flood of activated *mesenchymal* stem cells into your blood stream.

While HBOT works to mobilize stem cells from bone marrow — the source of all immune cells — most stem cell infusion therapies use *adipose* stem cells taken from your own fat tissue. Adipose stems have powerful *immunomodulation* properties.

Both treatments dramatically ramp up the health, vitality and activity levels of NK cells and other anti-cancer agents in your immune system.

Getting combined HBOT-stem cell therapy is painless, easy and safe. The biggest problem is finding a doctor trained in hyperbaric and stem cell medicine.

At my clinic, treatments are given either simultaneously or HBOT is given immediately after stem cell therapy. HBOT can also be given before *and* after.

## Bulletproof Your Immune System At Home With These 3 Herbs

At my clinic, I also recommend certain herbs to boost the levels of cancer-killing immune cells. Three of the most powerful are...

**1. Anamu:** This South American herb goes by the Latin name, *Petiveria alliacea*. It has been used medicinally for centuries, and many local tribes in the Amazon still use it for all kinds of healing purposes.

Anamu contains a rare molecule called *dibenzyl*

*trisulphide (DTS)*, which exists in no other plant species. Studies show that DTS is a potent stimulator of *T helper cells*, which act as a supercharger of T cells to boost your body's immune responses.<sup>21</sup>

In one study, *anamu* also increased the number of NK cells by 100%.<sup>22</sup>

You can buy dried anamu leaves online or in health food stores to make a tea. Or you can take the herb as a capsule. I recommend 500 to 1,000 mg per day in divided doses.

**2. Curcumin:** Multiple scientific studies reveal that curcumin is now known to target 10 separate factors that can lead to cancer. You'd have a good shot at preventing cancer by just eliminating one factor... by eliminating 10 of them — you're providing yourself with significant anticancer protection.

A recent study published in the journal, *Anticancer Research*, showed that curcumin targets and kills cancer stem cells — the young malignant cells that grow into tumors — but leaves normal, healthy stem cells untouched.<sup>23</sup>



***Curcumin targets 10 separate factors that can lead to cancer.***

Studies have shown that curcumin also:<sup>24</sup>

- Regulates tumor suppressor pathways and starves tumors of vital blood supply.
- Triggers programmed cell death in breast cancer cells.
- Targets destruction of cancer-cell mitochondria while leaving healthy cells alone.
- Halts replication of cancerous cells.
- Blocks molecules to prevent tumors from growing and spreading.
- Prevents DNA damage.

More studies show that curcumin strikes at multiple targets in prostate cancer, interfering with the spread of cancer cells and regulating inflammatory responses through NF-kB, the master regulator.<sup>25,26</sup>

I recommend a curcumin supplement that contains piperine, a black pepper extract that supercharges curcumin's absorbency. Optimal doses have not yet been established for cancer treatment. Clinical trials have used up to 8,000 mg per day. I recommend dosages of 1,000 mg to my patients.

**3. Cat's claw:** I've used this herb in my clinic for years. But I only recently discovered that cat's claw stimulates NK cell function to boost your immune system and fight infection.

Researchers have identified 53 compounds in cat's claw root that provide a broad range of health benefits. Not only is it anti-inflammatory and an antioxidant, but it provides vascular and central nervous system health support.<sup>27</sup>

Look for a supplement made from the inner bark of the plant and take 500 mg per day.

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# This Common Medical Test Kills 15,000 People Every Year... Why You Should Avoid It — *and What To Do if You Can't*

There is a source of radiation that hits you with more than a year's worth of exposure *in a single 15-minute dose*. I'm talking about a computed tomography scan, or CT scan.

A single CT scan exposes you to between 150 and 1,000 times the radiation of a regular X-ray. It's about the same level of radiation some survivors of the Hiroshima and Nagasaki atomic bombs were exposed to in WWII.<sup>1</sup>

Now I would never tell anyone NOT to get this potentially life-saving test. I've recommended it for some patients myself... But only after I determined that it was absolutely essential.

Because, you see, 30-50% of the 85 million scans performed every year in the U.S. are **not medically necessary**.<sup>2</sup>

According to researchers at the National Cancer Institute, the risk of developing a fatal cancer from a scan is 1 in 2,000. If you do the math, you'll see that means those 85 million CT scans account for about 30,000 new cancer cases<sup>3</sup> and 15,000 deaths every year.<sup>4</sup>

The radiation from CT scans can lead to a variety of cancers. In a moment, I'll explain how CT scans lead to cancer. But first, I want to tell you why so many doctors are putting their patients at risk for no reason. I'll also tell you what to do if your doctor says you need a scan.

## Why Would Your Doctor Put You at Risk?

When the CT scan was invented in the 1970s, it was seen as a medical game-changer. Doctors could get a three-dimensional view inside a patient's body without having to cut the patient open in surgery. It was a less invasive way to diagnose injuries and disease.



***CT scans expose you to dangerous levels of cancer-causing radiation.***

But the new technology allowed doctors to get lazy. CT scans are a crutch. Instead of gathering detailed information about a patient's symptoms... instead of relying on their own diagnostic experience... they started sending patients for scans as a first response.

Today, if you go to an emergency room complaining of any head or stomach pain, you'll probably get a CT scan.

In a study published in *The New England Journal of Medicine*, researchers found that of the patients undergoing CT scans, 30% were on their third scan, 7% had had five or more and 4% had had more than nine.<sup>5</sup>

But it's not just laziness that's led to the boom in CT scans over the past four decades...

Nearly 35% of imaging tests are ordered as a defense against medical malpractice lawsuits. Not because the patients really need them.<sup>6</sup>

Then there are the financial incentives. Medical imaging is a \$100 billion-a-year industry.<sup>7</sup> A lot of doctors have money invested in radiology clinics. Some

have even bought their own machines. These doctors order far more CT scans than those who don't have a financial stake.<sup>8</sup>

And according to a 2011 survey of doctors, 48% said they'll order a CT scan if a patient requests one. Even if they KNOW it isn't necessary.<sup>9</sup>

Another survey of more than 1,000 people found that fewer than one in six patients are told by their doctors about the risks of CT scans.

Unfortunately, that's because so many doctors in mainstream medicine are uninformed. In a 2012 study of 67 medical providers caring for patients undergoing abdominal CT scans, fewer than half knew that the scans could cause cancer.<sup>10</sup>

## CT Scans Damage Your DNA

Like X-rays, CT scans use ionizing radiation, but at a much higher dose. This radiation causes damage to your DNA, and that can lead to the formation of tumors.

Each time your doctor scans a part of your body, you're exposed to 10 millisieverts (mSv) of radiation. To put this into context, one CT scan of the abdomen is equal to:<sup>11</sup>

- 500 chest X-rays
- 1,500 dental X-rays
- 200,000 airport screens

A whole-body scan uses between 15 mSv and 21 mSv. This is the equivalent of approximately **760 chest X-rays**.<sup>12</sup>

In 2013, a large study concluded that exposure to just one CT scan could be linked to developing cancer later in life.<sup>13</sup>

The researchers tracked patients from birth in the 1980s into early adulthood. (Because radiation-induced tumors can take decades to develop, the researchers decided to follow younger patients.)

Of the almost 11 million people they followed, over 680,000 had been given at least one CT scan. They compared the cancer rate of this group of patients with an equal number of people who had never undergone a CT scan.

The researchers were stunned by the results... They found that, compared to those who never had a scan, the patients who'd had a CT scan had a 24% increased risk for developing any kind of cancer.

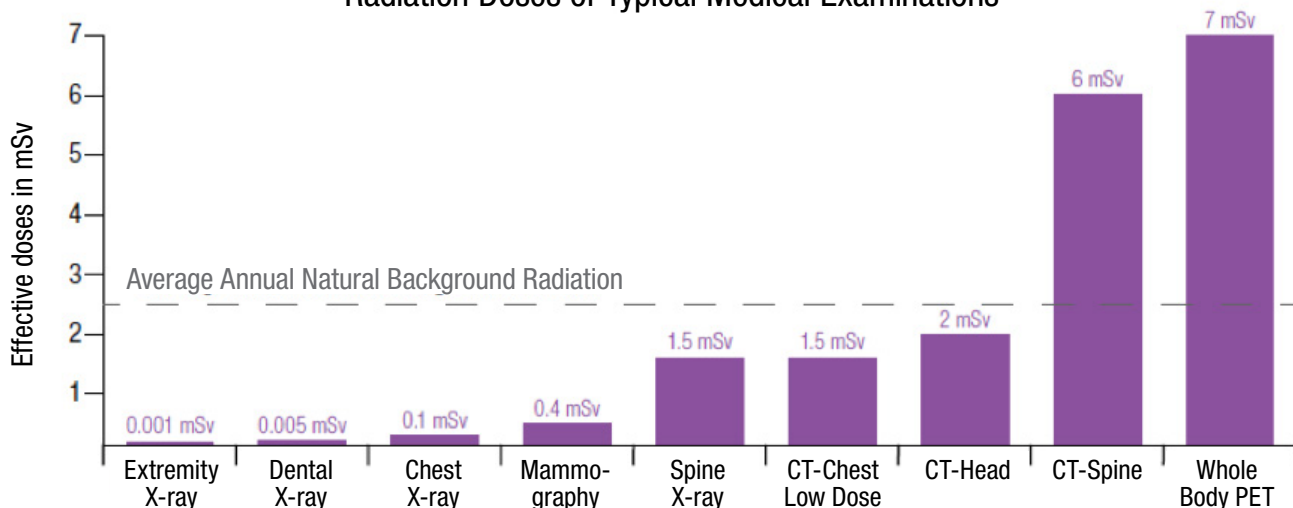
They also found a person's cancer risk increased as the number of scans increased. That risk remained elevated for years after the original scan was done. Compared to people who had never had a CT scan, those who had undergone a scan had a:

- 35% higher risk for cancer four years after the scan;
- 25% higher risk at five to nine years; and
- 14% higher risk at 10 to 14 years.

Even lower-dose scans have been shown to cause the DNA damage that leads to cancer. A recent study from Stanford University School of Medicine examined the blood of 67 patients who had cardiac CT scans.

## HOW MUCH RADIATION YOU'RE REALLY GETTING

### Radiation Doses of Typical Medical Examinations



***A chest CT scan delivers as much radiation as 200,000 trips through an airport scanner.***

It found an increase in DNA damage and cell death, as well as increased expression of genes involved in cell repair and death.

With so much evidence, why are doctors still ordering so many unnecessary scans? It boils down to money, laziness and ignorance.

## What You Should Do If Your Doctor Orders A CT Scan

Sometimes, CT scans can't be avoided. If your doctor tells you that you need to have a CT scan, make sure you really need it. Don't be afraid to speak up. After all, there's nothing more precious than your health.

Here's a list of questions to ask:

- Is this CT scan necessary? Why?
- What will happen if I don't have it?
- Is there a safer alternative? (Ultrasounds or MRIs can sometimes be used instead. They don't use radiation.)
- Do you have a financial interest in the test?
- What dosage is right for me? (Smaller, thinner people need a lower dose.)
- Can I show you a prior scan? (If you recently had an X-ray or a CT scan of the same area, ask if you can use that instead.)

If your doctor doesn't want to answer your questions, seems annoyed or you don't like the answers you get, it's probably time for a second opinion.

## Protect Your DNA Naturally

If you choose to go ahead with the scan, there are natural ways to minimize the damage to your DNA. Here are a few supplements I recommend to my patients. You should start taking them at least five days before your scan, but it's best to start as soon as you book your appointment. Keep taking the supplements for at least five days after.

**1. Eat this cancer-killing fruit.** Blueberries are loaded with antioxidants and flavonoids that prevent cell damage. In 2013, researchers at the Taipei Medical University Hospital found that one of the antioxidants in blueberries — called pterostilbene — prevents cell mutations caused by radiation.<sup>14</sup>



*An antioxidant in blueberries prevents cell mutations caused by radiation.*

This little fruit is so powerful that NASA scientists are looking for ways to use blueberries to protect astronauts from the cosmic radiation they encounter in space.<sup>15</sup>

Blueberries are delicious, so it's easy to snack on them all day. But you'll want to really load up before a CT scan. That's why I recommend a blueberry extract. You can find it in capsule form online and in health food stores. Take 1,000 mg two to three times a day.

**2. Try this blue-green algae.** Spirulina is a potent superfood. And several studies have shown that it protects the body against the damaging effects of harmful radiation.

A 1989 study found that spirulina significantly reduced gamma radiation in the bone marrow of mice.<sup>16</sup> Another study found that a unique blue pigment in spirulina called phycocyanin binds with radioactive metals in the body and helps remove them.<sup>17</sup>

But the most impressive study was done after the Chernobyl nuclear disaster in 1986. Following that catastrophe, 160,000 children who lived in the area developed radiation poisoning. Soviet doctors gave some of the children 5 grams of spirulina a day for 45 days.<sup>18</sup>

The children who received the supplement had dramatic improvements:

- bone marrow and blood cells regenerated;
- dangerously low white blood cell counts of 1,000 (typical of leukemia) rose to 3,000 in less than three weeks; and
- radioactivity levels in their urine were 50% lower after 20 days.



I recommend taking four to six 500-mg tablets spread throughout the day.

**3. Take high doses of this antioxidant.** Vitamin C is one of the best defenses against the effects of cell-damaging free radicals caused by radiation exposure. And the best part is that it doesn't just protect you before a scheduled scan.

It can repair DNA damage afterward. A study of workers who cleaned up after Japan's Fukushima nuclear disaster proved this. Prior to starting clean-up work at the site, researchers gave some of the men 25,000 mg of vitamin C intravenously. These men continued to take vitamin C orally for the six weeks they worked in the contaminated areas.

Before and after the study, researchers tested participants' plasma DNA levels as well as 47 cancer-related gene expressions.

The men who received the vitamin C had NO change in their DNA or overall cancer risk.

But the workers who didn't receive the vitamin C treatment had a significantly increased cancer risk. However, their overall cancer risk scores returned to normal after they were given two months of vitamin C IV therapy following their exposure.<sup>19</sup>

If IV vitamin C therapy isn't an option, you can still benefit from taking vitamin C orally. Prior to your CT scan, take up to 20,000 mg daily in divided doses. It's perfectly safe. But if it bothers your stomach, reduce the amount slightly or increase the number of doses.

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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.

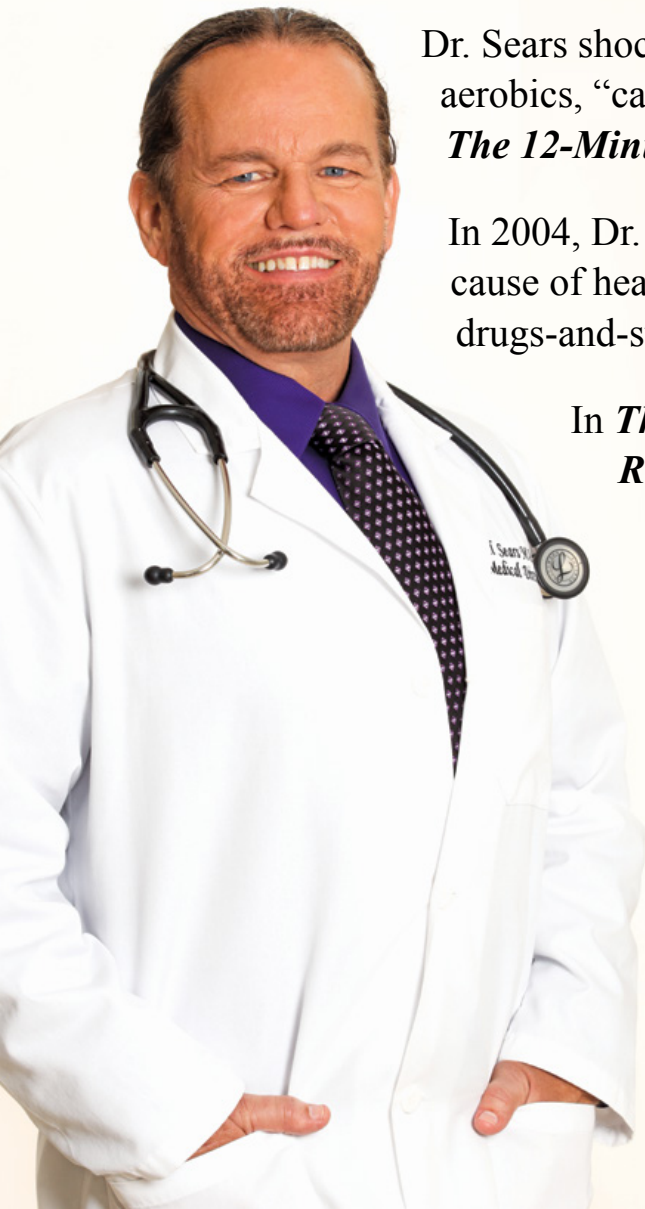
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# AL SEARS, MD

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).