



Dr. Sears'

CONFIDENTIAL CURES

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

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Dear Friend,

I just read an interesting statistic... A new survey found that 45% of men are scared of snakes; but only 37% of women are!

If you have a fear of spiders and snakes, you're not alone. Almost 400 million men and women around the world have the same phobia.

In fact, I just read that this fear is something we're all born with. It's been hardwired into our DNA — the result of survival instincts developed millions of years ago by our ancient ancestors.

But these Primal threats are NOTHING compared to what men face in today's toxic world...

I'm talking about man-made threats like chemicals, pollution and other toxins. And some of the scariest of all are the gender-bending xenoestrogens that are sending feminizing signals to your body. These signals came from everyday items, like deodorant, cash register receipts and even the tap water we shower in.

And these estrogen mimickers are stripping your body of its natural testosterone.

And when it comes to your health, too little testosterone can lead to:

- Swollen prostate
- Decreased muscle mass
- Loss of bone density
- Low energy
- Depression

Now all men are born with a little estrogen. With my male patients, I like to see at least five times more testosterone than estrogen.

But testosterone drops naturally as you age. And as your body becomes flooded with fake estrogen, testosterone levels plummet.

At this point, many men ask their doctor for weekly testosterone injections.

But that's about the worst thing you can do.

I often inherit the "dropouts" of these so-called Low-T clinics. Men who trusted their claims for a "natural cure" for erectile dysfunction, or ED, but ended up in a far worse mess than when they started.

In this month's **Confidential Cures**, you will discover how to boost your testosterone naturally and "take back your manhood."

To Your Good Health,

Al Sears, MD, CNS

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Why Cavemen Never Needed Viagra – The 13th Secret to Virility

There's a little-known performance secret your body uses to send oxygen-rich blood to every cell, tissue and organ.

This “miracle molecule” is so critical to your performance and energy levels, you couldn't live without it.

Not only does it give you a leg up in the bedroom, it powers up your muscle strength, lung capacity, energy levels, and heart pumping power, and pushes your peak performance levels to new heights.

It's like giving your whole body a shot of Viagra. I say that because it works in the same way as Viagra.

But it's not a drug.

There are no side effects, you don't need a doctor's prescription and the benefits are bigger and better than simply getting help in the bedroom. This fast-acting breakthrough gets you pumped up and “ready for action,” and unlike Viagra, the effect doesn't wear off over time.

The problem is as you age, your body makes less of this “miracle molecule.” And this makes sex more difficult and sometimes impossible. Ironically, as you lose your ability to have sex, you start to lose physical stamina, heart-pumping power and other vital functions that rely on maximum oxygen delivery.

A lot of guys turn to erection boosters like Viagra for help. But you don't need to. You can get a “Viagra-like” effect without taking drugs or risking their side effects.

Today I'll show you how to get your body to make more of this performance booster all on its own. You'll get more control over your sex life and you'll boost your physical performance, too.

With just one simple strategy you can get:

- Better circulation



- More lung power
- Stronger pumping power in your heart
- More energy, stamina and physical performance
- And youthful, on-demand sex...

I Call This Quantum Leap “The 13th Secret”

When men come to my clinic for help, I introduce them to my “12 Secrets to Virility,” a program I developed to help guys overcome the loss of power and potency that comes with age.

But after years of research, I discovered a new, more powerful way of giving men the lift they need to be more competitive, more dominant and more in control of their own game.

As a medical doctor, I can tell you this discovery is helping my patients keep their youthful energy and physical performance far beyond retirement.

And as a certified anti-aging physician, strength coach, personal trainer and certified clinical nutritionist, I can tell you it's helping guys pump up, get stronger and last longer.

Let me explain...

You Don't Need Prescription Drugs to Feel Like a Man

What you do need is more oxygen. Oxygen is the power source that fuels your muscles, boosts your performance levels and gives you instant results in the bedroom.

This power source is about more than just getting it up when you're in the mood. It gives you a combination of strength, desire, muscle mass and readiness. It's a feeling of extraordinary potential, available to you when you need it.

But to get more oxygen, you need to "open up your pipes." That means getting oxygen-rich blood to every part of your body at a moment's notice. It's easy for young people because their veins and arteries easily expand to handle the extra flow.

But as you get older, your veins and arteries get narrow and stiff. And the resulting drop in oxygen makes you feel limp, weak and tired.

But you can restore maximum oxygen flow at any age.

You see, the "13th Secret" is the chemical messenger that opens up your blood vessels, allowing a rush of oxygen when you need it most.

This is the same idea that makes Viagra work. But Viagra is limited to a specific area. What I discovered is a way to give your whole body the same rush of energy and readiness. A way that will "open up the pipes" and give you a body-wide surge that includes:

- More frequent erections
- Fatigue-busting energy and a feeling of clarity and alertness
- Pumping, well-defined muscles
- Increased stamina, strength and mobility
- A stronger heart and bigger lung capacity

This kind of power is not a fantasy. It's a reality you make your own.

The magic behind the 13th Secret is something doctors in the know are calling the "miracle molecule."

Get the Power of Viagra WITHOUT Drugs or Prescriptions

The secret to good oxygen flow is the chemical messenger nitric oxide (NO). It's the chemical released by the lining of your blood vessels that makes them expand.

NO is one of your body's messengers that tells your blood vessels to relax and expand. When relaxed blood vessels fill up with blood, you're ready for action.

You see, blood vessels are like balloons. They can expand and contract rapidly. When they're open full throttle they can move tremendous amounts of blood. But when they're too narrow you're in trouble.

This is a problem as you get older. Your supply of NO drops off. That makes it much harder for your blood vessels to expand.

And if your blood vessels can't expand, sex becomes impossible.

Viagra helps with blood flow, but in a different way. Viagra binds to the enzyme that destroys NO. This enzyme is called "PDE-5," and it's every man's enemy. By blocking what gets rid of NO, your body has the chance to accumulate more of it.

That means your blood can flow more freely.

Viagra Was Originally Intended as Big Pharma's Next "Heart Health Miracle"

Ironically, Viagra started off as a heart drug. Researchers were looking for a way to improve blood flow by tinkering with NO. And they were successful, but not in the way they intended.

Instead of helping heart patients, the men testing Viagra got a "big surprise."

As far as drugs go, Viagra isn't a bad one. But its effects diminish over time. The studies I've seen show that over 50% of men stop using Viagra after three years because it stops working. And Viagra comes with potential side effects.

Viagra increases clotting. And elevated clotting increases your risk of heart attack. If you're at risk for a heart attack, Viagra isn't the safest choice.

Nitrates aren't any better. Doctors prescribe nitrate drugs for people with chest pain. They open vessels to allow blood to reach the heart easier. But they also damage the lining of your blood vessels.

Ironically, the drugs designed to improve blood flow may also damage it. And this zaps your strength and potency even more.

You see, it's all about oxygen and blood flow. When you don't have it, major systems in your body start to shut down. The "big three" are:

- Muscle strength
- Sexual performance
- Heart health

All your blood vessels need NO to help them expand. Every vein, artery and capillary – a network that spans thousands of miles – is dependent on NO for survival. Without NO, life would not be possible.

Your heart is a good example. Without NO your heart has to work overtime to move blood through your body. Over time, even the major arteries that lead into and out of the four chambers of your heart will start to harden. Of course, this dramatically increases your chance of heart attack.

And that's just for starters. When your blood vessels are stiff, your major organs don't get the oxygen they need. And that wipes out your energy supply. Your muscles suffer, too. Without blood and oxygen, your muscles shrink and start to atrophy.

Your sex life is next on the list. When your blood supply is weak and slow, there's no way to get a good, solid erection. You've probably seen articles in the news showing the connection between erectile dysfunction (ED) and heart disease.

Here's why...

Trouble in the Bedroom Signals the Start of a Life-Threatening Disease

There's evidence that links men with ED and those who develop diseases — especially heart disease.

In fact, heart disease and ED have the same risk factors:

- Hypertension
- High cholesterol
- High triglycerides
- Diabetes
- Sedentary lifestyle
- Cigarette smoking
- Obesity
- Depression

The connection between ED and heart disease is pretty straightforward: both your heart and penis need NO to perform properly.

When plaque builds up in your arteries, blood flow decreases.

But sexual excitement causes a demand for greater blood flow. Under normal conditions, the inner lining of your blood vessels release NO, causing the blood vessels to expand. This expansion enables more blood flow, which helps you get an erection.

When your blood vessels start to harden, as in the case of heart disease, no expansion can take place. And as a result, getting and maintaining an erection becomes difficult.

In many cases, trouble in the bedroom means blood vessels elsewhere in your body aren't expanding as they should. In other words, you need more NO or you're at risk for a heart attack.

Percentage of Men with Erectile Dysfunction Who Also Have These Chronic Diseases:

High Blood Pressure	42%
Diabetes	20%
Low HDL Cholesterol (You NEED cholesterol for good heart health)	42%
Depression	11%
Two or more of these conditions	12% - 14%

Have a look at the graph above. A recent study of 28 million people found an increased disease rate in men with ED.

And this study — which followed 9,457 men over a seven-year period — also concluded that ED is a good indication of heart events to come later in a man's life.¹

But there is good news. You can safely and naturally make more NO.

By giving your body a simple amino acid, you can get your body to create more NO. As much as you can handle, in fact.

This breakthrough is not a substitute for Viagra, but works in a similar way. And it's not a drug.

Here's What I Give My Patients for Maximum Oxygen Delivery

The first step to more NO and healthy blood flow is a simple amino acid called l-arginine.

Your body uses this amino acid to create NO.

Bodybuilders have been using l-arginine for years. Taken before a workout, it gives them a "muscle pump" by getting more blood and oxygen to their muscles.

I've been using l-arginine with my patients for years. It's one of the most reliable, fast-acting tools for giving your manhood a leg up.

The doctors who discovered how NO works were awarded the 1998 Nobel Prize in Medicine.

They discovered l-arginine is your body's chief source for creating NO.

Stronger Muscles... and Less Body Fat: Muscle loss that comes from aging is something I measure every day. When I show people they've lost muscle mass, no one is happy about it. And for good reason. Healthy muscles boost your resting metabolism, make you more vigorous and make it easier for you to stay trim.

With l-arginine, you can prevent muscle loss and restore lost muscle. One study found just 5 grams of l-arginine dramatically boosted muscle mass and strength in just 12 weeks. It also reduced body fat.²

In the muscle, l-arginine also works as a building block for creatine. Your body needs creatine to build and maintain healthy, strong muscles. By helping your body to make more creatine, you keep your muscles healthy, strong and lean.

A Strong, Flexible Heart: In your arteries, l-arginine keeps your endothelial cells healthy. Without it,

your vessels become constricted and tight. Healthy endothelial cells allow your vessels to dilate so your heart can move blood easier.

In one study, vessel dilation increased from 2.2–8.8%.³ Another study found it helped arteries dilate better for people with high blood pressure.⁴

Boost Your Bedroom Performance: In order to perform sexually, you need blood and oxygen flow. As you've seen, NO works by relaxing your endothelial cells, allowing vessels to dilate.

And unlike Viagra, it's a safer long-term solution to the problem men fear most. In one study, men taking 2.8 grams of l-arginine a day showed an 80% improvement in erectile function over the course of two weeks.⁵ It's important to female sexual arousal, too, so l-arginine is a supplement that both men and women can benefit from.

Keep in mind that better blood flow means more than just better sex. When your blood vessels are relaxed and flexible, you get more blood to your brain, your heart, your lungs and your muscles.

This kind of extra blood flow gives you more endurance, more stamina, better performance... it even helps your memory and prevents heart disease.

L-arginine does work for better blood flow. But there's something you should know. L-arginine by itself will only give you a temporary boost.

Two Additional Boosters Give L-Arginine a Bigger, Longer Lift

To help give you a longer-lasting boost, I combine standard l-arginine with a specialized form of arginine called Arginine Alpha-Ketoglutarate (A-AKG).

A-AKG is more bioavailable, it's faster acting and extends NO production, giving you a longer-lasting effect.

That means you get the lift only a longer-term NO booster can give you. A-AKG is remarkably effective. The combination is far superior to anything else you'll find out there.

But there's another nutrient that acts like rocket fuel for my combo of l-arginine and A-AKG. The three together are explosive.

It's called citrulline.

Citrulline turns into arginine in your body and it's better absorbed.⁶

When researchers from East Carolina University gave men citrulline for four weeks, the men had a significant increase in their blood levels of arginine. The average level of arginine increased by 65%.⁷

I use citrulline with my patients and can vouch for those results. It really does work.

Why Cavemen Never Needed Viagra

Think back to the times of our ancient ancestors. Do you think cavemen ever had a hard time getting it up? Probably not. Heart disease was unheard of. And with no processed foods, their testosterone levels stayed high.

What's more, they had the advantage of eating a high protein, low-carb diet. Protein is essential for the production of sex hormones.

To get the maximum amount of protein, focus on the "big five": meat, wild fish, eggs, dairy and nuts.

Red meat: I consider grass-fed beef to be among the most nutritious foods that exist. The protein is complete and it's a good source of creatine. Creatine makes you stronger and more energetic.

Red meat is also the best source of the nutrient CoQ10, which is essential for heart health.

And knowing that there's a strong connection between ED and heart disease, it makes sense that CoQ10 also plays an important role in sexual health.

I recommend eating grass-fed beef. It has up to 20 times more of the important omega-3 fatty acids than commercial beef and none of the hormones.

Wild fish: You've probably heard that fish can be a source of mercury and other toxins. However, you can minimize these risks and enjoy the benefit of this rich source of omega-3s by choosing wild Alaskan salmon, mackerel, trout or sardines.

Choose wild over farm-raised and small over large fish. The highest levels of mercury are in swordfish, shark, king mackerel and tuna.

Eggs: Eggs are the perfect food. Egg yolks have all required fat-soluble vitamins (A, D, E and K), iron and heart-healthy omega-3 fat. The whites have all the water-soluble B vitamins and are the source of the highest - quality protein on the face of the planet.

Dairy: Dairy is "liquid meat," and full of good protein. Cheese and whole milk are a great source of calcium and vitamin D. Raw, organic milk is best.

Nuts: Nuts are rich in healthy monounsaturated fat and a great source of l-arginine. Walnuts and almonds among the most nutritious, with omega-3 fatty acids, vitamin E, fiber, potassium and other minerals. Other good choices are peanuts, pecans, macadamias, cashews and Brazil nuts. Enjoy them as a snack instead of chips or crackers.

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Ditch These Emasculating Drugs to Increase Your Testosterone – And Boost Your Sex Drive

A new study is shedding light on why testosterone levels have dropped so dramatically in the last 20 to 30 years.

Researchers at the University of Virginia Health System have mapped out how the body transports testosterone. And, what they've discovered is that testosterone binds to a protein called *serum albumin*. This protein allows testosterone to be carried through the body.¹

But here's where it gets interesting...

Many of today's most common Big Pharma drugs also bind to this protein.

And when there's a competition between the hormone and a drug... the pharmaceuticals always win... leaving no room for testosterone to attach itself.

Some of the more common drugs that bind to this protein and block testosterone include:

- Blood thinners like warfarin
- Certain antibiotics like ceftriaxone
- Heart medications including digoxin
- Anti-anxiety medications like lorazepam
- Nonsteroidal anti-inflammatory drugs (NSAIDS) such as Aleve and Anaprox
- Some migraine and mood disorder medications like risperidone

No wonder so many men are suffering from low testosterone today.

As a regular reader, you know I consider many of today's Big Pharma medications toxic to your body.

Don't get me wrong. Some of their drugs are necessary, and even lifesaving.

But many of them simply treat symptoms without ever getting to the root of the problem. And they come with a long list of dangerous side effects as well...

Just look at synthetic testosterone gels, patches and injections. These man-made molecules are risky and unnatural. And they can lead to acne, breast enlargement or pain, mood swings, weight gain, joint pain, difficulty falling and staying asleep, swelling of the hands, legs, feet and ankles, problems urinating and an increased risk of prostate cancer.

Over the long term, synthetic testosterone can cause an increase in blood pressure which can increase your risk of having a heart attack or stroke.

That's why I've never used any synthetic testosterone in my practice. Even naturally derived testosterone injections are usually not necessary. There are other effective options for most men. I'll tell you what I recommend to my patients in a moment. First I want to share with you what my good friend John Gray recently said about the subject.



John Gray gave the women at my 2019 Summit long-stem red roses – to increase the testosterone of the men in the room.

John was a featured speaker at my 2019 Confidential Cures Summit. He's always a huge hit with the crowd.

Before his talk, he brought two dozen long-stemmed red roses up on stage with him. Then he gave them away to the women in the audience.

He told us he did it to increase the testosterone levels of the men in the room.

Surprised?

According to John's extensive research, the best way boost male testosterone levels is to stimulate estrogen in women. And when a woman receives a rose, her levels rise.

And this helps increase a man's testosterone. This relates to what most men really want.

You see, to have high levels of testosterone, men want to be needed. Since the days of our primal ancestors, a man's job was to protect women...

It was stressful and challenging – but it built up their T levels.

But today's women can take care of themselves. Now they're the ones from Mars. And as life got less stressful for men, testosterone went way down. Low testosterone leads to a low libido and depression.

As John explained with his red rose example, it's a man's job to biologically stimulate women to increase estrogen. When a woman doesn't have enough estrogen, she can't feel love or happiness or enjoy sex. And that makes his testosterone decrease even more.

Like so much in nature, it's a beautiful and reciprocal cycle.

But now comes the modern predicament.

Testosterone levels have dramatically declined in men today... Making their estrogen levels almost 50 times higher than a woman's!

Men try to fix their low testosterone problem by going to a clinic for a T-shot. But you can't take testosterone. You have to MAKE it.

At the Summit, John revealed that one of the easiest — and most misunderstood — ways to replenish testosterone is with what he calls "cave time."

When women hear men talking about retreating into

their "man cave," they sometimes think their partners are lazy or shutting them out. But withdrawing into your own space is a biological need. That's because your testosterone levels fall steadily during the day — and after all that stress, your body needs time and space to relax and restore itself.

John is right when he points out that it's often hard for a woman to imagine her partner's desire to be alone, because a man's need to rebuild testosterone levels is much greater than hers.

And getting your testosterone levels back up has the almost immediate and natural effect of improving your mood.

John also says that when a woman lets her man know that she appreciates and accepts what he does, or forgives him for what he neglects to do, her support boosts his testosterone.

John's advice for a quick testosterone boost is simple...

- 1. Take her out for a nice steak dinner.** Red meat raises your testosterone levels naturally thanks to high levels of zinc. One study found that 30 mg of zinc a day increased testosterone. Being told to stop eating red meat put men on a path to low levels.
- 2. Follow John's good advice.** Give your partner a dozen red roses. Then watch her estrogen increase and your testosterone rise!

This is great advice for the short-term. But to increase testosterone levels for the long haul — and keep the romance between you and your partner going — you need to put in the work. Let me explain...

As you know low testosterone leads to a low sex drive. And that's the case whether you're a man or woman.

Now, a lot of "experts" will tell you that one of the best ways to boost testosterone is to get out and "exercise."

There may be some kernel of truth there, but the problem is "exercise" isn't all one thing.

When they say you should get at least 150 minutes of aerobic activity every week, that advice could actually be sabotaging your love life.

“According to John Gray, one of the easiest ways for men to replenish testosterone is with what he calls ‘cave time.’”

Cardio Is Killing Your Love Life

You see, the wrong kind of exercise can actually KILL your sex drive. That's because cardio is just about the *worst* thing you can do for your testosterone levels.

For one thing, long cardio workouts make you fat. They do it by getting you into the “fat-melting zone.” But every time you enter that zone, you send your body a signal that you *need* fat.

When you finish a long cardio workout, your body goes to work storing up fat for the next time.

And that's a huge problem, because research shows that as body fat levels rise, testosterone levels drop. At the same time, estrogen levels rise. That's a recipe for disaster in the bedroom.

On top of that, long cardio workouts put a huge amount of stress on your body. That elevates your levels of cortisol, the stress hormone. As cortisol goes up, testosterone goes down. And there goes your sex drive.

In a nutshell, *the more cardio you do, the lower your testosterone*. In a study from the University of British Columbia, runners who logged 40 miles per week had distinctly lower testosterone levels than those who only ran short distances.²

Boost T-Levels In 12 Minutes

Instead of long cardio sessions, I advise my patients to boost testosterone and rev up their sex drive with short workouts that focus on *increasing exertion*.

You see, short, intense, interval training — like my PACE (Progressively Accelerating Cardiopulmonary Exertion) fitness program — helps you lose fat faster. And it won't spike cortisol the way long endurance workouts do.

In fact, studies show intense exertion can boost circulating testosterone after just five minutes.³ And a U.S. Army study found that testosterone levels rose significantly after just six weeks of doing brief sets of squat exercises separated with two-minute rest periods.⁴

The Core Exercise of PACE

Squats are one of the core exercises I've been recommending as part of my PACE program for years. Here's how to do them:

- Stand with your feet shoulder width apart.



- Extend your arms out in front of you, parallel to the ground with your hands open and palms facing down.
- Inhale briskly and pull your hands straight back.
- As you pull back, turn the wrists up and make a fist.
- At the end of the inhalation, your elbows should be behind you with both hands in a fist, palm side up.
- From this position, exhale, bend your knees and squat.
- Let your arms fall to your sides and touch the ground with the tips of your fingers.
- Continue exhaling and let your arms swing up as you stand.
- This brings you back to the starting position. Standing straight up with your arms extended in front of you, hands open and palms facing down.

Repeat at the pace of one squat every four seconds. Once you get the form right, you can increase your speed to one squat per second.

Alternate Lunges

1. Place your hands on your hips. Keep your back straight and hold your head high.
2. Then take a step forward with your right leg until your front knee is bent at 90 degrees and your back knee almost touches the ground.
3. Now use your quad muscle to push back off your leading leg and return to starting position. Repeat with your left leg. Alternate until you are slightly out of breath.



Another of my favorite PACE exercises is called a **Cross-Crunch**.

You don't need to warm up. The warm up is part of the progression you'll make as you repeat the exercise.

1. Stand upright with your legs together, arms extended in front of your chest, and elbows bent.

2. Lift your right knee toward your left elbow. At the same time, swing your right arm down and behind you.

3. Return to starting position.

4. Repeat motion on the other side.

Alternate those two marching-style movements until you reach your desired intensity. If you're panting but not so out of breath that you can't talk, then you're doing it right.

Then rest and recover. Try doing three sets like that. But set yourself a maximum time limit of 12 minutes. Not a second more.

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

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Let's Talk About the "S" Word

New research shows that sex can help keep your mind sharp as a tack as you grow older — and I'm not surprised.

Sex can be a great tool for protecting or improving your health.

Researchers in the U.K. recently tested more than 6,800 people between the ages of 50 and 89. Those with active sex lives scored an amazing 23% higher on cognitive word tests than those with inactive sex lives.¹

That's because your sex hormones are linked to your brain's reward center. And reward processing plays a fundamental role in motivation, learning and cognition — both for men and women.

Here at the **Sears Institute for Anti-Aging Medicine**, I tell my patients that age should not be an issue when it comes to sex. Older people who engage in regular sexual activity have better brain health and are less likely to lose memory.

Why is sex good for you?

Sex stimulates your brain and helps fight dementia.

And contrary to what you might hear from health experts about "slowing down," it's natural to have sex well into your 70s and 80s.²

Sex has so many health benefits, I wish I could write prescriptions for it.

In a minute, I'm going to tell you about some of the natural sex boosters I recommend to my patients.

But first, let's take a look at the weight of the research evidence, which shows just how good regular sexual activity is for you.

You're Never Too Old for Sex

Numerous studies of older people's lifestyles, including 70-somethings, reveal that regular sex can

help you live a longer and more active life.^{3,4}

And a study published in the *Journal of the American Medical Association*, showed that men who have sex at least four times a week were 30% less likely to develop prostate cancer than men who had sex twice a week or less.⁵

"Men who have an active sex life scored 23% higher on brain tests than men who don't."

In other studies, men who had sex at least twice a week were 50% less likely to develop heart disease than those who had sex once a month.⁶

But your brain is one of the biggest beneficiaries.

What are the benefits of sex?

Regular sex can also relieve migraine headaches, and stave off stress, depression and other mental illnesses.^{7,8,9,10}

You see, the latest developments in neuroscience show that the brain's reward system is a neural circuit that induces the feeling of pleasure when triggered by something we enjoy, like food or good music.

That's why the reward pathway has evolved to fulfill the human species' drive to survive — and so we derive pleasure from things like eating and sex.

And that's why I always recommend *natural therapies to boost your sex life*. Like the remedies that have worked for millennia we talked about in the last two articles. But modern advancements have also come a long way in helping you remain sexually active for your entire life

In this article, I'm going to tell you about a few of them.

EECP Powers Blood Flow Where You Need It

The first is a procedure called EECP, which stands for Enhanced External Counterpulsation. One day it created quite the sensation at my clinic.

My assistant was in a treatment room with one of our heart patients, Max. She had hooked him up to a brand-new counterpulsation device that improves blood flow to the heart.

Fifteen minutes later, he turned to my assistant and asked if she could get him a towel or a blanket.

Turns out, he needed something to cover himself up.

My patient — who'd been having erectile dysfunction issues for years — couldn't have been happier.

You won't hear much about this procedure from traditional doctors... That's because there are no outrageous profits to be made from costly prescription drugs. It's a relatively inexpensive therapy — and it's based on solid science. But here's the most important thing you need to know...

It works.

EECP is 100% natural and non-invasive. It carries almost no risk, yet it's largely ignored by the medical community.

As EECP increases blood flow to your heart, it also strengthens your circulation and rushes blood to your genitals.

In a German study of a group of men with erectile dysfunction, researchers reported that ***penile artery blood flow increased by a whopping 200%***. By the end of the study, the entire group reported “significant improvement” of rigidity after just 20 days of EECP treatment.¹¹

The premise of EECP is simple.

As you age, your arteries become blocked. Erections are based on blood flow, so any blocking at all can create less than potent erections. But here's the thing: EECP is not an erectile dysfunction therapy *per se*.

Vascular disease from artery blockage is the most common cause of ED in men of a certain age.

The risk increases with instances of smoking, hypertension, atherosclerotic disease and diabetes. This artery blockage creates less blood flow to the penis. So of course, erectile dysfunction rates are higher in men with cardiovascular disease.

So not only can this simple procedure give you stronger, better, faster erections but it has a whole host of other benefits.

Stronger blood flow to your heart is just one.

My patients report some pretty amazing results — more energy, better endurance, restful sleep, mental clarity and an overall positive outlook and enhanced quality of life.

Here's how this very simple procedure works... The patient lies on a comfortable bed and pressure cuffs are placed around the legs, thighs and butt area.

Cuffs are gently but firmly inflated and deflated in conjunction with the heartbeat — which is measured by an ECG machine. This compresses the blood vessels in the lower limbs to increase blood flow to the heart. The feeling has been described as a strong “hug” around the legs and thighs.

The whole procedure takes about an hour, and patients undergo 35 sessions over a course of seven weeks.

PRP: The Shot Worthy of the Fertility Gods

The Sears Institute offers another quick, painless procedure that will also put the spontaneity back into your sex life.

And you don't have to take a pill and then wait 30 minutes or more...

I'm talking about platelet-rich plasma, or PRP for short.

I've used PRP in my patients to heal sports injuries, aching joints and surgical wounds. It's better than a facelift to smooth fine lines and wrinkles.

But PRP also works if you're having trouble in the bedroom.

More than a third of men suffer from sexual dysfunction. And 40% of women do too. I'm talking about everything from erectile dysfunction and vaginal dryness to pain and low libido.

Even if you ask your doctor about sex, they don't want to delve into the subject.

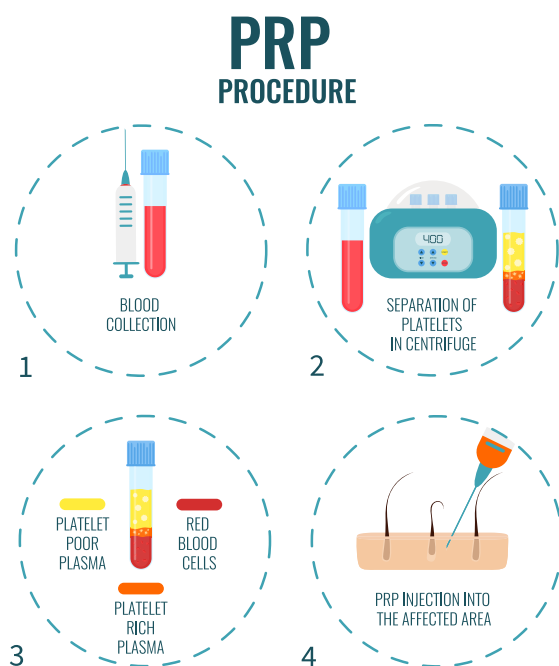
Men get a quick checkup and a script for Viagra or Cialis.

Women get an antidepressant or maybe Big Pharma's “female Viagra”— or both. But those drugs have nasty side effects. They can even spike your risk for heart attack and stroke.

PRP is a simple treatment. It starts with a small amount of blood drawn from your arm. The blood is run through a centrifuge to separate out plasma with a high concentration of platelets.

This platelet-rich plasma is also rich in powerful proteins called **growth factors**.

When PRP is injected into an injured area, growth factors promote healing. They regenerate injured tissue.



But these growth factors also get to the root cause of many forms of sexual problems — **reduced blood flow**.

PRP increases blood flow wherever it's applied. When PRP is injected into tissues, it activates the growth of new blood vessels from existing and damaged blood vessel tissue. That can increase blood flow.

The P-Shot For Men: In erectile dysfunction (ED), low blood flow makes it difficult or impossible for the penis to become erect.

P-shot is short for "Priapus Shot." It's named after the Greek god of fertility. PRP from your own blood is injected directly into the penis. But **don't worry** — a *strong numbing cream makes the shot virtually painless*.

A recent clinical study reveals what improved blood flow from PRP can do. It:¹²

- Increases erection firmness and strength
- Boosts sensitivity and pleasure
- Prolongs sexual stamina and
- Improves penis health

All it takes is 15 minutes... And you'll see results right away. Within two to four weeks, you should feel the full effects. They usually last for 15 to 18 months, or longer.

Go for the Gold in Bed with HBOT

Olympic athletes have a secret that most mere mortals just don't get. And it's the same secret that can make you a gold-medal superstar in bed.

I'm talking about oxygen.

Olympians understand that every cell in your body is designed to burn oxygen. Cut back on oxygen and all cellular processes slow down. You start to become tired or short of breath. So, high concentrations of oxygen in every cell in your body makes the difference between a gold medal and an "also ran."

It's the same for you in just about every part of your life. With plenty of oxygen, your body pulses with energy. Every cell vibrates with life. You're able to do all the things that make your life fun, enjoyable and worth living.

And that includes sex...

The sad truth is that a lack of oxygen will drag you down in bed. If you're a man, you should know that your erectile health depends on a steady flow of oxygen-rich blood. Oxygen levels are low in a flaccid penis, but very high in an erect one.

And if you're a woman, oxygen benefits your sex life, too. Oxygen relaxes you. It makes you feel sensual.

In other words, oxygen is one of nature's most potent aphrodisiacs.

Research shows when blood levels of oxygen are low, sexual performance drops. In one study from Norway, 42% of patients reversed their sexual impotence during a month of oxygen therapy.¹³

It makes sense... All of your tissues get energy from oxygen. So the more oxygen you take in, the more stamina you'll have in bed.

But chances are you're not getting enough oxygen. Pollution in the atmosphere has reduced oxygen levels in our air by as much as 30%. In addition, most people only use about 20% of their lung capacity.

All of that can add up to an oxygen deficit. And it may explain why about 31% of men in the U.S. have some degree of sexual dysfunction... including erectile dysfunction (ED).

But most doctors don't understand the link between oxygen and great sex. For ED, they pull out their pads and write a script. Sure, you'll get an erection for a few hours. But the side effects include headaches and body aches... indigestion... diarrhea... dizziness... blurred vision and vision loss.

That's hardly what you want for an intimate evening.

Low oxygen is also linked to all kinds of chronic diseases, including cancer. Your brain doesn't work as well, your heart is not as strong, and circulation slows down.

Hands down, the best way to experience the healing benefits of oxygen is with hyperbaric oxygen therapy (HBOT). During an HBOT session, you sit or lie down in a pressurized chamber. You breathe 100% oxygen into your lungs and absorb it through your skin.

This process allows oxygen to get to tissues with little or no blood supply. Oxygen therapy has been shown to improve sexual function even in men who've had their prostates removed. Prostate removal often makes men impotent. And there are no negative side effects.

Hyperbaric oxygen therapy is one of the most exciting areas in anti-aging medicine. That's why I recently upgraded the hyperbaric oxygen chamber at the Sears Institute for Anti-Aging Medicine. The state-of-the-art chamber is larger and more comfortable for my patients.

If you'd like more information about what HBOT can do for you, please contact my staff at 561-784-7852.

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Dr. Sears' Testosterone Self-Assessment Test

	1	2	3
Do you have trouble obtaining an erection?	Frequently	Occasionally	Never
Do you lose your erection before orgasm?	Frequently	Occasionally	Never
When attempting intercourse how often is it unsatisfactory for you?	Frequently	Occasionally	Never
Have you noticed a decreased interest in sex?	Frequently	Occasionally	Never
Do you drink alcohol?	Frequently	Occasionally	Never
Do you smoke tobacco?	Frequently	Occasionally	Never
Do you find yourself with a lack of ambition and motivation?	Frequently	Occasionally	Never
Do you lack the energy to climb a short flight of stairs?	Frequently	Occasionally	Never
Do you find yourself becoming moody, depressed or irritable without good reason?	Frequently	Occasionally	Never
Do you find yourself lacking the strength to lift a heavy household object like a full garbage can?	Frequently	Occasionally	Never
How often do you lack the desire to get up in the morning?	Frequently	Occasionally	Never
How often are you disinterested in exercising?	Frequently	Occasionally	Never
How many prescription drugs do you take?	3 or more	1-2	None
Pinch your fat just to the side of your belly button; how much can you pinch?	Less than 1"	About 1"	More than 1"
What is your age?	Over 50	35-50	Less than 35

SCORING:

- **Score 10 points for each response in column 3**
- **5 points for each response in column 2**
- **0 points for each response in column 1**

INTERPRETATION:

- **Above 125: You're a STUD!** Keep up the good work!
- **100-125: AVERAGE.** You would likely benefit from natural testosterone boosting.
- **Below 100: DEFICIENT:** You may be one of the many men suffering from failing testosterone levels.

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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).

