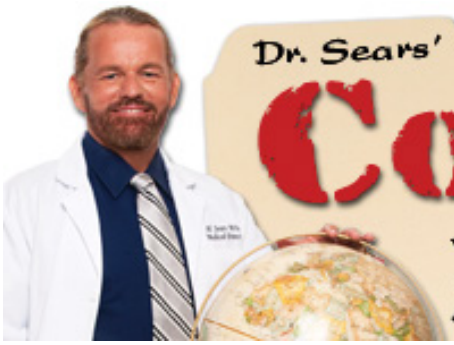


Dr. Sears'
Confidential Cures
Your Guide to Truth and Lies in Medicine from Around the World

Special Double Issue **Vol. IX Issue 3/4**

Dear Friend,

You were born with all the defenses and disease-fighting power your body will ever need. I call it your ***native immunity****.*

This "impregnable shield" is your birthright. It's what nature intended for you...

But our modern world has invaded and compromised your defenses.

This is a tragedy — especially now that we're living in the age of the coronavirus.

The difference between becoming severely ill from coronavirus or only getting the mildest of symptoms — or perhaps not contracting it all — lies in the performance of your immune system.

It's not just about coronavirus, of course. If you keep your immunity strong you'll never have to worry about ANY disease.

Sadly, most doctors don't get this.

In this special issue of ***Confidential Cures****, you'll discover some easy but incredibly powerful ways to ramp up your body's natural defenses.*

- *In* ***Article 1****, you'll get an insider's view of my clinic protocol that measures the strength and vitality of your lungs and immune system, telling you how old your body really is and how to make them "younger" as you age.*
- *In* ***Article 2****, you'll discover the critical importance of keeping your immune system in a state of "battle readiness," and also how you can easily boost immunity naturally with the right nutrients and medicinal herbs.*
- *In* ***Article 3****, you'll learn that you don't need to sweat it out waiting for a coronavirus vaccine to be developed. You can use your own stem cells in a simple and painless procedure to immunize yourself.*
- *In* ***Article 4****, you'll discover how to infection-proof your lungs, the primary site of attack for conditions like COVID-19, SARS, MERS, as well as multiple influenza strains.*

I've been using the proven treatments in these articles for years to help my patients — ***now they can help you.***

These articles are a must-read if you're concerned about coronavirus or are interested in ramping up your immune system to fight any ailment.

I hope you enjoy this double issue of ***Confidential Cures****, and thank you again for your membership.*

To Your Good Health,

Al Sears, MD, CNS

Also in This Issue...

How Young Is Your Immune System?

The Power Of Your Immune System Can Be Measured And Strengthened To Protect You From Infections

I measure many different parameters of health to give my patients an exact understanding of how strong each organ, tissue, and system really is...

Since starting this protocol in 2007, the immune age of my patients reversed by an ***average of 13 years.***

That means a 59-year-old now has the immune power of a 46-year-old.

For one patient, their immune age ***reversed by 40 years.***

When I measure a patient's immune system, I can tell how well they are doing at staying strong against infection.

And when I put them on the road to restoring **"native immunity,"** they don't have to run from any threat... be it virus, infection, or otherwise.

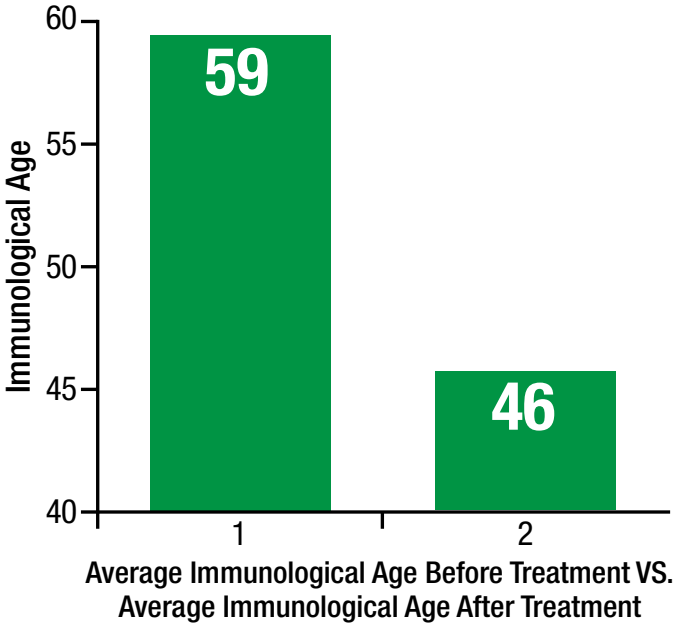
In fact, I have long told my patients that if they only improve one quality of robust health — in one system — it should be their immune system.

The confidence and authority you feel with iron-clad immunity is like nothing else in the world. It's the only sure path to a long, happy life.

At the **Sears Institute for Anti-Aging Medicine**, I witness hundreds of success stories as my patients build an immune system ***younger and stronger than their actual age.***

When your immune system gets younger, your body immediately becomes stronger and more robust.

AVERAGE IMMUNOLOGICAL AGE IMPROVEMENT IN MY FIRST STUDY OF BIOMARKERS, PALM BEACH 2020



In this test group, my patients reversed their immunological age by an average of 13 years.

Your capacity to fight off infection dramatically increases.

Imagine a new level of protection that gives you unshakable confidence to act without worry or fear.

It's like having an impenetrable shield around your body.

Doctors never tell you this.

Even in the face of a pandemic.

Their "drugs and surgery" model doesn't include the possibility of improving the strength of ***any*** system in your body.

In this groundbreaking article, I'll show you the "secret science" behind measuring the age of your immune system, and how to ***reverse*** that age to give you the power and immunity of someone much younger than you are now.

What's The REAL Age Of Your Body?

We are now able to measure your body's ability and directly improve it... ***making your body act younger than your physical age.***

What makes this possible is a brand-new way of looking at your body and how young or old it really is...

The starting point is the ***biomarker.***

A biomarker tells us how old a particular function of your body is... *regardless of your chronological age*.

You may be 60 years old according to the calendar, but the feedback we get from your bloodwork may tell a different story.

Lung capacity, bone density, along with B cells and T cells from your immune system are good examples of biomarkers.

Biomarkers change in a predictable way.

We know, for example, how organ systems decline with age in the general population.

These changes can be measured, tracked, and monitored over time.

Biomarkers can also be acted upon to slow down or reverse their decline.

Biomarkers Reveal Your "Biological Age"

Biomarkers can be used to calculate the true age of an organ, tissue or function.

For example, a 60-year-old man with above average lung power would have "younger" lungs than his peers. Yet a 50-year-old man with weakened immunity and below average biomarkers would be "older" than his peers.

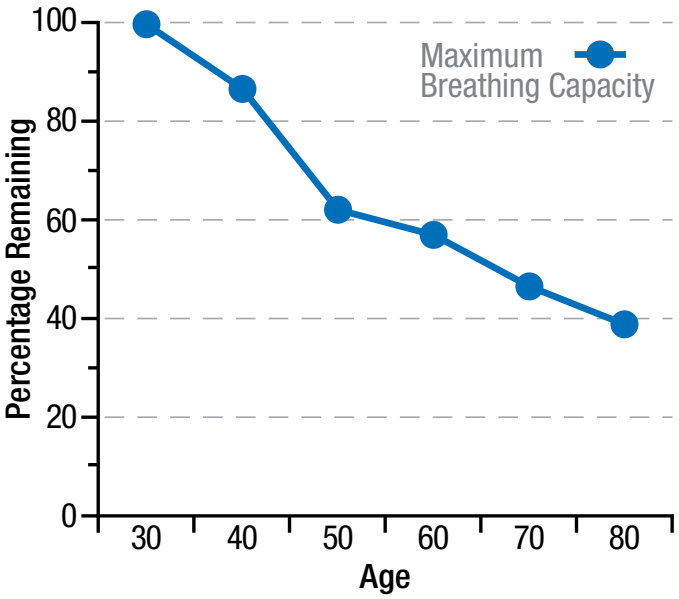
Biomarkers Deteriorate At A Predictable Rate

By analyzing data from the population at large, we can systematically determine how biomarkers change over time.

Using our example of a 60-year-old man, we can compare the individual to the known average lung capacity of someone that age.

Have a look at this graph...

AGE-RELATED LOSS OF LUNG FUNCTION



Using pulmonary function tests, we determine the overall output and performance of your lungs.

Then we chart your capacity and compare it with the general population.

This gives us a true measure of the "biological age" of your lungs.

In the graph above, the average 60-year-old has ***less than 60%*** of his lung capacity. More than 40% is lost with age.

Your own lungs may test older or younger than your chronological age.

Why Measure Your Lungs Or Immune System?

The Framingham Heart Study discovered your lungs are the number one predictor of death.[1]

The smaller your lungs, the greater your chance of dying... **of ALL causes.**

But your lung power can be increased and expanded through intervention.

And your immune system can be, too...

As you'll discover, the biomarkers in your immune system help determine your risk of chronic disease, how well you resist infection, and ***how quickly you age.***

Truth is, your immune system gives us tell-tale signs of how old your body really is... and has the most influence on your ***overall biological age,*** which is an average of all 18 biomarkers in your body.

I tell my patients if you could only improve one aspect of your health, it should be your immune system.

Let me explain how this works.

Taken Together, Biomarkers Determine Your Overall Biological Age

In my clinic at the **Sears Institute for Anti-Aging Medicine,** we measure 18 biomarkers.

1. Immunological Age
2. Pulmonary Age
3. Vascular Age
4. Neurologic Age
5. Muscular Age
6. Adipose Age
7. Bone Age
8. Renal Age
9. Hepatic Age
10. Vision Age
11. Skin Age
12. Cardiac Age
13. Hormonal Age
14. Range of Motion
15. Strength
16. Hearing
17. Inflammation
18. Telomere Age

The combined average determines your overall biological age.

This quantifies your health more reliably than your chronological age.

Through intervention, your biological age can drop over time... ***allowing you to grow younger as you age.***

Aging Biomarkers Can Be Reversed Through Intervention

Lung power is *expandable* by challenging your maximal capacity.

This is the opposite of what fitness gurus tell you to do through conventional aerobic training.

Immune strength is increased by optimizing key nutrients that impact your immune cells and their ability to mobilize in times of crisis. Immune function is also modulated through dietary changes and specific forms of exercise and exertion.

Each of the biomarkers has a set protocol of interventions designed to improve function and capacity.

The overall effect is to make your body act younger than your physical age.

Conventional anti-aging medicine attempts to slow your inevitable decline... ***with no thought of getting BETTER over time.***

My protocol is open-ended with ***no upper limit.***

This provides you with a means to improve yourself as you age by elevating specific functions and performance levels of youth.

My Own Patient Study At The Sears Institute For Anti-Aging Medicine

More than 200 patients are enrolled in the study.

To date, we have reversed their Overall Biological Age by an average of 16 years.

As you already discovered, their Immunological Age was reversed by an average of 13 years.

Here's a look at their overall progress:

In the graph below, the dark blue bars show how their biological age reversed over time... starting with a baseline average of 58 years old, and decreasing to an average biological age of 42 years old for an average age reversal of 16 years.

The light blue bars represent **Age Quotient** or **AQ.**

AQ is an easy way of knowing where you stand. If your AQ equals 100, it means your chronological age and biological age are the same.

If your AQ is ***higher*** than 100, it means your biological age is ***younger*** than your chronological age... and that's what you want. So a high AQ means you're on the right track.

The AQ is much simpler than other age measurements that are out there trying to report to you how well you're doing with all those medical acronyms and strange numbers.

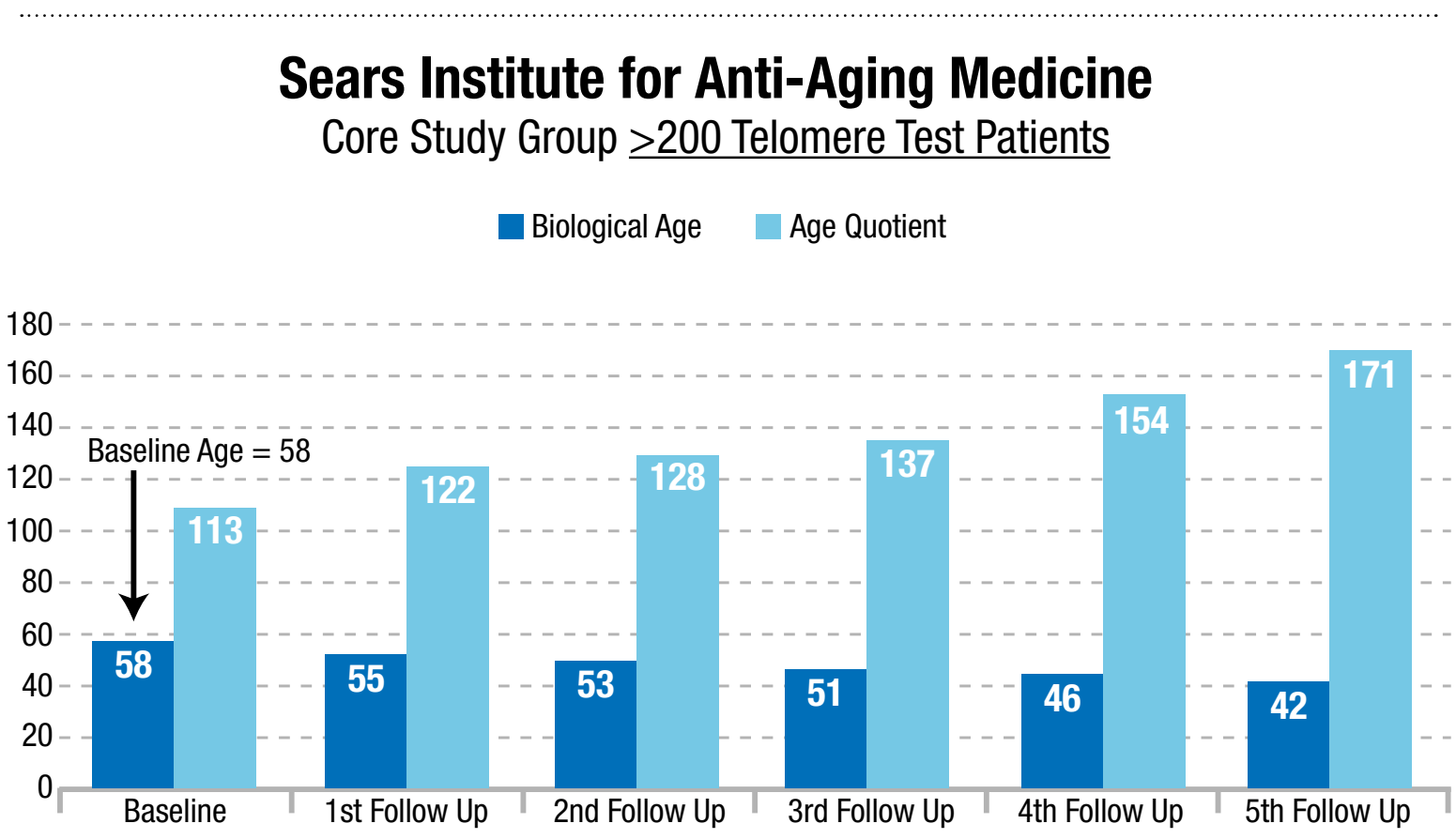
With AQ, we take your chronological age divided by your biological age as measured by your biomarkers, and then multiply by 100. Simple.

So if you're 50 years old, and your biological age is 54, then your AQ is 93.

With AQ, you can get better as you get older.

This is what my patients are experiencing right now.

As you can see in this study of my own patients, their AQ went up over time — a sure sign their biological age is getting younger.



This graph shows the average for my 200 study patients. They reversed their biological age by 16 years... so far...

Now look at the graph below for the subset measurement of Immunological Age.

In this immune category, some of my patients made extraordinary individual age reversals.

Like Donald M., who went from a biological immune age of 63 to 38, for a ***25-year reversal.***

Or Mark M., who went from a biological immune age of 80 to 40, for a ***40-year reversal.***

Rafique Z. went from a biological immune age of 58 to 23, for a ***35-year reversal.***

"This Will Change The World As We Know It..."

Thirty years ago, I remember writing the word "telomere" on a piece of scratch paper. Underneath I added, *"This will change the world as we know it."*

I had just finished reading an article in the journal *Nature* about this new **telomere technology** that promised to turn everything we know about disease and aging on its ear.

I know it certainly changed the way I practice medicine.

If you're a regular reader, you know telomeres are the tiny caps at the end of each chromosome... similar to the plastic caps on the end of your shoelaces.

Each time your cells divide, a bit of each telomere is used up. The process happens slowly, over the course of your life, but it makes your cells older and weaker.

Telomeres: A Biomarker Of Aging That Controls How Your Cells Age

In the 1990s, no one understood ***how*** or ***why*** we age... or believed that we ever would.

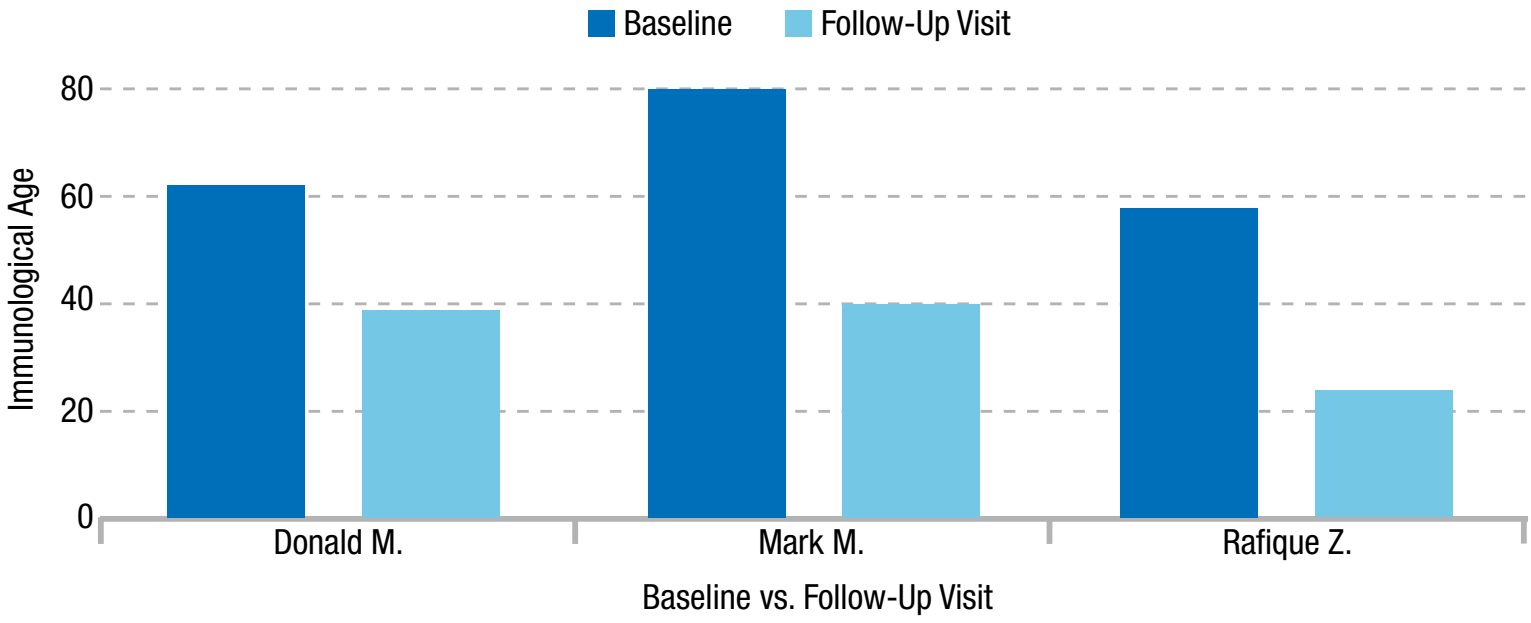
Thanks to telomere biology, we realize the causes of aging are really the consequences of aging.

First described in 1975 by Elizabeth Blackburn, telomeres are found at the end of all eukaryotic chromosomes. Dr. Blackburn earned a Nobel Prize for her discovery in 2009.

Telomeres protect the chromosome from the loss of vital genetic information when cells replicate. And each time your cells divide, your telomeres get a little bit shorter.

If 70% to 80% of your telomeres get too short, your cells become permanently damaged. Critically short telomeres set in motion what Boston Ivy league researchers call a "death spiral" in your cells.[2,3]

Sears Institute for Anti-Aging Medicine Patient Age Reversals



Young Cells Have Long Telomeres... Old Cells Have Short Telomeres

Two studies published in the journal *Nature* provide the evidence:

Telomeres get **shorter with age,** with losses ranging from between 30 and 150 nucleotide pairs per replication, depending on cell type.

Cell division and **telomere shortening** continues until a critical telomere length is reached, at which point the cell is forced into senescence (death) and can no longer replicate.

Cell death prevents replication of incomplete or damaged DNA.

Telomeres Tell Cells How Old They Are

Telomeric mediation of gene expression may explain the relationship between telomere length and aging.

Cells with longer telomeres **behave like *younger* cells.**

Cells with shorter telomeres **behave like *older* cells.**

Telomere Length And All-Cause Mortality

Telomere length was assessed in 143 healthy men and women over the age of 60.

Individuals with the shortest telomeres had significantly decreased survival rates:

- 3 times greater risk of dying from heart disease
- 8.5 times greater risk of dying from infectious disease

Telomeres Control The Aging Process

Short telomeres have been linked to a 300% increased risk of death from heart disease.

And an 800% higher death rate from infectious diseases.

Here's the good news...

You can slow down the shortening of your telomeres.

And you can make them longer.

The key is activating an enzyme that tells your telomeres to get longer.

Johns Hopkins Study Shocker:
Short Telomeres Aged The Immune System By 50 Years

In a recent study, researchers at the **Telomere Clinic at Johns Hopkins** followed 28 people under the age of 60. All the people had *abnormally short telomeres*.

JOHNS HOPKINS UNIVERSITY

Scientists found that nine of them developed infections commonly seen in people who have a severely damaged immune system — like a chemotherapy patient.

These nine subjects — as well as eight others with short telomeres — also had **abnormally low numbers of immune system T cells**.

T cells recognize and remember invaders, like viruses, and trigger defenses immediately when they try to infect the body again. Low numbers of T cells put you at higher risk for infections and make it more difficult for the immune system to rid the body of the infections.

At the end of the study, the T cells of young people with short telomeres looked more like the T cells of people **50 years older**.

New Breakthroughs In Telomerase Activation

Telomerase is the enzyme that maintains and lengthens telomeres — but it can only be "switched on" via a gene called ***hTERT.***

Scientists have found this gene in every cell line in the human body. This tiny piece of DNA is your "telomerase switch."

When activated, hTERT triggers the production of telomerase, which begins rebuilding your telomeres and extending the life and health of cells throughout your body.

> "Telomerase is the enzyme that maintains and lengthens telomeres — but it can only be 'switched on' via a gene called hTERT."

Longer Telomeres Reversed Immune Age By 20 Years

My own research was enough to convince me you can improve your immunological age which gives you the immune power of someone much younger. But there are other peer-reviewed studies that back my results.

One of the landmark studies comes from researchers at **TA Sciences.** That's the company that licenses TA-65, one of the first compounds proven to activate telomerase and lengthen telomeres.

For the year-long study, researchers tested TA-65's effects on the **immune system of 100 volunteers.** They measured the number of white blood cells that looked old, as well as the number that looked young.

Then one group took TA-65, while the other group got a placebo.

Their breakthrough study found that the telomerase activator in TA-65 **reduced the percentage of short telomeres in immune cells.**

But that's not all...

After just three months, the telomerase activator lengthened the telomeres of their immune cells, and reversed their immune system to that of someone ***20 years younger.***[4]

In 2010, I was honored to become the first U.S. doctor licensed to administer TA-65 to the general public. I've had a front-row seat in this exciting new field of telomere science and its impact on age reversal.

In the early days, it was an expensive process. It would cost $20,000 to $30,000 to take a patient through the entire protocol.

While TA-65 was the first compound ever discovered that "flips the switch" and turns on telomerase to extend the life of your telomeres, it's not the only molecule that activates telomerase.

Over the last 10 years, I identified at least 123 nutrients, vitamins, and other natural compounds that have the ability to alter telomere metabolism. Many work just as well as TA-65 without the high price tag.

Astragalus Extract — The First Proven Telomerase Activator

Biotech researchers discovered the first telomerase activator in the root of the herb astragalus.

An extraction process was patented to isolate the rare molecule *cycloastragaloside*, also known as TAT-2.

Astragalus boosts your immune system and increases telomerase activity.

Cycloastrogaloside is a naturally occurring molecule from the herb astragalus and activates the hTERT gene.

In one study, the immune systems of people supplementing with astragalus for three months acted up to 20 years younger.[5]

It can increase telomerase activity, and has antioxidant, anti-inflammatory, immunoregulatory, anticancer, hypolipidemic, antihyperglycemic, hepatoprotective, expectorant, and diuretic effects.[6]

Silymarin Boosts Telomerase Activity 300%

This herbal extract from the milk thistle plant is effective for detoxification but was recently discovered to activate telomerase.

Published in the *Journal of Cardiovascular Pharmacology*, researchers discovered silymarin:

- Increased telomerase activity 3-fold
- Reduced the number of senescent cells
- Increased the activity of endothelial progenitor cells by up to 64%

Silymarin is estimated to be **10X MORE powerful** than the first telomerase activator developed from astragalus root.[7]

N-Acetyl Cysteine (NAC)

This potent amino acid is a building block of your body's primary antioxidant called ***glutathione (GSH)***.

Published in the journal *Mechanisms of Ageing and Development*, researchers discovered NAC turns on the human telomerase gene.[8]

"Chronic exposure to NAC can delay senescence of diseased endothelial cells via hTERT activation and transient telomere stabilization..."

Gamma-Tocotrienol

One of the four lesser-known forms of vitamin E, gamma-Tocotrienol can, *"modulate the length of the telomere possibly via telomerase."*

From their study published in *Oxidative Medicine and Cellular Longevity*, the researchers concluded that after being exposed to gamma-Tocotrienol for just 24 hours...

"...telomere lengths of treated cells appear to have been roughly 16% longer than controls after only this very short period of exposure."[9]

Ashwagandha Creates More hTERT

Scientists writing in the journal *Advances in Bioscience and Biotechnology* found that 45% of the telomeres exposed started experiencing telomerase activation.[10]

Ashwagandha root can help protect against telomere loss and potentially delay aging.

Ashwagandha reduces stress and anxiety, depression and cortisol, which deplete telomeres.

Green Tea Extract (EGCG)

The extract of green tea, EGCG, has a powerful effect on telomeres.

In a study published in the *British Journal of Nutrition*, the telomeres of green tea drinkers were about 0.46 kilobases longer.

This average difference in the telomere length corresponds to, *"approximately a difference of five years of life."*[11]

Acetyl L-Carnitine

Acetyl L-Carnitine boosts brain levels of Nerve Growth Factor ***by up to 100 times.***

Studies published in the journal *Experimental Gerontology* suggest that acetyl l-carnitine activates the human telomerase gene through a chain reaction that starts with the increase of Nerve Growth Factor.[12]

Vitamin C

We've known for decades that vitamin C slows the loss of the telomere.

In one Japanese study, they discovered that raising the level of vitamin C in the cells could slow down the telomere shortening up to 62%.[13]

But a new study published in the *Journal of Cellular Physiology* shows clear evidence that vitamin C increases telomerase activity in specific stem cells.

Telo-Nutrioneering: Suggested Dosages

Here is your dosing guide for the eight telomerase activators mentioned above:

- Cycloastragenol: 5% (from Astragalus)
- Silymarin: 200 mg 2x daily
- Ashwagandha: 30 mg
- N-Acetyl Cysteine: 1,800 mg to 2,400 mg daily
- Gamma-Tocotrienol: 20 mg minimum daily
- Green Tea (EGCG): 50 mg daily
- Acetyl L-Carnitine: 1,000 mg daily
- Vitamin C: 540 mg minimum daily

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Stand Up, Fight, And Win Like Our Primal Ancestors Did

Now, in the age of global viruses, making sure your immune system can defend itself forcefully, has never been more critical.

Your immune system naturally ***slows down and weakens*** with age. And this makes it harder for you to fight off invaders.

But you can protect yourself and your family in the face of any threat by ***improving the strength and performance of your immune system.***

As you discovered in the previous article, **I measure the strength of my patients' immunity** — as both a preventative tool against disease and as a powerful, side-effects-free treatment to fight it.

And coronavirus isn't the only threat.

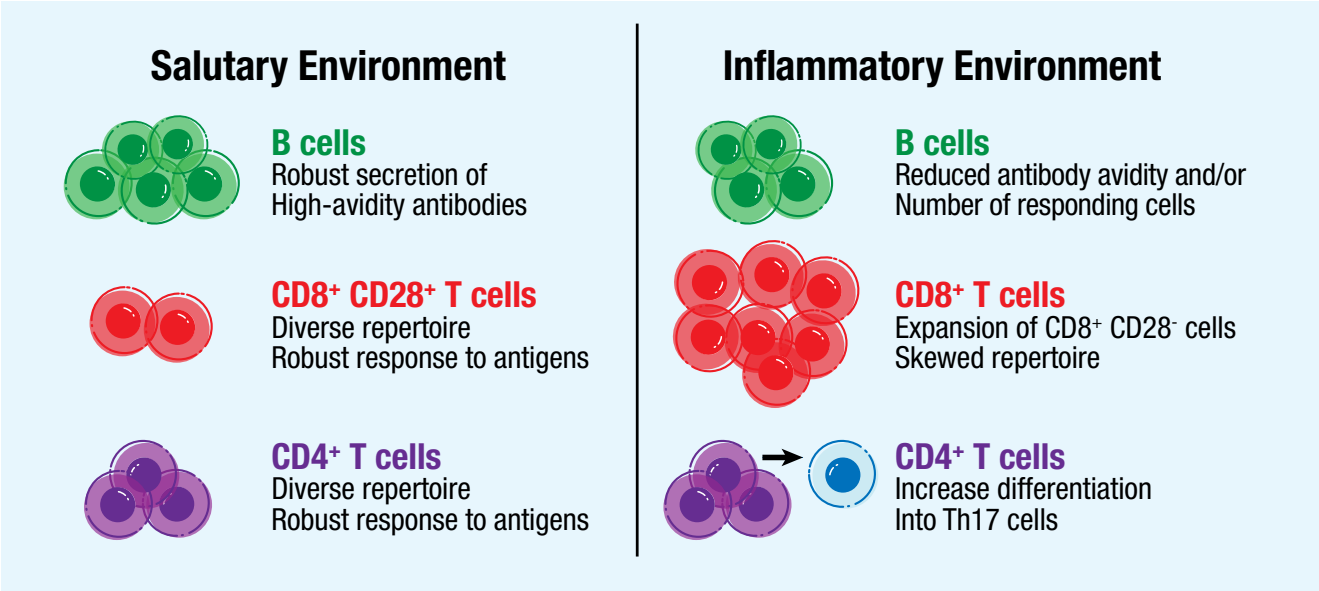
Many of the viruses and airborne bacteria we face daily are constantly mutating, creating "superbugs." You can easily become infected with antibiotic-resistant strains of bugs like *MRSA, C. difficile* and *candida* in airplanes, offices, schools, hospitals, shopping malls, and public events, where you're exposed to everyone's coughs and sneezes.

The truth is, you can't really hide from any of these germs.

When it comes to surviving the coronavirus — or any other infectious pathogen that comes your way, including colds and flu bugs — **your best option is creating a stronger, more vibrant, and more vital version of yourself.**

In this article, you'll learn how to build an *impenetrable defense shield* for your body. I'm going to show you how to reliably ramp up your immune system's "fighter cells" that defend you against harmful pathogens.

It also means you never have to worry about getting infected in the first place — whether it's coronavirus, superbugs, seasonal flu, or any other disease-causing microbe.



This illustration from the Journal of Clinical Investigation shows how our modern, inflammatory environment decreases the quantity and quality of your most important immune cells.

When you're operating in a body that is ***biologically younger,*** you act with confidence and purpose, and I'm going to show you six options you can use right away.

Restore Your Native Immunity And Stand Up To Any Threat

Your immune system evolved over millions of years under constant assault, forcing it to develop into a powerful protector against disease and injury — as a matter of survival.

When it's performing optimally, it can prevent ANY disease from taking root in your body. That includes infectious diseases like coronavirus, or chronic diseases like cancer.

This is your ***native immunity...*** your original immune power before it's compromised by the threats of our modern world.

Your native immunity is the disease-stopping strength nature intended you to have.

The difference between people who become severely ill with coronavirus, and those who get only mild or barely noticeable symptoms — or perhaps even don't contract it at all — lies in the ***performance of their immune systems.***

It's the same with diseases like cancer. An immune system that's compromised can't defend against cancer or coronavirus.

This life-saving system is made up largely of white blood cells that are formed in bone marrow and assisted by the thymus gland.

These immune cells include powerful fighter cells, like B cells, T Cells, natural killer (NK) cells, cytokines, leukocytes and phagocytes that patrol your bloodstream and quickly attack invading pathogens.

But here's a problem: your immune system weakens as you age. As you just discovered, it's another reason seniors are more at risk from these infections. Your body produces fewer fighter cells the older you get.

Studies and my own experience show ***carb-heavy processed diets*** are also devastating for your immune system.

Here's the good news... There are easy steps you can take right now that make a real difference.

Find Out Where You Stand

The first step in building a powerful immune system is to get your immune cells measured. It's important to have a baseline you can build from.

Blood tests designed to measure biological markers that reveal levels of key immune cells will tell you just how well your body is likely to kill germ invaders, like coronavirus, seasonal flu, and the common cold.

It will also tell how well your body can fight off the inflammation that leads to chronic disease.

At my clinic, I first test for levels of infection-fighting proteins called ***immunoglobulin*** in your blood. These are antibodies, which are produced by good bacteria in your gut, that mobilize to destroy and kill anything your body recognizes as a foreign invader.

Then I measure the levels of your immune cells — including infection- and cancer-fighting B cells, T cells, NK cells, T-helper cells and T suppressor cells, which close down the immune response after invading organisms are destroyed.

Your immune cell counts are then compared with the results of a healthy immune system. Although total cell counts vary in each individual, you can clearly see if your defenses are low and need ramped up.

Below are some of the signs of a low immune system. You may recognize a few.

1. Your stress levels are sky high.

2. You often get colds.

3. You have stomach troubles, like diarrhea, gas or constipation.

4. Minor wounds are slow to heal.

5. You get frequent infections.

6. You feel tired a lot.

But helping a weakened immune system and boosting your fighter cells is simpler and easier than you might think.

The Life-Saving Effects Of The Vitamin C Protocol

Many mainstream doctors still overlook the healing power of vitamin C.

That's a mistake at the best of times. These days, it's a disaster.

This nutrient is not only essential for the normal growth, development and repair of tissues, it's a ***key part of your immune system.***

It kills microbes, and is essential for your body's absorption of iron, which is needed to produce B cells and T cells.

Studies show that vitamin C raises your number of infection-fighting white blood cells and antibodies, and also increases their activity.

It's also one of your body's most powerful antioxidants and anti-inflammatories.

Deficiencies in vitamin C have long been known to increase susceptibility to viruses. Studies also show that low levels of vitamin C are related to the severity of viral infections like influenza.

Over the past few months, doctors in New York and China have revealed that vitamin C, administered in high doses, is also a powerful weapon against coronavirus.

Intensive-care patients with the coronavirus at two Long Island hospitals were immediately given 1,500 mg of intravenous vitamin C — three or four times per day. That's almost 16 times the daily recommended dietary allowance of vitamin C, which is just 90 mg for adult men and 75 mg for adult women.

Dr. Andrew G. Weber, a pulmonologist and critical-care specialist treating severely ill coronavirus patients at the two New York hospitals, said:

"The patients who received vitamin C did significantly better than those who did not get vitamin C."

You can boost your vitamin C levels with many fruits and vegetables like acerola cherries, kale, broccoli, cauliflower, Brussels sprouts, parsley, bell peppers, black currants, guava, and papaya.

I've been helping patients with high-dose vitamin C therapy for years at my clinic. Based on my experience, I recommend at least 3,000 mg per day to maintain good health and now, following the Long Island experience, up to 45,000 mg if you're battling a disease or severe infection.

But it's almost impossible to get enough through your diet. You can take supplements, but high doses of conventional vitamin C can upset your stomach and absorption is poor.

Liposomal vitamin C is your best option if you're taking larger doses. Liposomes are phospholipids that encase the vitamin C in a thin layer of fat. The protective barrier shuttles the vitamin C molecule through hostile digestive acids and into the bloodstream where it's easily absorbed by cells.

Although, I always recommend intravenous treatment if you're battling a significant threat, or need the strongest efficacy possible.

IV vitamin C therapy allows the nutrient to bypass your digestive process and go directly into your cells. And bioavailability from IV is 100%.

If you're interested in getting IV vitamin C therapy at the **Sears Institute for Anti-Aging Medicine**, please call my staff for details at **561-784-7852.**

Bulletproof Your Immune System

Diet is another primary line of defense. The typical, processed American diet — loaded with carbs, sugar, unnatural fats, chemical toxins and other nutrition-less ingredients — is a serious problem for your immune system.

A large number of nutrients — including vitamins A, C, D, E, K, B2, B6, and B12, folic acid (B9), iron, selenium, and zinc — are essential for what's known as your body's "immunocompetence."

Deficiencies in any of these nutrients weaken your defenses.

The right fatty acids (omega-3s are best) are also key in regulating your body's immune response, especially T cell function.

Here's what I recommend...

Brew Your Own Bone Broth

Every other Friday, I have a catered lunch delivered to the office...

As you might imagine, it's a Paleo menu.

But the favorite part of this tradition isn't the food... it's the bottles of bone broth I pass out afterward.

Brewing a batch of my immune enhancing broth.

I created my own "Immune System Enhancing Broth," and I'll share the recipe so you can make it at home.

There's a reason humans have been harvesting bone marrow for thousands of years. It powers up your immunity like nothing else.

Even Animals Understand The Power Of Bone Marrow

In the animal kingdom there is great wisdom.

After a kill, animals always go for the organs first... and they've developed techniques for cracking the bones to extract marrow. Even birds will grab pieces of bone in their beaks and drop them onto rocks to get at the marrow inside.

Tragically, our modern culture has largely vilified bone marrow since the 1950s. Ever since Ancel Keys tried to convince us fat was "bad" and erroneously concluded fat was the cause of disease, bone marrow was considered "junk food."

That shows you how divorced from reality our medical establishment has become... bone marrow is a rich factory of life-giving biological factors like red blood cells, most white blood cells, and two forms of stem cells.

The bone marrow is such a rich source of nutrients, it's one of the foods that allowed our ancient ancestors to evolve into the modern humans we are today. Our big brains are the result of consuming bone marrow and organ meat.

Our hunter-gatherer ancestors would take otherwise indigestible animal parts like bones, hooves and knuckles and boil them down into a broth they could drink. That was one way they could extract the marrow and share it with the tribe.

The rich mixture of vitamins, minerals, amino acids and healthy fats in bone broth not only nourish your body, they help protect you from outside pathogens.

4 Ways Bone Broth Helps You Fight A Virus

Reduce inflammation: Bone broth contains several inflammation-reducing compounds that heal your gut. Since 80% of our immune system is directly linked to the health of our gut and our gut lining, a healthy gut means a better ability to fight infection.

This in large part is due to the glycosaminoglycans (or GAGs). They help to restore the intestinal lining. They also play a role in maintaining collagen and elastin content between tissue fibers.[1]

Clear your respiratory system: One notable study showed that bone broth diminishes the presence of white blood cells associated with inflammation in the upper respiratory system. This encourages a more effective immune response and helps symptoms clear up more quickly.

Helps you breathe more easily: Bone broth contains two powerful amino acids. The first, cysteine, effectively breaks down mucus to help clear out passageways so you can breathe more easily. Another amino acid called glycine increases the production of immune cells to reduce inflammatory responses that may damage your lungs.[2]

Boost immune cells: And another compound in bone broth known as mucopolysaccharides has been shown to increase the function B and T cells. These are two of your body's most important immune system cells.[3]

My Immune System Enhancing Bone Broth Recipe

Ingredients:

- 2 pounds of grass-fed lamb and 2 pounds of pastured chicken bones, including the chicken's neck, feet and wings
- 3 celery stalks, chopped
- 1 medium onion, quartered
- 3 carrots, chopped (feel free to throw in other vegetables)
- 6 garlic cloves
- 1 tsp. each of parsley, thyme, sage, rosemary and Pau D'Arco
- 1/2 cup of shiitake mushrooms
- 1 tsp. each of turmeric and ashwagandha
- 1 Tbsp. whole peppercorns
- 4 Tbsp. apple cider vinegar
- 2 bay leaves
- Pink Himalayan sea salt to taste
- 10 pints of cold water

Directions:

1. Place all ingredients in a 10-quart stock pot. Cover with water.
2. Let sit for around 60 minutes. Bring the pot to a boil and then reduce to a simmer.
3. Skim off any impurities that rise to the top. When nothing else rises to the top, add water to keep the level just above the bones.
4. Simmer for 15 to 24 hours. Then turn up the heat just a bit for the final simmer-down. This will concentrate the nutrients. Turn down the heat and let simmer for another hour or two.
5. Remove from heat and allow to cool slightly. Discard solids and strain remainder through a colander.

Boost Your Native Immunity With Grass-Fed Beef

Grass-fed beef is the richest source of high-quality protein you can get. Protein is an important resource for enhancing immunity, because it helps form the cells that operate the immune system.

The amino acids that are found in protein form the building blocks of all the body's cells — including those that power your immune system.

Grass-fed beef also contains naturally-occurring omega-3 fats, which disappear in grain-raised cattle. Aside from nourishing your heart, brain, and blood vessels... omega-3 fats activate your immune cells and relieve inflammation, which in turn helps prevent a runaway immune response.

I recommend you focus all your meals around high-quality protein. Include a large variety, and plan your meals around which kind of protein you'll be eating. Fruits and vegetables, not grains or treats, should make up the bulk of your complex carbohydrates.

If you don't consume enough protein, your body won't manufacture enough white blood cells to combat antigens.

Grass-fed beef is also an abundant source of vitamin B6, which is vital to supporting biochemical reactions in the immune system. You see, B6 helps your body make a protein called ***interleukin-2***, which helps direct the actions of white blood cells.

A B6 deficiency also ***reduces*** your body's production of white blood cells, including T cells.

Other B6-rich food sources include wild-caught salmon, pork, calf's liver, eggs, bananas, papayas and broccoli. You can also supplement with 25 mg of B6 every day.

Buying Tip: Look for beef that is both grass-fed AND grass-finished...

This is the ONLY way to ensure your beef is pure and has all the added benefits you'd expect from this superior option.

Discover And Incorporate These 3 Immune-Boosting Herbs

Give an extra boost of defensive power to your immune system by adding these time-tested medicinal plants to your arsenal.

Buying Tip: When buying herbs, look for organic and wild-harvested options, which help ensure high potency and freshness.

Immune Booster #1: Astragalus. Used in Traditional Chinese medicine for thousands of years, astragalus is often combined with other herbs to strengthen the body's immune defenses. Astragalus is called an adaptogen, meaning it is thought to help protect the body against various physical and mental stresses. I recommend 500 mg of the concentrated extract three times a day.

Immune Booster #2: Anamu. This South American herb contains many active compounds that protect your body against bacterial, viral, fungal and yeast infections. One of its most powerful components is a rare chemical compound called ***dibenzyltrisulphide,*** which studies have revealed to be a potent stimulator of your body's T-helper cells. Their job is to give other immune cells an extra boost by releasing T cell cytokines that supercharge your body's immune responses. Anamu capsules are available at most health food stores. I suggest taking 500 mg to 1,000 mg per day in divided doses.

Immune Booster #3: Cat's Claw. Named after its hook-like horns, cat's claw is a woody vine that's native to the Amazon rainforest. Studies suggest cat's claw stimulates T cells to boost the immune system. You can find it in health food stores. Look for a supplement made from the inner bark and take 500 mg per day.

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The Stem Cell Breakthrough That's Stronger *And Safer* Than Any Vaccine

If you listen to the fear mongers in the media, the novel coronavirus — COVID-19 — is about to take a wrecking ball to America as we know it. Most states, at the time of writing this, have already more or less ground to a standstill.

The truth is, pandemics don't destroy countries — but they do expose the weaknesses of their healthcare systems.

I'm not just talking about the effects of successive budget cuts to the nationalized health services in countries like the U.K. and Italy, or President Trump's own cuts to the U.S. team working in China to identify global health threats like COVID-19, or his repeated attempts to slash funding at the CDC.[1]

And like previous pandemics, coronavirus will disproportionately take the lives of those who are most vulnerable: the elderly, the homeless, prisoners, and those with existing health conditions, like cancer and diabetes.

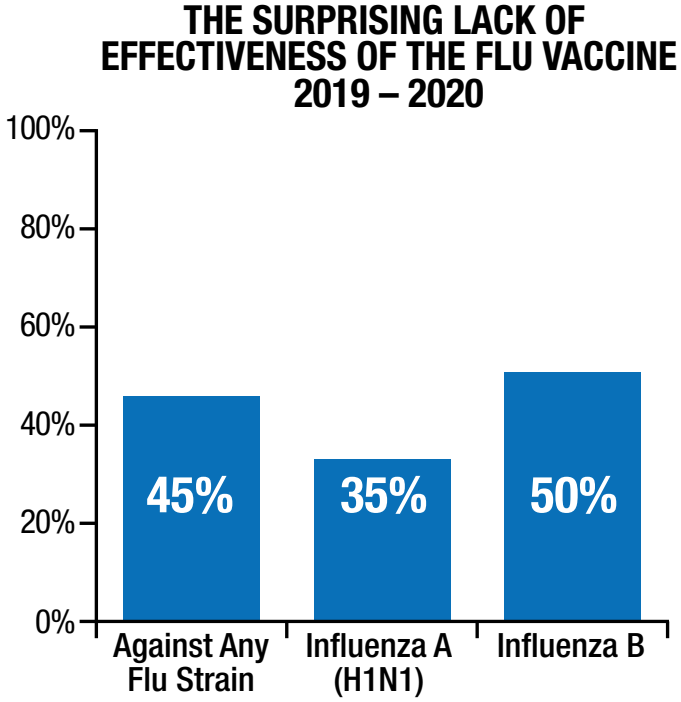
But more than any of this, the coronavirus has shone a light on the most fatal flaw of all in our mainstream health system: the misguided dependence on the U.S. government and Big Pharma to save the day.

Dozens of companies are now in a race to develop a coronavirus vaccine and treatment drugs — with billions of dollars in profits going to the winner.

I have breaking news for you: *The vaccine won't stop this virus.*

Simple arithmetic tells you that — despite the enforced quarantines — containment is virtually impossible when the virus can be transmitted by people with no symptoms.[2]

By the time the vaccine is ready for public consumption — perhaps still more than a year away — the coronavirus will have seeded in tens of thousands of more people.



These statistics from the Centers for Disease Control and Prevention (CDC) illustrate the ineffectiveness of the flu vaccine.

You can't eradicate a virus like this with an external weapon like a vaccine, any more than you can eradicate seasonal flu or the common cold.

But you can make sure that you never get the coronavirus in the first place — or any other disease-causing infections.

In the previous article, you learned how to use diet and medicinal herbs to ramp up the defenses of your immune system. In this article, I'm going to show how to turbo charge your immunity by activating your own **stem cells**. There's no point in hoping Uncle Sam or Big Pharma will ride to the rescue — they won't.

Greed And Incompetence Behind Race For Vaccine

Profit is what drives decision-making in the pharmaceutical industry — not your health — and it's the reason drug companies around the world are still many months from releasing a COVID-19 vaccine.

You see, this isn't the first coronavirus to threaten the world, after all. Researchers had a strong candidate to treat coronaviruses like SARS and MERS in 2016. But with little money to be made, they dropped the project and moved on to more lucrative drug development.[3]

For the same reason, drug companies never developed a treatment for ***tuberculosis*****,** which kills millions of the world's poor every year. There's simply not enough money in it for them.

And it wasn't until 2014, when Ebola briefly threatened the developed world, that the West decided to research a vaccine for this disease that's been killing people in Africa for years.

Now that there's a global coronavirus pandemic — while politicians and media whip up fear and alarm — drug company executives suddenly see the potential for profit.

And thanks to an $8.3 billion coronavirus government spending package, passed in early March — the bulk of it designated for vaccine and drug development — pharmaceutical companies are now poised to reap a major bonanza from the pandemic.

You see, the language of the package gives drug companies more or less total control over how much they charge for any coronavirus drug or vaccine — even though the development is funded by tax dollars from you and me.[4]

At this point, there's no telling how much a coronavirus vaccine might cost you — or how much of it is likely to be covered by insurance companies.

But you can be sure it won't be cheap, and that it'll be more than enough to pay the head honchos of pharmaceutical giants another round of obscene, multimillion-dollar bonuses.

Meanwhile, the likelihood is that it won't even stop the virus.

I have a better way...

Use Your Body's Secret Weapon For Natural Healing

If you're a regular reader, you'll know that stem cells are your body's reserve of replacement cells. These stem cells are blank slates that can be used to replace any kind of cell that's damaged, old or dying.

> "I regard these stem cells as "miracle cells," because of their extraordinary healing and regenerative powers — but also because they're the key to ramping up your immune system."

They have nothing to do with embryonic stem cells, which nowadays are rarely even used in scientific research — and never as a treatment.

I'm talking about ***mesenchymal stem cells*****.** These stem cells have already developed into the precursors of specific cell types — like bone, blood, cartilage, muscle, fat and, importantly, immune system cells.

They're produced in your bone marrow and stored in abundant and easily accessible quantities in fat tissue.

I regard these stem cells as "miracle cells," because of their extraordinary healing and regenerative powers — also because they're the key to ramping up your immune system.

In other words, the tools you need to protect yourself are already inside your body.

Scientists are just beginning to understand that mesenchymal stem cells not only develop into the white blood cells that form your immune system, like T cells, B cells and NK cells. They also interact with your immune system.

You see, studies show that when harmful viruses, bacteria, fungi, cancer cells and even the modern-day toxins that cause chronic inflammation launch an invasion of your body, mesenchymal stem cells tell your immune system to ramp up its defenses.[5]

But the role of these cells is even more complex.

Mesenchymal stem cells are immune system cells in their own right. Not only do they modulate immune cells, they also secrete blasts of anti-inflammatory growth factors, like *interleukin*, which can turbo charge your immune response.[6,7]

The problem is that you lose stem cell activity and function as you age, making it harder for your body to defend itself, and making any recovery process longer.

But your stem cells aren't dead. They've entered a state called ***stem cell senescence***, a kind of cellular deep sleep.

The good news is that technological advances now mean you can awaken your senescent stem cells — allowing them to continue producing more immune cells and dramatically bolstering your defenses.

Stem cell therapy awakens your senescent stem cells — and calls them to action.

How To Get Stem Cell Therapy

Here at the **Sears Institute for Anti-Aging Medicine**, I help my patients to ramp up their immune systems with ***autologous adipose-derived stem cell therapy.***

That means the stem cells are harvested from your own fat tissue. So there's no chance of a negative immune reaction — and then infused into your bloodstream.

The stem cells are attracted to signals from areas of inflammation — caused either by tissue or organ damage, or a microbe attack. Various biochemical distress signals trigger the stem cells to integrate with target tissues and organs, so your immune system can mount a strong defense.

Stem cell therapy is a simple procedure. It's minimally invasive, painless and done in a matter of hours. It's both safe and effective.

Here's the simple four-step protocol I use:

1. **Harvest:** Using a liposuction procedure, 50-100 cubic centimeters of adipose tissue is taken from the patient's abdomen or just above the *superior iliac spine* (aka love handles). This is a much easier process, and far less invasive, than a bone-marrow extraction. And because the stem cells are taken from your own fat tissue, it means the risk of rejection is eliminated.
2. **Separate:** A high-speed stem cell centrifuge machine separates your stem cells from your fat cells.
3. **Isolate:** The isolated adult stem cells are added into your own platelet rich plasma.
4. **Infuse:** The stem cells that have been hiding in pockets in your fat tissue are then administered, along with the plasma, into your bloodstream intravenously.

Therapy can last anywhere from one session to periodic treatments over several weeks.

To improve the efficacy of stem cell treatments, I often administer stem cells via a nebulizer. This delivers stem cells directly to your lungs to address potential tissue damage.

If you're interested in learning more about stem cell treatments for your immune system at my clinic in South Florida, call my staff at **561-784-7852** or visit my website at **www.searsinstitute.com**.

Try These Proven Immune Boosters

To get a jumpstart on optimizing your immune system, here are some essentials you can begin with right away.

✔ **Get plenty of sleep:** Your stem cells and immune system need sleep. Studies prove that the sleep-wake cycle exerts a strong regulatory influence on immune functions. Research reveals that immune parameters, like numbers of T cell stem cells exhibit peaks during early nocturnal sleep, whereas circulating numbers of immune cells like NK cells, as well as anti-inflammatory cytokine activity, peak during daytime wakefulness — but only when it follows a sound, restful sleep.[8]

When you're deprived of sleep, your entire immune system suffers and your body becomes vulnerable to illnesses and infections.[9]

✔ **Cut your stress:** Stress creates a hormone called ***cortisol***. A little cortisol can help us. But a steady stream of it is toxic to your body's stem cell production and your immune system. Look for ways to banish the stress for at least 10 minutes every day. Meditation, focused breathing, T'ai Chi, and yoga can be great stress busters. And so is exercise.

✔ **Take cat's claw, saw palmetto, and echinacea:** These three herbs have an extraordinary effect on your immune system. An important 2007 study found that all of them have the power to stimulate the production of key immune system cells called ***macrophages***. These engulf and digest cellular debris, foreign substances, microbes, cancer cells, and anything else that doesn't have the type of proteins found in a healthy body. At the same time, the study found that saw palmetto and echinacea stimulated NK-cell activity. Another study showed cat's claw stimulates T-cells.[10,11]

Saw palmetto helps strengthen your immune system.

You can find all three herbs in health food stores and online. Look for a cat's claw supplement made from the inner bark of the plant, and take 500 mg per day.

There are nine different species of echinacea — but only three are effective: echinacea angustifolia, echinacea pallida, and echinacea purpurea. I recommend 500 mg twice a day to build your immune system.

And I recommend at least 300 mg of high-quality saw palmetto berry extract daily.

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How My Patients Are Avoiding The Coronavirus

Your lungs are your most vulnerable organ. Today, I'll show you a simple, at-home technique that makes them invincible.

And I'm not just talking about being vulnerable to the effects of the flu or coronavirus.

Your lungs are your number one **predictor of death.**

That's how sensitive they are...

But some people are doing better than others.

In my clinic, we give elders the strength and power in their lungs they remember from their youth.

I'm happy to tell you that ***you can restore lung power as you get older,*** so you can stand up to COVID-19 without fear or concern.

We have a proven protocol for finding out how old your lungs really are... and how much immune power you have to fight off infection.

And that's good news, because the coronavirus can have an especially damaging effect on your lungs.

Unhealthy lungs also tax your body, making you more vulnerable to invasions of disease-causing pathogens. You see, dangerous viruses and other harmful germs settle much more easily into people whose lungs are impaired.

On top of this, lung function declines as you age, making respiratory diseases a particularly hazard the older you get.

In the previous articles, you learned how to ramp up your immune system and protect yourself from these viral and bacterial attacks.

Checking in on one of my patients as he prepares to enter the hyperbaric oxygen chamber.

In this article, you'll learn about a special combination treatment called HyperStem™ that bolsters your immune system and protects your lungs from germ attacks, as well as chronic respiratory conditions.

I'm also going to tell you about the number one vitamin you need to take to keep your lung immunity in top condition.

Your Best Predictor Of Health And Longevity

Lung power is the number one predictor of how long you'll live. How well you breathe determines how long you'll stay active and healthy.

It also determines how vulnerable you are to dangerous respiratory infections — and how quickly you'll recover if you pick up one of these nasty bugs.

In fact, the Buffalo Health Study — an ongoing research project involving 12,000 people in western New York State — found that the stronger your lungs are, the **less likely you'll die of *any* cause.**[1]

Let me explain...

Your lungs provide life-giving oxygen to every cell, tissue, organ and organ system in your body. Your cells use oxygen to make and burn fuel, and thus live.

When you breathe, your alveoli — millions of tiny and fragile air sacs at the end of the bronchial tubes deep inside your lungs — stretch to draw in oxygen and transport it into your bloodstream. But when you exhale, your alveoli shrink and this forces carbon dioxide out of your body.

Alveoli are critical to the breathing process.

But starting around age 50, the elastic fibers around these alveoli can begin to degenerate, impairing their ability to hold air. This eventually results in a phenomenon called **"alveolar dead space,"** causing a massive decrease in oxygen flowing through your lungs.

It impacts your heart health and the ability of your arteries to pump life-giving blood and oxygen to every part of your body, including your vital organs.

Emphysema, one of the most common COPD diseases, also destroys your alveoli over time.

Damaged alveoli are also often the targets of common influenza strains and other viruses — especially among seniors.[2]

Pneumonia germs often prey on weak and vulnerable alveoli, causing a buildup of fluid, mucus and pus in these little air sacs, inflaming them and making it difficult to breathe.

The good news is that the damage to your alveoli can be reversed. And I'll show you how it can be done in this article.

But first, let's take a look at why these tiny air sacs are such a critical part of your immune system.

How Your Lungs Fight Invaders

Because breathing constantly exposes your lungs to all kinds of viruses, bacteria, particles of pollution and other harmful foreign matter, this life-critical organ has evolved ***its own special immune system*** to protect it.

Studies show that, like the rest of your body, the lungs operate two interactive protective systems — an adaptive and an innate immune system.

The ***innate immune system*** in your lungs is made up of armies of T cells, B cells and NK cells, like leukocytes, phagocytes, and macrophages.

These cells, which are released by the alveoli and airway epithelial cells identify foreign invaders, engulf them and then eat them. The word, phagocytes, means "devouring cells" in Greek.[3]

> "Your lungs, like your gut, are home to a unique community of "good" bacteria — called the lung microbiome. And they have a direct influence on lung immunity."

The innate immune system also drives **adaptive immunity** in your lungs. This is a system of leukocytes with a memory component. And they respond to signals from your innate immune system by producing antibodies for specific protein sequences in specific bacteria and viruses that have attacked your lungs before — and then sends out the phagocytes to devour them.

This is why you normally have immunity from colds and flu viruses that settle in your lungs for several weeks after you've recovered.

Recent studies at the University of Michigan also show that your lungs, like your gut, are home to a unique community of "good" bacteria — called the ***lung microbiome.*** And they have a direct influence on lung immunity.[4]

The researchers found that the lung microbiota, like the microbiota in your gut, are healthiest when they contain the highest number and the greatest diversity of microbes.

They also found that not only do environmental factors like smoking and pollution affect the diversity balance of your lung microbiome, but levels of antibiotic use also have a profound impact.

Meanwhile, other studies also show that alveoli have their own specific immune stem, which is regulated by the lung microbiota.[5]

The problem is that these special immune system functions operate optimally only in healthy lungs.

Studies show that the inflammation in the lungs of smokers, and people with chronic bronchitis and emphysema — both inflammatory diseases of the airways — causes impaired immune responses.[6]

Keeping your lungs healthy is one of the most powerful preventative steps you can take to protect yourself against harmful viruses and germs. It's also the key to restoring your native immunity... the disease-fighting power nature intended for you.

What Coronavirus Does To Your Lungs

The coronavirus family of just seven viruses — named for their tell-tale spikes, which looks like a crown or the sun's corona — has been attacking humans for centuries.

They cause at least a third of all common colds. Two others — SARS and MERS — cause far more severe respiratory diseases. And the seventh virus, the germ behind COVID-19, can cause even more severe illness.

The spiky structure gives us the best clue as to why this virus is so successful at invading lungs.

All coronaviruses have the same entry method. They use their spikes to stick to protein receptors called ***ACE2*** on the surface of the lung alveoli cells. This is the first step to a lung infection.

Researchers now know that the spikes on the novel SARS-CoV-2 virus sticks more strongly to ACE2 than SARS or MERS.[7]

The virus then uses the ACE2 receptor as a doorway into the cell. Once it's in, the virus replicates, and continues to kill the cells it enters throughout the lungs.

By now, a full-blown war has broken out between the virus and your immune-system response, causing fever, inflammation, shortness of breath, and severe oxygen deprivation to tissues and organs throughout your body.

The winner of that war depends entirely on the strength of your immune system and the health of your lungs.

Ultimate Protection With HyperStem™

Here at the **Sears Institute for Anti-Aging Medicine**, I help my patients to build their immunity and strengthen their lungs using HyperStem™ — a powerful, all-natural combination treatment that uses hyperbaric oxygen therapy (HBOT) and stem cell therapy together.

In the previous article, you learned how adipose stem cell therapy can ramp up your immune system. Recent treatments show that it works.

Doctors in Wuhan, China, where the coronavirus first struck, have already reversed COVID-19 in nine patients, who were hospitalized with coronavirus pneumonia.

The patients had developed overwhelming inflammation in their lungs and life-threatening breathing issues.

The doctors used standard IV therapy, using stem cells taken from the patients' own adipose tissue and then injected them directly into their bloodstream.

One of the lead stem cell doctors in Wuhan, Dr. Dongcheng Wu, said the condition of the patients was completely turned around. Just a few weeks ago, he told a television reporter:

"This treatment could potentially save thousands upon thousands of lives. Yes, it is a cure."[8]

Now imagine adding the healing power of HBOT for combined HyperStem™ treatment....

HBOT really is just about breathing — except you're getting 100% oxygen under higher pressure (up to 2.5 times) than we have normally in the air.

The treatment has been used for more than a century to treat deep-sea divers with the "bends," or decompression sickness. But doctors soon discovered that it also speeded up wound healing.

One of the earliest uses of HBOT was against the last pandemic to impact America — the Spanish flu of 1918.

Like the coronavirus, death from Spanish flu was mostly the result of a pulmonary infection, oxygen deprivation to the vital organs and respiratory failure.

The first case of hyperbaric oxygen therapy being used on a patient with Spanish flu was recorded by HBOT pioneer Dr. Orval Cunningham in 1918 in Kansas City.

The patient was said to be "blue," and in terminal decline, when he was brought to the hospital.[9]

After just four days of HBOT, the patient made a complete recovery.

HBOT is also being used today in China to treat severe cases of coronavirus.

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

The higher pressure physically dissolves more oxygen into your red blood cells, boosting oxygen levels.

The ability of hyperbaric oxygen to penetrate inflammatory pulmonary secretions allows adequate oxygen to reach your bloodstream, while inhibiting the inflammatory process.

At the same time, HBOT also stimulates the release of *stem cells*, bolstering your immune system and accelerating the healing process.[10]

A study out of University of Pennsylvania School of Medicine found that after just one HBOT treatment, stem cell concentrations doubled — but after 20 treatments, they increased a staggering 800%.

And another study found HBOT not only reactivates and mobilizes "sleeping" stem cells — these stem cells have a higher concentration of inflammation-regulating proteins that battle and repair cellular damage where it occurs.[11]

That means HBOT can be used both as a treatment for the coronavirus and as a prevention by boosting your immune system and improving the overall health of your lungs.

Our newest HBOT facility at the Sears Institute for Anti-Aging Medicine.

What Happens When You Get HyperStem™ Therapy?

You already know from the previous article how easy, minimally invasive and painless stem cell therapy is. HBOT is even simpler.

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. Treatment can last between a single combined session and several weeks, depending on your condition.

The research — and success — of HBOT has been so overwhelming, even the FDA has approved it. Now many insurance companies even accept it as part of a number of treatment protocols.

HBOT is usually delivered in one of two ways:

1. **An HBOT Individual Unit:** This is the way in which HBOT is most-commonly delivered these days — and the way we do it at my clinic. You lie down in a single-person chamber that looks like a tiny submarine with a glass hood — and just breathe normally. You can watch TV, read, or even take a nap. You're simply breathing pure oxygen at higher than normal atmospheric pressure.

2. **An HBOT chamber for several people:** In a multi-person hyperbaric oxygen room you can sit or lie down. In this setting, you'll probably get oxygen through a mask over your face or a lightweight, clear hood will be placed over your head.

Because infection can be transmitted in hyperbaric chamber environments, it's crucial that treatment is provided only by medical professionals who are trained, experienced, and equipped to provide HBOT treatment under strict sanitation and control conditions.

If you're interested in HyperStem treatment at the **Sears Institute for Anti-Aging Medicine**, please call my staff at **561-784-7852**. Or visit my website **www.searsinstitute.com**.

Get Extra Lung Immunity With This Vitamin

To give your lungs an immunity jumpstart, I recommend boosting your vitamin D3 levels.

Vitamin D3 keeps your immune system running smoothly and helps it ward off infections, including colds, and influenza — especially when they impact the lungs and respiratory health.

Studies show that your airways, alveoli and bronchial tubes are packed with vitamin D3 receptors, whose actions produce and support a range of immune fighter cells in your lungs — including antimicrobial peptides, alveolar macrophages, as well as T and B cells.

Vitamin D3 also reduces the production of inflammatory cytokines, which is crucial for knocking out lung infections.

Your lungs even produce their own vitamin D3, the active form of the vitamin, but deficiencies have been shown to dramatically reduce the strength of lung immunity and rapidly accelerate decline in lung function.[12]

Here are ways to boost your vitamin D3 levels:

- **Get some sun.** With 30 minutes of daily sun exposure (without sunscreen) during the summer months, your body is capable of producing 50,000 IU of vitamin D3 over the following 24 hours. Get out and catch some rays at least a few times per week — if not every day.
- **Eat vitamin D-rich foods.** Next to sunlight, *cod liver oil* has the most concentrated natural source of this disease-preventing vitamin. Just one tablespoon of cod liver oil contains nearly 1,400 IU of vitamin D3. The best food sources of vitamin D are wild-caught fish, like salmon and tuna, and small fish like herring, sardines and anchovies. Other great food sources include organic eggs and cheese.
- **Take a D3 supplement.** Make sure the vitamin D supplement you take is vitamin D3. It's the same vitamin D3 your body produces. Just be sure to avoid the synthetic form of vitamin D2 that's found in most multivitamins, because it is less potent and less absorbable. I recommend *at least* 2,000 IU a day from a good supplement — preferably in the morning. That leaves plenty of room for you to get additional vitamin D from other sources. Doses of 5,000 IU to 8,000 IU may be needed depending on your individual needs. Having your D3 levels checked by your doctor is the best way to know for sure.

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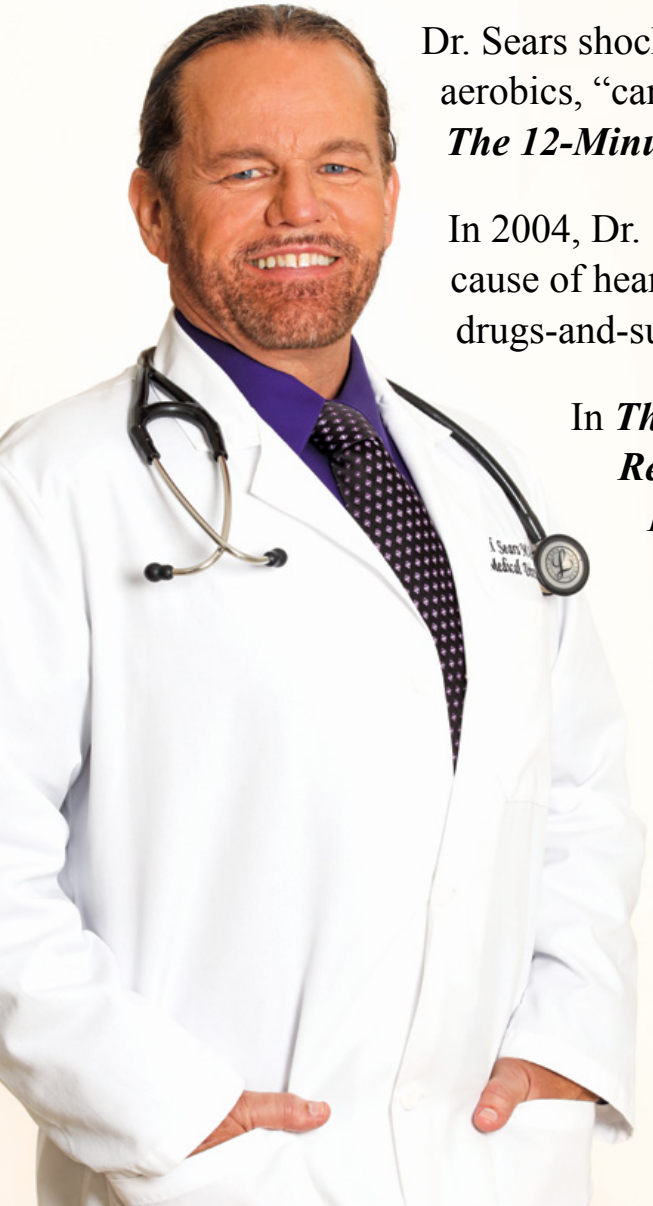
AL SEARS, MD

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).