

Dr. Sears'

# CONFIDENTIAL CURES

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

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Vol. IX Issue 5

## Special Edition: The Coronavirus “Sneak Attack” And China’s Takeover Of American Medicine

Dear Friend,

Over the past three months, tyrants have been exposed at every level of bureaucracy. From the international stage, down to the Federal, State, and local governments. Everyone takes their shot at grabbing power — strutting in front of the media cameras when there’s any chance to suppress our freedoms guaranteed by our Constitution.

Confusing and conflicting signals about causes, prevention, treatments and even the pathology of the virus itself are the result of behind-the-scenes attacks and dictatorial authority.

It turns out you can’t even trust the FDA to guarantee that existing medications are safe and in regular supply. In fact, a shocking 80% of all drugs sold in the U.S. are sourced from manufacturing plants in China, a country with which America is now embroiled in a hostile trade war.

Truth is, prescription drugs are best utilized for “acute care,” like trips to the emergency room. If you have a stroke, pneumonia, or get into an accident, then drugs or surgery will save your life. But chronic conditions like diabetes, heart disease, Alzheimer’s, etc. need a different approach.

In your latest **Confidential Cures** issue, you’ll discover exclusive new options of natural and safe alternatives that are easily available — and not just for common chronic conditions like high blood pressure, arthritis or diabetes, but also as key treatments to help prevent and fight coronavirus.

- **Fortify Your Blood Against the Overlooked Coronavirus “Sneak Attack”:** While the overwhelming focus of treatment in the fight against coronavirus has been the lungs, the primary site of

infection, they’re not the only battleground. New evidence reveals the coronavirus also attacks your blood, depriving your organs and tissues of giving oxygen. But you’ll also discover how you can protect your vital oxygen supply.

- **Build Your Own Healing Supply Chain:** The FDA claims pharmaceuticals that come from China are safe and their supply is secure. I wouldn’t bet on it. In this article, you’ll learn how to make your own medical supply chain so you don’t have to rely on China — but with remedies that are safe and natural.
- **Refill Your Own Internal Oxygen Tanks:** Your most powerful at home “re-oxygenator” deserves an article of its own. You’ll discover everything you need to know about nitric oxide, your body’s key signaling molecule. And you’ll learn about the most effective nitric oxide boosters in the world.

These articles are a must-read if you’re concerned about running out of meds or protecting yourself as the coronavirus pandemic continues to rage.

I hope you find this month’s **Confidential Cures** issue helpful and thank you again for your membership.

To Your Good Health,

Al Sears, MD, CNS

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# The Coronavirus Sneak Attack No One Is Talking About... And How To Beat It

Compelling new research now reveals that your lungs aren't the only battleground in this pandemic.

*Another, secret war is being waged in your blood.*

Coronavirus can attach themselves to **hemoglobin** — the part of your red blood cells that carry oxygen to your organs and tissues.

This could even solve the mystery of why type 2 diabetics are among those at greatest risk from coronavirus — and a higher mortality rate.

Although this double attack sounds horrifying — and it is — it also gives you the key to protecting yourself against this scourge.

The problem is that it could take months before mainstream medicine catches on to the double-fronted virus attack, and its devastating effects on your body.

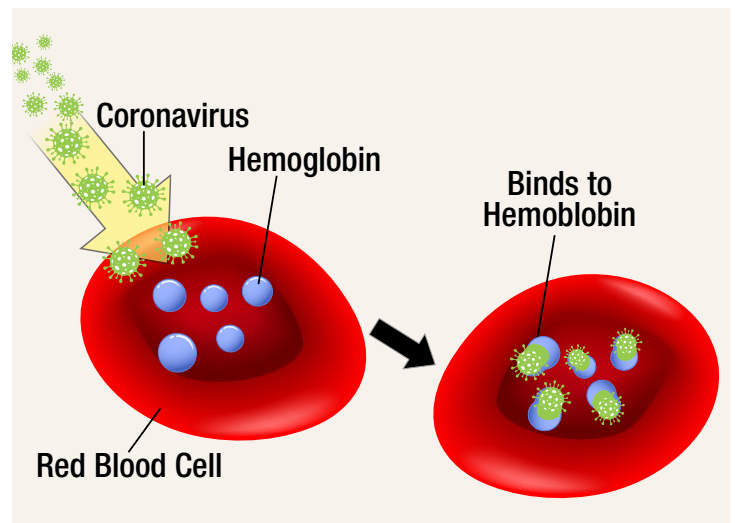
In this article, I'm going to show you what you can do to counter this attack on your blood — both as a prevention and a treatment, if you're unlucky enough to become infected. You'll also learn about some high-tech ways — as well as some little-known, natural ways — to re-oxygenate your body. And you'll also learn why hand sanitizers aren't the best way to protect your skin.

## New Virus Research Is A Game Changer

Doctors on the front line in the battle against the coronavirus contagion have been shocked by the rate of multiple organ failures in full-blown cases of the disease.

These organ failures, in fact, have been among the chief causes of mortality during the pandemic.

Worse yet, doctors get no advance notice of organ failures. By the time the problem is detected, it's usually too late to intervene.



*Coronavirus invades red blood cells, while the virus particles bind to hemoglobin and interfere with oxygen delivery.*

That's why the discovery that the coronavirus attacks hemoglobin is a game changer.

*I look at it as a failure of oxygen delivery.*

Let me explain...

Every cell in your body needs oxygen to survive. Oxygen is used to produce and burn the cellular energy that powers every biochemical function in your body.

When your body doesn't get enough of it, you develop a serious condition called **hypoxia**. This means you have low levels of oxygen in your blood. Without enough oxygen in your bloodstream, you cut off the supply to vital organs and tissues, which leads to **hypoxemia**, and eventually organ shutdown and death.

The Chinese researchers discovered that the coronavirus hijacks red blood cells through a series of mechanisms that remove the iron ions from hemoglobin, and then replace them with itself.<sup>1</sup>

These iron ions are what gives hemoglobin the ability to bind with oxygen molecules. When the iron is removed it ultimately renders your red blood cells incapable of transporting oxygen to your organs.

So, while your lungs are inflamed, stressed out and struggling to breathe, the rest of your organs are also being quietly suffocated.

## The Diabetes Connection

People with diabetes are not more prone to getting coronavirus. If you're diabetic, you catch the contagion the same way as anyone else.

You get it either by breathing in droplets from an infected person's cough or sneeze, or by picking up the virus on your hands and then touching your face, mouth, nose or eyes, accidentally giving the virus another entry point into your body.

Yet people with diabetes face a higher risk of developing severe symptoms and complications from the virus. Studies show that as many as 22% of people hospitalized with severe infection had diabetes.

Part of the reason is that poorly controlled blood sugar levels often leads to damaged and inflamed blood vessels, causing its own problems with blood flow and oxygen delivery.

Another factor is HbA1c, commonly referred to as simply A1c. When your doctor tests for A1c, they are measuring your average blood sugar levels over time. And this unique biomarker detects how much blood sugar has *bonded to hemoglobin*. When this occurs at high levels, it interferes with hemoglobin's ability to carry and deliver oxygen.

But studies show that low hemoglobin counts in people with poorly controlled diabetes can also result in kidney damage, which is common in many people with diabetes. Healthy kidneys release a hormone called *erythropoietin* (EPO), which signals your bone marrow to make new red blood cells. Damaged kidneys don't send out enough EPO, and can't keep up with your body's oxygen needs.<sup>2</sup>

So, when a disease like viral pneumonia strikes and launches an attack on the red blood cells themselves, oxygen deprivation in your organs becomes a serious threat to your life.

“Studies show that as many as 22% of people hospitalized with severe coronavirus infection had diabetes.”

## The 2 Best Ways To Oxygenate Yourself In A Clinic

Getting more oxygen into your blood immediately releases the stranglehold that hypoxia has over your organs and tissues.

At the **Sears Institute for Anti-Aging Medicine**, I recommend a number of ways to re-oxygenate your body. And some of them you can even do at home.

But first, let's take a look at two powerful technologies I use at my clinic.

**1. Hyperbaric Oxygen Therapy (HBOT):** This is the delivery of high-pressure oxygen to your body. It was first used in the 1930s to treat deep-sea divers with decompression sickness — *the bends*. But doctors soon realized that the treatment also sped up wound healing.

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

At my clinic, I treat patients with 100% oxygen at 1.5 times normal atmospheric pressure. This combination of pressure and oxygen physically dissolves more oxygen into your red blood cells, boosting oxygen levels, and allowing it to supersaturate tissues and organs.

One of the earliest successful uses of HBOT was against the last pandemic to impact America — the Spanish flu of 1918. Like coronavirus, death from Spanish flu was mostly the result of respiratory failure and oxygen deprivation to vital organs.<sup>3</sup>

HBOT is also being used today in Wuhan, China to treat severe cases of coronavirus, thanks to its ability to penetrate inflammatory pulmonary secretions, allowing more oxygen to reach the bloodstream, while at the same time inhibiting the inflammatory process.

I also recommend it as a preventative measure because of its ability to power up your immune system, and prep your body in case of a virus strike by fully oxygenating your organs and tissues.

Getting HBOT therapy is as easy as it gets. You lie down in a comfortable chamber 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. Ozone Therapy:** This overlooked, but powerful technology uses a special “energized” kind of oxygen with an extra oxygen molecule. Unlike the oxygen you breathe in the air, which has the chemical symbol O<sub>2</sub>, ozone is O<sub>3</sub>.

And once this supercharged oxygen gets into your bloodstream, it has the unique power to heal, detoxify and destroy disease-causing pathogens like bacteria, fungi, viruses and many other different kinds of cancer cells.

You see, human cells thrive on oxygen. But the pathogens that cause disease can’t live in high oxygen concentrations. These *anaerobic* viruses and bacteria are unable to survive when they’re surrounded with this very energetic form of oxygen.<sup>4,5</sup>

A study published recently in the *Journal of Infectious Diseases and Epidemiology* noted that with ozone therapy, “the world already has a most inexpensive, safe, and likely effective remedy for deadly viral diseases,” like coronavirus.<sup>6</sup>

At my clinic, I turn O<sub>2</sub> into medical-grade O<sub>3</sub> with a special generator.

Then I draw a small amount of the patient’s blood. Next, I infuse the blood with medical-grade O<sub>3</sub> mixed with the O<sub>2</sub>. Finally, I slowly reintroduce the oxygen-rich blood back into the patient with an IV.

Ozone therapy saturates your cells with high-energy oxygen. It also improves circulation, stimulates stem cell production, flushes out toxins, lowers inflammation and helps to boost immunity.

If you are interested in HBOT or ozone therapy, at the **Sears Institute for Anti-Aging Medicine**, please call **561-784-7852**. My staff will be happy to answer any questions.

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# How To Reclaim Your Health Freedom After China's Takeover Of American Medicine

Let me share a shocking statistic with you. Around 80% of all the pharmaceuticals sold in America — both prescription and over-the-counter meds — are manufactured in China.

I'm talking about drugs for Parkinson's and Alzheimer's, blood pressure and blood-thinning medications, diuretics, even the aspirin in your medicine cabinet, almost every antibiotic, and a big chunk of the world's insulin and diabetes drugs — just to name a few.<sup>1</sup>

We don't even make penicillin anymore. The last penicillin plant in America closed its doors in 2004.

Americans who rely on medicine are now almost entirely at the mercy of a country whose relations with the U.S. have become increasingly tangled in a trade war and hostility.

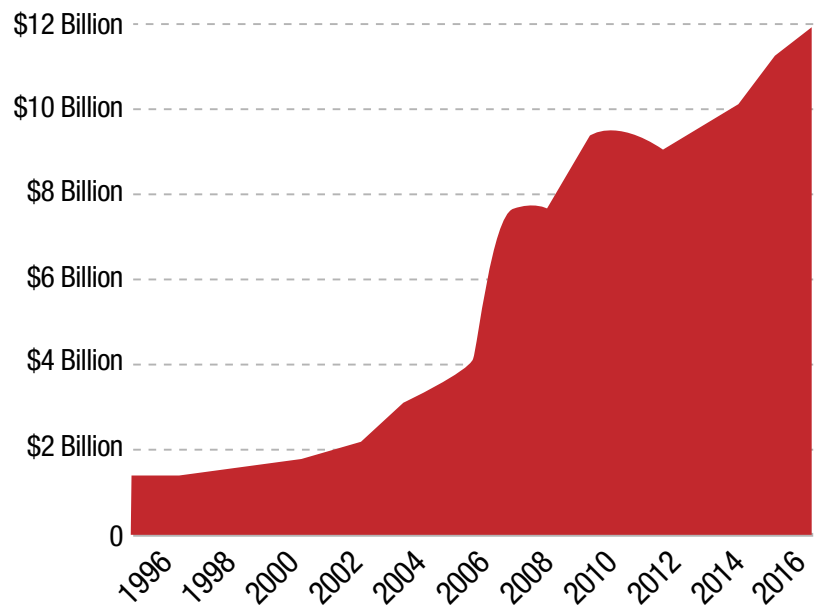
This most recent coronavirus has only aggravated an already terrible situation. As the virus disrupts Chinese manufacturing plants and dramatically cuts production capacity, about 150 prescription medications are estimated to be at risk of shortages in the U.S.<sup>2</sup>

America's medical supply chain is now in a choke hold. The good news is that you don't have to panic.

If you're a regular reader, you'll know I've been warning patients for years about the dangers of Big Pharma's concoctions. At my clinic, I work to get my patients off prescription drugs. I prescribe pharmaceuticals only when absolutely necessary.

Blockbuster drugs like *statins*, *ACE-inhibitors*, *beta blockers*, *bisphosphonates*, and *antidepressants* — all made in China — can often create new and dangerous health issues, and can make recovery impossible.

## CHINA'S COMMUNIST PARTY DOMINATES DRUG EXPORTS AROUND THE WORLD



*Over a 20-year period, China destroyed their competition in countless countries by selling both manufactured drugs and their core ingredients at dirt cheap prices, then artificially inflating global prices after competing corporations went out of business.*

Mainstream medicine wants to scare you into thinking you need these drugs to keep you alive and healthy. In fact, in many cases the opposite is true.

The secret that Big Pharma and its Chinese partners don't want you to know is this: for every human disease — and every Big Pharma drug — nature has provided a natural, non-toxic non-pharmaceutical alternative... *free of side effects*.

In this article, you'll learn that you don't have to be dependent on China's global drug dominance to treat your health concerns. I'm going to show you how you can swap some of Big Pharma's biggest drugs for much safer, natural alternatives.

You don't need China or Big Pharma. It's time to regain control of your own medical health freedom and discover your real options.

## Chinese Dominance Is Almost Total

Pharmaceutical companies have a big headache. They can't just all of a sudden pack up operations, and build drug-making plants in America or in some other, friendlier country. It could take years to develop the infrastructure to re-establish manufacturing capacities in the U.S. and get the FDA licenses to replace the loss of the Chinese supply.

But simmering beneath the surface, there's an **even bigger problem...**

Big Pharma relies heavily on China as a supplier of the raw materials used to produce the ingredients in their drugs — known as **active pharmaceutical ingredients**, or APIs. In many cases, China is the **ONLY** supplier of these APIs.

The source ingredients for medicines that treat breast and lung cancer and the antibiotic *Vancomycin*, which is a last resort antibiotic for several superbugs, are made almost exclusively in China.

Think about it...

What if... China was to cut off exports of all antibiotics? Every hospital in America would be in turmoil within weeks.

Or what if America were attacked with anthrax? China is a major source for *ciprofloxacin*, the antibiotic needed to treat victims.

Or worse, what if China itself were the attacker?

At the same time, Chinese manufacturers are also the biggest suppliers of medical devices to the U.S. These include key items like MRI equipment, surgical gowns and face masks, and machines that measure oxygen levels in blood.

Talk about putting all your eggs in one basket!

And these Chinese-made pharmaceuticals have been plagued with safety issues...

## China's Drug Safety Record Is Shocking

Big Pharma's drugs are not only dangerous for their side effects and long-term health disasters — but those made in China have an added risk factor... *they might be lethally toxic.*



***China manufacturers 95% of our antibiotics. If our access to these vital medications was halted or suspended it would be catastrophic.***

The FDA insists that pharmaceutical ingredients from China are safe. Don't believe it. The FDA has a long history of failing to oversee drug sources in other countries.

In 2008, contaminated supplies of the blood-thinning drug *Heparin* from China led to the deaths of 149 Americans, and hundreds more allergic reactions.<sup>3</sup>

Though that scandal prompted the FDA to start stationing inspectors in overseas plants, a recent scathing report by the U.S. Government Accountability Office highlighted the FDA's long history of failing to conduct oversight on foreign drug factories.<sup>4</sup>

The reason the FDA had little chance to uncover the heparin contamination before Americans started dying: It hadn't inspected the plant. Even now, the FDA has only 29 staff dedicated to inspecting more than 3,000 foreign drug-making facilities.

At best, the report noted, "Chinese drug manufacturing plants are inspected infrequently. Some never get inspected at all."

And here's the tragic irony: because of heparin's widespread use, the U.S. government is still left with no choice but to keep buying the drug from China.

But heparin is just the tip of the iceberg.

Over the past few years alone, the FDA has had to announce more than 75 recalls of several widely prescribed blood pressure medications — *Amlodipine*, *Valsartan*, and *Valsartan HCTZ* — because the valsartan was tainted with cancer-causing jet-fuel contaminants.

Which country supplies Valsartan? China.

## Build Your Own Medicine Supply Chain

You can become the master of your own medical supply — no longer at the mercy of Big Pharma, China and the uncertainties of political trade wars.

The natural alternatives and therapies I'm going to tell you about are much safer, often more effective, and cost much less than any drug from Big Pharma or its Chinese manufacturers.

Here are some alternatives to some Big Pharma's biggest blockbuster drugs.

■ **Blood Thinners:** Widely used prescription drugs like heparin and warfarin (brand name: *Coumadin*) are used to treat abnormal blood clots, a common cause of heart attacks and strokes. Both are manufactured in China. Heparin is also used to prevent the formation of blood clots during open-heart surgery, bypass surgery, kidney dialysis, and blood transfusions.

Apart from the fact that you might be consuming a carcinogenic jet-fuel contaminant, these blood thinners increase the potential for serious bleeding. Each year, thousands of people on these drugs bleed to death after injuries.

Studies also show that warfarin increases your risk of stroke, atherosclerosis and osteoporosis. One study in *The American Journal of Medicine* estimated that nursing home residents alone suffer 34,000 fatal, life-threatening or serious events related to warfarin every year.<sup>5,6,7</sup>

### *Natural Alternatives:*

• **Nattokinase:** This enzyme derived from a popular Japanese fermented soybean dish called *natto* is a highly effective, non-pharmaceutical blood thinner, and free of side effects. You see, nattokinase, which is sold as a dietary supplement to improve the body's circulatory system, is also a powerful blood clot buster. Studies show it effectively dissolves clots that form in blood vessels.<sup>8</sup>

I recommend 500 mg or 5,000 FU (fibrinolytic units) daily, best divided into two separate doses and taken with or just after meals.

• **Turmeric:** This ancient Asian root spice has been used for at least 6,000 years as both a spice and medicine. Its active ingredient is curcumin. Multiple scientific studies reveal that curcumin has potent anti-inflammatory, antioxidant, antifungal, antibacterial, antimicrobial, anti-venom and anti-cancer properties with more than 150 documented therapeutic benefits. However, a study from 2012 shows that it's also a powerful *anticoagulant*, working to inhibit clotting factors and prevent blood clots from forming.



***Curcumin, the active ingredient in turmeric is a natural blood thinner and much safer than a prescription.***

You can take curcumin by cooking with turmeric. And you can sprinkle it on just about anything — from chili to scrambled eggs, soups and stews. But the easiest way to make sure you're getting its benefits is with a supplement. Make sure you choose one with at least 90% curcuminoids. And look for one that contains piperine, a black pepper extract that boosts absorption. Take between 500 mg to 1,000 mg each day.

■ **Arthritis Drugs:** More than 54 million Americans have been diagnosed with arthritis — and that means big bucks for Big Pharma. Drugs to relieve pain and inflammation for people with osteoarthritis range from over-the-counter NSAIDs, like aspirin, Aleve, ibuprofen and naproxen, to Celebrex, corticosteroids and a range of highly addictive opioids.

Many of them are made in China. All are bad news for your body, especially when used frequently.

NSAIDs increase your risk of heart attack and stroke — within just one week of consistent use. And the more you use, the more your risk goes up.<sup>9</sup> Even low-dose aspirin is toxic when taken too often. Regular

use increases your risk of bleeding, getting ulcers, developing hearing loss and having liver and kidney failure.<sup>10</sup>

And as thousands of Americans continue to become addicted to and die from prescription opioids, like *Oxycontin*, *Percocet*, and *Vicodin*, the FDA continues to license them for widespread use.

### *Natural Alternatives:*

- **Holy Basil:** Also known as tulsi, this herb has a long and ancient history of treating arthritis in Ayurvedic medicine. It contains dozens of anti-inflammatory compounds. One of the most powerful is called ursolic acid. It inhibits the inflammatory COX-2 enzyme. Clinical studies prove holy basil relieves pain and reduces inflammation.<sup>11</sup>



*Holy Basil may be the most overlooked pain reliever in modern times.*

You can buy holy basil tea at most health food stores or on the Internet. Holy basil capsules are also for sale online. Make sure the product you're buying has at least 2.5% ursolic acid, in order to get the full anti-inflammatory effect. I suggest 150 mg three or four times a day.

- **Ashwagandha:** Also known as Indian ginseng is another powerful, ancient Indian treatment for arthritis. In a recent study, researchers gave 60 arthritis patients ashwagandha or a placebo. After 12 weeks, those taking the herb had significantly less pain, according to three different pain-score tests.<sup>12</sup>

For supplements, I recommend 300 mg to 500 mg twice a day. Or you can buy dried ashwagandha root powder. Look for a product that's 100% organic with no artificial flavors or colors. I like to

add one teaspoon to a cup of boiling organic milk. I let it simmer for five minutes. Then I add a little honey to taste.

■ **Blood Pressure Meds:** More than two-thirds of American adults suffer from hypertension or pre-hypertension.<sup>13,14</sup> And chances are good that most of them are on diuretics, beta-blockers, ACE inhibitors, calcium channel blockers or other risky blood pressure medications prescribed by their physician.

All of these drugs come with long lists of side effects like edema, dizziness, nose bleeds, rash and hearing loss. They can also lead to cardiac failure, heart attack, depression, colitis, and arthritis pain.

### *Natural Alternatives:*

- **Magnesium:** This natural blood vessel relaxer is nature's own blood pressure "prescription." It helps balance potassium, sodium and calcium, which all affect blood pressure. There are many studies that show the more magnesium you get, the lower your blood pressure will be. Why take a drug when this overlooked mineral can have the same effect?

You can get more magnesium by eating nuts, seeds, dairy products and dark green leafy vegetables. But modern farming practices have depleted much of the mineral content in our soil, so there's not much magnesium in vegetables any more. I recommend a supplement. Take between 600 mg and 1,000 mg a day. And take it with vitamin B6 to increase the amount of magnesium in your cells.

- **L-Arginine:** This naturally occurring amino acid improves blood flow because it breaks down into nitric oxide, which helps dilate your blood vessels and keep them flexible so you can have normal blood pressure. L-arginine also helps build muscle (remember, the heart is a muscle).

Good sources are red meat, fish, chicken, beans, chocolate, raisins, nuts, and sesame and sunflower seeds. To supplement, take 500 mg each day, and like carnitine, only take the L form.

■ **Type 2 Diabetes Drugs:** Hands down, the best way to prevent and manage type 2 diabetes is to adopt a healthy lifestyle — an organic low carbohydrate, high protein and vegetable diet, with healthy fats, along with regular exercise.



Instead, mainstream medicine prescribes Big Pharma medications — sometimes a single medication, like *metformin*, but usually a combination of drugs.

Through various biological pathways, all of them aim to lower blood glucose levels — usually by slowing the breakdown of sugar and starches, stimulating the release of insulin or blocking the release of glucose from the liver.

Diabetes drugs — most of which are also manufactured in China — also come with a catalogue of nasty side effects, including nausea, vomiting, weight gain, skin rashes, headaches and respiratory tract infections.

Thankfully, Mother Nature offers much safer prescriptions...

### **Natural Alternatives:**

- **Chromium:** This mineral controls insulin sensitivity. Without enough chromium, insulin can't work properly. Today, almost 90% of American adults are chromium-deficient, despite the fact that chromium is in many foods including brewer's yeast, meats, potato skins, cheeses, molasses and fresh fruits and vegetables.

I recommend supplementing. But you can't take just any kind of chromium. Some types may actually do more harm than good. Research shows that your chromium supplement needs to include niacin to be effective. Look for chromium polynicotinate or niacin-bound chromium, which are both safe and effective as a dietary supplement. Most supplements have too low a dose to help cure diabetes. I recommend a robust dose of 400 mcg every day.

- **Fenugreek:** This herb has been used to treat high blood sugar in herbal medicine for thousands of years. It contains *galactomannan*, a type of soluble fiber. This slows down the rate sugar gets absorbed into your blood. One study found that fenugreek consistently lowered fasting blood sugar and HbA1c levels.<sup>15</sup>



***Fenugreek is a natural blood sugar balancer and consistently lowers HbA1c.***

Look for fenugreek supplements, with either the whole herb or seed extract. I recommend starting with 500 mg twice a day.

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# “Next Generation” Nitric Oxide Booster Powers Up Your Circulation, Physical Performance, And Memory...

Since winning the Nobel Prize in 1998, nitric oxide (NO) has reigned supreme as the No. 1 treatment for better circulation, faster recall, and firmer erections. And for good reason, too. More than 200,000 clinical studies confirm it is the key that unlocks a more youthful performance.

That’s because nitric oxide is a signaling molecule that tells your blood vessels to open up and relax, sending more blood and fresh oxygen where it counts.

This is why men — *and women* — spend more than \$1.8 billion dollars a year on nitric oxide boosters.<sup>1</sup>

When they work, the results are impressive. Trouble is, they don’t always work.

And your body’s production of nitric oxide drops rapidly as you age.

Have a look at the graph on the right.

By age 30 to 35, your NO starts to tank. By the time you hit 60, you’re circling the drain. Doesn’t seem fair, does it?

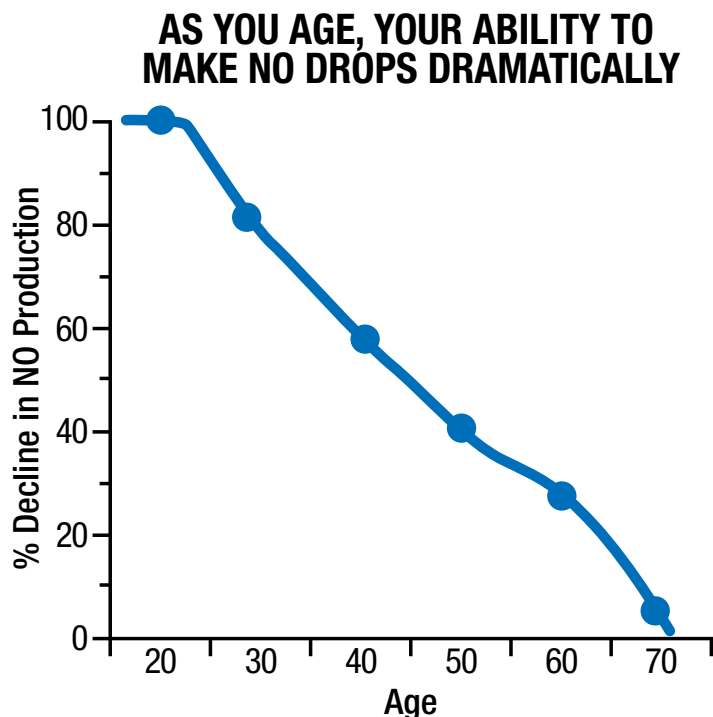
But there’s good news.

You can easily replace your NO reserves... if you know how to get around the glitch that can sabotage your efforts.

Here’s the rub: Just because nitric oxide levels increase doesn’t mean the “signal” always gets through.

Some experts call it the nitric oxide glitch, and after testing nitric oxide strategies with my patients for over 30 years, I’ve figured out a way to fix the glitch. And it’s given my patients — many of them retirement age men — the kind of sexual stamina they haven’t seen in decades.

How much sexual stamina?



***By the time you're 40 years old, you've already lost 40% of your NO production. By retirement age, you're below 20%.***

Source: Torregrossa AC, et al. Nitric oxide and geriatrics. J Geriatr Cardiol. 2011 Dec; 8(4): 230–242. PMID: PMC3390088

Researchers rounded up a group of 70-year-old men. These men didn’t exercise, didn’t eat healthy diets, and their “nitric oxide availability was almost totally compromised.”<sup>2</sup>

In other words, their total blood flow was so low, it was less than half of what you’d see in a man at his peak sexual performance.

But after using this simple NO solution, these 70-year-old men saw their blood flow increase an impressive 275%.

To put that in perspective, these men now had the blood flow levels of a perfectly healthy 31-year-old.

In this article, you're going to learn about the origins of the nitric oxide glitch and what you can do to make sure it doesn't affect you. I'll also go over the other benefits of keeping your blood flow levels up. And lastly, some simple ways you can boost your nitric oxide levels without prescriptions, doctor's visits, dangerous side effect, and can be done from the comfort of your own home.

“While Viagra and other prescription options may provide a temporary fix, they don't provide long-term support.”

It was this reason alone that nitric oxide won the Nobel Prize in 1998 because of its ability to signal or increase blood flow.<sup>3</sup>

And as newer studies have shown over the last few decades, nitric oxide helps to:

- Aid memory and brain function
- Play a key role in physical endurance
- Support healthy insulin levels
- Keep energy levels high
- Optimize kidney and liver function
- Maintain brain volume

## Why Viagra Will “Let You Down” Over Time...

For most guys, prescription options like *Viagra*, *Cialis*, etc. are their go-to options when they have performance issues. Often, the real problem is a loss of nitric oxide and a failure to produce more.

These drugs work by inhibiting the enzyme that breaks down nitric oxide, making more NO available on demand. That sounds great on the surface, but there's a problem.

While Viagra and other prescription options may provide a temporary fix, they don't provide long-term support and here's why... your cells will “down regulate” their receptivity to these drugs. That means the cell receptors on the outer membrane of every cell decide these drugs are a threat to homeostasis.

When this inner balance is thrown off by external influences, your cells will refuse to let the drug into their domain. This is why prescription painkillers like *Oxycontin* lose their effect over time.

At first, these drugs feel like magic. You get instant erections, or in the case of painkillers, you get immediate relief.

But as your cells resist their influence, the effect you feel starts to wane. Eventually, Viagra will stop working. Then you're back to square one.

But with the strategies you'll discover today, there's no down regulation response. You can use them as often as you like with no loss of benefit.

## Nitric Oxide: The Key To Curing Old Age?

Nitric oxide opens up blood vessels and restores youthful blood flow... even to the smallest capillaries.

Nitric oxide also supports healthy arteries, by keeping your blood pressure and cholesterol levels within normal ranges.

As you can tell, without nitric oxide, your blood vessels would shrink and stiffen and your blood pressure would shoot the roof... within minutes your cells would asphyxiate from lack of oxygen, and that would be it.

That said, there is something you need to know about nitric oxide...

## The Truth About Nitric Oxide

As we age, our nitric oxide levels decline rapidly.

This is one of the primary causes of chronic disease and age-related decline across the board. It's also why I recommend all of my patients keep their nitric oxide levels up.

Without help, your body has to make a life-or-death decision: how to ration your body's dwindling supply of nitric oxide.

Should it go to organs critical for your immediate survival? Like your heart, lungs and brain? Or should it go to the organs NOT critical for your immediate survival? Like your reproductive organs?

Here's my solution. By producing dramatically more NO your body no longer has to ration its supply.

By releasing more nitric oxide into your body, every organ can benefit from a boost in vitality from the delivery of additional blood flow.

As you discovered, the solution isn't as easy as taking a pill.

## Why Simply Boosting Nitric Oxide Levels Is Not Enough

Loss of erection power starts with circulation, blood flow — and more specifically — the innermost layer of your blood vessels called the *endothelium*.

It's in the endothelium where nitric oxide is made (in fact, when it won the Nobel Prize, nitric oxide was first called endothelium-derived relaxing factor.)

But do you remember when I said nitric oxide was a signaling molecule?

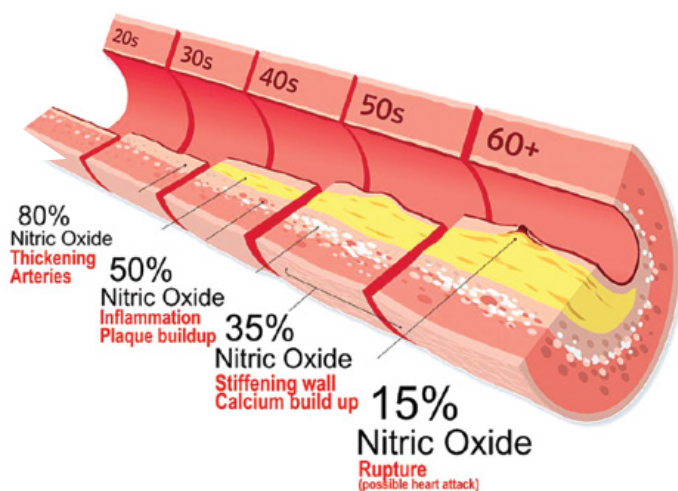
Before nitric oxide can signal the muscles OUTSIDE your blood vessels to relax, it must get to them... which means before nitric oxide can give you an erection three important things must occur:

- Your endothelium must get the nutrients it needs to make nitric oxide.
- Then, nitric oxide has to travel through the thick wall of your blood vessels, and...
- Finally, the muscle cells surrounding your blood vessels must absorb nitric oxide.

Only then can these muscles relax... allowing your arteries to expand... opening the floodgates for more blood to flow.

When you're young and healthy, your blood vessels make 100% of the nitric oxide for this journey from your endothelium inside... to your muscles outside... just fine.

But then we start aging... and with aging, our blood vessels begin to clog and thicken up.



Why? Everything from unnatural additives sneaking into our food supply... chemicals in our environment... toxins dumped into the air we breathe... and the stress of daily living...

These all wreak havoc on your blood vessels, releasing oxidative stress. And just like damaged skin swells with inflammation... this makes your blood vessels less receptive to signals.

All this extra oxidative stress and damage caused to blood vessels interferes with that signal, making it harder for your muscles to tell your blood vessels to relax, which keeps them constricted and overworked.

This is the glitch I referred to earlier... and here is how we fix it...

## Fixing The Glitch: How My Discoveries Overcome Blood Flow Failure

Like I mentioned earlier, nitric oxide isn't something you directly supplement with.

It's made in the inside lining of your blood vessels, your endothelium and requires enough raw nutrients to create the "on-demand" nitric oxide of our youth.

To do this, you'll need L-arginine. This amino acid is responsible for 70% of the nitric oxide produced in your endothelium and according to lead researchers, in high doses, can improve sexual function.<sup>4</sup>

Keep in mind, those researchers recommended high doses, specifically 5,000 mg or greater to achieve significant improvements.

But even with 5,000 mg of L-arginine, arginine still has problems, namely two:

- First, it doesn't stay in your blood long.
- Second, it may not get to the blood vessels furthest from your heart.

After years of research, here's how I fixed the glitch.

By using a specialized form of L-arginine called *arginine alpha-ketoglutarate*, researchers at Baylor University conducted a randomized, double-blind study to test concentrations of L-arginine in the blood and compared it to the control.

These men had 85% higher levels of free L-arginine.<sup>5</sup> Meaning these men were ready to go at any given moment with a 24-hour period.

For the second problem, I used the “nitric oxide failsafe” called L-citrulline.

Researchers from the University of Foggia found it had a 100% success rate at raising nitric oxide levels throughout the body, but more specially, the reproductive organs.<sup>6</sup>

When combined, arginine alpha-ketoglutarate and L-citrulline are a powerful combination that has boosted the nitric oxide levels in my patients for years while improving their quality of life.

## Your 3 Best Strategies For Boosting NO At Home

**1. Use an arginine alpha-ketoglutarate powder.** One of the quickest ways to get arginine alpha-ketoglutarate into your system is through supplementation. However, there is a caveat to this, which has to do with the dose. I recommend to my patients that they at least get 1 gram a day of this supplement paired with at least 6 grams of L-arginine. Due to poor absorption of L-arginine in the intestines, the more arginine you take, the more likely you are to absorb it.

The easiest and quickest way to get this is through a powder. Since pills are limited to holding around 2500 mg, a powder can easily hold 150% of that same amount. Not only that, but you don’t have to take pills throughout the day which can be easily accomplished with a single scoop of powder. I find the best time to take it is in the morning with water or your favorite juice. That way, you get a natural energy jolt to start your day with.

**2. Add L-Citrulline to the mix.** L-citrulline is the perfect complement to L-arginine because studies have shown that when taken together, improves nitric oxide better than either one by themselves.<sup>7</sup> While L-citrulline doesn’t have the immediate “boost” that L-arginine is known for, L-citrulline when taken on its own has been shown to have a more long-term, but gradual, circulation boosting benefit to the body. This alone makes it an important part of restoring and maintain long-term circulation benefits.

While L-arginine and L-citrulline are usually paired together, L-citrulline can be taken by itself. To get the most out of L-citrulline, I recommend taking at least 1 gram daily. If you have any L-arginine supplements available, taking them together will give you maximum benefit.

**3. Eat foods rich in L-Arginine.** Besides supplements, a more diverse way of naturally increasing your nitric oxide levels is through diet.

Here is a list of high arginine foods:

- Turkey – 16 grams per breast
- Pork loin – 14 grams per rib
- Chicken – 9 grams per breast
- Pumpkin seeds – 7 grams per cup
- Peanuts – 4.6 grams per cup
- Spirulina – 4.6 grams per cup
- Chickpeas/Garbanzo beans – 1.3 grams per cup
- Lentils – 1.3 grams per cup

While there are no side effects when taken in large amounts, I recommend my patients at least get 10 grams a day. This could be as simple as having chicken for lunch with a side of lentils or chickpeas. Or you could have a handful of peanuts as a snack and a turkey breast for dinner. Be creative in how you meet your daily arginine needs. That way, you’ll never get bored with the combinations.

## For L-Citrulline Choose Pulp Over Juice

For L-Citrulline, the best food source is watermelon juice. There is 2.33 grams per 34 oz. Unless you are going to be physically active that day, that amount of natural sugar may do more harm than good.

Instead, eat the flesh and rind of a ripe yellow or orange watermelon instead. A yellow watermelon will have as much as 3.5 mg of L-citrulline in the flesh and 1.5 mg in the rind.

As for the orange, there is 1.8 mg in the flesh and 1.5 mg in the rind.<sup>8</sup> While those numbers may not sound like much, your body can absorb L-citrulline easier than L-arginine, meaning you don’t need as much.

And for your best long-term success...

## Add These 3 Easy NO Boosters To Your Daily Routine

■ **Discover the power of pomegranate.** This fruit has been shown to increase nitric oxide in all of your blood vessels. In one study, mice fed pomegranate juice formed about 50% less brain plaques than a control group — thanks to the NO boost and increased blood flow.<sup>9</sup>

Look for cold-pressed, organic pomegranate juice with no syrups or sweeteners. Due to high sugar content, I recommend drinking no more than two ounces of the juice a day. And eat the seeds, either fresh or dried. Throw a handful on top of salads or in your yogurt or smoothie.

You can also find pomegranate extract in supplement form. I recommend taking 500 mg to 1,000 mg per day.

## Pace To The Rescue Once Again...

■ **Ditch cardio and do this instead.** The program I recommend is PACE, which stands for Progressively Accelerating Cardiopulmonary Exertion. This is the anti-aging fitness program I developed a few years ago. It uses brief but vigorous routines of increasing intensity and is specifically designed to help you build strength and increased capacity in your heart and lungs, which improves blood flow and nitric oxide production.

This allows your heart to increase its ability to pump harder for those times when you need it. In the one study, researchers followed more than 7,000 people. They found the key to exercise is not length or endurance. It's intensity. The more energy you exert during exercise, the lower your risk of heart disease.<sup>10</sup>

One of the easiest ways to begin PACE is start with something you enjoy. Whether that's swimming, running sprints or simply walking. Just remember to keep increasing the challenge... and to rest and recover fully between each period of exertion.

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

■ **Intermittent fasting.** I recommend to all my clients a technique called intermittent fasting — which mimics the ancient primal lifestyle of “Feast or Famine.” By fasting for just 15 hours, studies have shown that it increased nitric oxide levels and decrease asymmetric dimethylarginine, a novel cardiovascular risk factor.<sup>11</sup>

Simply cycling between periods of eating and fasting on a daily or weekly schedule, gives you the same feast-and-famine benefits. Here's the intermittent fasting strategy I recommend to my patients:

• **Ease into it.** Start by closing the kitchen after dinner. If you eat nothing between 8 p.m. and 8 a.m. you're already fasting 12 hours a day.

• **Then take it further.** Try eating only during an eight-hour window. That puts you on a 16-hour fast — and it's much easier than you might think. For example: Start your day with a 10 a.m. breakfast, lunch at your regular time, finish your dinner by 6 p.m.

Your body gets no additional food from 6 p.m. until 10 a.m. the next day. When your body gets used to the 16-hour fast, you can move up to the 24-hour mark.

Drink plenty of water to hydrate and flush out toxins — no matter how long you fast.

## 5 Ways To Re-Oxygenate At Home

You can also jumpstart your oxygen at home. Here's what I recommend:

**1. Eat More Beets:** Beets naturally boost the production of nitric oxide in your body — thanks to large amounts of nitrates in the root vegetable.

When you eat beets, it mixes with your saliva and bacteria on the inside of your mouth. This combo turns into nitric oxide.



*Beet juice is a popular NO booster for athletes and bodybuilders.*

You can get the most out of beets by either chewing them raw or throwing them in your juicer. If possible, use organic and throw in the roots, fruits, and the leaves.

For maximum effect, add **hawthorn extract**, a member of the rose family that's been used by herbal healers for centuries.

Take one glass (250 ml) of fresh beet juice along with 15 drops of liquid hawthorn extract daily to boost nitric oxide levels.

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

**2. Pomegranate Power:** This fruit has been shown to increase nitric oxide in all of your blood vessels.<sup>12</sup>

Look for cold-pressed, organic pomegranate juice with no syrups or sweeteners. I recommend drinking two ounces of the juice a day. And eat the seeds, either fresh or dried. Throw a handful on top of salads or in your yogurt or smoothie.



***Pomegranate is one of the best natural NO and circulation boosters.***

You can also find pomegranate extract in supplement form. I recommend taking 500 mg to 1,000 mg per day.

**3. Cordyceps sinensis:** This mushroom grows only above 11,000 feet in the Himalayas — and it's a medical miracle of nature.

When you take Cordyceps, you get oxygen-dense **polysaccharides**. When broken down, their long chains of sugars release oxygen, which is absorbed by your cells.

And research shows that Cordyceps has the power to “turn on” genes that increase oxygen delivery to the cells.

In one study of 30 elderly patients, Cordyceps significantly improved the amount of oxygen these subjects were able to assimilate. And another study showed that Cordyceps increased cellular oxygen absorption by up to 40%.<sup>13,14</sup>

Studies have also shown that Cordyceps is also a powerhouse against hypoxia. In one animal study, researchers extended the life of hypoxic mice by two and three times by giving them Cordyceps, compared with hypoxic mice that were not treated.<sup>15</sup>

At the same time, Cordyceps is a proven immune system booster — which is just what you need in a pandemic.

Traditional Chinese medicine practitioners have known for centuries that Cordyceps is also a highly effective weapon against flu viruses and bacterial infections.

Studies show that it contains more than 200 immune enhancing polysaccharides, which stimulate your immune response. It also provides a broad response to infections, like taking a combination of 200 different antibiotics — but without the danger.<sup>16</sup>

You can take *Cordyceps sinensis* supplements in capsule form, liquid or as a tea. Some health food stores sell whole dried Cordyceps that you can add to soups and stews.

When choosing a Cordyceps supplement, always check the source. Look for a supplement that says *Cordyceps sinensis*.

I recommend supplementing with wild-harvested Cordyceps from Tibet. Take 2 to 5 grams twice daily for best results.

**4. The Herbal Secret of Sherpas:** Tibetan Sherpas use *Rhodiola Rosea* for energy, physical endurance and to protect against altitude sickness. For centuries, Sherpas have lived at high altitudes in the Himalayas and have aided climbers to ascend Mt. Everest without the need for supplemental oxygen.

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

Research supports what these Sherpas have always known. Rhodiola increases oxygen intake in your lungs and stimulates red blood-cell production. Studies show that Rhodiola also increases the oxygen-carrying capacity of your red blood cells.<sup>17</sup>

Rhodiola also increases the sensitivity of your neurons to dopamine and serotonin, two neurotransmitters involved in focus, memory, pleasure and mood, helping create new, healthy, neurological pathways.



***Rhodiola Rosea is one of nature's true medicinal gifts found helpful for alleviating physical and mental fatigue.***

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

**5. Boost Omega-3s:** These all-important fatty acids make red blood cells more flexible, so they're able to move easily between the capillaries and cells, delivering oxygen.

But omega-3 does more than ease oxygen delivery. It also improves oxygen intake in the lungs. A study from the University of California found that omega-3s relaxed arteries in the lungs, and led to an overall increased oxygen intake.<sup>18</sup>

Good food sources of omega-3 include grass-fed meat, wild-caught salmon, trout and fresh tuna, as well as cold-water fish, like herring and mackerel.

But I also recommend that you use supplements, in addition to dietary sources.

There are two kinds of omega-3s: DHA and EPA. I tell my patients to get at least 600 mg of DHA and 400 mg of EPA every day.

But unlike most doctors, I don't recommend fish oil. Most supplements come from polluted water. I recommend you get omega-3s from krill and calamari oil. And be sure to take your omega-3s with meals, so these fats can be digested and properly absorbed.

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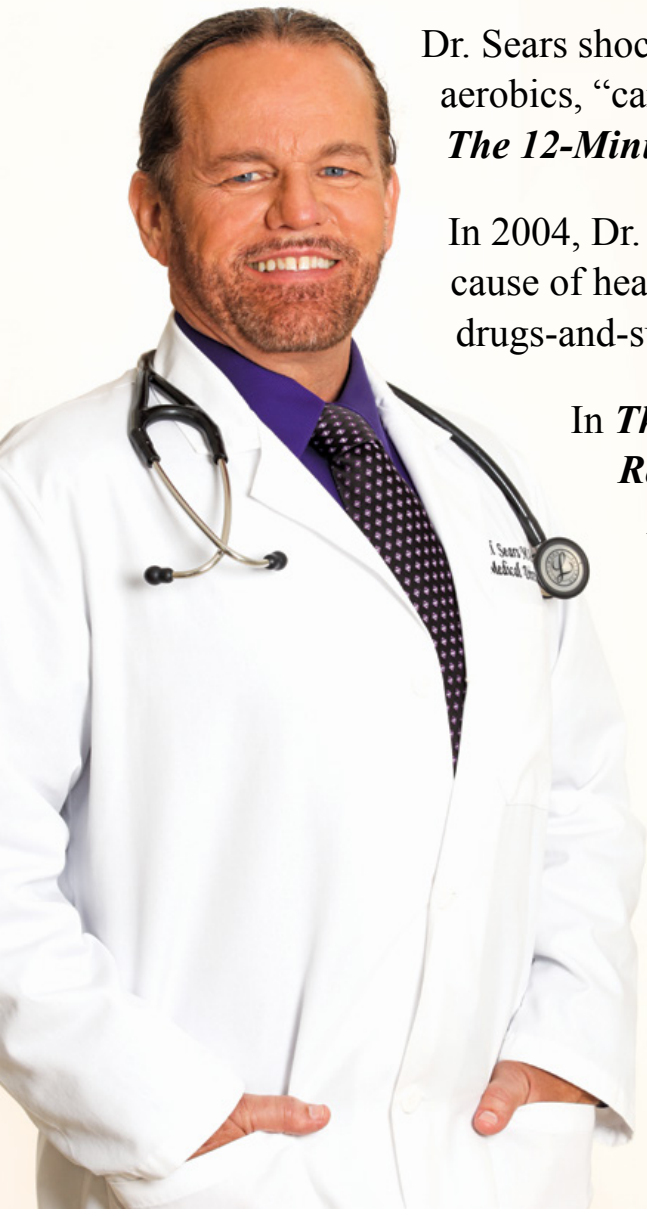


# AL SEARS, MD

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).