

Dr. Sears'

CONFIDENTIAL CURES

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

July 2020

Vol. IX Issue 7

Dear Friend,

There is now growing evidence from scientists around the world that dirty air, as well as other toxic chemicals we are exposed to every day is rather suddenly having a worsening on our health and vitality.

These toxins continue to accumulate throughout our lives. Not only do they cause us to become more susceptible to bacterial and viral infections, they often lead directly to chronic conditions, like diabetes, obesity, high blood pressure and cancer.

Sadly, most doctors don't see this. That means you have to do something about it yourself.

In your current **Confidential Cures** issue, you'll discover the best ways to rid your body of these toxins and why it's so important that you do it now.

• **What can polio teach us about the current virus?** You may be surprised to learn this isn't the first virus that's been turned into a pandemic by poisonous chemicals in our environment. Industrial toxins were once also responsible for devastating polio outbreaks. Today, it's no coincidence that diabetes, obesity, and high blood pressure are the most common comorbidities in the current pandemic. But you'll also discover just what you can do to flush these alien molecules out of your system.

• **NASA discovery pulls toxins out of your home.** You'll learn about the toxic burden you carry from birth, and the surprising

places — even in your own home — where you are exposed to many of the worst chemical offenders on the planet. I'll also show you a neat trick developed by NASA that can purify your home, as well as more ways to cleanse your body.

• **Ignore the "Dermatology Dictocrats" and do THIS instead.** You'll discover how special antioxidants can protect you from sunburn. The benefits of these key nutrients include eliminating your exposure to the egregious toxins — some are even proven carcinogens — found in the vast majority of commercial sunscreens.

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

I hope you enjoy this month's **Confidential Cures** issue, and thank you again for your membership.

To Your Good Health,

Al Sears, MD, CNS

Also in This Issue...

What Do Polio And The Current Pandemic Have In Common?	2
Kick-Start Your NASA Detox Program And Rid Yourself Of Space-Age Toxins	7
Ditch The Dermatology Dictocrats And Turn On Your "Internal Sunscreen"	13

What Do Polio And The Current Pandemic Have In Common?

Discover The Surprising Connection Between Toxins And Symptoms And The Action You Can Take Now To Safely Fight Them Away

In the middle of one epidemic, let me tell you about another...

Like everyone over the age of 60 — including myself — memories of the poliovirus still cast a nightmarish shadow.

Every summer, for almost 60 years, it seemed to appear out of nowhere. Swimming pools and movie theaters closed... fear and uncertainty hung in the air... babies were entombed in iron lungs... children hobbled in leg irons... adults were confined to wheelchairs.

The virus killed or paralyzed millions — including, most famously, President Franklin Delano Roosevelt.

And like the current pandemic it seemed unstoppable.

Children, who appeared to be targeted more than adults by the disease, were often taken from their families and isolated in sanitariums, in an effort to prevent others from “catching polio.”

At its peak in 1952, there were 57,879 polio cases in America and more than 3,100 deaths.¹

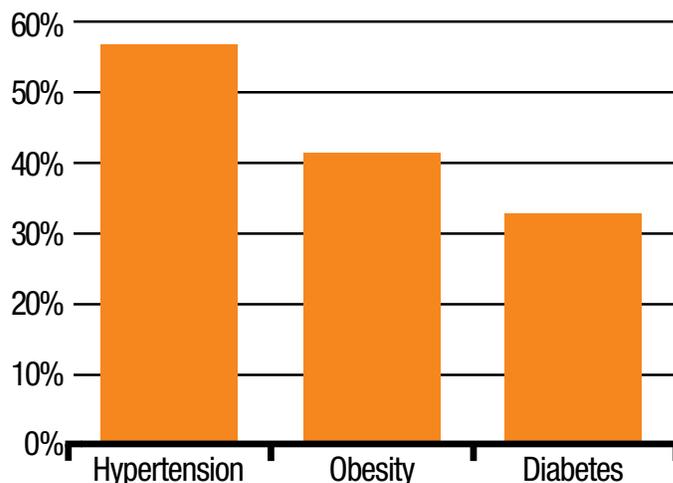
But here’s the thing, the poliovirus wasn’t new. It had been circulating harmlessly through humans a long, long time — probably thousands of years.

Pharaonic inscriptions from ancient Egypt describe the condition, and studies of historic Native American bones reveal the virus already existed in the pre-Columbian New World — although it was extremely rare.^{2,3}

What happened? Why suddenly did it turn into a pandemic?

Here's the short answer: It now appears that polio was transformed into a monster virus — not a newly mutated, more virulent form of the virus itself, — but by **devastating complications caused by man-made environmental toxins.**

THE MOST COMMON COMORBIDITIES



The most common comorbidities among coronavirus patients in a large study in April of hospitals in New York City, the epicenter of the U.S. outbreak, were high blood pressure (56.6%), obesity (41.7%) and diabetes (33.8%).

While most doctors and scientists in America today are fixated on preventing the pandemic’s spread and treating its life-threatening symptoms, the factors that make it deadly in the first place continue to be overlooked.

It was the same story with polio.

But it’s no coincidence that if you become infected and also suffer from comorbidities like diabetes, high blood pressure and obesity, your risk of serious complications or even death are frighteningly higher.⁴

You see, diabetes, high blood pressure and obesity are among the most common chronic conditions caused by toxic air pollution in America. As long as you carry this toxic burden in your body, you remain at high risk.

In this article, you'll learn about the specific steps you can take RIGHT NOW to cleanse your blood and major organs. These steps will provide you with a reliable strategy for detoxing your body and reducing your risk of acute respiratory distress syndrome, pneumonia, organ failure or any other dangerous complication — even as the pandemic's tragic death toll continues to climb.

Stray Cats Didn't Cause Polio

All kinds of outlandish theories were suggested for the poliovirus' abrupt transformation into an epidemic. People blamed everything from imported bananas and blueberries to stray cats, insects, milk, sugar and even Italian immigrants. During the 1916 polio panic in New York, sales of ice-cream plummeted and 72,000 cats were slaughtered.^{5,6}

But they were looking in all the wrong places...

In the late 19th century, a new insecticide called **lead arsenate (LA)**, hit the market. This poisonous combination of two highly toxic heavy metals was used against an infestation of gypsy moths, which were devastating orchards in the northeast United States.

The first polio outbreak in America occurred around the same time in the northeastern U.S.

Lead contamination, especially prenatally and during childhood, has long been known to result in lesions on neurological tissue, similar to those caused by polio. At the same time, arsenic, a known carcinogen, has been shown to lower immune system resistance to viruses by causing DNA damage to immune cells.^{7,8}

On the USDA's recommendation, LA was sprayed over millions of acres of commercial crops for more than 50 years. In the late 1940s, it was replaced by DDT, which turned out to be even worse for human health. DDT has been banned since the 1970s.

Studies show that DDT increases the intracellular **multiplication of the poliovirus**, helping to turn a benign gut virus into a monster germ. Other studies reveal that DDT in your bloodstream increases your risk of contracting polio and other viruses in the first place.^{9,10}

Today, the crushing onslaught of industrial toxins spewed into our environment from the smokestacks of oil refineries, mining firms, waste incinerators, and coal-fired power plants are doing the same thing in the current public health crisis.



Exposure to industrial toxins in the environment increases your chances of experiencing health effects.

Toxic Toll Helped Create Today's Pandemic

Anyone looking for proof that the toxic burden we carry has turned a viral infection into a pandemic of potentially lethal complications, need to look no further than St. John the Baptist Parish, Louisiana.

The noxious plumes that belch into the sky from a Japanese-owned petrochemical plant in the center of this parish have already given the people who live in this region the highest risk of cancer due to airborne toxins compared to anywhere else in the country — 50 times the national average.¹¹

Now, St. John the Baptist Parish also has one of the highest American death rates in the pandemic.

In April, when New York City was the epicenter of the virus in the U.S., St. John the Baptist Parish had a death rate of 68.7 per 100,000 people. By contrast, New York City had a death rate of 29.

Decades of toxic air pollution have put the parish's residents at one of the highest risks of fatality from virus complications anywhere in the country — and now it's happening right across America.

Air pollution causes asthma, emphysema and bronchitis, among other chronic conditions. It also penetrates deep into your alveoli, clogging millions of these fragile little air sacs that are critical to the breathing process.¹²

That's one reason why pollution is extremely harmful during the current pandemic. The virus often uses its notorious spikes to attach itself to alveoli.¹³

But the damage goes far beyond your lungs.

The toxic burden running through your bloodstream and accumulating in your fat cells not only lowers your immune response, increasing your chances of becoming infected in the first place — but it's responsible for the pandemic of complications that can accompany it.

“The real threat behind infection is not oxygen absorption in the lungs, as many scientists now believe... it's an oxygen delivery problem.”

A study by MIT's Laboratory for Aviation and the Environment calculated that air pollution causes more than 200,000 premature deaths in America every year — along with millions made ill and infirm.¹⁴

These heavy metals and chemical contaminants have been linked to multiple modern chronic diseases, like cancer, obesity, diabetes, high blood pressure, heart disease, Parkinson's, Alzheimer's and a host of others.

Despite the clear evidence of places like St. John the Baptist Parish, mainstream medicine is still doing nothing to reduce your toxic burden... or your risk of becoming a pandemic fatality.

But look at the evidence surrounding environmental toxins and the three most common comorbidities of the virus:

■ **Diabetes:** In one massive international analysis, published recently in *The Lancet Planetary Health* journal, researchers at Washington University in St. Louis calculated that air pollution is responsible for causing diabetes in 72 million people worldwide — during 2016 alone. In America, air pollution is responsible for at least 150,000 diabetes cases, the researchers calculated.¹⁵

And it's bad news if you're diabetic and you become infected in the pandemic. Your risk of serious complications and a fatal outcome are far greater than most people.

That's because the real threat behind infection is not oxygen absorption in the lungs, as many scientists now believe... *it's an oxygen delivery problem.*¹⁶

The virus disrupts the iron and hemoglobin (oxygen carrier) in your red blood cells, then inserts itself in the cell's nucleus.

This “hostile takeover” allows the virus to replicate.

When diabetics sustain high blood sugar levels, their oxygen delivery process is already impaired, because of the excess glucose binding to hemoglobin. In people with diabetes, the virus dangerously decreases the oxygen supply to organs, increasing your risk of organ failure and death.

■ **Hypertension:** The link between air pollution and high blood pressure is well established. Studies show that inhaling tiny particles of nitrogen oxides, sulfur dioxide and heavy metals like lead, arsenic and cadmium can lead to hypertension.^{17,18,19}

Air pollution triggers inflammation and oxidative stress in the lungs and in systemic circulation. At the same time, it compromises your immune system, making your body less able to fight infection.

Your lungs and circulation system are the pandemic's primary sites of attack. If these have already been damaged by pollution and high blood pressure, an infection is likely to be fiercer and come with severe complications.

One recent study found that pandemic patients with high blood pressure have twice the risk of dying from the infection.²⁰

■ **Obesity:** When researchers looked at data from more than 4,100 virus patients in New York City, they found that obesity is the strongest predictor of complications, after age.²¹

And young adults with obesity appear to be at particular risk.

Environmental air pollution is one of the main drivers of obesity. Studies show that early exposure to pollution — particularly nitrogen dioxide from diesel emissions — significantly increases the risk of children becoming obese in later life.²²

Pollution slows down your body's metabolic rate. Largely a disease of inflammation, obesity also increases circulating, pro-inflammatory cytokines. This can result in resistance in the airways, lower lung volumes, and weaker respiratory muscles, which are critical in the defense against the virus.²³

The good news is, you can do something about your toxic burden... *now.*

Flush The Toxins From Your Body

You'll find plenty of detoxification kits — or “detox in a box” — at pharmacies and health food stores. But there is little, if any, scientific evidence any of these quick fixes work.

Instead, you're better off using natural detoxification methods that are safe and reliable.

I help my patients to detox with an easy and proven process called *chelation*. “Chelate” comes from the Greek word for “claw,” and that's exactly what chelation does. It grabs toxins that are stored in your tissues and circulating in your bloodstream, and drags them out.

I've found that patients get the best results when they combine *intravenous chelation* with *oral chelation*. But even if you don't want IV chelation, you can still get great results — and you can do oral chelation in your own home.

■ **Intravenous Chelation:** IV chelation is a fast and painless procedure that only takes about 10 to 45 minutes.

Calcium disodium EDTA is dripped directly into your bloodstream. And in no time, this “claw” binds to the heavy metals and toxins in your bloodstream and those that have accumulated in the fat around your tissues, like your liver, and pulls them out.

Studies show that EDTA is an extremely powerful chelating agent for lead, mercury and arsenic.²⁴

■ **Oral Chelation:** Here are FOUR of the most effective ways:

- **Activated Charcoal:** Hospitals have been using this form of charcoal for many years as an antidote for drugs, poisons, and medicinal overdoses. It's a great general cleanser and is especially powerful against heavy metals.

Like EDTA, activated charcoal grabs heavy metal molecules and pulls them from your body. Taken orally, it has the ability to extract and neutralize many more times its own weight in gases, heavy metals, toxins and poisons.

Just a tiny amount can absorb and wash away years of toxin and heavy metal buildup.

Look for activated charcoal as a very fine, black powder in your local health food store or online. Take 20 to 30 grams of powdered activated charcoal mixed with water once a day for one to two weeks.



Activated charcoal washes away years of toxic buildup and flushes toxins from your body.

- **Modified Citrus Pectin:** The inner peel of citrus fruits contains one of the most potent detox substances I've found. In one USDA study, people taking modified citrus pectin for six days excreted 150% more mercury... 230% more cadmium, and... 560% more lead.²⁵

What's great about modified citrus pectin is that, while it eliminates toxic metals and pesticides, it doesn't deplete your body of zinc, calcium or magnesium.

But make sure you get the right kind. Most pectin is made of large long-chain carbohydrate molecules. These are too big to digest and will just pass through your body. The citrus pectin used in clinical studies is formulated for absorption, so it can easily find and bind to toxins. Look for “modified” citrus pectin.

- **N-acetyl-cysteine (NAC):** This powerful detoxifier boosts your levels of glutathione, your body's strongest antioxidant. NAC directly elevates cells' defenses against lead, aluminum and other heavy metals in your organs and bloodstream.

When researchers bathed cells in lead, the DNA of the NAC-treated cells lived longer and had their DNA better protected from damage.²⁶

You can buy NAC online or at health food stores. As a complement to your at-home regimen, I recommend one 500 mg tablet or capsule per day. After a couple of weeks, take 500 mg twice a day.

• **Spirulina:** Ancient Mayans and Aztecs considered spirulina a superfood. It is also rich in cleansing nutrients. Studies show it's a powerful blood detoxifier.

Its blue color comes from a compound called **phycocyanin**. This pigment stores nitrogen atoms. These atoms bond with heavy metals, toxins, and radioactive substances. Once the nitrogen grabs a toxin, the spirulina sweeps it safely out of your body.

Extensive studies by scientists at Japan's Fukuoka Institute of Health and Environmental Sciences reveal that spirulina is an especially powerful detoxifier for your kidneys, liver and blood.²⁷



Spirulina can help remove toxins from your bloodstream while strengthening your immune system.

You can buy spirulina supplements in pill or powder form at health food stores or online. Start with 500 mg and work up to 3,000 mg per day.²⁸

References:

1. Ochmann S and Roser M. "Polio." *Our World Data*. November 9, 2017.
 2. Unicef: Egypt. Polio in Egypt The Last Battle. 2017. Available at: <https://www.unicef.org/egypt/polio-egypt>
 3. Martin DL and Goodman AH. "Health conditions before Columbus: Paleopathology of native North Americans." *West J Med*. 2002;176(1):65-68.

4. Richardson S, et al. "Presenting characteristics, comorbidities, and outcomes among 5700 patients hospitalized with COVID-19 in the New York City area." *JAMA*. 2020;323(20):2052-2059.
 5. Merelli A. "100 years ago, New York City declared war against polio and killed 72,000 cats (and 8,000 dogs)." *Quartz*. September 22, 2016.
 6. Starr MA. "Organic Nervous Diseases." Nabu Press. ISBN-13: 978-1146051033. 1923: Reprinted February 28, 2010.
 7. Sanders T, et al. "Neurotoxic effects and biomarkers of lead exposure: A review." *Rev. Environ. Health*. 2009;24:15-45.
 8. Bellamri N, et al. "Arsenic and the immune system." *Current Opinion Toxicol*. 2018;10:60-68.
 9. Gabliks J, "Studies of biologically active agents in cells and tissue cultures: Part 1." *Annual Progress Report, U.S. Army Medical Research and Development Command*. 1966, p.10.
 10. Spencer R, et al. "Enhanced virus replication in mammalian cells exposed to commercial emulsifiers." *Appl Environ Microbiol*. 1978;35(2):297-300.
 11. Laughland O and Zanolli L. "A virus stalks a county with one of the highest death rates in US: People are dropping like flies." *The Guardian*. April 7, 2020.
 12. Guarnieri M and Balmes JR. "Outdoor air pollution and asthma." *Lancet*. 2014;383(9928):1581-1592.
 13. Muller B, et al. "Effect of air pollutants on the pulmonary surfactant system." *Eur J Clin Invest*. 1998;28(9):762-777.
 14. Chu J. "Study: Air pollution causes 200,000 early deaths each year in the U.S. New MIT study finds vehicle emissions are the biggest contributor to these premature deaths." *MIT News*. Aug 29, 2013.
 15. Body burden fact sheet from ewg.org – accessed on April 26, 2014 ewg.org/sites/bodyburden1/factsheets/howcontam.php
 16. Liu W and Li H. "COVID-19: Attacks the 1-beta chain of hemoglobin and captures the porphyrin to inhibit human heme metabolism." *ChemRxiv*. April 24, 2020.
 17. Abhyankar LN, et al. "Arsenic exposure and hypertension: a systematic review." *A Environ Health Perspect*. 2012;120(4):494-500.
 18. Alghasham AA, et al. "Association of blood lead level with elevated blood pressure in hypertensive patients." *Int J Health Sci (Qassim)*. 2011;5(1):17-27.
 19. Franceschini N, et al. "Cadmium body burden and increased blood pressure in middle-aged American Indians: the Strong Heart Study." *J Hum Hypertens*. 2017;31(3):225-230.
 20. Gao C, et al. "Association of hypertension and antihypertensive treatment with COVID-19 mortality: A retrospective observational study." *Eur Heart J*. 2020;41(22):2058-2066.
 21. Petrilli CM, et al. "Factors associated with hospital admission and critical illness among 5279 people with coronavirus disease 2019 in New York City: Prospective cohort study." *BMJ*. 2020;369:m1966.
 22. Kim JS, et al. "Longitudinal associations of in utero and early life near-roadway air pollution with trajectories of childhood body mass index." *Environ Health*. 2018;17(64).
 23. Kim JS, et al. "Associations of air pollution, obesity and cardiometabolic health in young adults: The Meta-AIR study." *Environ Int*. 2019;133:Part A.
 24. Nash D, et al. "Blood lead, blood pressure, and hypertension in perimenopausal and postmenopausal women." *JAMA*. 2003;289(12):1523-1532.
 25. Zhao ZY, et al. "The role of modified citrus pectin as an effective chelator of lead in children hospitalized with toxic lead levels." *Altern Ther Health Med*. 2008;14(4):34-38.
 26. Yedjou C, et al. "N-acetyl-cysteine protects against DNA damage associated with lead toxicity in HepG2 cells." *Ethn Dis*. 2010;20(1 Suppl 1):S1-101-103.
 27. Morita K, et al. "Effect of chlorella, spirulina and chlorophyllin on fecal excretion of polychlorinated dibenzo-p-dioxins in rats." *Japan J Toxicol Environ Health*. 1997;43(1):42-47.
 28. Glenn Geelhoed, MD; Jean Barilla, MS. "Natural Health Secrets." p.22.

Kick-Start Your NASA Detox Program And Rid Yourself Of Space-Age Toxins

A little over 15 years ago, I was shocked to read a report from the non-profit Environmental Work Group (EWG), which discovered *HUNDREDS* of chemical contaminants circulating in the blood of babies from across America.

That report should have been a wake-up call for every person in the country — not to mention the government — but today, in 2020, our toxic burden is only becoming worse.

Pre-polluted babies are just the beginning...

The truth is, decades of chemical industry deception, as well as government inaction and collusion, have brought us to a crisis point.

And it's no coincidence the explosive growth of the synthetic chemical industry has gone hand in hand with the explosive rise of diabetes and other chronic conditions. Just look at the chart on the right.

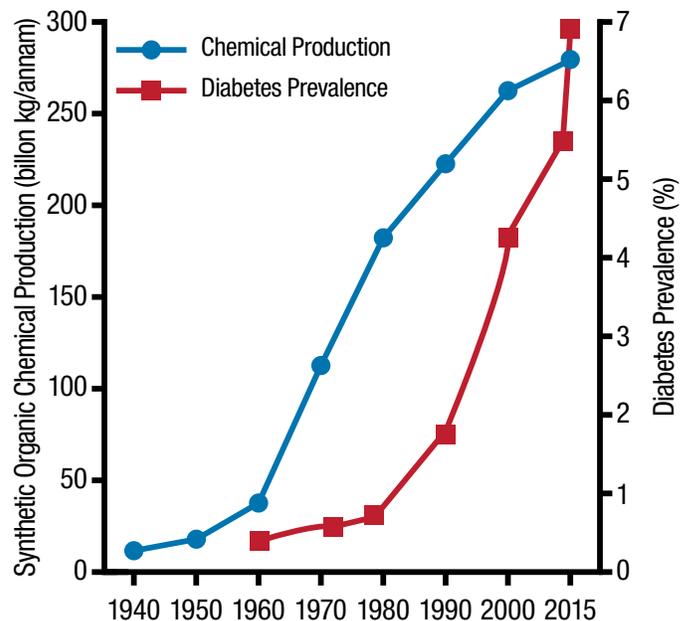
Today, every man, woman and child in America is exposed to thousands of toxic pollutants *every day*.

Many of the toxins and heavy metals are *fat soluble*. That means your body can't remove them through its natural detoxification pathways. Instead, you end up storing them in fat cells, where they accumulate for years — until you get sick.

Dangerous contaminants like sulfur dioxide, nitrogen oxide, arsenic, mercury, cadmium and formaldehyde result in massive oxidation and free radical damage in your body.

That's why these chemicals substantially increase your risk of chronic diseases, such as cancer, heart disease, multiple respiratory illnesses, diabetes, Alzheimer's and Parkinson's disease — even after just a few weeks of exposure.^{1,2,3}

Environmental Chemicals Increase Risk Of Diabetes



The growth of the American chemical industry has climbed in parallel with the rise of chronic diseases like diabetes.

The truth is, study after study reveals that air pollution — both indoor and outdoor — is much more dangerous than the government, industry or mainstream medicine tell you. It's up to you to protect yourself and your family from this modern hazard.

In this article, you'll learn exactly how these lethal toxins put you at risk — even while growing in the womb. I'm also going to show you some simple ways to cleanse your body — and a little-known NASA detox trick that can purify every room in your home.

Polluted From Birth?

The findings of that EWG report would surprise even the most hardened of skeptics.

Researchers found a total of **287 chemicals** in the blood of newborn infants tested in hospitals in different locations across the U.S.

The most common were eight *perfluorochemicals* (**PFCs**) used as stain and oil repellents in fast-food packaging, clothes and textiles.

They included the Teflon chemical *perfluorooctanoic acid* (PFOA), a known carcinogen. There were also dozens of widely used brominated flame retardants and their toxic by-products, the heavy metal mercury and numerous agricultural pesticides, including the banned pesticide DDT.

Of all 287 chemicals identified in the babies, the report noted that:

- 180 cause **cancer**.
- 217 are toxic to the **brain** and **nervous system**.
- 208 cause **birth defects** or **abnormal development**.

Not long ago, scientists believed that babies in the womb were shielded from most chemicals and pollutants in the environment. Now we know that's not true.

The EWG report proves that many of the toxins consumed and absorbed each day by an unborn baby's mother find their way into the bloodstream of the developing infant.

The final weeks in the womb are critical. This is a time when the baby's organs, blood vessels, membranes and entire organ systems become fully integrated, and the sac of amniotic fluid that cradles the baby becomes especially rich in nutrients from the mother.

Sadly, in our modern world, the amniotic sac also contains concentrations of some of the most toxic chemicals on the planet.

And it's also shocking that the dangers of pre- or post-natal exposure to this complex cocktail of carcinogens, developmental toxins and neurotoxins have never been studied.

But we know the harm these chemicals do by themselves. Here are just a few identified by the EWG study:

- **Perfluorinated chemicals (PFCs):** These toxic compounds include PFOA, and PFOS and other per- and polyfluoroalkyl substances (PFASs). They're called "forever chemicals" because once they're released into the environment — or the human body — they never break down.

PFCs are used for non-stick surfaces in Teflon, Scotchgard fabric protectors, as well as household cleaners, paints, polishes, shampoos and food packaging. Scientists say PFCs are present in every major drinking water supply in the U.S.



Perfluorinated chemicals are in everyday products, such as cookware, clothes and drinking water. They build up in your body and never break down in the environment.

These chemicals damage your liver, kidneys, and thyroid gland, and compromise your immune system. Studies also show that prenatal exposure to PFCs can cause birth defects, and infertility and cancer in later life.⁴

- **Organochlorine pesticides (OCs):** DDT, chlordane and other pesticides were found flowing in the blood of the babies tested by the EWG.

Although banned in the U.S. and in many other places around the world, these toxic agricultural chemicals persist for decades in the environment. Multiple studies reveal their link to cancer and birth defects.

- **Polybrominated diphenyl ethers (PBDEs):** These chemicals are used as a flame retardant in furniture foam, computers, televisions, textiles and building materials.

Studies demonstrate they bind easily to fat and accumulate readily in the bodies of animals and humans. In one study, breast milk from North American women was found to contain much higher amounts of PBDEs than breast milk from Swedish women, indicating that North American exposures are particularly high.⁵

PBDEs can result in neurotoxicity, developmental neurotoxicity, reproductive toxicity, thyroid toxicity, immunotoxicity, liver toxicity, and can cause diabetes and cancer.⁶

• **Mercury:** Industrial manufacturing, mining, waste incinerators and coal-fired power plants spew unprecedented amounts of mercury into the environment every day. In the atmosphere, it combines with water molecules and transforms into *methylmercury* — the most toxic form of the metal.

“We have teams of chemists joining up with advertising agents to market these “miracle chemicals” without ever studying their impact on human biology.”

On top of that, the federal government registers an average of 2,500 newly synthesized chemicals each year.¹⁰

And that’s where this scandal begins... American chemical manufacturers don’t even conduct toxicity tests.

Mercury exposure damages your immune system and harms your central nervous system and brain development. It has been linked to Alzheimer’s, hormone imbalances, mood swings, chronic fatigue, depression, and increased risk of hypertension, atherosclerosis and heart attack.⁷

And this is just the beginning. As an adult, it just gets worse.

The Older You Are, The Heavier Your Toxic Burden

Each day that you’re alive, your toxic burden grows heavier — and your risk of illness and chronic diseases becomes greater.

Over the course of the 20th century, human needs once met by the natural world through wood, metals, and other resources that were extracted from the natural environment, are now almost overwhelmingly derived from synthetic industrial chemicals.

According to the United Nations and the World Health Organization, there are more than 100,000 industrial chemicals used in global commerce and industry — and U.S. chemical companies hold licenses to manufacture more than 86,000 of them.⁸

The WHO noted that at least 800 chemicals are “capable of interfering with hormone receptors, hormone synthesis or hormone conversion.”⁹

The most common commercial hormone disruptors are bisphenol A (BPA) and phthalates. These chemicals mimic estrogen in your body, and are used in hundreds of products, including soaps, shampoos, plastics, nail polishes, perfumes, hand sanitizers, as well as jet fuel.

Both chemical groups are linked to multiple chronic health issues — including inhibited brain development in prenatal infants, high blood pressure, diabetes, and a number of different cancers.

A report by the U.S. Government Accountability Office found that the EPA doesn't have the authority or manpower to assess the health risks of industrial chemicals.¹¹

In other words, we have teams of chemists joining up with advertising agents to market these “miracle chemicals” without ever studying their impact on human biology.

Our bodies didn’t evolve for this kind of toxic onslaught.

Many of the chemicals that exist in our environment today are completely new to this planet. They simply aren’t natural, and your body has no way of dealing with them.

Your liver and kidneys were made to filter organic toxins — the kind of waste materials your body made naturally, back when we lived in a clean, chemical-free environment.

Most people think the main concern about these chemicals is their toxicity. Yes, they are poisonous. But far more serious is *your body’s immune reaction* to them.

You see, as long as these chemical pollutants circulate in your bloodstream and remain stored in your fat cells, your body continues to react. That means massive oxidation and free radical damage, which in turn causes widespread, *chronic inflammation*.

And this raises your risk of inflammatory chronic diseases — like diabetes, heart disease, obesity, asthma, bronchitis, kidney and liver disease, Alzheimer’s, Parkinson’s and cancer.

The Biggest Threat Starts At Home

It may be hard to believe, but your ultra-clean, insulated, airtight home is probably more toxic than any congested city.

According to a report by the Environmental Protection Agency, most American homes are between 2 to 5 times more toxic than outside. It's not surprising 1 in 3 Americans suffers from allergies, like asthma, sinusitis or bronchitis.

The World Health Organization calculates that worldwide, 4.3 million people a year die from exposure to household air pollution.

“4.3 million people a year die from exposure to household air pollution.”



natural gas stoves, carpet glues, flooring glues, sealants, paints, furniture finishes, and the water- and stain-repellent finishes applied to upholstery and clothing.

Most doctors wouldn't even suspect your "perpetual cold," headache, breathing problems, chronic cough or even memory lapses may be caused by the air you breathe in your home.

And by better insulating our homes, we've made the problem worse — because our airtight homes keep toxic air inside. In a lot of ways, those old, draughty houses are healthier. Good airflow means fewer toxic chemicals.

Cleaning products are the biggest source of indoor toxic air pollution. The bottles under your sink probably contain the “sudsing” agents, *diethanolamine* and *triethanolamine*. These known carcinogens become airborne and can penetrate your skin.

Diethyl phthalate is another one. Used in commercial cleaning products, as well as shampoos, this hormone disruptor has been linked to prostate and testicular cancer in men, and breast and gynecologic cancers in women.¹²

Meanwhile, your kitchen range, fireplace, heater, rugs, walls, furniture, clothing, even the sheets you sleep on, can all be sources of indoor air pollutants — like nitrogen dioxide, carbon monoxide, hydrocarbons, formaldehyde, radon, sulfur dioxide and asbestos.

There are also toxins in deodorants, oven cleaners, paints, garden pesticides, laundry aids, floor and furniture polishes, glue and even, ironically... air fresheners.

That characteristic “lemon-fresh” or pine scent in bleaches and dishwashing liquids comes from “fragrancing” chemicals — *limonene* and *alpha pinene*. The chemicals themselves are not known to be harmful. But once they're released into the air, they combine and form highly toxic *formaldehyde* as a byproduct.¹³

Formaldehyde fumes can also be released from the glue that holds your pressed-wood or hardboard furniture and cabinets together. And it's emitted by

In a minute, I'll show you some easy ways to get rid of the toxins that have been accumulating in your body for years.

But first I want to tell you about how NASA scientists discovered an extremely effective way to detox your home naturally.

Give Your Home The NASA Detox

Back in the 1980s, NASA published a paper that revealed an astonishingly easy way to reduce toxic chemical levels in enclosed space stations. And their great scientific breakthrough... the humble houseplant.

NASA's study showed that certain common houseplants can very quickly and efficiently remove toxic particles from the air.

For one of its science programs, the BBC recently conducted an experiment to see what happens in three earthbound homes with high levels of limonene (emitted largely from scented candles) and formaldehyde after a few houseplants are introduced.

Four houseplants were placed in the homes of three volunteers for four weeks. The plants chosen were based on previous research — spider plant (*chlorophytum*), dragon tree (*dracaena*), golden pothos (*scindapsus*) and English ivy (*Hedera helix*).

Air samples were taken at the beginning and end of the experiment. And the results were astonishing. The levels of formaldehyde rose when limonene levels rose. But when these houseplants were introduced, formaldehyde levels plunged in all three homes.

The experiment also found these houseplants filtered out other toxins from tobacco smoke.

Here are eight NASA plants that will scrub your home's air:

- Boston fern
- Palm trees
- Rubber plant
- Dracaena Janet Craig
- English ivy
- Peace lily
- Golden pothos
- Mums and daisies

Now that you've purified your house, it's time to reverse years of toxic build up in your body...

This Ancient Therapy Naturally Detoxifies Your Body... Plus 7 Simple Strategies You Can Use At Home

I like to use a number of combination therapies to help my patients detox. Some compounds simply bind better to certain toxins.

Here's a great place to start:

- **Take an infrared sauna:** This variation on ancient sweat therapies that have been around for thousands of years are a recent technological advance. They emerged in mid-20th century Japan, where doctors pioneered its use to help heal wounds.

Unlike normal saunas, infrared saunas emit infrared light, which you experience as radiant heat. This energy is absorbed by your skin and penetrates several inches deep into your tissues. This penetrating light heats your body more efficiently — and allows you to sweat more efficiently — than a traditional steam sauna.

Infrared saunas have also been shown to be much more efficient at detoxing than steam saunas. Although they run much cooler than traditional saunas — typically 110 to 130 degrees, versus the blistering 150-175 degrees in steam saunas — you work up a more vigorous sweat at a lower heat.

In one study, sweat from a traditional sauna was made of up to 97% water. But the sweat released in an infrared sauna was only 80% to 85% water. The remaining 15% to 20% was heavy metals, sulfuric acid, sodium, ammonia, uric acid and other fat-soluble toxins.

And here are 7 ways you can help cleanse your body at home:

- **DMSA (meso-2, 3-dimercaptosuccinic acid):** This compound is one of the most effective ways of eliminating mercury. While glutathione, your body's natural toxin remover, pushes the metals out of the cell, DMSA quickly grabs them so they can be excreted.

It should be taken in on-again/off-again cycles. Ideally, three days on and 11 days off because your body needs 11 days to regenerate its glutathione levels. I recommend 9 mg of DMSA per pound of body weight per day.

- **Milk thistle (*Silybum marianum*):** This medicinal plant is one of the best herbs I've found for clearing toxins from your blood. Milk thistle has a potent antioxidant called *silymarin* that helps detoxify the liver and restore healthy liver function. And it's great for removing excess iron.¹⁴



Milk thistle helps detoxify chemicals and toxins that accumulate in the body and improves liver function.

Look for dried milk thistle extract in your health food store or online. But make sure it has a minimum of 80% silymarin. Take one 200 mg capsule twice a day.

- **Chlorella:** Chlorella is algae full of chlorophyll, and you can find it in any health food store. It detoxifies your body by binding to heavy metals and synthetic toxins, and pulling them through your system. Some people are sensitive to chlorella. If you start experiencing nausea or burping, it means your body can't tolerate it and you should go for another option.

If you don't have a sensitivity, work up slowly over one to two weeks to a dose of one teaspoon (10 tablets or capsules) per day until your levels come down. Add 3 grams per day to your smoothie, juice or water.

• **Clearing endocrine disruptors:** Your body can't keep up with all the hormone disruptors in the environment. I recommend using a few simple supplements to help metabolize excess estrogen and eliminate it from your body.

• **SAM-e:** It promotes the excretion of estrogen while negating the effects of estrogen toxicity. Take 200 mg a day to start. But you can take up to 800 mg twice a day if a blood test reveals that you have high levels of estrogen.

• **Alpha-lipoic acid:** It stops estrogen damage in cells and protects reproductive organs from excess estrogen. Start with 250 mg a day. But you can take up to 600 mg a day.

• **DIM:** You can get this natural estrogen cleanser from cruciferous vegetables, like kale and broccoli. I also recommend taking a supplement. Start with a 100 mg capsule a day. Two capsules provide as much DIM as a pound of vegetables.

References:

1. Brook RD, et al. "Particulate matter air pollution and cardiovascular disease: An update to the scientific statement from the American Heart Association." *Circulation*. 2010;121:2331-2378.
2. Pesch B, et al. "Environmental arsenic exposure from a coal-burning power plant as a potential risk factor for nonmelanoma skin carcinoma: Results from a case-control study in the district of Prievidza, Slovakia." *Am J Epidemiol*. 2002;155(9):798-809.
3. EPA Particulate Matter Retrieved December 14, 2015.
4. EPA. "PFOA, PFOS and Other PFASs." Available at: <https://www.epa.gov/pfas/basic-information-pfas>
5. Siddiqi MA, et al. "Polybrominated diphenyl ethers (PBDEs): New pollutants—old diseases." *Clin Med Res*. 2003;1(4):281-290.
6. EPA. "Technical Fact Sheet – Polybrominated Diphenyl Ethers." November 2017. Available at: https://www.epa.gov/sites/production/files/2014-03/documents/ffirofactsheet_contaminant_perchlorate_january2014_final_0.pdf
7. Fernandes Azevedo B, et al. "Toxic effects of mercury on the cardiovascular and central nervous systems." *J Biomed Biotechnol*. 2012;2012:949048.
8. Environmental Protection Agency. "EPA Releases First Major Update to Chemicals List in 40 Years." Feb 2019. Available at: <https://www.epa.gov/newsreleases/epareleases-first-major-update-chemicals-list-40-years>
9. World Health Organization, United Nations Environment Program. State of the science of endocrine disrupting chemicals. 2013.
10. Body burden fact sheet from ewg.org. Available at: ewg.org/sites/bodyburden1/factsheets/howcontam.php
11. "Options Exist to Improve EPA's Ability to Assess Health Risks and Manage Its Chemical Review Program." GAO-05-458: Published: Jun 13, 2005. Publicly Released: Jul 13, 2005.
12. Barse AV, et al. "Endocrine disruption and metabolic changes following exposure of *Cyprinus carpio* to diethyl phthalate." *Pesticide Bio Physiol*. 2007;88(1):36-42.
13. Ahsan S. "Is there a danger from scented products?" *BBC Magazine*. January 15, 2016.
14. Hutchinson C, et al. "The iron-chelating potential of silybin in patients with hereditary haemochromatosis." *Eur J Clin Nutr*. 2010;64(10):1239-1241.

Ditch The Dermatology Dictocrats And Turn On Your “Internal Sunscreen”

Countries around the world have been under quarantine for many months now.

And there’s an unfortunate consequence that is putting your health at risk.

Huddled in our homes... we aren’t getting the benefits of the sun.

Sure the multi-billion-dollar skincare industry — with the help of the mainstream media — has everyone convinced the sun is a deadly ball of radiation that’s threatening our entire planet.

But this couldn’t be farther from the truth.

As we start the summer season, the “sun police” are already out in full force... telling us we must slather on toxic-laden sunscreen to be “healthy.”

They’re taking it a step farther by shaming parents who don’t cover their children with sunscreen, saying they’re guilty of child abuse.

Take country singer Jessie James Decker, who posted a picture of her slightly tanned daughter online. Her fans immediately reacted by criticizing her parenting and accusing her of intentionally harming her child.

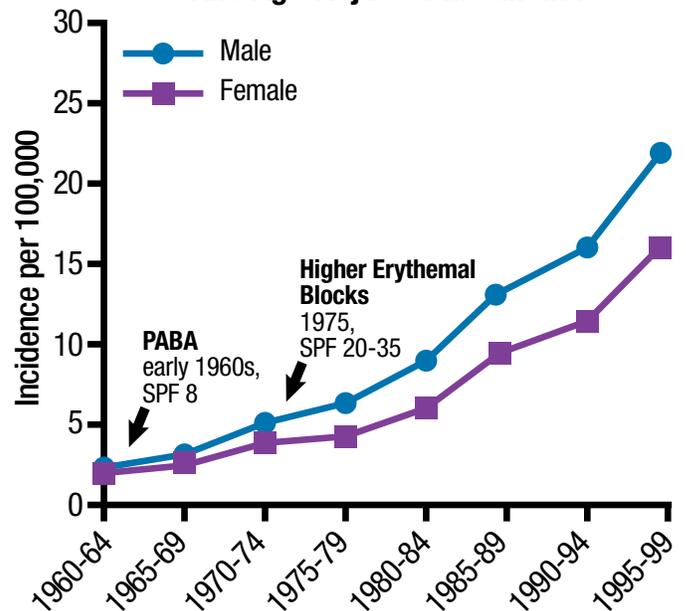
My stance on sunscreen is no secret.

Commercial Sunscreen Blocks The One Nutrient You Need To Prevent Skin Cancer

For decades, dermatologists have warned the public about the sun’s dangers. They told you that in order to prevent skin cancer you must slather on sunscreen every single day. And people listened. Worldwide, we spend \$12.4 billion on sun protection products every year.¹

I tell my patients to do the exact opposite... If you want to lower your risk of skin cancer — all cancers, in fact — skip the sunscreen and sit in the sun.

Suntan Lotions And Sunscreens And Age-Adjusted Melanoma



Age-adjusted melanoma incidence rates increased since 1960 in men and women.

Whenever I say this to a new patient, I hear something like this: *But Dr. Sears, what about melanoma?*

The truth is, malignant melanoma is NOT caused by the sun, despite what you’ve been told for the past 50 years.

Our fear of the sun has more to do with the profit margins of sunscreen manufacturers and dermatologists than protection against skin cancer. I advise my patients not to allow fake news and misinformation disguised as science to scare them. We have a natural connection to the sun and its protective power.

It’s true that burning is dangerous for your skin. But if the sun really were the cause of skin cancer, wouldn’t you expect people who live in sunnier climates to have the highest melanoma rates?

The truth may surprise you. People with the most sun exposure have the **LOWEST** rates of skin cancer in the world.

*In this article, you will learn the real cause behind our modern melanoma epidemic — and how it has nothing to do with the sun. I'll also show you the **one simple***

vitamin that can reduce your risk of skin cancer by 23% AND protect your DNA from damage — all while harnessing the healing power of the sun.

What Dermatologists Won't Admit

Yes. Skin cancer rates are increasing. In fact, skin cancer has become the most common kind of cancer in America.

According to the latest cancer statistics, more than 9,500 people in the U.S. are diagnosed with skin cancer *every day*.² Another 100,000 plus will be diagnosed with melanoma this year.³

These are the kinds of facts and figures that you'll see plastered on the news and that sunscreen makers love to scare you with. But that doesn't show the whole picture.

You see, a big part of the problem is that these “sun police” have lumped all forms of skin cancer together.

It's true skin cancer has become an epidemic in America and Europe, and that the incidence of malignant melanoma is on the rise. But did you know that only 1% of ALL skin cancers are malignant melanoma?

Here are some of the other things you're probably not being told:^{4,5,6}

- Other forms of cancer — such as basal cell and squamous cell carcinomas, the two most common forms of skin cancer — are highly curable.
- Malignant melanoma occurs most frequently on areas of your body that have the least exposure to sunlight.
- There is no link between sun exposure without sunburn and malignant melanoma.
- Populations that live closest to the Equator, like those in the sun-drenched Polynesian islands in the Equatorial regions of the Pacific, for example, have far less incidence of malignant melanoma than other regions.

“Our ancestors spent much of their time in the sun, yet they didn't suffer from skin cancer. As a matter of fact, archeological evidence reveals that skin cancer was extremely rare for them.”

There are many other factors — besides exposure to the sun — that impact your risk of skin cancer.

As for malignant melanoma, there appears to be **NO** direct link to the sun.

Our ancestors spent much of their time in the sun, yet they didn't suffer from skin cancer. As a matter of fact, archeological evidence reveals that skin cancer was extremely rare for them.⁷ They lived, worked and played in the sun for millennia before the rise of sunscreens and dermatologists.

Even in the 1930s, skin cancer was rare. Yet over the past 35 years, even though the use of sunscreen increased drastically, melanoma rates have doubled.⁸

It's ironic because today we're in the sun less but getting more skin cancer. So how could sunlight be the only cause?

Simple... it's not! And mainstream medicine knows it...

So What's Really Causing Skin Cancer?

Here's a statistic you don't hear from sun protection manufacturers...

Skin cancer rates have exploded by an incredible 660% since sunscreens first became mass marketed! And it's even greater when you look at women alone — a jaw-dropping 2,300%!⁹

This incredible increase is no coincidence because the ingredients in most sunscreens **cause** cancer. Sun-blocking creams, lotions and sprays get absorbed by your skin and go directly into your bloodstream.

Look at the ingredients on the sunscreens you have at home. One of the most dangerous sunscreen ingredients on the market that is often found in top brands is benzophenone. University of California researchers discovered that this chemical boosts the production of free radicals in your skin after just 20 minutes in the sun!

Not long ago, the Environmental Working Group found this toxin in nearly 600 sunscreens including many of the most popular brands on the market.¹⁰ And the Centers for Disease Control says 97% of Americans already have this deadly chemical in their system.

Benzophenone and the other chemicals in commercial sunscreens have been found to:

- Turn off your body's natural defenses against sun damage
- Damage your DNA
- Act like the female hormone estrogen
- Interfere with the production of thyroid hormones
- Increase your risk of breast and skin cancer



Toxic chemicals found in commercial sunscreens can be absorbed into the bloodstream and cause harm.

Toss Toxic Sunscreen... Up Your “D” And Slash Your Risk Of 17 Kinds Of Cancer

Here's the silver lining. When you toss the toxic sunscreen, and add this one nutrient... you're significantly lowering your risk.

You see, about 42% of Americans are vitamin D deficient.

This nutrient is so vital to your health, that medical science now classifies it as a hormone and not a vitamin. That's because it works through your endocrine system to help control most of your body's major systems, including bones, heart, muscles, immune system, pancreas, brain, skin and kidneys.

And every time you put on sunscreen, you're actually filtering out the UVB rays that trigger vitamin D production. The authors of a study titled *Vitamin D Deficiency - An Ignored Epidemic* found that vitamin D deficiency plays a role in causing 17 different kinds of cancers by a staggering 77%.¹¹

The latest research has found that vitamin D can control cell growth. If a cell growth becomes malignant, vitamin D3 will either return the cell to normal or induce apoptosis, cell death.

Numerous studies now prove that lower UVB exposure can result in high numbers of premature deaths from cancer — including skin cancer. Here are the results of four of those studies:

1. People who work outdoors have the lowest risk of melanoma¹²
2. People who work indoors have two times the incidence of malignant melanoma¹³
3. Lifeguards have low rates of melanoma¹⁴
4. Slow tanning can actually help prevent melanoma¹⁵

Turn On Your Internal Sunscreen

I always recommend gentle — or slow — tanning to my patients. You get all the benefits of sunshine without the danger of sunscreen or burning.

Gentle tanning allows time for your skin to build up melanin. That's the pigment that causes your skin to darken or tan. I call it your “internal sunscreen.”

By slowly developing this basic darkening, you can enjoy even more time in the sun without risk of burning. Just a little bit of sunshine every day — 20 minutes if you have light skin — stimulates melanin production.

If your skin is darker it may take you up to an hour or more. It's important to expose parts of your skin that are usually covered, so roll up your sleeves and pant legs. Wear a hat, though. Your face normally gets enough sun exposure.

But vitamin D isn't the only nutrient that can reduce your skin cancer risk.

Oral Sunscreen Reduces Risk Of Skin Cancer

Earlier I told you there is a simple vitamin that lowers your risk of skin cancer and DNA damage. I'm talking about a B3 vitamin known as nicotinamide.

A large clinical trial showed that a dose of 500 mg taken twice a day for a year reduced non-melanoma skin cancers by 23%.¹⁶ Basal cell carcinomas were

reduced by 20%. Less serious superficial basal cell carcinomas were prevented more effectively than more aggressive forms of basal cell carcinoma.

Squamous cell carcinomas were reduced by 30%. This reduction was the same for superficial and more aggressive squamous cell carcinomas.

Here's how it works... Skin cancer is caused by DNA damage to cells. Once they're impaired, these cells no longer have the energy required to repair themselves. Damaged DNA results in uncontrolled cell growth — or skin cancer. Vitamin B3 helps repair these cells and reduce skin cancer risk by:¹⁷

- Making more energy available to cells
- Helping repair damaged DNA, and
- Reducing the immune suppression caused by UV radiation

Reduce Your Skin Cancer Risk With These 4 Food Hacks

While mounds of evidence point to limited sun exposure and toxic sunscreens as the prime causes of the skin cancer epidemic — our modern diet also is also to blame.

In 2001, the National Academy of Sciences published a study showing that the omega 6:3 ratio was the key to preventing skin cancer development. Following the four food hacks below can reduce your risk.

1. Reduce your intake of omega-6s. Over the past century, we stopped eating healthy saturated and monounsaturated fats and turned to cheaper, mass produced polyunsaturated fats. The polyunsaturated fats in vegetable oils are almost entirely omega-6 fatty acids.

When sunlight hits omega-6s, they easily convert into cancer-causing molecules.¹⁸ And omega-6s also promote sunburn.

While omega-6s promote sunburn and cancer, as well as a host of other health concerns, there is another type of fat that easily prevents these problems. Omega-3 fatty acids are highly beneficial in virtually every aspect of your health — including protection against skin aging and skin cancer. Good sources of omega-3s include cold-water, high-fat fish as well as raw nut and seeds. If supplementing, look for an



Zinc is an active and safe ingredient for sunscreens especially if you have specific health concerns or skin issues.

The Only Safe Topical Sunscreen

If I need extra protection from the sun when I'm in the tropics, I choose zinc as a safe alternative.

Zinc oxide has been used for more than 75 years to protect skin from too much sun.

You may remember the days when lifeguards used to sport bright white noses. Today, they make micro-fine and tinted zinc oxide so you won't look like a clown.

Unlike chemical sunscreens that absorb UV light, zinc oxide sits on top your skin. It doesn't get absorbed by your body. It reflects and scatters both UVA and UVB rays so they don't penetrate your skin.

Apply zinc oxide generously on exposed skin at least 30 minutes before prolonged sun exposure. Mix it with a good moisturizer like shea butter.

Choose a non-nano formula that won't enter your bloodstream.

omega-3 from krill and calamari oil. They're more concentrated than regular fish oil. And your body absorbs them better.

2. Eat foods rich in vitamin D. These include small fish like herring, sardines and anchovies. Organic milk from grass-fed cows is also an excellent source, as are egg yolks, cooked salmon and grass-fed organ meat.

But your food probably won't give you all the vitamin D you need. I recommend taking a supplement of vitamin D3 called cholecalciferol. It's the same vitamin D3 your body produces. I recommend taking 2,000 IU in the morning. Vitamin D is inversely related to melatonin, your sleep hormone, and may keep you awake.

3. Cut out carbs. Eating these glucose-heavy foods dramatically increases inflammation and oxidative stress in your body, caused by oxygen free radicals.

Because glucose is the primary fuel of cancer, it creates the perfect feeding ground for cancerous cells. Keep your consumption of carbohydrates to no more than 10% of your food intake.

4. Include more of these kinds of fruits and vegetables. Red and orange foods have high levels of a carotenoid called lycopene. When you eat these foods, lycopene settles into your skin's outer layer. It acts as a natural sunblock and also repairs cells damaged by sunlight. At the same time, they they scavenge for free radicals and repair damaged cells. In a *Journal of Nutrition* study, people who ate lycopene-rich tomato paste every day for 10 weeks showed less damage when subjected to UV radiation.¹⁹

Other good sources of carotenoids include carrots, sweet potatoes, papaya, watermelon, cantaloupe, mangos, spinach, kale, turnip greens, chard, tomatoes, bell peppers and oranges. But my favorite carotenoid is astaxanthin, a microscopic algae found in wild salmon.

References:

1. Forecasted market value of sun care worldwide from 2018 to 2029. <https://www.statista.com/statistics/812522/sun-care-market-value-global/>
2. Skin Cancer Foundation. "Skin cancer facts and statistics." <https://www.skincancer.org/skin-cancer-information/skin-cancer-facts/#:~:text=General%20facts,of%20the%20disease%20every%20hour.&text=More%20than%205.4%20million%20cases,year%20new%20statistics%20were%20available.>
3. <https://www.cancer.net/cancer-types/melanoma/statistics#:~:text=This%20year%20an%20estimated%20100%2C350,invasive%20melanoma%20of%20the%20skin.>
4. <https://www.cancer.org/cancer/melanoma-skin-cancer/about/key-statistics.html>
5. Neville JA, et al. "Management of nonmelanoma skin cancer in 2007." *Nat Clin Pract Oncol*. 2007;4(8):462-469.
6. Moore MA, et al. "Cancer epidemiology in the pacific islands - past, present and future." *Asian Pac J Cancer Prev*. 2010;11(0 2):99-106.
7. Rebecca VW, et al. "A brief history of melanoma: From mummies to mutations." *Melanoma Res*. 2012;22(2):114-122.
8. Guy GP, et al. "Vital signs: Melanoma incidence and mortality trends and projections-United States, 1982-2030." *MMWR Morb Mortal Wkly Rep*. 2015;64(21):591-596.
9. Lowe G, et al. "Increasing incidence of melanoma among middle-aged adults: An epidemiologic study in Olmsted County, Minnesota." *Mayo Clin Proc*. 2014;89(1):52-59.
10. CDC: Americans carry body burden of toxic sunscreen chemical.
11. Elwood JM, Jopson J. "Melanoma and sun exposure: An overview of published studies." *Int J Cancer*. 1997;73(2):198-203.
12. Beral V, et al. "Malignant melanoma and exposure to fluorescent lighting at work." *Lancet*. 1982;2(8293):290-293.
13. University of Sydney. "Researchers find sunlight may have beneficial effects on cancer." 2005.
14. Kaskel P, Sander S, et al. "Outdoor activities in childhood: A protective factor for cutaneous melanoma? Results of a case-control study in 271 matched pairs." *Br J Dermatol*. 2001;145(4):602-609.
15. Chen A, et al. "A phase 3 randomized trial of nicotinamide for skin-cancer chemoprevention." *New Engl J Medicine*. 2015;373(15):1618-1626.
16. Damian D. "Nicotinamide for skin cancer chemoprevention." *Australas J Dermatol*. 2017;58(3):174-180.
17. Wilson RB, et al. "Dimethylhydrazine-induced colon tumors in rats fed diets containing beef fat or corn oil with and without wheat bran." *Am J Clin Nutr*. 1977;30:176-181.
19. Stahl W, et al. "Dietary tomato paste protects against ultraviolet light-induced erythema in humans." *J Nutr*. 2001;131(5):1449-1451.

The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.

AL SEARS, MD

Al Sears, MD, CNS, is a medical doctor and one of the nation's first board-certified anti-aging physicians.

As a board-certified clinical nutritionist, strength coach, ACE-certified fitness trainer and author, Dr. Sears enjoys a worldwide readership and has appeared on more than 50 national radio programs, ABC News, CNN and ESPN.

In 2010, Dr. Sears unveiled his proven anti-aging strategies in *Reset Your Biological Clock*. As the first U.S. doctor licensed to administer a groundbreaking DNA therapy that activates the gene that regulates telomerase, Dr. Sears made history by bringing telomere biology to the general public.

Dr. Sears shocked the fitness world by revealing the dangers of aerobics, “cardio” and long-distance running in his book, *PACE: The 12-Minute Fitness Revolution*.

In 2004, Dr. Sears was one of the first doctors to document the true cause of heart disease and expose the misguided and often fatal drugs-and-surgery approach to heart health.

In *The Ageless Heart Manual: Advanced Strategies to Reverse Heart Disease and Restore Your Heart's Pumping Power*, Dr. Sears outlines the easy-to-follow solution that effectively eliminates your risk of heart disease, high blood pressure and stroke.

An avid lecturer, Dr. Sears regularly speaks at conferences sponsored by the American Academy of Anti-Aging Medicine (A4M), the American College for the Advancement of Medicine (ACAM) and the Age Management Medicine Group (AMMG).

