

Dear Friend,

Having a strong immune system is the cornerstone of our good health.

It's not a new topic. I've been giving my readers and patients the protocols to boost their immunity for as long as I've been practicing medicine.

But with the events going on today, there's a heightened awareness about the importance of immunity. My patients and readers have expressed their desire to focus even more attention on building the strongest, most robust immune system.

That's why I wanted to make this winter installment of Confidential Cures a special Double Issue focused on this very desire.

The good news is, you don't have to run and hide this winter season. You can start now and build an impenetrable shield that will allow you and your family to live with confidence, vitality and a renewed hope and expectancy.

In this **Winter Double Issue of Confidential Cures** I'll show you how you can flip the switch on your immune system and build an impenetrable shield so that you don't have to worry about the flu, "supercolds," or being in an unfamiliar, new environment like I've been many times while traveling to the world's most remote locations.

You'll see why...

- I've never been sick while traveling, and I'm not afraid to travel to even the most exotic locations. Like my trip where I observed the ancient indigenous culture of the Ashaninkas who showed me how to use a woody vine known for its powerful immune boosting properties.

- Oxygen is a critical factor in fueling our immune system. I'll show you the best ways to replenish your depleted oxygen levels and ramp up your body's natural defenses.

- There's an important connection between your DNA, particularly the age-controlling caps called telomeres, and your immune system. I'll share some of the most powerful, natural ingredients proven to boost the health of your telomeres AND help you regain the robust immune defenses you had in your younger days.

- This German high-tech laser, a little-known immune-boosting treatment, can fuel your mitochondria to keep your immune system strong. And it's not something you'll hear from conventional doctors...or even most alternative doctors.

- Rebalancing your immune system can protect you from the exploding epidemic of autoimmune diseases and the common link to other chronic diseases like cancer, heart disease and Alzheimer's.

I hope you enjoy this special Immunity Double Issue.

To Your Good Health,

Al Sears, MD, CNS

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Don't Run And Hide From This Year's Cold And Flu Season

Build An Impenetrable Shield Instead

The key to staying healthy is not about locking yourself in a sterile room and handling the world with latex gloves. It's about being prepared for the world we live in.

When I'm not at the *Sears Institute for Anti-Aging Medicine*, I'm often traveling, trekking through jungles in search of herbs, little-known cures and traditional remedies.

When I tell most people I plan to resume my travels as soon as I can, they ask me if I'm afraid of getting sick.

It's a fair question.

But I've never gotten sick while traveling. In fact, I hardly *ever* get sick... because I keep my immune system armed and ready at all times.

That's more important than ever right now.

As we end 2020, we must take responsibility for our own health... without relying on so-called government experts who've been wrong about our ability to fight infectious diseases more than they've been right.

You see, you were born with all the defenses your body will ever need. It's called your immune system.

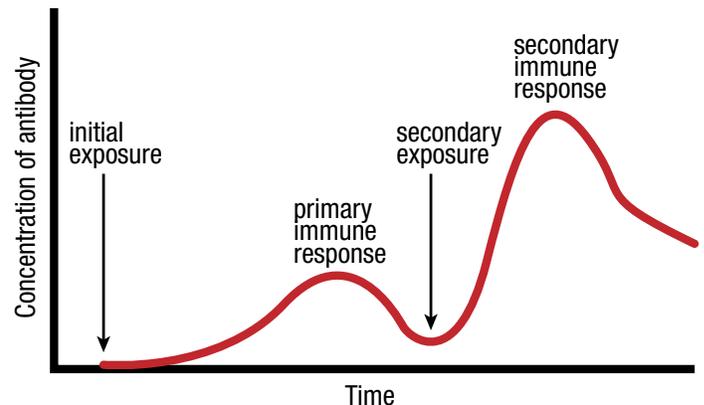
And if you keep your immunity strong, you have nothing to worry about — including what is predicted to be a brutal flu season.

But I am concerned that lockdowns could make the flu season longer and harder.

You see, we build immunity when we expose ourselves to our community. Being around kids and social contacting is where we get almost all of our immune conditioning.

And that means that some people who otherwise wouldn't get the flu are more vulnerable to it this year.

In this *Confidential Cures* article, I'll show you how you can flip the switch on your immune system and



With a strong immune system, you don't need to worry about exposure to infectious disease.

build an impenetrable shield so you never have to worry about getting sick again — whether from the flu, super-colds, superbugs or an unfamiliar environment.

But first, let's talk a little bit about how your immunity operates.

Your natural immune system relies on an army of defenders. These guards are made up of various kinds of white blood cells.

They include:

- Cytokines – chemicals that send messages between cells. They regulate immunity, inflammation, and the production of white blood cells. There are dozens of different types. Each type target different cells. The most important are interleukins, interferon and TNF- α .
- Phagocytes – cells that surround and destroy foreign invading cells. They have short lives so your body has to keep replacing them.
- Lymphocytes – B cells attack invading bacteria, viruses and toxins. T cells destroy the body's own cells that have been taken over by viruses or become cancerous.

- Natural Killer Cells – NK cells are a type of lymphocyte. They destroy pathogens including certain cancer cells. They attach to the surface of infected cells, break their outer membrane, and cause them to burst.

In a healthy immune system, all of these cells work to fight off disease and infection. But a weak system allows invaders like germs, viruses and dangerous microbes to flourish and destroy your health.

I have no fear of catching any cold or flu this year...

You see, the key to staying healthy isn't about keeping viruses and germs out. It's about being ready for them when they come in. And in today's world, that's hard to do.

Your Immune System Wasn't Designed For Today's Toxic World

Your body wasn't designed to fight off the modern threats we face every day.

As a regular reader, you already know that our world is flooded with tens of thousands of manmade chemicals, solvents and other toxins. PLUS, the viruses and airborne germs we face are constantly mutating, creating "superbugs" as a result of modern world... and the majority of our food is genetically modified and sprayed with powerful toxins that are giving rise to more superbugs.

Our environment has changed, but not for the better. On top of that, you have to deal with all those crowded places, like airplanes, offices, schools and public events, where you're exposed to everyone's coughs, colds, and contagious illnesses... as well as the superbugs.

Modern medicine has no answers — because they can't be bothered with prevention. They have no reason to give you something that will strengthen your immune system or keep you from getting sick. Remember, they're in business to sell you drugs AFTER you get sick.

Our ancestors instinctively knew how to protect their immune defense shield. I was fortunate enough to uncover one of these 2,000-year-old remedies while hiking through the Amazon jungle.

“The key to staying healthy isn't about keeping viruses and germs out... it's about being ready for them when they come in.”

I was there to observe the Ashaninkas, an ancient indigenous culture on the edge of extinction. With a history going back thousands of years, the Ashaninka have a profound knowledge of the healing herbs of the Amazon. And this was my last chance to try and preserve that knowledge because their natural habitat was all but gone.

Get “Hooked” On Cat's Claw

The Ashaninkas brought me to see the woody vine they call cat's claw. It gets its name from large claw-like thorns that allow it to scale around trees — sometimes reaching a height of 100 feet or more. And the base of the vine can grow as thick as a tree trunk.

The Ashaninkas have used it for thousands of years to support sinus and digestive health, treat inflammation, cure wounds and boost immunity.

One after the other, clinical studies are validating what these traditional healers have known for centuries... Cat's claw increases your immunity to help fight infectious diseases more effectively.

In one study, a group of volunteers were given 350 mg of cat's claw twice daily or a placebo. After eight weeks, the number of white blood cells in the cat's claw group increased substantially.¹ A second study of healthy adults given cat's claw for six weeks noted the same results.²

Cat's claw works both by boosting your immune response and calming an overactive immune system. In one study, it was found to suppress TNF- α production by up to 85%. TNF- α is a pro-inflammatory cytokine **produced** by macrophages, monocytes, endothelial cells, neutrophils, smooth muscle cells, activated lymphocytes, astrocytes, and adipocytes. It's released following infection and has a powerful antiviral effect.³ When it comes to additional viral infections, cat's claw:

- Was more effective at reducing symptoms in 31 volunteers with cold sores virus (*herpes labialis*) than the prescription antiviral drug Acyclovir⁴
- Stopped the spread of the herpes virus by preventing it from attaching to cells⁵
- Reduced incidence of human papillomavirus in 261 study volunteers⁶
- Prevented immune cells from being infected with dengue virus⁷

But this herbal medicine works in a second, even more powerful way...

Shield Your Immunity From Free Radical Damage

Cat's claw reinforces your body's defenses with its antioxidant properties — skillfully rounding up free radicals.

And there's a very good reason why that matters to your immune system... *Natural free radical fighters protect you from disease at the cellular level.*

Your immune system can't win any battle without antioxidant power on your side. Antioxidants guard your cells from free radicals. If you don't know what free radicals are, or why you should protect yourself from them, consider this: Free radicals are like rogue molecules on a mission to destroy the healthy cells in your body.

In our toxic environment, free radicals have gotten out of control. They come from pollutants in the air, toxins in your food and other irritants in the world around you...and they're also created by some normal processes in your body.

You can't feel it happening, but free radicals bombard your cells every minute of the day. In the short term, that can make you feel run-down. Over time, they can cause your body to age faster.

But cat's claw extracts demonstrate powerful antioxidant effects in quenching the dangerous peroxy and superoxide radicals.

Laboratory analysis indicates that the antioxidant power of cat's claw exceeds that of many extracts of fruits, vegetables and medicinal plants.⁸

Rain Forest Vine Shields Your Whole Body

Protection from viral infections isn't cat's claw's only benefit. This Amazon cure-all has also been shown to treat:

■ **Arthritis.** Cat's claw contains a unique chemical called pentacyclic oxindolic alkaloid (POA). This compound has anti-inflammatory effects. POA appears to block the production of inflammatory substances such as tumor necrosis factor- α .⁹



It didn't take long to find a huge cat's claw vine crawling its way up this enormous tree.

In one study, 45 volunteers were treated with cat's claw or a placebo. After four weeks, pain associated with physical activity was significantly reduced. Patients reported benefits as early as the first week of therapy — with no adverse side effects.¹⁰

Cat's claw may also help people suffering from rheumatoid arthritis, an autoimmune disease characterized by severe joint inflammation and stiffness. In a 12-month clinical trial of 41 volunteers, supplementing with cat's claw extract led to improvement in painful and swollen joints.¹¹

■ **Cancer.** Test tube studies suggest the POA found in cat's claw contains anti-tumor properties that are toxic to certain cancer cells without harming healthy cells.

A 2016 study found that cat's claw can kill different kinds of cancer cells, including those from bladder cancer and a specific type of brain cancer called glioblastoma.¹²

■ **Heart disease.** There is an alkaloid in cat's claw called *rhynchophylline* that helps prevent strokes and sudden heart attack by lowering blood pressure, increasing circulation, and preventing the formation of plaque on arterial walls.¹³ It works by inhibiting platelet aggregation and thrombosis.

■ **Alzheimer's and dementia.** Early results show cat's claw inhibits beta-amyloid plaque formation. It dissolves the plaques, turning them into an amorphous material so that they can dissolve harmlessly into the brain. It also has positive effects on tangles of tau proteins, which is another issue related to memory loss and cognitive decline. Under an electron microscope, these look like twisted filaments, but cat's claw disrupts both naturally occurring tangles and deliberately formed ones. It does this by unzipping the beta sheet around the tangles and dissolving them into the body.

In an animal study, researchers looked at mice with advanced plaque formation in their brains. After 14 days of cat's claw injections, they noticed a 59% reduction in plaque load and a 78% reduction in plaque number.¹⁴

■ **Diabetes.** Animal studies have shown that an extract in cat's claw reduced blood sugar levels and inflammation and prevented diabetes in mice whose insulin-releasing beta-cells were damaged.¹⁵

■ **Anti-aging.** I've been using cat's claw to treat patients for decades. But it was only recently that I learned it has powerful anti-aging effects. In one study I came across in my research, cells treated with cat's claw extract lengthened telomeres and extended the lifespan of cells by 201%!¹⁶

Using human skin cells, scientists in New York showed cat's claw can stimulate repair of DNA damaged by UV light.¹⁷ Doctors at Mount Sinai Medical Center found similar results.¹⁸

And researchers in Sweden showed that cat's claw extract helps defend against DNA damage — and promotes DNA repair — in humans. The Swedish doctors used hydrogen peroxide to trigger free-radical damage in their volunteers. Some took cat's claw extract, while others received a placebo. The volunteers taking cat's claw suffered less DNA damage... and also showed a much higher level of DNA repair.¹⁹

Use Cat's Claw The Way The Ashaninkas Do

The Ashaninkas drink cat's claw as a healing tea. I've adapted their recipe to improve the taste.

1. Boil water and pour into a cup. Add a few drops of lemon juice. The acid from the lemon helps release the tannins in the tea.
2. Add the bark or powder. If using the bark, one to



The Ashaninkas drink Cat's Claw as a healing tea.

two average-sized pieces will be enough. For the powder form, 1 to 2 teaspoons is ideal.

3. Let steep for five to 10 minutes. Strain and add a teaspoon of raw honey or a dash of spices to taste.

You can always supplement. Look for one made from the inner bark of the plant. Take 500 mg a day.

Build A Suit Of Armor With The Peruvian Power Trio

Cat's claw isn't the only health-enhancing plant I found on my trip to Peru. Here are three more South American plants that strengthen your immune shield.

1. **Maca root** is traditionally used to support energy, stamina and endurance, which is why athletes turn to it. But that's also necessary when it comes to improving immunity.



Along with vitamins B1, B2 and C, calcium, omega-3, selenium and proteins, maca contains beta-sitosterol — one of the most powerful plant antioxidants.

2. **Camu camu** is a potent, flavonoid-rich plant from the Amazon rain forest. Flavonoids are antimicrobial agents found in brightly colored fruits, vegetables and plants that serve as a natural defense system against microbes and insects.



Studies have shown that they may produce a higher immune response in the body.²⁰

3. **Açaí berry** has become all the rage in recent years, and with good reason. It is high in antioxidant compounds like polyphenols and polysaccharides, which have been shown to increase antioxidant ability in the blood and enhance T cell immune response.²¹ When taken directly, acai boosts the production of interleukin 12 (IL-12) as well as myeloid cells, a type of white blood cells which ensure your immune system is healthy.



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How To Bullet Proof Your Immune System

In our 21st century, post-industrial, high-tech world, you and I live in a toxic soup, on a planet where oxygen levels are constantly decreasing.

This is critical, because — like the process of life itself — your immune system is fueled by oxygen.

Your immune system is an amazing mechanism that can protect you from parasites, infections and thousands of diseases. It also allows your body to heal and recover from sickness and injury.

With a strong immune system, you won't have to face the prospect of constantly falling ill and being reliant on medical intervention just to keep you going. You won't have to worry about disease or infection.

Sadly, your body's immunity declines with age — leaving you more vulnerable to infections, as well as chronic diseases like heart disease, arthritis and cancer.

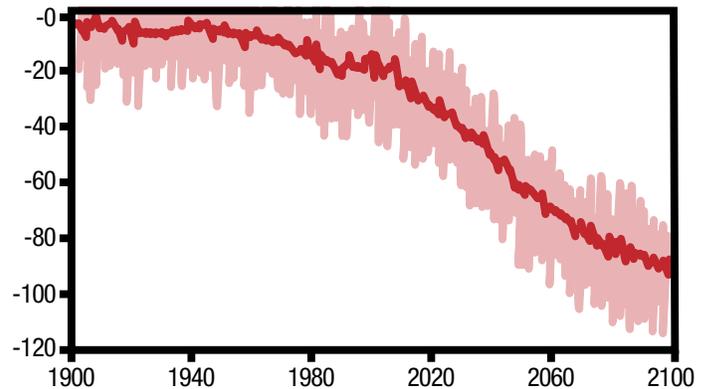
In today's world it's almost impossible for your immune system to get enough oxygen to function optimally — no matter what your age.

You see, the three traditional sources of oxygen — food, water and air — have all been polluted and deoxygenated. Environmental toxins are binding up oxygen before it can even reach your body.

Unless you do something about it, this crisis of oxygen depletion will result in a dysfunctional, under-fueled immune system.

But the good news is you can easily boost your immune system, starting today. And you can oxygenate your blood, improve circulation, and boost oxygen delivery to your cells.

This is not something you'll hear from conventional doctors. Most have accepted that your immune system will weaken as you get older, and that eventually you'll succumb to one of the so-called "diseases of aging."



Oxygen depletion is having a devastating effect on the human immune system. This chart reveals the projected drastic decline in global oxygen availability to the year 2100.

I couldn't disagree more. Here at the *Sears Institute for Anti-Aging Medicine*, I've been pioneering cutting-edge immune system-boosting strategies for decades.

In this ***Confidential Cures*** article, I'll show you the best ways to replenish your depleted oxygen levels and ramp up your body's natural defenses. You'll be amazed at how quickly you can build an impenetrable shield against harmful disease-causing microbes and pathogens that threaten your health and wellness.

Your Body's Defenders Need Oxygen To Fight

All human cells thrive on oxygen. And the *leukocytes*, or white blood cells, that make up your body's natural defense system are no different.

This army of natural defenders consists of various kinds of white blood cells, including:

- **Cytokines**, like *interleukins* and *interferon*
- **Phagocytes**, like *neutrophils* and *macrophages*
- **Lymphocytes**, like *B cells*, *T cells* and *Natural Killer (NK) cells*

White blood cells work together to identify, attack and kill “foreign” microbes and chemicals that invade your body, including those that cause infections and diseases like cancer.

All of these immune cells require oxygen to function optimally.

A recent study conducted by researchers at University of Erlangen-Nuremberg in Germany noted that oxygen is “indispensable” for your immune system to work properly.¹

Although white blood cells don’t carry oxygen the way red blood cells do, they still require it as a source of energy.

Additionally, when white blood cells metabolize oxygen, they make a byproduct called *hydrogen peroxide*, which is broken down by the enzyme *peroxidase* and converted into some of your body’s most powerful antioxidants.

You may already know about the power of your body’s own antioxidants as another critical line of defense used by your immune system. I’ll tell you more about that in a minute.

Studies show that your immune system also deploys *hydrogen peroxide* as a kind of “first responder” that attacks bacteria and other harmful pathogens, while at the same time alerting the army of white blood cells to mobilize for defense.²

Meanwhile, low oxygen levels have been shown to drastically alter your body’s immune system, often causing diseases to become more severe.

Researchers at Edinburgh University in Scotland recently found that low oxygen levels not only weaken your body’s defenses and its ability to attack invading pathogens — it can also trigger an over-reaction in your immune response that can lead to fatal illnesses, like chronic lung disease.³

Other studies reveal that low levels of oxygen cause your immune system to release surges of pro-inflammatory cytokines, which can lead to the chronic inflammation that results in heart disease, and other conditions like diabetes, arthritis and cancer.

But not only does your immune system require adequate levels of oxygen to function properly —

“Low oxygen levels have been shown to drastically alter your body’s immune system, often causing diseases to become more severe.”

studies also reveal that extra oxygen has the power to turbo charge your immune cells.

A study published in the *New England Journal of Medicine* found that extra oxygen dramatically boosts the defense powers of *neutrophils* and can cut infection rates by a staggering 50%.⁴

But that’s not all oxygen can do for your immune system...

Oxygen Makes Your Immune System Younger

Your body’s ability to fight off disease gets weaker as you age for one primary reason — *free radicals*.

These are “rogue” oxygen molecules produced by your cells as a natural byproduct of normal biological processes, such as the metabolic conversion of food into energy. Free radicals also enter your body through small particles in polluted air, cigarette smoke, as well as via the consumption of a high carbohydrate and sugar diet.

And they are incredibly damaging to your immune system. Scientists now know that the assault of free radical attacks on your immune system is one of the chief mechanisms behind the aging process — because it reduces your body’s ability to defend against illness and disease.

Studies also show aging immune cells even produce their own free radicals, which trigger their own destructive chain reactions that cause widening circles of damage, disease and accelerated aging.⁵

That’s why your body’s own free radical-fighting, natural antioxidants are so important.

The problem is that antioxidant “super oxides,” like *Superoxide Dismutase (SOD)*, *Catalase* and *Glutathione Peroxidase* — can’t synthesize properly without enough oxygen.

Research by immunologists at UCLA has proven that an aging body’s ability to reinvigorate its antioxidant defenses against free radicals can literally reverse the negative effect of these harmful molecules on the immune system.⁶

This is critical research, because it means that by fighting the effect of free radicals on your immune system, your body not only becomes better at fighting disease — it also means you can actually slow the rate at which you age.

Boost Your Immune System With HBOT

The fastest and most effective way to bullet-proof your immune system and reduce free radical activity is to ramp up your oxygen levels with *Hyperbaric Oxygen Therapy (HBOT)*.

Studies confirm HBOT triggers *antioxidant gene expression* that protects immune cells from aging.⁷

The treatment has been used since the 1920s to treat deep-sea divers suffering from decompression sickness and trapped air bubbles (the bends). But before long doctors also discovered that it was a powerhouse for speeding up wound healing.

It works by suffusing every cell in your body with high-pressure oxygen, including your immune cells.

Getting HBOT is easy. You simply breathe as normal in a special, oxygen-rich chamber. The only difference is that you're getting 100% oxygen under higher pressure (up to 2.5 times than we normally have in air).



Dr. Sears in the Hyperbaric Oxygen Suite at the Sears Institute for Anti-Aging Medicine.

The combination of pressure and oxygen physically dissolves more oxygen into your bloodstream, which then carries it throughout your body.

You simply climb into an HBOT chamber and relax for a couple of hours. A clear hood is closed over the bed. You can even watch TV or take a nap.

Unfortunately, oxygen doesn't get headlines the way Big Pharma drugs do. And it can't be patented, so it will never be promoted by the medical industry. But it's a potent anti-aging weapon and can work wonders on your immune system.

Although mainstream medicine has been slow on the uptake, hyperbaric chambers are now used in a number of hospitals and healing centers in almost every U.S. state.

I even use them in my own clinic. But if you're not in South Florida, I recommend you carry out an internet search to find the best ones in your local area.

Get A Bigger Boost With 'EWOT'

You can give your immune system a double whammy of healing oxygen by combining HBOT with the right kind of exercise — or *EWOT* (Exercise with Oxygen Therapy).

I recommend my *PACE* exercise program, which works by incrementally increasing the intensity of your exertion over time.

As a regular reader, you know that *PACE* stands for *Progressively Accelerating Cardiopulmonary Exercise*.

It's a highly effective way to ramp up your body's oxygen levels. It builds capacity in your heart and lungs, and floods your cells with life-giving oxygen.

In fact, it helps pump oxygen-rich blood to your vital organs by up to 18 times more than light exercise such as walking.⁸

Working with *PACE* is simple. And the really great thing about it is you only need 12 minutes a day. You don't need expensive equipment or a gym membership, and it's safe at any age.

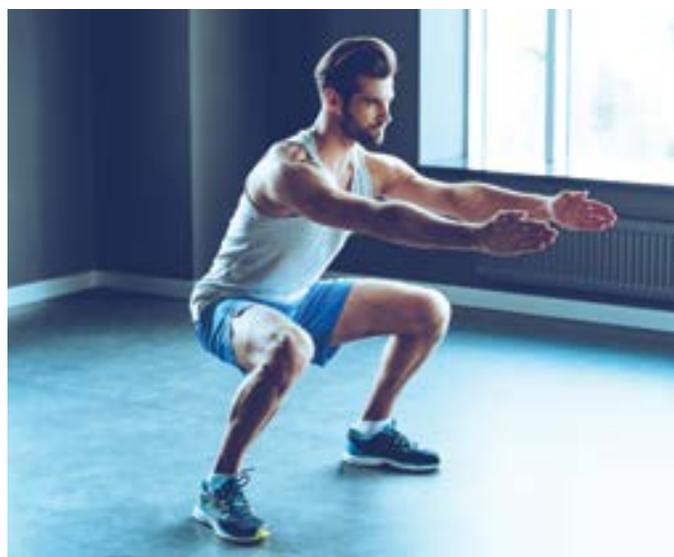
It doesn't matter if you're out of shape. You can start out easy, at your own level. Gradually, you increase your intensity as each move becomes easier.

You can choose any exercise that will make you stop and pant for breath. It could be as simple as going up and down the stairs, jumping rope, biking or swimming. The most important thing is to increase your challenge gradually over time.

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

Here are three of my favorite movements for a PACE workout...

- **Push-ups:** Start face down on the floor, palms against the floor under shoulders, toes curled up against the floor. Push up with arms keeping a straight line from head through toes. Lower to within a few inches of the floor and repeat. This exercise is great for your entire upper body. And if you're just beginning you can do push-ups from your knees.
- **Squats:** Stand with feet shoulder-width apart. Squat as far as possible, bringing your arms forward parallel to the floor. Return to standing position. Repeat. Lean a bit forward to work your buttocks and straighten up to work the big muscles in your thighs.



Keep your back straight when doing squats, with your feet shoulder length apart.

- **Cross-Crunch:** Stand with your legs together, arms extended in front of your chest, and elbows bent. Lift your right knee toward your left elbow. At the same time, swing your right arm down and behind you. Return to starting position. Repeat motion on the other side. Keep alternating.

Choose any one of these exercises to start. Try doing three sets of it. Perform each movement until you reach your desired intensity. Then rest and recover. At first, you'll have to take longer breaks, but they'll get shorter as you build your natural strength.

Increase the intensity with each set. At the same time, try to shorten your recovery time between sets, or get up to your desired intensity faster.

PACE is completely customizable to your physical condition. To learn other good PACE exercises, visit my YouTube channel: www.youtube.com/user/AlSearsMD/videos

My Favorite Oxygen And Immune Boosting Nutrients

Here's what I recommend to my patients:

■ **Take Sulforaphane:** Researchers at UCLA discovered that sulforaphane, a compound found in cruciferous vegetables that has been shown to reverse the decline in cellular immune function.⁹

The researchers found that sulforaphane stimulates a wide range of antioxidant defense pathways that directly interfere with the age-related decline in immune function.

Cruciferous vegetables that contain sulforaphane include kale, cauliflower, cabbage, brussels sprouts, bok choy, collards, mustard greens and turnips. But the best source of sulforaphane is broccoli sprouts. They give you up to 100 times as much as regular broccoli.¹⁰

Aim for at least one serving of these vegetables every single day. Or, you can take a supplement.

Look for one made from an extract of broccoli sprouts containing *sulforaphane glucosinolate*. Take at least 30 mg three times a day but not with food. Take it at least 30 minutes before or after a meal.

■ **Eat more beets:** This humble root vegetable naturally boosts the production of *nitric oxide* in your body — thanks to the large amounts of nitrates it contains.

Nitric acid sends “blood flow signals” that relax arterial walls, dilate the blood vessels, and improve the flow of blood and oxygen everywhere in your body.

You can juice beets, but if possible use organic beets and throw in the roots, fruit, and even the leaves. You

can also buy organic beet juice in most supermarkets and health food stores.

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

Take one glass (250ml) 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 2,500 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.

■ **Try Cordyceps Sinensis:** This medicinal fungus has the power to “turn on” genes that increase oxygen delivery to the cells while “turning-off” inflammatory factors.¹¹

In one study of 30 elderly patients, cordyceps sinensis significantly improved the amount of oxygen these subjects were able to absorb. Another study showed that cordyceps sinensis increased cellular oxygen absorption by up to 40%.^{12,13}



The Cordyceps mushroom has amazing immune health benefits.

A lot of cordyceps supplements combine different species, so it's important to look for a supplement that says cordyceps sinensis. I recommend taking up to 1 gram twice per day by capsule.

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How To Grow Stronger, Younger T Cells... Your Body's #1 Virus Killer

No matter how many birthdays you've had, you're only as old as your immune system.

Your “chronological age” may be measured by the number of years since you were born, but your true, “biological age” — how well your body is defying the march of time — is another matter entirely.

The true age of your immune system is determined by the length of your telomeres — the “time keepers” at the end of each chromosome.

- When your telomeres are longer, your immune cells are younger and stronger.
- When your telomeres are shorter, your immune cells are older and weaker.

These two facts are true regardless of your chronological age.

If your telomeres are long, you could be 90-years-old and have the immune system strength of someone in their 30s.

If your telomeres are short, you could be 30 and have the immunity of someone in their 90s.

And nowhere is this “accelerated aging effect” more devastating than among the white blood cells that make up your immune system, like *T cells*, *B cells* and *Natural Killer (NK) cells*.

You see, no matter what your chronological age is, when the biological age of your immune system starts to accelerate, your body loses its power to fight infection and illness.

Most doctors — even “alternative” doctors — who specialize in measuring and strengthening their patients' immune systems largely focus on counting individual



Shield immunity gives you the robust immune defenses you had in your younger days.

types of immune cells, like cancer-fighting NK cells, and testing their functionality in laboratory petri dishes.

But this is just a partial solution to the problem...

Only by “reversing” the biological age of *all* your immune cells can your body rebuild its **total defense shield**.

And that can only be accomplished by rebuilding your *telomeres* — the little bumpers that protect your DNA from damage.

In this *Confidential Cures* article, I'll show you the special connection between your telomeres and your immune system. I'll also share some of the most powerful natural ingredients that have been proven to boost the health of your telomeres and at the same time help you regain the robust immune defenses you had in your younger days.

Rewind Your Biological Clock

In the previous article, we revisited how *telomeres* are the protective caps at the ends of your chromosomes. Telomeres are the key to how your cells — and you — age. And they are a measure of your body’s true biological age.

In the simplest terms, telomeres are your cellular timekeepers. Every time your DNA makes a copy of itself to form a new cell, the telomeres get a tiny bit shorter.

And when they get too short, your DNA knows it can’t make accurate copies anymore, so the cell stops dividing and dies.

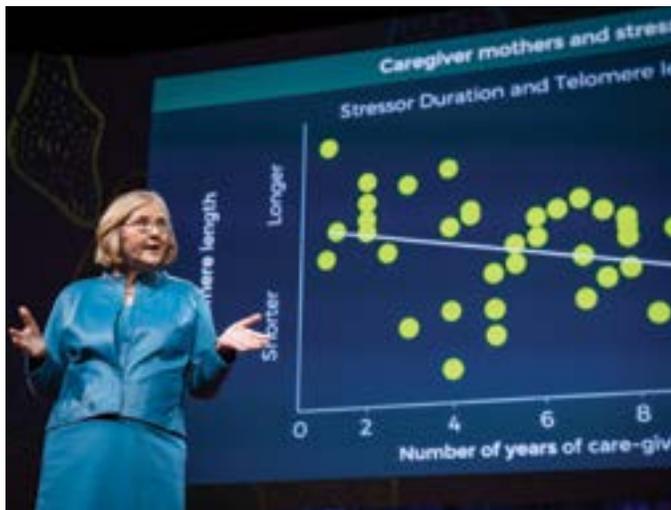
The more cells you have that are like this, the older your body acts.

In other words, the longer your telomeres are, the younger your cells behave; the shorter they get, the more vulnerable you are to “old age” and the diseases of aging, like diabetes, heart disease, arthritis, Alzheimer’s and cancer.

Modern-day living accelerates the process.

But this perpetual shortening of your telomeres is not inevitable...

Back in 2009, molecular biologist Elizabeth Blackburn won the Nobel Prize in Physiology or Medicine for an extraordinary scientific breakthrough — the discovery of *telomerase*, the enzyme that rebuilds telomere length.



Molecular Biologist Elizabeth Blackburn won the Nobel Prize in Physiology or Medicine for the discovery of telomerase.

This astonishing, life-changing *Eureka!* moment now means you have the power in your own hands to activate telomerase yourself and reverse your own biological clock.

There are a number of nutritional supplements that can be used as telomerase activators.

One of them is the ancient Chinese herb called *astragalus*, which I’m going to tell you more about later in this article.

An astragalus extract is already the key ingredient in a powerful anti-aging supplement called TA-65. This supplement has literally reversed the aging process in thousands of patients — in some cases, slashing 20 years off their biological clocks.

I was privileged to become the first doctor in the U.S. licensed to administer TA-65. Since it became commercially available in 2005, not a single adverse side effect has been reported.

Telomere research still hasn’t broken into the mainstream halls of medicine. Most doctors don’t know about it, even as studies reveal the powerful effect telomerase has on the body’s natural defense mechanisms.¹

The Special Connection Between Telomeres And Immunity

A number of studies have now confirmed that nutritional telomerase activators have the power to reverse the age of the defender cells that make up the human immune system.²

These studies prove that astragalus extract extended the length of telomeres and boosted functionality in the T cells of healthy and immuno-compromised individuals.³

T cells are part of your “lymphocyte” defense system and have powerful virus and cancer fighting abilities, while other populations of T cells work to signal different parts of the immune system to mount attacks on foreign microbial invaders.

One study noted that after exposure to telomerase activators, aging immune systems were “restored and remodeled,” causing them to act “more like that of a younger individual.”⁴

The same study also noted increased numbers of other immune cells, like tumor-destroying NK cells and *neutrophils*, which surround and destroy invading foreign microbes, as well as providing immune systems with a new, youthful vitality.

My own studies with patients treated with telomerase activators at the **Sears Institute for Anti-Aging Medicine** have shown their own extraordinary results.

Take a closer look at the chart on the first page of this article.

In one test group of 200 enrolled patients, whose biological age was measured earlier this year, the group enjoyed an immunological age reversal of an average of 13 years.

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

At the **Sears Institute for Anti-Aging Medicine**, I've witnessed hundreds of success stories as my patients build immune systems that are years younger and stronger than their chronological age.

Here are just a few...

- *Donald M.* went from a biological immune age of 63 to 38 — a **25-year reversal**.
- *Mark M.* went from a biological immune age of 80 to 40 — a staggering **40-year reversal**.
- *Rafique Z.* went from a biological immune age of 58 to 23 — a **35-year reversal**.

When your immune system gets younger, your body immediately becomes stronger and more robust. Your capacity to fight off infection and disease dramatically increases.

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

My Favorite Telomerase Activators

My own research into telomeres and telomerase was enough to convince me that you can improve your immunological age and give yourself the immune power of someone much younger.

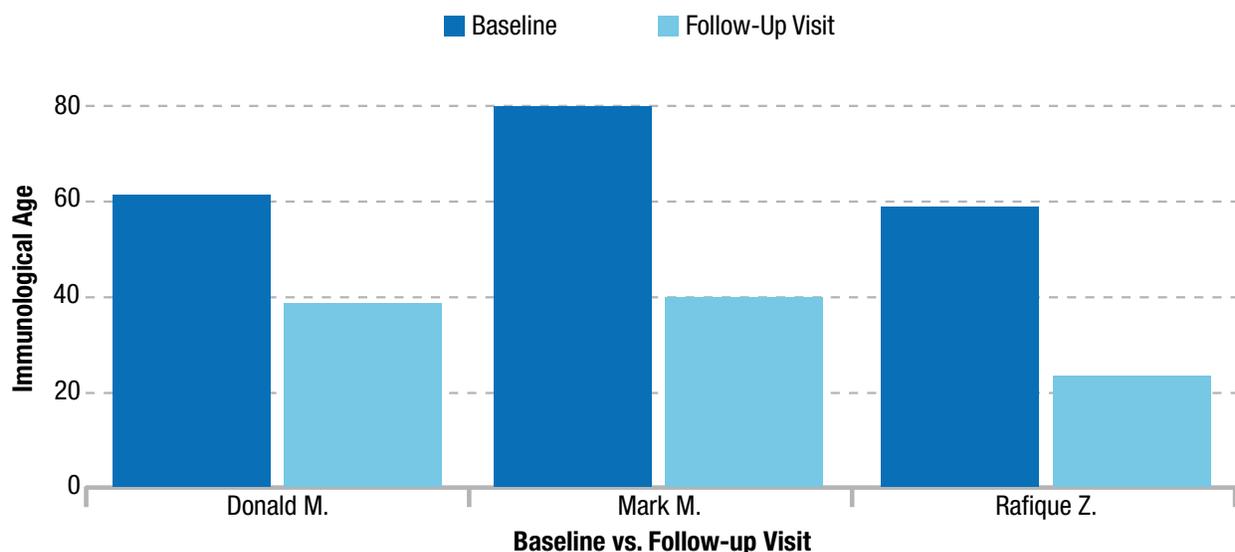
Over the past 10 years, I've identified at least 123 nutrients, vitamins, and other natural compounds that have the ability to alter telomere metabolism.

Here are just a few telomerase activators that my studies have identified as having a direct immunological impact:

■ **Telomerase Activator #1: Astragalus.** Dismissed for decades by American doctors as folk medicine and witchcraft, astragalus root has been used for thousands of years by Traditional Chinese Medicine practitioners. It's still commonly taken in many parts of Asia as a healing tonic and an immune-boosting tea to improve immunity against viral and bacterial infections.

Multiple studies conducted since the 1980s confirm the herb's wide-ranging ability to increase functionality and vitality among *cytokines*, *phagocytes* and *lymphocytes* across the entire immune system. Studies also show that

Sears Institute for Anti-Aging Medicine Patient Age Reversals



astragalus stimulates an increase of *immunoglobulin* levels, which boost the ability of immune cells to attach themselves to harmful bacteria and viruses, and aid in their destruction.^{5,6,7,8,9}

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

One of the best ways to take astragalus root is to make an *immune-booster tea or tonic*. As a root, astragalus is best prepared as a decoction...

- Simply add four or five slices of dried astragalus root, or one tablespoon of the powdered root to 8 ounces of water in a covered pot.
- Don't let the water boil. Keep it at a low simmer for 20 or 30 minutes and then strain.
- Now throw in about an inch of ginger and a spoonful of raw unfiltered honey.

You can also add astragalus to soups or stews.

You'll find slices of dried astragalus root at Chinese grocery stores, at health-food stores or online.



*Astragalus can turn back the hands
of your biological clock.*

■ **Telomerase Activator #2: Gamma-Tocotrienol.**

One of the four lesser-known forms of vitamin E, gamma-Tocotrienol has been shown to dramatically slow telomere shortening — even in the presence of severe oxidation and cellular stress.¹⁰

In one extraordinary finding in a University of Malaysia study, the entire structural integrity of aging

human cells was boosted after being incubated with a formulation rich in gamma-Tocotrienol that increased *telomerase* activity.¹¹

And in another study published in *Oxidative Medicine and Cellular Longevity*, researchers found that the *telomere lengths of cells treated with gamma-Tocotrienols were roughly 16% longer than controls after just 24 hours of exposure.*¹²

You'll find healthy doses of gamma-Tocotrienols in annatto oil, palm oil, cashews, almonds, pistachios, as well as kale, broccoli and spinach.

You can also supplement. I recommend 20 mg minimum daily.

■ **Telomerase Activator #3: Omega-3s.** These essential fatty acids are among the basic building blocks of your evolved body and its natural defenses — and you're almost certainly not getting nearly enough of them. Our consumption of omega-3s has declined dramatically over the past 50 to 100 years.¹³

Multiple research studies confirm that omega-3s activate telomerase, which leads to longer telomeres.^{14,15}

One study found that people with the lowest levels of omega-3 fats had the fastest telomere shortening over a five-year period. And those with the highest levels had the slowest shortening of telomeres.¹⁶

This omega-3 effect on telomeres translates directly into a more youthful and robust immune system.

Studies clearly demonstrate that omega-3 fatty acids work to enhance the functionality of every cell in your immune system — from T cells and B cells to macrophages, neutrophils, Natural Killer cells and dendritic cells, as well as providing extra antioxidant protection.

One recent meta study that looked at 30 years of research concluded: "To our knowledge, from all the immune cells investigated to date, none of them has been found to be inert to dietary omega-3 fatty acids."¹⁷

The two main omega-3s are *eicosapentaenoic acid (EPA)* and *docosahexaenoic acid (DHA)*. The best sources are cold-water fish like pollock, salmon, tuna, lake trout, mackerel and herring.

Cod liver oil is one of the richest sources of omega-3 on earth. There are 15 grams of omega-3 in just one tablespoon of cod liver oil.

You should take at least 500 mg of DHA and about 60 mg of EPA every day.

I recommend krill and squid oil supplements to my patients for their purity.

■ **Telomerase Activator #4: L-Carnosine.** This naturally occurring molecule made of two amino acids has been shown to reduce telomere damage. And it slows down the rate at which telomeres shorten.¹⁸

Studies also show it has a powerful regulating effect on the immune system — boosting the activity and functionality of underactive white blood cells. It can also have a calming effect on an overactive immune system.

At the same time, L-Carnosine is a powerful antioxidant and free radical scavenger — and is especially protective of your brain and eyes.¹⁹

I recommend 1,000 mg of L-Carnosine every day to keep the levels in your blood high enough to have an anti-aging impact on your telomeres and immune system.

There are no plant-based sources of L-Carnosine. Grass-fed, pasture-raised meat is the best way to get it from food. A typical seven-ounce serving of beef has about 250 mg of L-Carnosine.

Or you can supplement with natural L-Carnosine. Take 500 mg twice a day.

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Use This Hi-Tech Laser For More Energy And Stronger Defenses

Your immune system ages through a process called immuno-senescence. Basically, this means that as you age your immune system starts to lose its “memory.”

Before long, it’s completely forgotten all about different germs and viruses it encountered in the past. It can be a major contributing factor to disease and even death in the elderly.

But I’ve recently discovered a hi-tech solution that ramps up the power of your immune system AND your mitochondria at the same time. That helps your body stay strong and vibrant, giving you the extra power to ward off the diseases of aging before you get sick.

It’s a little-known immune-boosting treatment called Intravenous (IV) Laser Therapy. The **Sears Institute of Anti-Aging Medicine** is one of just a handful of clinics in the United States that provides this life-giving therapy.

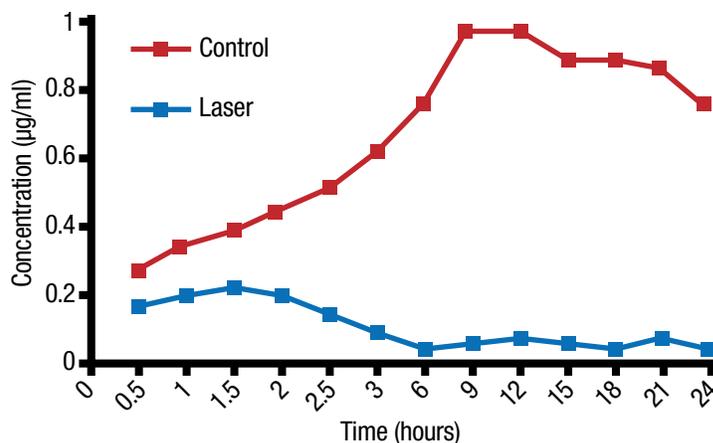
Why Don’t More Doctors Prescribe IV Therapy?

IV laser therapy isn’t new. It was developed nearly 40 years ago by scientists in the Soviet Union. Since then it’s been used throughout Eastern Europe and Asia. More than 85 institutions in over 37 countries have used it successfully to treat millions of people. And more than 2,500 scientific papers attest to its power to treat more than 35 conditions.¹

But in Europe and America this treatment has remained a casualty of the Cold War. It’s unlikely your doctor has ever heard of this treatment, thanks to the long-time political divide between the U.S. and Russia.

And there’s another reason...

Big Pharma has a vice-like grip on western medicine. While most doctors strongly want to do what’s right by



IV laser therapy increases the number of immunoglobulin M (IgM) – protein molecules produced by white blood cells. These IgM are your body’s first line of defense against infection.

their patients, it’s not something they’ve been taught to do. They are indoctrinated to look for disease and then provide the drugs and treatment to manage it.

IV lasers are a big threat to Big Pharma’s drug arsenal and powerful influence with the FDA. These preventative therapies put would put their whole pill industry out of business.

Flip The Switch On Your Immune System

IV therapy uses extremely low-level, soft lasers. These are not the surgical lasers doctors use to cut, cauterize or burn away diseased tissue. Instead of destroying tissues, soft lasers repair them.

Unlike heat-generating lasers, low-level lasers work by triggering a photochemical reaction inside your cells. When light hits certain molecules, called chromophores, the photon energy causes the electrons in your cells to become excited and jump into higher gear.

Using IV therapy flips the switch on your immune system.

Numerous studies show that IV laser therapy can be a powerful fighter against chronic disease. That's because soft laser light has an extremely powerful effect on the master power source of everything your body does... your mitochondria.

Laser light energizes these tiny power plants in each of your cells. These little organelles make a special kind of chemical energy called *adenosine triphosphate*, or ATP, by synthesizing nutrients from your diet and the oxygen carried by your red blood cells.

ATP is fuel for your cells. If your mitochondria stop producing ATP, your cells simply run out of gas. This causes organs and tissues to malfunction, and chronic diseases we associate with aging are bound to follow.

But here's how soft laser light helps:

Studies have shown that your mitochondria act as photoreceptors for laser light. As soon as your mitochondria are hit with the soft laser, they immediately switch into a higher gear and begin to produce more ATP.²

That's because your mitochondria are also the power generators of your eukaryotic cells, which convert oxygen and nutrients into ATP.³

Laser light has the exact same effect on the special defender cells that make up your immune system, powering them and energizing them. Soft lasers have even been shown to increase the number of defender white blood cells in your immune system.

That's why the all-important white blood cells — Interleukins, Interferon, macrophages, lymphocyte B and T cells — also get a major boost.

Studies have shown that exposing blood to soft laser light makes white blood cells express antibodies, interferons and interleukins. These are the chemical messengers that regulate immunity, inflammation and also the production of white blood cells.

Laser light has also been shown to activate white blood cells like macrophages, T cells, B cells and cytokines.^{4,5} IV laser treatments have also been shown to regenerate the lymphatic system and increase

“Laser light has the exact same effect on the special defender cells that make up your immune system powering them and energizing them.”

lymph circulation, your body's natural detoxifier and a vital part of your immune system.⁶ I'm now recommending IV laser therapy to all my patients so they ramp up their body's defenses. This is anti-aging technology at its most powerful — and it's painless and fast.

In addition to strengthening your immunity, IV laser therapy also:

■ **Balances blood sugar.** When your mitochondria aren't functioning at full capacity, you are at high risk for insulin resistance, which leads to high blood sugar and obesity. This sets the stage for type 2 diabetes. A large meta-analysis found that IV laser therapy **decreases blood glucose levels** in diabetic type 2 patients significantly.⁷ Two additional studies found that IV laser therapy restored pancreas function and regenerated pancreatic tissue, including Langerhans beta cells.⁸

■ **Treats chronic pain.** IV lasers increase circulation, boost “feel good” endorphins and increase your pain threshold. They've been used to help heal spinal injuries, herniated discs and joint arthritis. In one case study, a 16-year-old boy with juvenile arthritis had joint swelling, pain and tenderness throughout his body. He had 16 joints with active arthritis and 47 joints with limited range of motion. None of Big Pharma's pills helped. But after just three months he was able to stop his steroids. After nine months his markers of inflammation had returned to normal. And he stopped all but one of his drugs.⁹

■ **Provides a long-lasting energy boost.** Studies show that this therapy can *triple* your general sense of well-being.¹⁰ When I tested IV laser therapy myself I felt great. I was hyper-alert and brimming with energy. I was more focused and clear-headed than I've ever felt in my life.

■ **Offers new hope for patients with liver disease.** In a Russian study, 175 patients with chronic liver diseases were given IV laser treatments. Some of them had hepatitis and cirrhosis. After 10 treatments, they had a long-lasting improvement in their liver enzymes and other signs of disease.¹¹

■ **Improves kidney function.** Studies show IV lasers improve kidney function in patients with chronic kidney disease.

The patients can also tolerate their medications better.¹² And studies show that patients with life-threatening kidney infections can also reduce inflammation with IV lasers.¹³

■ **Helps burns heal.** In one study of 95 burn patients, IV laser therapy helped reduce complications from 26.4% to 16%. And it helped to cut death rates from 16% to 3.8%.¹⁴

■ **Heal a broken heart.** IV therapy stimulates the release of nitric oxide, the molecule that signals your blood vessels to relax for greater blood flow. For best results, I recommend getting sessions once a day or every other day, for a total of three to 10 sessions.

Soft lasers have also been used to treat:

- Ulcers
- Macular degeneration
- Spinal injuries
- Fibromyalgia
- Muscle pain
- Chronic fatigue syndrome
- Tinnitus
- High blood pressure
- Allergies
- Wounds
- Alzheimer's
- Parkinson's disease
- Multiple Sclerosis

How Does IV Therapy Work?

The great thing about this therapy is that it's as fast and painless as a blood test. Here's what happens...

A tiny catheter is inserted in your arm at the vein in your elbow. The tip of the catheter has a tiny bulb that emits a special laser beam. In about 10 minutes, all the blood in your body circulates past the beam.

There is no heat, sound or vibration, but I felt a faint tingling sensation as my blood flowed past the laser light. I knew my cells were being radiated with a certain wavelength.



Dr. Sears testing out intravenous laser blood therapy at the clinic run by his colleague Dr. Joseph Purita.

Different wavelengths have different colors and can appear red, blue, green or yellow. The beam glows cool, so it can't damage any healthy cells.

I also felt a "calm energy" wash over me. That's the best way I can describe it.

The **Sears Institute for Anti-Aging Medicine** is one of the only places in the country where you can experience the healing benefits of IV laser therapy. If you are interested in this life-changing therapy, call my staff at **561-784-7852**.

Fire Up Your Mitochondria In 5 Simple Steps

If you can't have IV therapy, there are ways to increase the immune-boosting power of your mitochondria easily at home. Here's what I tell my patients...

■ **Take CoQ10 and combine it with PQQ.** CoQ10 is like high-octane gasoline for your mitochondria. Always choose ubiquinol, which is a reduced form of CoQ10 that's **8 times** more bioavailable.

PQQ, or pyrroloquinoline quinone, triggers your cells to make more mitochondria. In one study, mice grew a staggering number of new mitochondria after they were fed PQQ for eight weeks.¹⁵ If you're healthy, I recommend at least 50 mg of ubiquinol CoQ10 every day.

■ **Add in L-carnosine:** Normally, your body uses this biochemical to repair tissues and clear away toxins. But it also increases the energy output of mitochondria. And it can even revive mitochondria and make them better than they were before. I recommend 500 mg twice a day.¹⁶

■ **Energize with acetyl-L-carnitine.** This amino plays a crucial role in making energy in your cells. But as you age, carnitine levels in your tissues drop. That's why you need acetyl-L-carnitine (ALC). Your body converts L-carnitine to ALC. Studies show when your mitochondria slow down, ALC can fire them up again. Studies also show ALC reverses the malfunction in mitochondria as you age.¹⁷ The best source of L-carnitine is grass-fed red meat. But you can also supplement. I suggest taking at least 500 mg of ALC every day on an empty stomach. Look for a formula with only L-carnitine and not DL-carnitine. DL-carnitine is synthetic.

■ **Intensify your workout.** Short bursts of intense exercise are the fastest way to spark your mitochondria. If you follow my PACE program, you've probably felt the surge of energy this type of workout gives you. PACE can actually INCREASE the number of mitochondria in your cells. I've seen it work for my patients and research confirms it.¹⁸ Researchers in Sweden had people perform 30 seconds of all-out cycling followed by a brief period of rest. The subjects repeated this six times. That's all it took to generate healthy new mitochondria.

■ **Power mitochondria with this flower.** Rhodiola rosea is a tough, little yellow flower that's native to the arctic mountains of Eastern Siberia. It's a great herb for enhancing mitochondrial energy production.

I've seen its power to energize my patients. In just a few months, they are visibly younger and stronger. And they tell me they feel that way, too.

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How To Protect Yourself From The Worldwide Epidemic Of Autoimmune Diseases

Autoimmune diseases occur when your immune system attacks your own body. And it's becoming such a wide-spread concern that it's being called a modern-day "plague."¹

The list of autoimmune diseases keeps growing each year. In 2015, an American College for Advancement in Medicine (ACAM) article identified "over 50" illnesses caused by autoimmune disease.²

But another group, the American Autoimmune Related Diseases Association, has recently identified 152 autoimmune-related diseases,³ including multiple sclerosis, diabetes, lupus, celiac disease, rheumatoid arthritis, and asthma.

So what accounts for this absolute explosion in immune-system dysfunction?

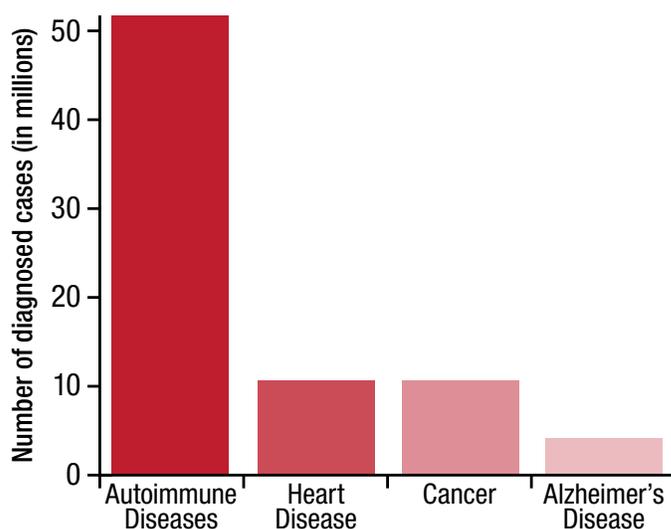
Conventional medicine doesn't have an answer, so they prescribe immune-suppressing drugs, corticosteroids and immune inhibitors, to reduce the impact the autoimmune disease has on the body.

These drugs work by suppressing your body's immune-system response — a risky thing to do in the midst of a global pandemic. The CDC warns taking immune-suppressing medicines may put you at greater risk of contracting severe COVID-19.⁴

Other side effects from these medications include weight gain, hypertension, sleep problems, blurred vision, and even cataracts or glaucoma.

Also, several immune-suppressant drugs tend to increase blood sugar levels, cholesterol, and triglycerides. This in turn raises the long-term risk for heart disease.⁵ It has long been known autoimmune patients have over twice the risk of developing cardiovascular disease,⁶ although it's not clear how much of the added risk stems from the disease, and how much stems from the medications used to treat it.

Autoimmune Diseases Outnumber Top Chronic Diseases Combined



With more than 50 million diagnosed cases, autoimmune diseases outnumber coronary heart disease, cancer and Alzheimer's combined.

Fortunately, there *are* alternatives to prescription drugs.

In this *Confidential Cures* article, I'll show you how autoimmune disease is just one of the many chronic diseases that I've labeled as part of *Syndrome Zero* — the root of all chronic disease. And I'll show you how to rebalance your immune system to prevent it.

First, let's look at what autoimmune disease is.

What Makes The Body Attack Itself?

These conventional treatments may help control flare-ups, but they don't get to the root of the underlying cause. And that's where the solution can be found. So when your immune system starts fighting the body, what's really going on?

Dangerous pesticides, hormone disrupters, and other toxins in our environment are part of the problem. They damage your cells, spawn free radicals, and disrupt your immune system.

Several studies have linked rheumatoid arthritis (RA) and systemic lupus to exposure to pesticides.⁷⁷ Childhood exposure is associated with adult-onset RA years later. Farmers who use pesticides⁸ and professional pesticide applicators face greater risks.⁹

But that's just part of the story. The FDA allows food producers to add over 10,000 chemicals to food and food containers. That's a huge chemical burden that's unprecedented in human history.

In 2018 *Pediatrics*, the journal of the American Academy of Pediatrics, warned the FDA in a policy statement that children are especially vulnerable to food contaminants, due to their ongoing development and the "higher relative doses" they receive due to their lower body weights.¹⁰

It noted the bisphenol A added to plastics converts normal cells into fat cells, disrupts pancreatic function, and affects the transportation of glucose. The plastic-softening phthalates used in hundreds of consumer products, meanwhile, have been tied to the development of insulin resistance.¹¹

Add to the food contaminants the dangerous environmental toxins, including PCBs, dioxins, and heavy metals like mercury.

Year after year, this toxic tsunami builds. Continual exposures to pro-inflammatory forces irritate and exhaust the production of delicate T cells, helper T cells, B cells, neutrophils, and other immune-system components.

Forced to remain on high alert 24/7, your immune system gradually loses its capacity to calm down again. Exhausted and no longer able to distinguish between friend or foe, the immune system starts to attack the body.

But even beyond that chemical onslaught, there's a much larger issue at play. I believe it's the most urgent public-health crisis of our time.

I call it "Syndrome Zero."

Syndrome Zero is the root cause of our modern-day plague of chronic illness, including autoimmune diseases. It's claimed hundreds of millions of lives — and yet it has been utterly ignored by the medical establishment, including the CDC and the World Health Organization.

Is Type 2 Diabetes An Autoimmune Disease?

Researchers are starting to ask if type 2 diabetes, like type 1 diabetes, could be linked to autoimmune disease.

A July 2019 study in "Frontiers in Endocrinology" reported "accumulating evidence" that the immune system's B and T cells undergo alterations prior to the onset of type 2 insulin resistance. They reported there is a clear "inflammatory component" to both forms of diabetes.¹⁶

A staggering 122 million Americans have either diabetes (34.2 million), or prediabetes with elevated blood sugar (88 million), according to the CDC.

Obesity, diabetes, heart disease, cancer, even Alzheimer's, you name the chronic disease, and you'll find Syndrome Zero somewhere at the scene of the crime. Even autoimmune disorders.

Syndrome Zero And Autoimmune Disease

The massive overload of sugar, carbohydrates, and starches in the industrialized, processed, grain-based foods we eat is the single biggest cause in the rise of chronic disease.

Our massive modern-day infusion of sugar, carbohydrates, processed grains, and starches is killing us .

It works like this. After a meal, your body quickly turns carbs into sugar. Then your pancreas responds with a massive production of insulin. This pushes the glucose out of your blood and into your cells where it can be used for energy.

The more carbs you eat, the more insulin you produce. And eventually this overwhelms your cells' insulin receptors.

That in turn leads to insulin resistance, and your health begins to spiral downhill. Obesity, heart disease, stroke, and diabetes are the obvious consequences that includes a higher risk of autoimmune diseases.

Consider this: The genetic code of **our primal ancestors** evolved when humans **would consume less than the equivalent of 20 teaspoons of sugar a year**. And this mostly came from fruits and vegetables.

Today, **the average American eats the equivalent of 152 pounds of sugar every year.**¹² That's an abrupt, brutal explosion in sugar consumption. There's no way your body could be prepared for it.

Inevitably, this affects the immune system. Syndrome Zero makes it almost impossible for your body to adjust — no wonder so many patients' immune systems rise up in revolt.

Restoring Your Immune Balance

Here are the three steps I recommend right away to keep you on friendly terms with your immune system:

1. Get Off the Carb Express

I advise my patients to ignore “experts” who tell you fats and red meat are bad for you. The real killers are processed carbs. Enjoy a diet high in healthy fats, plenty of protein, and as close to zero carbohydrates as you can get. Starches like grains, rice, pasta, beans, and potatoes should make up just 5 to 10% of total calorie intake.

Without a constant influx of starches and sugars, your body will learn to burn fat. You won't have insulin spikes, insulin resistance drops, and inflammation is reduced.

2. Focus on the Glycemic Index and Glycemic Load

You want to consume foods that score zero or nearly zero on the Glycemic Index (GI). The GI tells you how quickly foods turn into glucose in your bloodstream. High glycemic foods spike your blood sugar and allow Syndrome Zero to flourish. Low glycemic foods, on the other hand, improve your insulin sensitivity. Some of my favorite zero-glycemic foods include broccoli, celery, cabbage, spinach, and cauliflower. Glycemic Load is important, too — it tells you how much carbohydrate you're getting per serving. **Look for foods with a glycemic load under 10** — and **beware of anything over 20** to avoid experience serious spikes in blood sugar and insulin.

3. Supplement with Chromium and Magnesium

Chromium is like a sponge that removes glucose from your blood. Research in my clinic has shown it works better than any drug to control the high blood sugar levels that can trigger autoimmune disease. Studies show chromium reduces fasting blood sugar levels,¹³ and

may also improve insulin sensitivity.¹⁴ You can safely take up to 600 mcg daily. I use a 400 mcg chromium polynicotinate supplement with patients, taken once a day with meals for best absorption.

Magnesium is another important weapon in the battle against Syndrome Zero and autoimmune disease. Your body uses magnesium for more than 300 biochemical reactions, and low magnesium levels have been linked to type 2 diabetes.¹⁵ You can get more magnesium by eating nuts, seeds, dairy products, and dark green, leafy vegetables. But the average diet doesn't provide nearly enough to fight off Syndrome Zero. That's why I advise my patients to take a supplement adding between 600 mg and 1,000 mg a day.

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

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).

