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Dear Friend,

With almost a billion people worldwide suffering from erectile dysfunction, treating ED means big money for Big Pharma.

The global ED drugs market rakes in about 5 billion dollars a year.

And that profit is about to skyrocket — thanks to the coronavirus crisis.

I know that sounds strange, but recent studies reveal that the risk of ED is up to *SIX TIMES* higher in men who've been infected with COVID-19.

Turns out, the same viral inflammation that affects the lungs can also restrict blood flow to other places in the body.

And you can bet the drug sellers that make Viagra, Cialis, and Levitra will use this epidemic to line their pockets.

But you don't need their pills to reverse ED and restore your manhood. You can get blood flowing *everywhere* it's needed by simply boosting one of your body's most important signaling chemicals. In this issue, I'll explain the simple therapy I use at the *Sears Institute for Anti-Aging Medicine* to turn on this all-natural blood-boosting therapy.

In your May issue of *Confidential Cures*, you will also learn:

- **How COVID left men with severely low testosterone levels.** And more importantly, what you can do to restore your manhood

whether you had the virus or not — without Big Pharma's one-size-fits-all synthetic imposters.

- **The most effective ways to protect yourself from "alien estrogens."** I'll explain what they are, why they're a threat, and how you can restore your sexual potency so you can live a disease-free — and more passionate — life.
- **A newly discovered "sedative strain" of CBD that helps you fall asleep fast.** This non-intoxicating cannabis-cousin relaxes your body into falling asleep as effectively as Valium — but without the groggy side effects.

To Your Good Health,

Al Sears, MD, CNS

## Also in This Issue...

The Startling Connection Between Sex And COVID-19 .....	2
The "Alien Estrogen" Invasion Threatens To Make Testosterone Extinct .....	7
Newly-Discovered "Sedative Strain" Of CBD Sends You Into A Deep Sleep FAST .....	13

# The Startling Connection Between: Sex And COVID-19

How to Restore Your Manhood While Avoiding Heart Disease,  
Diabetes, COVID-19, and MORE...

If you have ED, you're also at risk for other diseases, including *COVID-19*.

*That's why I predicted the COVID crisis would eventually become an ED crisis.*

Truth is, 51% of men who have diabetes also have ED. It's also a risk factor for heart disease, high cholesterol, and high blood pressure.

And now, there's a connection with COVID-19.

Recent studies now reveal the risk of ED can be **six times** higher in men who've been infected with coronavirus. But neither the media nor conventional medicine are connecting the dots.

The good news is that there are ways to reverse this long-term assault on your mojo.

In this *Confidential Cures* article, you'll learn exactly how COVID-19 causes ED, and what you can do to make sure your potency in the bedroom remains intact, even if you've had the virus.

And even if you've been vaccinated.

Let me explain.

## How COVID Causes ED

COVID-19 usually enters the body via your respiratory system, where the virus's notorious spikes latch onto the **ACE-2 protein receptors** on the surface of the cells deep in your lungs — and along the way it kills your alveoli cells (air sacs) causing extreme breathing difficulties.

But the damage doesn't end there.

Studies show that the virus can cause inflammation in the *endothelium* — the inner lining

Prevalence of ED in men with common medical conditions	
Hypertension	40%
Diabetes	51%
Coronary Heart Disease	49%
Hyperlipidemia	23%
COVID-19	28%

*COVID-19 has now joined the ranks of a range of other chronic diseases accompanied by erectile dysfunction.*

of blood vessels throughout the body, including the penis — which also restricts blood flow.<sup>2</sup>

These inflammatory restrictions to blood flow in your penis are precisely what causes erectile dysfunction and impedes your sexual response.

But inflammation isn't the only way in which COVID-19 can cause ED...

## Coronavirus And Your Testosterone

A recent Italian study reveals that the presence of ACE-2 receptors in testicles, also make the genitals a target point for a coronavirus infection in men.<sup>3</sup>

The study, from the Department of Clinical and Experimental Medicine at the University of Catania, in Sicily, shows that COVID-19 attacks the ACE-2 receptors in testicles, depleting and damaging the body's *Leydig* and *Sertoli* cells. Both of these cell types are essential to male reproductive health and sperm production.

The researchers found the virus was even able to alter the shape of individual sperm, rendering them less potent.

It's hardly surprising that questions are now being raised over the long-term effect of COVID on male fertility.

A review of 24 studies on male fertility and COVID-19, published last year in the *World Journal of Men's Health*, found that patients with a moderate COVID infection had significantly lower sperm concentrations for months after recovery when compared to men who suffered a mild infection.<sup>4</sup>

*Other studies show that COVID-19 can leave men with severely lowered testosterone levels.*

Testosterone is the main hormone for sexual desire. And low T, as you probably already know, is another major contributor to erectile dysfunction.<sup>5</sup>

If you've already been infected with COVID — even if it was months, or more than a year ago, I strongly suggest getting your testosterone levels checked.

If your T-count is low, I recommend *bioidentical testosterone therapy*.

Unlike Big Pharma's one-size-fits-all synthetic imposters, bioidenticals are unique blends of plant-based natural hormones, with chemical structures extremely similar to your own.

Once the precise level of your deficiency is established, a compound pharmacist creates a customized prescription medication that's exactly the right fit for your body.

I also suggest you boost your testosterone by adding the right foods to your diet.

## High Protein: Your First Resource For Boosting Testosterone

Think back to the times of our ancient ancestors. Do you think cavemen ever had a hard time getting it up? Probably not. Diabetes, COVID, and heart disease were unheard of. And with no processed foods, their testosterone levels stayed high. And they had the advantage of eating a high protein, low-carb diet. **Protein is essential for the production of sex hormones.**

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

**Red meat:** I consider beef to be among the most nutritious foods. The protein is complete and it's a good source of creatine. Creatine makes you stronger and more energetic. Red meat is also the best source of the nutrient CoQ10, which is essential for heart health. And knowing that there's a strong connection between ED and heart disease, it makes sense that CoQ10 also plays an important role in sexual health. I recommend eating grass-fed beef. It has 20 times more of the important omega-3 fatty acids than commercial beef and none of the hormones.

**Wild fish:** You've probably heard that fish can be a source of mercury and other toxins. However, you can minimize these risks and enjoy the benefit of this rich source of omega-3s by choosing wild Alaskan salmon, mackerel, trout, or sardines. Choose wild over farm-raised and small over large fish. The highest levels of mercury are in swordfish, shark and king mackerel and tuna.



*Wild-caught fish like salmon is one of the best protein sources you can choose to increase testosterone.*

**Eggs:** Eggs are the perfect food. I eat them every day. Sure, eggs contain cholesterol. The developing embryo needs it to produce sex hormones—and so do you. But just because they contain it, doesn't mean they'll raise your cholesterol levels. The bottom line: Eggs do not cause heart disease. In fact, there was never any evidence they did.

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



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

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

Other factors like excessive drinking and smoking also have a profound effect on both your performance and stamina.

A few drinks will put you in the mood, but too many will make you useless. And smoking? Let's put it this way: the Marlboro Man doesn't see much action these days. A solid erection requires blood vessels that are flexible and able to expand. Smoking will tighten your blood vessels making them too narrow to channel the amount of blood you need for an erection.

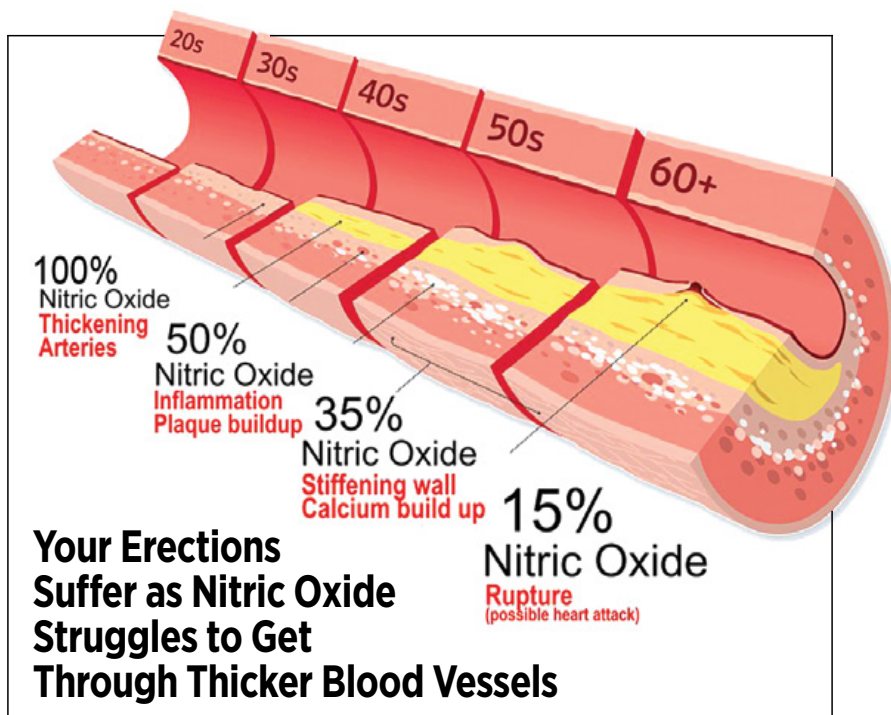
But a strong erection is not just about testosterone. You need to calm the inflammation that's restricting your blood flow, and ensure you have the signaling molecule that allows your blood vessels to relax and expand.

## Restoring Your Manhood In The Age Of COVID-19

Hands down, the best way to get the blood pumping into your penis again is via the properties of *nitric oxide* — but you're unlikely to hear about it from conventional doctors.

I've told you about the importance of NO in previous issues — in fact, it's so important to your health, some scientists have dubbed it the “*miracle molecule*.”<sup>6</sup>

NO is one of your body's most important *signaling chemicals*, and its primary function is to send *blood flow signals* that tell blood vessels to relax and expand.



*Because NO increases blood flow to where it's needed — whether the penis or the airways in your lungs — it is an effective and powerful therapy.*

This is how it controls every cavity and sphincter in your body, and regulates the behavior of organs as diverse as the lungs, brain, and penis.

*The power of NO lies in its ability to ensure healthy blood flow and oxygen delivery throughout your body — but its production is also a major casualty of a COVID infection.*

A study from China reveals that NO levels are significantly lower in patients with COVID-19, causing both inflammation and vascular dysfunction in patients with the virus.<sup>7</sup>

The same study also suggested that NO should be used as a recovery therapy for people infected with COVID.

You see, if the arteries that lead to the penis don't open up properly — and blood can't enter the penis quickly — it's difficult, or impossible for it to become erect.

The ED drug *Viagra* works for the same reason as NO. It increases blood flow to the penis by compensating for reduced levels of nitric oxide.

Studies show that men who undergo therapy to boost their NO levels often completely reverse ED.<sup>8</sup>

## 4 Easy Ways Boost Nitric Oxide

There are a number of excellent and easy ways to increase nitric oxide levels in your body...

### 1. Enhanced External Counterpulsation

**(EECP):** This extraordinary and simple technique is one of my favorite ways to boost NO levels. It also increases blood flow to your heart and the rest of your body without drugs or surgeries.

Most cardiologists simply ignore it — yet a number of scientists have hailed EECP as the “natural bypass” because it coaxes your body into growing new blood vessels.<sup>9</sup>

Studies show that much of EECP’s benefit comes from its ability to trigger a dramatically higher production of nitric oxide. In one study, conducted at the University of Florida, EECP boosted NO production by a staggering 36%.<sup>10</sup>

EECP is a simple, painless and relatively inexpensive outpatient procedure. When you come in for an EECP treatment, you simply make yourself comfortable on a specially designed bed. Blood pressure cuffs wrap around your calves, thighs, and buttocks and three stick-on electrodes are placed on your chest to measure your EKG throughout the treatment.

*Counterpulsation* simply means pumping blood during the heart’s rest phase. Even though you’re lying down comfortably, it allows your body to behave as if it were exercising — boosting blood flow and pushing oxygen-rich blood throughout your body more strongly than normal.

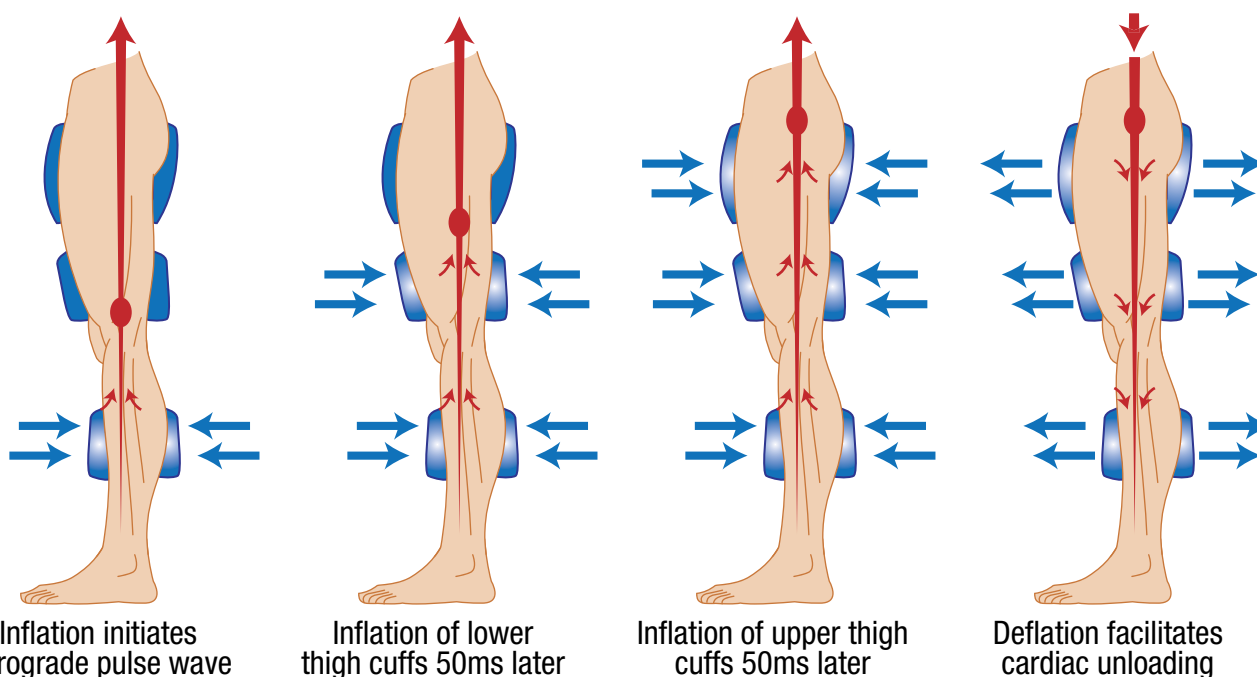
If you’d like more information on EECP treatment at the *Sears Institute for Anti-Aging Medicine*, please contact my staff at (561) 784-7852.

**2. Help Your Body Make More NO:** The amino acid L-Arginine causes a biochemical reaction that creates NO and dilates blood vessels.

Some of the best arginine-rich foods include:

- Lobster
- Crab
- Spinach
- Spirulina
- Turkey
- Game meat
- Chicken
- Goat
- Fish

## EECP Pushes Blood Toward Your Heart In Four Simple Steps



*EECP counterpulsation is like a passive form of exercise — pushing oxygen-rich blood throughout your body.*

You can also supplement. But make sure you buy L-arginine, not the synthetic DL-Arginine forms. You can find it in capsules or powders.

And if you do take L-arginine there's another amino acid you should take along with it. You see, after you've been using L-arginine a while, an enzyme starts blocking the NO conversion. That's why you need **L-citrulline**. It blocks the enzyme so L-arginine is free to make NO.

Take L-arginine and L-citrulline in a 5-to-1 ratio. I recommend daily doses of 5,000 mg of L-arginine and 1,000 mg of L-citrulline..

**3. Pomegranate Power:** This fruit has been shown to increase nitric oxide in all of your blood vessels. In one study, mice fed pomegranate juice formed about 50% less brain plaques than the control group — thanks to NO boost and increased blood flow.<sup>11</sup>

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

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

**4. Eat More Beets:** Eating more beets is one of the best dietary ways to increase your oxygen intake. And thanks to large amounts of nitrates in this root vegetable, beets boost your body's production of nitric oxide.

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

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

Here's my recipe for fresh beet and vegetable juice:

- 2 raw organic carrots
- 3 organic celery sticks
- ½ an organic cucumber
- 1 organic beetroot

Chop all the vegetables, put them in your juicer, and blend.



***When beet juice mixes with saliva in your mouth, it creates a powerful reaction that turns into nitric oxide.***

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. It's also used to treat enlargement of the heart, as well as high blood pressure.

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, before swallowing.

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# The “Alien Estrogen” Invasion Threatens To Make Testosterone Extinct

## How to Beat the 30-Year Testosterone Freefall, Restoring Sexual Potency and Living a Disease-Free Life

There's a deadly invasion force waging a guerilla war on every citizen in our great nation.

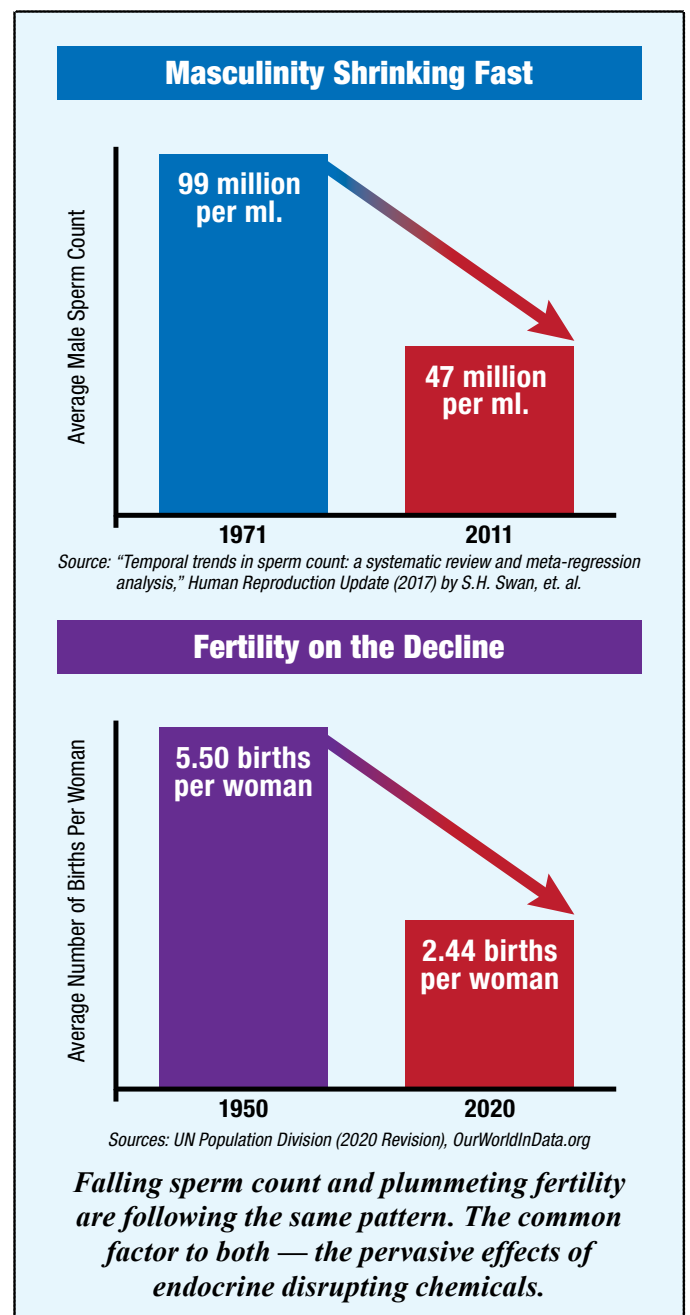
Young and old. Rich and poor. *No one is spared.*

Hiding in microscopic bunkers inside thousands of everyday items and products, this corrosive army of disease-causing “alien estrogens” are mutating the human race... *and exploding your risk of chronic disease.*

By chance or by fate, there are tens of thousands of chemicals in our daily environment with a molecular structure IDENTICAL to the female hormone estrogen.

The global impact of these estrogen imitators is stunning, including...

- **Men's Legacies Threatened.** Between 1973 and 2011, the average male sperm count dropped from 99 million to 47 million per milliliter. Once it drops below 40 million, fertility is compromised.
- **Massive birth defects and disabilities.** A group of concerned scientists insists these contaminants are damaging babies' brains before birth... and should be banned immediately.
- **Male testosterone is an “endangered hormone.”** Average male testosterone levels have declined by at least 1% per year since 1982, climbing to an overall drop of 44% today.
- **Skyrocketing miscarriage rates.** From 1990 to 2011, a woman's risk of miscarriage jumped 1% per year. The health consequences of this are profound.





I sounded the alarm bell 20 years ago and no one listened...

Today, I'll show you the antidote and in this article of *Confidential Cures*, I'll put it directly in your hands.

Consider it your "get out of jail free" card.

Let me explain.

## Every Day You're Surrounded By Chemicals Masquerading As Estrogen

Cassandra — the goddess from Greek mythology — could see into the future, but no one believed her warnings.

*I know the feeling.*

You see, for decades now I've been sounding the alarm about the estrogen-mimicking chemicals in our environment wreaking havoc on your health.

Even as recent as your grandmother's time, there were far fewer of these culprits. But today, our world is saturated with offenders such as PCBs, bisphenol A (BPA), dioxins, phthalates, and flame retardants... just to name just a few.

And they appear in every aspect of our lives.

Some of them are pesticides, some are industrial chemicals, and others are used to soften or harden plastics.

You'll find them in cosmetics, perfume, cash-register receipts, deodorant, hair spray, air fresheners, nail polish, insect repellent, carpet, vinyl flooring, shower curtains, anti-perspirants, plastic bottles, and the dashboard of your car. The list goes on and on.

In our modern world, we can't escape them.

U.S. industry alone produces over 6 billion pounds of them annually. They're omnipresent and have even been detected in Antarctic sea ice.<sup>1</sup> CDC blood tests show they're present in **over 95%** of the population.<sup>2</sup> And the Endocrine Society states "they can be detected as part of the body burden of virtually *every* tested individual animal or human."<sup>3</sup>

"Most doctors don't even realize excess estrogen is the 'hidden cause' of the health problems a lot of men and women face every day."

And while this sounds like bad news that can't be countered, I'm here to tell you that there are ways you can combat these aliens and reverse their effects. More on this in a moment.

## "Radio Silence" As A Crisis Rages On

Alien estrogens? You'd think with all the disruption they can have on your health, that I wouldn't be the **ONLY** one talking about this.

You won't hear the media shouting about it, nor will you mainstream physicians warn you of the dangers.

But, I've been warning about this for decades. In an article I published almost 20 years ago, I warned, "Most doctors don't even realize excess estrogen is the 'hidden cause' of the health problems a lot of men and women face every day."

That's as true today as when I first wrote it.

But the situation's gotten even worse as years have passed.

I'll discuss what you can do to protect yourself in just a moment. **HINT:** Men especially need to take heed.

They tend to think EDCs don't affect them because the male sex hormone is testosterone. Unfortunately, I see my male patients at the *Sears Institute for Anti-Aging Medicine* often having estrogen levels that are **higher** than the average woman's.

It's not their fault... and it's not yours!

This whole dilemma is caused by our modern, toxic environment.

You see, once these chemical imposters enter your bloodstream they attach to cellular estrogen receptors. This bio-mimicry signals the body to increase estrogen synthesis... altering your metabolism.

It also suppresses production of testosterone, throwing your hormone balance completely off kilter. It tricks the male body into becoming less masculine. You gain weight, feel fatigued, weak, and get flab in all the wrong places.

Women are affected too. Young girls are pushed into early puberty. Post-menopausal women have



painful symptoms due to unnatural hormone fluctuations. It's so insidious that most people never realize what's happening to them until it leads to more serious disease. I'm going to tell you how to make sure that doesn't happen.

## Imposter Chemicals Out Of Control

The global impact of these estrogen imitators is stunning, but there are some hopeful signs on the horizon.

More and more researchers are starting to share my view of the danger.

One of them is Dr. Shanna H. Swan, an epidemiologist and professor of environmental medicine at the prestigious Mount Sinai health system in New York. Not so long ago, Dr. Swan didn't believe pseudo-estrogens were disrupting masculinity and fertility.

But she's completely flipped and now she's doing everything she can to sound the alarm.

## Converted To The Cause

Dr. Swan predicts that by 2045, most couples that want children may have to resort to artificial means... such as IVF. They simply won't possess the reproductive capacity to have a baby on their own. And her story is compelling because she started out as a major EDC skeptic.

It all began in 1992, when the *British Medical Journal* published a study revealing global men's sperm counts had dropped significantly since the 40s. "I had significant doubts about the validity of the results," she writes.

Dr. Swan spent the next six months analyzing every possible criticism of the report. She even recruited a couple of colleagues to assist her. But after considering every possible source of bias or error, Dr. Swan and her team came to a surprising conclusion. The stunning report on plummeting fertility was 100% accurate.

Having done everything she could to disprove the trend, she shifted "from being dubious to utterly convinced." She's convinced pervasive EDCs are to blame.

In 2017, Dr. Swan published her own controversial analysis based on 185 studies involving 42,935 men. She reported that between 1973 and 2011, the total sperm count of men in the Western world had plummeted by more than 59%. It was dropping at the steady rate of 1% a year, which just happened to match the drop in testosterone levels and the rising rate of miscarriages.<sup>5</sup>

Dr. Swan and her team at Mount Sinai are now warning anyone who will listen that estrogen-mimicking chemicals in the environment represent a clear and present danger to humanity... and to your health.

## Think You're Safe From Estrogen Dominance? Well, Think Again...

Doctors are beginning to realize that dramatically reducing a person's reproductive capacity threatens virtually every other aspect of their health.

Research shows men with low sperm counts, for example, have a **30 percent greater** risk of diabetes, a **48 percent greater** chance of developing heart disease, and a **50 percent increase** in the likelihood of being hospitalized for any cause.

In another study, men with "severely impaired" fertility had a stunning 230% greater risk of death over the following 10 years.

These health effects are especially alarming considering how widespread the exposure is. CDC blood tests detect endocrine disruptors in the blood of over 95 percent of the population.

Endocrine disruptors have also been detected in umbilical cord blood. Doctors worry the effects on the fetus may not be evident for years or even decades after exposure.

So, who's really affected by the rising levels of chemical contamination?

The answer's simple... everyone.

## Don't Underestimate The Danger Of These Invisible Invaders

Endocrine disruptors sneak into your body insidiously.

Simply taking a cash register receipt at your local grocery store, or a sip of tainted water from your municipal water supply increases your risk of exposure to excess alien estrogens. Multiply this by thousands of exposures and you can see how big the problem becomes.

Once EDCs seep into your bloodstream, they attach to the estrogen receptor known as “estrogen related receptor gamma... activating the production of estrogen and suppressing testosterone.

This triggers an unnatural state of estrogen dominance in men, who suffer ED and loss of libido and health issues. And it causes a major hormonal imbalance in women. The disruption can interfere with your ability to think clearly and get a good night's sleep. You may also experience weight gain, anxiety, and depression. And these health effects gradually worsen.

### Leaving Your Body Defenseless

One reason these substances are so dangerous: They decrease levels of glutathione, one of your body's most important antioxidants.<sup>6</sup> Without glutathione, your DNA can't defend itself and it becomes vulnerable to oxidative damage, an early step toward cancer formation (carcinogenesis).



*Estrogen mimickers are everywhere – including the cash register receipts we handle daily.*

This explains why fake estrogens have been linked to no fewer than five increasingly prevalent forms of cancer: breast cancer, ovarian cancer, prostate cancer, endometrial cancer, and cervical cancer. It also affects thyroid function.

### Talking To Your Doctor...

I recommend everyone have a candid conversation with their doctor about EDCs.

Explain that you're worried about the long-term health effects of pervasive exposure to EDCs in the environment. I suggest you jot down your questions and concerns in advance, including any symptoms.

Request a blood test to determine if your hormone levels are in the normal range for your age and gender. If your doctor seems unaware or dismissive of the threat of EDCs, ask for a referral to a specialist.

It's not just the level of one hormone that matters, but the hormonal balance and ratio between, say, estrogen and testosterone for men, or between estrogen and progesterone for women. The “normal” hormonal range varies widely between individuals. So you need to find a doctor with expertise who will take the time to explain your results.

### My 5-Step Plan To Defeat Alien Estrogens

Here are 5 things I have my patients do to bring their hormones back into healthy balance and you too can do them at home.

■ **First, Turn Up the Heat On Estrogen** – Your body has over 2 million sweat glands that it uses to cool you down and excrete toxins. The heat in a sauna increases your heart rate by 50-75% during a 20-minute session... expanding blood vessels and simulating some of the benefits of exercise.

Studies show the sweat this generates contains greater concentrations of EDCs than either blood and urine.<sup>7</sup> That's important, because it means you're driving the fake estrogens out of your body.

There are several different types of saunas, but the type I prefer is called “far infrared.” Infrared saunas allow you to generate the same amount of sweat at lower temperatures, as low as 90 degrees, compared to bathing you in heat up to 130 degrees for a

traditional sauna with an electrically-generated heat source. So you'll sweat more and faster. Sunlighten saunas has several excellent models.

■ **Next, Install a Good Water Filter** – If you think you can trust your local municipality to deliver toxin-free water to your sink, forget it. A study by the Environmental Working Group found the water supply in 31 of 35 cities tested had a dangerous contaminant.<sup>8</sup>

There are several types of filters, including activated carbon, reverse osmosis, and distillation. You can also purchase whole house filters at the point where water enters your home, which means only filtered water reaches all the taps in your home. That's more expensive, however.

I recommend you look for filters certified by NSF International or the Water Quality Association. And remember to change those filters on time... old ones collect bacteria and are more likely to let contaminants slip through.

■ **Use the Estrogen-Buster From Bali** – On my trips to Bali, I discovered the locals love to cook with cloves, or “cengkeh” as they call it. It was only later when I researched further into the health benefits of cloves, that I discovered clove buds yield an essential oil that is 60 to 90% eugenol (allyl-2-methoxyphenol).<sup>9</sup> Eugenol gives clove its distinctive taste and fragrance.

Eugenol exhibits a unique ability to block the attachment of estrogen and its look-alikes to cellular receptors. In so doing it inhibits their influence on your hormones.<sup>10</sup> It's so powerful that researchers are looking at it as a possible way to fight breast cancer.



*Cloves contain an essential oil that blocks fake estrogens from attaching to cell receptors.*

Breast cancer cells attach to estrogen and use it to grow. But eugenol blocks estrogen receptors and starves them out. It's also been shown to have immune boosting effects.

You'll find clove oil and eugenol online and at your local supplement store. There's strong evidence it will limit the EDCs' ability to disrupt normal hormone levels.<sup>11</sup>

■ **Get Plenty of I3C and DIM** – Indole-3 carbinol (I3C) is a special compound found in cruciferous vegetables such as brussels sprouts, broccoli, and cauliflower.

I3C is a precursor to another vital compound, diindolylmethane (DIM). Your body converts I3C into DIM.

Together, I3C and DIM play a key role in helping your body metabolize estrogen. This one-two punch breaks estrogen down into harmless compounds that your body easily excretes. And due to its anti-estrogen activity, studies show it also stops breast and prostate cancer in its tracks. So, take 100 mg of each daily.

■ **Try White Button Mushrooms** – White button mushrooms (*agaricus bisporus*) are delicious and packed with B vitamins, vitamin D, potassium, selenium. They're low on the glycemic index and are surprisingly high in protein.

Now there's another important reason to add white button mushrooms to your diet... They'll help you survive the contaminant-laden environment.

Phytochemicals in the mushrooms exhibit a powerful ability to inhibit production of the enzyme aromatase. That's significant because aromatase is involved both in the production of estrogens, as well as the conversion of testosterone into estrogen. Studies verify adding the mushrooms to your diet will help keep estrogen levels down.<sup>12</sup>

You can check out The Mushroom Council website, where you'll find dozens of delicious recipes. They'll help you take full advantage of the estrogen-zapping benefits of white button mushrooms.

■ **Finally, EDC-Proof Your Home** – Inspect your own home to reduce your family's exposure to imposter chemicals. Start by taking a look at your



bathroom counter. Most cosmetics, deodorants, and fragrances contain EDCs. Perfumes, scented candles, and air fresheners, for example, are notorious for containing phthalates. Look for natural alternatives at health food stores, supplement shops, and online.

Next let's head down to the kitchen. Do you have any plastic containers or frozen food items you typically heat up in your microwave? If so, get rid of them. It's asking for real trouble to eat food that's been heated in plastic... the warmth draws the EDCs into your food. Glass or ceramic containers are a suitable replacement.

Next, you'll notice the recycling symbol on plastic containers includes a number inside. That number indicates the type of plastic that container was made of, and some of those formulas are quite hazardous to your health. Here's a helpful mnemonic: "4, 5, 1 and 2... all the rest are bad for you."

Be sure you're only eating and drinking out of containers bearing those four numbers. The others — 3, 6, and 7 — you should avoid at all cost.

Getting the EDCs out of your home may sound overwhelming. But if you just get rid of one or two suspect products a week, you'll have a much cleaner and safer home before you know it. And you'll feel better about your health, too.

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***Heating plastic in a microwave releases estrogenic chemicals into your food. Choose ceramic or glass containers instead.***

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# Newly Discovered “Sedative Strain” Of CBD Sends You Into A Deep Sleep FAST

## With No Grogginess or Brain Fog the Next Day

Over the last 18 months, the popularity of a home-grown, plant-based CBD sleep alternative has soared worldwide. I’m talking about a new strain of cannabinoids known as CBN — or cannabitol.

But in the United States, these medicinal plants still don’t get the respect they deserve... For the past 100 years, Big Pharma has taken over health care with its mass production of synthetic drugs.

Because that’s where the profit is. You see, Big Pharma can’t get patents on herbs. So they can’t make any money on them.

Then they dismiss these plant-based remedies as useless while pushing their own dangerous pills.

Take their latest sleeping aid for example...

You see, insomnia is a big money-making business. It exploded over the stressful last 18 months.

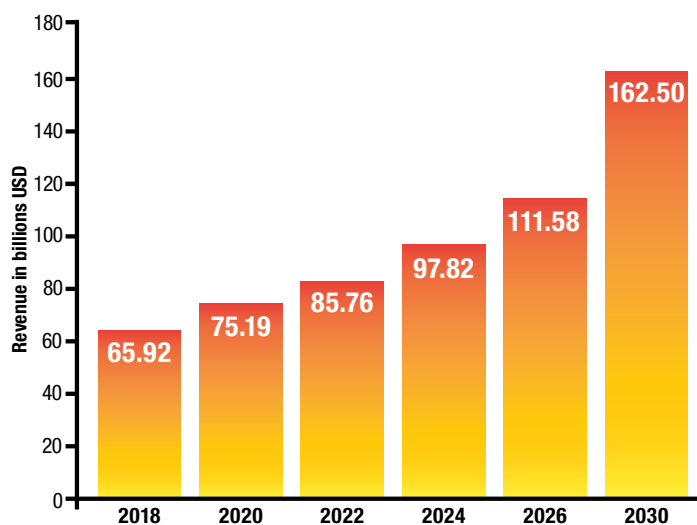
And according to a study published in the medical journal *Sleep*, the number of people expected to suffer from chronic insomnia will soar dramatically by 2030.<sup>1</sup>

And Big Pharma couldn’t wait to cash in.

Over the next 10 years, the global profit from sleeping pills is projected to reach \$162.5 billion.<sup>2</sup>

But pharmaceutical companies aren’t hesitating to cash in now. In fact, in the last year, the FDA fast-tracked yet another prescription sleep aid. This one belongs to a class of sleeping pills known as dual orexin receptor antagonists (DORA).<sup>3</sup>

**Big Pharma Makes Billions On Their Sleep Aids By Marketing Them As Safe And Effective — When The Opposite Is True**



*The global profit from sleeping pills and other sleep aids is projected to reach \$162.5 billion in the next decade.*

These drugs were marketed as better than other kinds of insomnia medications because they didn’t cause sleepiness, confusion, or cognitive impairment the next day.

***But the exact opposite is true.***

In a new study of the drug, researchers found that volunteers who took a DORA felt so drowsy the next day, they had to stop driving immediately.<sup>4</sup> Others reported getting into an accident. An additional number of study participants reported hallucinations or sleep paralysis — a feeling that you can’t move or talk while either falling asleep or waking up.

And here’s the real kicker... Not one person got a substantially better night’s sleep after taking the pill. In fact, study volunteers who took the drug

every night for three months fell asleep just *six minutes* faster than those who got a placebo.<sup>5</sup>

And they only slept 16 minutes more.

In this article of *Confidential Cures*, I'll share my latest deep-sleep discovery. I'm talking about a therapy that is not only completely safe and natural, but one that guarantees you'll sleep up to 67% better.

But first, I want to share the latest information that shows what getting **TOO LITTLE** sleep can do to your body and your health.

## How To Avoid Insomnia's Increased Disease Risk

I talk to my patients about the danger of not sleeping all the time. Unfortunately, it's a common problem that affects 75 million Americans.

People who don't sleep or who sleep badly have up to 400% more accidents than people who do.<sup>6</sup> Not getting enough sleep also increases your risk of developing chronic diseases.

Studies, including a large meta-analysis of 470,000 adults, found that those who slept less than six hours developed a:<sup>7,8,9,10,11</sup>

- 48% increase in the incidence of coronary heart disease
- 30% increased risk of dementia
- 15% increase in the incidence of stroke
- 50% cancer risk
- 17% higher risk of diabetes
- 95% increase in depression
- 750% higher risk of obesity

The reason for such a dramatic increase in the risk of so developing diseases is that too little sleep is linked to increased cellular aging at the DNA level – including injury and dysfunction to cells, including heightened cell death, increased cell proliferation, and increased risk for cell replication errors.<sup>12</sup>

“An important study from the American Academy of Sleep Medicine found that just one night of bad sleep is enough to make older adults age faster.”

## Don't Let A Lack Of Sleep Destroy Your DNA

In fact, an important study from the American Academy of Sleep Medicine found that just one night of bad sleep is enough to make older adults age faster.

Researchers studied 29 adults aged 61 to 86 for a four-night period. Not only did they analyze their sleep patterns, they took a blood sample every morning to determine what changes occurred on a cellular level.

The results showed that even one night of poor sleep caused DNA damage consistent with faster biological aging.<sup>13</sup>

For a long time, we didn't understand how lack of sleep could age us so much.

But now we do. And it's all connected to your *telomeres*. Those are the little caps on the ends of each of your chromosomes that control how quickly you age.

Each time your cells divide, these telomeres get a little shorter and your cells get closer to the end of their life. Short telomeres are also associated with most of the chronic diseases we associate with aging... from cancer to heart disease.

But studies show a good night's sleep helps keep your telomeres longer.

Harvard researchers measured telomere length in 4,117 women. Compared with women who got the most sleep, those who slept six hours or less per night had a 12% decrease in their telomere length. That change was equivalent to NINE YEARS of biological aging!<sup>14</sup>

Like I mentioned earlier, you can't count on the FDA and their cohorts in Big Pharma to take care of you.

## Why Big Pharma's Sleep Aids Won't Help

Sleeping pills and OTC drugs may knock you out for the night, but they're not helping you. These drugs give you a “sleep hangover,” the slow-moving feeling when you're groggy all day.

The real reason sleeping pills don't work is because they don't reset your body clock.

At night, your eyes send a signal to the *suprachiasmatic nucleus* (SCN) in your brain. This is a real body clock in your brain that tells the pea-sized pineal gland to release melatonin, or not.

If your pineal gland isn't getting the call, you become temporarily melatonin deficient. You go to bed but you aren't really going to sleep.

Sleeping pills and drugs interfere with the body's natural chemicals that go to work only when you sleep naturally. Studies by researchers in Norway showed that while patients who took sleeping pills slept, the quality of their sleep — and the ability of their body to regenerate itself — was significantly poorer.<sup>15</sup>

Unfortunately, most doctors still prescribe drugs for sleep. They tell their patients that nothing else works. Of course, this isn't true...

## Get 67% Better Sleep

Just look at brand-new research from the Center for Applied Health Sciences that shows there's a powerful herbal remedy that can help you improve your quality of sleep naturally.

I'm talking about CBD oil.

I've written to you before about hemp's ability to relieve chronic pain and arthritis,<sup>16,17</sup> lower blood sugar,<sup>18</sup> improve cognition,<sup>19</sup> ease anxiety,<sup>20</sup> and reduce inflammation.<sup>21</sup>

Now, new studies suggest we can add a better night's sleep to its many benefits.

The Center for Applied Health Sciences recently reported the results of a placebo-controlled study of hemp oil extract. They found that otherwise healthy adults who took a hemp oil extract experienced a 22% improvement in sleep quality and a 21% improvement in sleep quantity.<sup>22</sup>

In another study, researchers at the University of Colorado and Colorado State University followed 72 patients with sleep and anxiety-related disorders.

After using hemp oil for one month, 79% of those participating reported experiencing less anxiety, while 67% reported improved sleep.<sup>23</sup>



*A powerful CBD alternative is as effective as Valium — but without the groggy next-morning side effects.*

## Better Than CBD? This Cannabis Cousin Is A Powerful Sleep Aid

There is another natural cannabis alternative to CBD.

I'm talking about a powerful compound called *cannabinol*, or CBN. While it's similar in many ways to CBD, CBN is proving to be a more powerful sleep agent because it interacts with special receptors in your body that cause sedation.

Research testing the therapeutic effects of CBN found that it's the most sedative of all cannabinoids — equaling those of certain pharmaceuticals.

The study found that just 5 mg of CBN can relax your body into falling asleep as effectively as 10 mg of diazepam, the ingredient in Valium — but without the groggy side effects.<sup>24</sup>

And a recent animal study found CBN prolongs sleep cycles to keep you asleep longer.<sup>25</sup>

CBN is not a cannabinoid in and of itself. It is a product of THCA (non-active THC) found in cannabis that has been exposed to air. Even though it's a byproduct of THCA, which becomes psychoactive THC when heated, CBN **does not produce intoxicating effects.**

It works by binding to CB1 receptors, but at only one-tenth the strength of THC.

A friend of mine who tried it said it worked so quickly he couldn't even get upstairs to bed and ended up sleeping peacefully on the living room couch all night.

I tried it myself and I agree it works faster than anything I've taken before. But unlike my friend, I was able to get into bed before it kicked in.

## Use This Unique Cannabinol For More Than Just Sleep

I would recommend CBN even if it worked only for sleep. But this incredible cannabinol does so much more. Research shows that CBN can:

■ **Relieve pain.** Research indicates CBN blocks sensory neurons that transmit pain impulses to the brain.<sup>26</sup> A 2019 study with rats found CBN provides analgesic relief for chronic muscle pain and fibromyalgia.<sup>27</sup> A recent animal study found that CBN provides analgesic relief for chronic muscle pain disorders and fibromyalgia.<sup>28</sup>

■ **Act as an antibiotic.** Research shows CBN has the ability to fight harmful bacteria. One study found that just 2 micrograms of CBN could stop the spread of MRSA, the antibiotic-resistant bacteria that kills 20,000 Americans a year.<sup>29</sup>

■ **May stop cancer growth.** Promising research indicates CBN has the ability to slow or stop the growth and spread of cancer cells. It works by stopping production of cytokine signaling molecules in the immune system. CBN was also found to reduce tumor size in one type of lung cancer.<sup>30</sup>

■ **Build stronger bones.** Research indicates CBN can help increase new bone production by activating stem cells to make new bone cells. There are also indications that CBN and other cannabinoids may be helpful in healing fractured bone and reversing bone loss.<sup>31</sup>

■ **Prevent blindness.** CBN appears to be effective as a treatment for glaucoma.<sup>32</sup> Early studies show it provides protection to neurons at the back of the eye, reducing intraocular pressure to the eye. This increased pressure is one of the main risk factors for this leading cause of blindness.

■ **Protect your brain.** CBN has also shown promise for being a powerful neuroprotectant. In studies done using rodents, CBN was found to delay the onset of ALS and could become a potential treatment for the debilitating disease.<sup>33</sup> If you want to give CBN a try, start with 5 to 10 mg 30 minutes before bedtime.

## 4 More All-Natural Sleep Aids To Try Tonight

I also recommend adding these powerful sleep enhancers.

1. **Start with emulsified CBD.** Look for a product that delivers nanotechnology CBD. This breaks CBD down into tiny molecules. The smaller and more dispersed the molecules are, the more bioavailable they are, because they pass more easily through cell membranes and into the bloodstream than larger CBD particles.<sup>34</sup>

2. **Add 5-HTP.** A naturally occurring amino acid, 5-HTP increases your body's production of serotonin. Nicknamed the "happy hormone," serotonin is mostly known for its role in relieving depression. But low levels are also linked to insomnia. Additional studies found that supplementing with 5-HTP reduced sleepwalking, night terrors, and sleep interruption.<sup>35</sup>

3. **Get enough of this missing mineral.** Many people with insomnia are deficient in magnesium. I call this trace mineral nature's natural, non-addictive tranquilizer. Magnesium enhances the effect of the amino acid tryptophan, which your body needs to make melatonin. Without melatonin you can't sleep. And without tryptophan, your body also can't make the neurotransmitter serotonin, which stabilizes your mood balance and calms your brain.

4. **Before bed, take melatonin.** When it comes to melatonin, too much is NOT a good thing. Many supplements have as much as 10 mg. That dosage raises your blood melatonin level much higher than it should be. At high levels, melatonin stops working or even causes insomnia. Too much can also affect your blood pressure if you're already taking a hypertension medication. You don't need more than 0.3 mg. And use an oral spray that hits your bloodstream faster.



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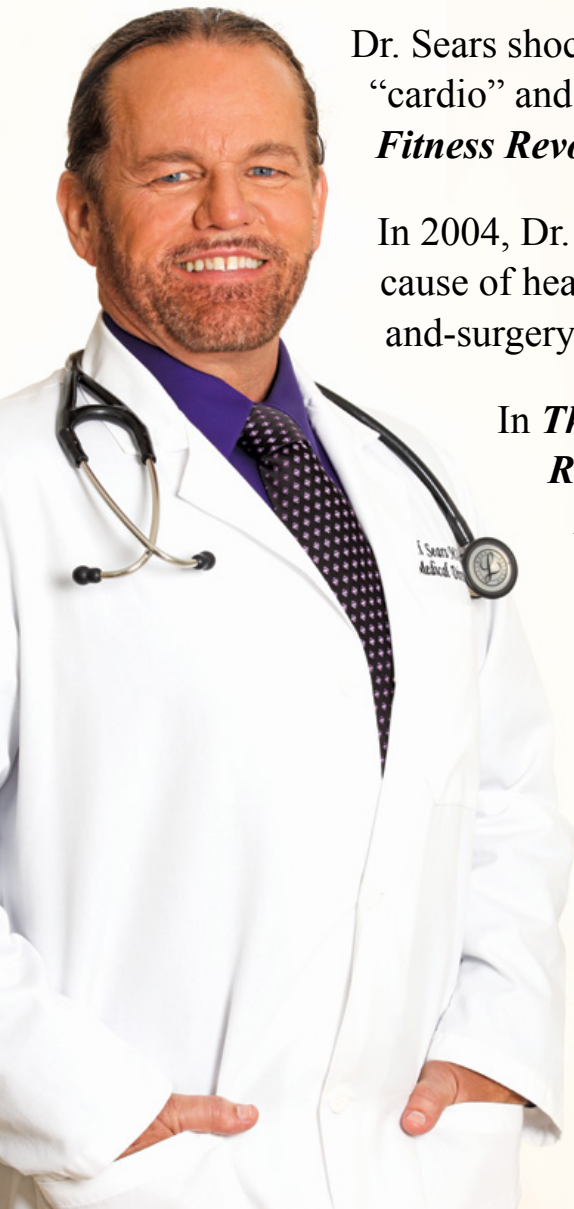
The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.

# 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).