

September 2021

Vol. X Issue 9

Dear Friend,

The recovery rate from COVID-19 is about 99.75%. Fortunately, most people who have had it will never have any long-lasting damage.

But you'll never hear that from "health experts" in Washington.

They're on a crusade to make sure that not only does every man, woman and child in the U.S. get an untested and unprecedented vaccine, that you get a third.

And then what... A fourth shot, a fifth? Will they want you to get one every few months? And threaten you if you refuse?

It's about as un-American as you can get.

I'm not the only one who is outraged. In fact, two of the FDA's top science advisers recently resigned after warning that the "unnecessary booster" shot can cause fatal inflammation of the heart muscle and autoimmune attacks on your own nerve tissue.

Anthony Fauci immediately lashed out, claiming these scientists were "conflating" the facts.

Then he rejected their report and said you should be forced to get the booster anyway.

For my entire medical career, I've fought the powers that be in the federal government when it comes to your right to make your own choices when it comes to your health.

But I'll continue to speak out — even as they threaten to censor me and limit what I can do in my own practice.

And that's why I'm writing this *Confidential Cures*... so I can give you the information they don't want you to have.

In your September issue, you'll discover:

- How superior your innate natural immunity is compared to their dangerous vaccine. And the study out of Israel that proves the shot isn't any better at saving lives than your own immune defenses. You'll also learn about three cutting-edge immunity therapies I've used on my family, my patients, and myself that are stronger than anything Big Pharma can provide.
- The real damage the mRNA can cause to your long-term health. But more importantly, how you can protect yourself with safe, natural therapies that will enhance and modulate your immunity.
- An untapped source of immunity hidden deep inside your cells... I'll share the many ways you can activate this power source to increase the number of immune cell in your body. Tapping into this activator can give you an immune system of someone 20 years younger..

To Your Good Health,

Al Sears, MD, CNS

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Bullet-Proof Your Immune Defense Shield Naturally With 3 Proven — And Safe — Cutting-Edge Therapies

Even George Orwell couldn't have foreseen what we're up against today...

Holidays lost to social isolation, teary-eyed elders waving to their grandchildren from the other side of the window, and students who lost a year of education they'll never get back.

All this for a virus that's had a lower mortality rate than the seasonal flu... A virus your natural immunity was powerful enough to fight.

Your immune shield is a complicated system of cells, chemicals, and tissues that work together to fight off all kinds of disease and infection.

But for the past 20 months, we've been isolated, locked down, and masked up. And no one has been exposed to the viruses and germs that naturally bolster and grow our immunity.

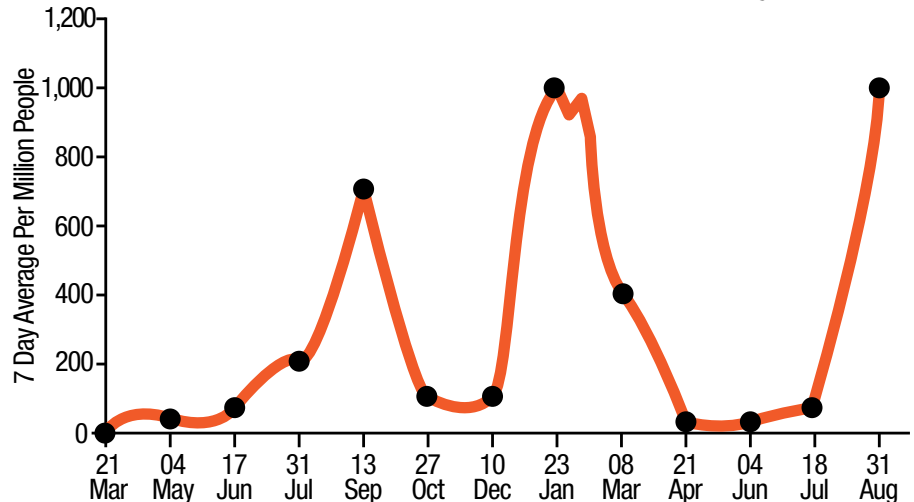
And this has made us incredibly vulnerable to all kinds of pathogens that can cause real harm down the road.

In this *Confidential Cures* article, I'm going to show you how you can activate your natural immunity with three cutting edge therapies that are stronger than anything Big Pharma can provide.

New Study Proves How Wrong The CDC Was

For months, scientists at the CDC pointed to Israel's high vaccination rate as the model every nation should strive to emulate when it comes to protecting their citizens. And that beating COVID can only come from an mRNA vaccine.

Number of New Coronavirus Cases Per Day in Israel



Despite getting more shots in arms than any other nation, Israel is now the COVID capital of the world.

But a large-scale study proves the opposite.

This study, the largest real-world observational study of its kind, compared innate immunity to vaccine-induced immunity.¹

It found that the natural immune protection you develop after a SARS-CoV-2 infection offers a considerably more powerful shield against the Delta variant than two doses of the Pfizer-BioNTech vaccine.

Researchers at Maccabi Healthcare and Tel Aviv University divided more than 76,000 Israelis in three groups:

1. Those who received two Pfizer vaccines
2. Those who had Covid earlier, but remained unvaccinated
3. Those who were infected with Covid and received a single vaccine dose

This just released data shows that those who were developed COVID naturally were far less likely than those who took the vaccine to come down with Delta, develop symptoms from it, or need to be hospitalized.

In other words, the Israeli researchers found that immunity acquired through infection from Covid-19 is far superior to immunity from the Pfizer vaccine.

The study also found that fully vaccinated but currently uninfected people are significantly more likely to have a “breakthrough” Covid infection than people who had previously been infected and recovered from the disease.

“This study demonstrated that natural immunity confers longer-lasting and stronger protection against infection, symptomatic disease and hospitalization caused by the Delta variant,” the researchers wrote.

This just goes to prove that for many infectious diseases, naturally acquired immunity is far more potent than vaccine-induced immunity. And this type of natural immunity lasts a lifetime.

We’ve seen this same outcome in previous coronavirus infections, including the SARS pandemic of 2009 and the MERS outbreak in 2012. The research shows that these two infections triggered a robust and persistent immune response.

Halfway around the world, Iceland is another example of one of the most vaccinated nations.

Yet, a record number of people have been diagnosed with COVID in the last month. The country’s chief epidemiologist Thorolfur Gudnason now believes that the only way to achieve herd immunity is to allow the virus to spread throughout the community. This will allow the population to develop innate immunity moving forward.

But it’s not just overseas that this information is being borne out...

The CDC’s own data shows that:

- 74% of those who tested positive in Massachusetts were fully vaccinated²
- In Illinois, 169 fully-vaccinated people have died of Covid-19, and at least 644 been hospitalized³

“When it comes to my family, my patients, and myself, I reject Big Pharma’s vaccines.”

In fact, at of the start of the month, the CDC recognized that more than 120 million Americans — more than one-third — have been infected with COVID. The mortality rate of these people is less than 1%.⁴

The other 99.4% survived with an immune status that remains far superior to those who were vaccinated.

Even More Ways You Can Restore Your Native Immunity

When it comes to my family, my patients, and myself, I reject Big Pharma’s vaccines — whether it’s for the flu, COVID, or any other virus.

In a previous *Confidential Cures* issue, I shared the natural therapies and supplements I recommend to improve the strength and performance of your immune system.

But in addition to the natural remedies that have centuries of proof behind them are the breakthrough therapies and cutting-edge technologies that can protect you from viral infections better than Big Pharma’s booster.

Power Up Your Immune System With Lasers

At the Sears Institute, I beam low-level laser light directly into your bloodstream to trigger your body’s own healing mechanisms. More on our research study in a moment...

IV laser therapy uses soft, low-power lasers. They have nothing to do with surgical lasers, which are used to cut, cauterize and burn out diseased tissue. Instead of destroying tissues and cells, soft lasers repair them.

Big Pharma — whose bottom line is threatened whenever patients decide they don’t want drugs or surgery — is dead against IV laser therapy. Mainstream medicine claims there’s not enough evidence to prove laser therapy’s effectiveness against disease.

But they’re wrong. Hundreds of studies reveal IV laser therapy can treat diseases Big Pharma will never cure.



My wife Barbara uses IV laser therapy because it ramps up your immune system.

A few of the conditions that have been researched and successfully treated with IV laser therapy include diabetes, cancer, heart disease, and autoimmune diseases.

You see, IV laser therapy works because it energizes your immune system by changing how your cells function.

Studies show that soft laser light increases the number of defender white cells in your immune system. Your interleukins, interferons, macrophages, and lymphocyte B and T cells all get a boost.^{5,6}

IV laser treatments can also regenerate your lymphatic system and increase lymph circulation, your body's natural detoxifier and a vital part of your immune system.⁷

And at the same time, IV laser therapy triggers another biological reaction that stimulates dozens of systemic healing effects. It's been shown to:⁸

- Stimulate the growth of new blood vessels
- Relax existing blood vessels, allowing them to widen for better blood flow and increased delivery of oxygen and nutrients

It does this by increasing nitric oxide in the body.

Although nitric oxide is primarily thought of as a blood flow enhancer to improve your sex life, it's also a powerful weapon in your immune system's arsenal.

You see, NO is produced in large amounts by all kinds of cells in your body, including specialized cells in your immune system called macrophages. During a viral infection, your body produces chemicals called cytokines that activate the cells of the immune system — including macrophages — and help guide them to the areas of infection.

The high amounts of nitric oxide produced by these macrophages are toxic to the viral pathogen. Not only does this stop the viruses from reproducing, it actually destroys them.

Increase Your Immunity With The 8th Element

Today, it's almost impossible for your immune system to get the oxygen it needs because environmental toxins are deoxygenating the three sources of oxygen — food, water, and air — before it can reach your body.

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.

A recent study noted that oxygen is “indispensable” for the white blood cells that are the key players in your immune system — it needs it to work properly.⁹ Because while 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. This is broken down by the enzyme peroxidase and converted into powerful antioxidants.

And antioxidants are a critical line of defense used by your immune system.

You see, 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 cells as a natural byproduct of normal biological processes, like turning 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 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 aging.¹⁰

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 proves 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.¹¹

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.

I always recommend hyperbaric oxygen to ramp up oxygen levels and reduce free radical activity. Studies confirm HBOT triggers antioxidant gene expression that protects immune cells from aging.¹²

If you want to learn more about IV laser therapy or HBOT, call my staff at (561) 784-7852 for more information.

Stimulate Your Immune System With Ozone

I've been using ozone therapy in my clinic to treat a variety of issues. Hospitals and clinics all over the world use this therapy to successfully treat:

- Heart disease
- Cancer
- Alzheimer's

“Once this supercharged oxygen gets into your bloodstream, it has unique powers. It naturally supercharges your immune system to destroy pathogens like infections, bacteria, fungi, and viruses.”

- Diabetes
- Autoimmune disorders
- Depression
- Fibromyalgia

Big Pharma's henchmen in the FDA have been trying to stamp out ozone therapy for more than 70 years. But the truth is, ozone — a special “energized” kind of oxygen — can help to heal almost every condition. Here's how it works...

The air you breathe only has two oxygen molecules. That's why it's known as O₂. But when you add an electrical charge, it forces three oxygen molecules together to form ozone or O₃.

Once this supercharged oxygen gets into your bloodstream, it has unique powers. It naturally supercharges your immune system to destroy pathogens like infections, bacteria, fungi, and viruses.¹³

It works by triggering the production of cytokines. These powerful molecules keep out dangerous invaders and fight off disease and infection.¹⁴

A recent study found that ozone mixed with blood and injected into people with HIV — the most deadly virus in history — significantly reduced their viral load over a two-year period.¹⁵ A lower viral load means less of the virus is present, which improves long-term health.

To combat COVID, I've started offering ozone therapy at my clinic. It's one of the most pleasant ways to get ozone into your body. It's done in a personal sauna.

You sit on a chair and your body is “encased” in the personal sauna as the cabinet is closed around you. Your head is not covered so you don't breathe it in. As steam surrounds your body, the humid heat opens the pores on your skin. The ozone penetrates directly into your bloodstream.

Harness The Immune-Boosting Power of Super-Charged Oxygen At Home

Although not as medically effective, there are several ways to harness the power of supercharged oxygen at home.

Here are two easy ways to do it:

- **Ozonated Water:** Super-oxygenated water boosts your immune system. It also eliminates microbes and toxins in your blood. In addition to drinking ozone water, you can swab it on cuts, rashes, stings and sunburns:

You can make your own ozone-infused drinking water with a machine. It's called a cold corona discharge ozone generator. But be sure you drink it before the ozone breaks down into regular oxygen.

- **Ozonated Olive Oil Paste:** This oxygen-infused salve is one of my favorite natural healers. You can rub it on cuts, burns, sores, boils, sunburn, infections, dermatitis, fungal infections and insect bites and stings. It disinfects, sterilizes and reduces swelling and redness. And it promotes cell growth while reducing scarring. You can buy it online, but make sure it comes from pure, cold-pressed, virgin olive oil.

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Your Body, Your Choice?

“Frankenstein” mRNA Vaccine Weaponizes Your Immune System To Attack And Destroy Your Own Body

Develop A Powerful Immune System That Reacts — *Without Overreacting*

Not only are Dr. Fauci and the Centers for Disease Control doubling down on their campaign to force an unproven and dangerous vaccine into the arm of every American, now they’re telling you to get a THIRD shot!

And the federal government has even started mandating “shots in arms” for much of the country.

Employers will have to start policing their workforce...

Local governments want the most vulnerable among us, our children, to get vaccinated before they can go to school.

I would go so far as to call what our government is trying to do as dystopian. *The Big Brother future we’ve feared is almost here...*

By controlling the news cycle and terrifying the country, Big Government is gaining an outrageous amount of control.

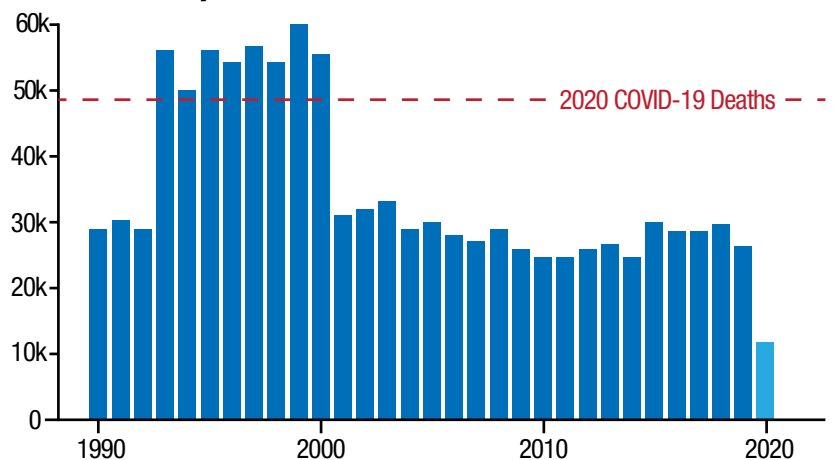
That’s why I feel so compelled to tell you that your health and immunity don’t depend on their dangerous vaccine.

The cost of this vaccine lie is so much worse than anything Mary Shelley dreamed up when she wrote her Gothic novel, *Frankenstein*.

But hundreds of millions of Americans continue to line up for a mutant mRNA vaccine that’s never been used to good effect on humans before — *ever*.

My friends and colleagues are worried that if I speak out about this, I’ll find myself in the crosshairs of the healthcare cartels run by the FDA, Anthony Fauci, Big Pharma — and even Bill Gates.

**Flu and Pneumonia Deaths Since 1990
Compared to 2020 COVID-19 Deaths**



For most of the 1990s, flu and pneumonia claimed more lives in the U.K. than COVID-19 did last year.

Source: BBC, based on Office for National Statistics data.

Maybe my friends are right, but your health has always been my top priority... And I’m not about to change that now.

That’s why in this *Confidential Cures* article, I’ll reveal the dangerous side-effects and unknown consequences of this radical new Franken-vaccine. But even more importantly, I’ll tell you what you can do now to protect yourself.

mRNA Jab Is Untested, Unprecedented, And Un-American

Unlike many alternative health doctors, I’m not against vaccines as a rule. Vaccines have knocked out many of the ancient scourges — like bubonic plague, smallpox, and polio.

But I was outraged when the FDA fast-tracked the Covid vaccine.

The technology used in the Moderna and Pfizer-BioNTech vaccines, messenger RNA (mRNA), has never been put in a human vaccine before.

For 30 years this type of mRNA inoculation was a miserable failure. Then — *suddenly* — they tell you that it's the only thing in the world that can save you. But let me tell you what they're not saying...

The mRNA technology used in the Moderna and Pfizer-BioNTech vaccines has never been used in a human vaccine before. So far, the mRNA hype has simply failed to deliver:

- In January 2017, Statnews.com reported Moderna “indefinitely delayed” the rollout of its mRNA vaccine for Crigler-Najjar syndrome, a rare disease that causes jaundice and irreversible brain damage. It reported the vaccine “never proved safe enough to test in humans.”
- Other proposed mRNA treatments for heart ailments, the Zika virus, and cancer have also been in the works for years — but have never gained approval.
- TheMedicineMaker reported last year that vaccines to prevent the human cytomegalovirus (CMV) had hit “a bumpy road,” and were demonstrating “varying levels of success.” It's doubtful an mRNA vaccine for CMV will ever gain approval.
- Coronavirus czar Dr. Anthony Fauci, who has been projecting an end to HIV for years, is also touting the promise of mRNA in the fight against AIDS. But again, there's no mRNA vaccine for HIV on the horizon.

Despite that disappointing track record, they *suddenly* now claim it's the only thing in the world that can save you.

And here's something else you're not hearing from those who want to force shots in arms:

In a massive and fraudulent coverup, vaccine maker Moderna has hidden more than 300,000 complaints detailing dangerous adverse effects after vaccination over a three-month period following the rollout of its shot.

That's 300,000 reports that were never reported to the federal government's VAERS database.

The secret report was labeled “**Confidential — For Internal Distribution Only.**” It took a whistleblower from a company that helps Moderna manage their reports to reveal this life-saving information. This is information that the mainstream media continues to cover up.

When you visit the CDC website, they'll tell you “COVID-19 vaccines are safe and effective.”

And they admit that *only 7,218 patients have died following their injection* since the pandemic began.¹

I'm talking about deaths from extreme allergic responses, heart inflammation, blood clots, and more.

But here's what really keeps me awake at night: Since December 2020, Americans have been injected with *360 million doses* of those vaccines.

And the long-term consequences? Nobody knows.

Here's why I believe these vaccines are a clear and present danger to your health...

A “High-Risk Human Experiment”

Instead of the traditional vaccine method using a dead or weakened virus, the mRNA vaccines created by Moderna and Pfizer-BioNtech manipulate your DNA.

These vaccines rely on altered mRNA to instruct DNA in your cell nucleus to manufacture the spike protein that SARS-CoV-2 uses to invade your body. This is unprecedented, and leads to a tsunami of spike proteins flooding your body.

The scientists who came up with the Franken-vaccine insist it's safe. In just a few days, they say, the mRNA is broken down and excreted from your body.

But that mRNA vaccine doesn't just stay in the deltoid muscle where it's injected. It spreads throughout your body and into your organs, converting tissues throughout your body into spike-protein factories.

That means Big Pharma is effectively tinkering with the cellular machinery of virtually everyone on the planet.

And their cure is worse than the disease. The onslaught of spike proteins threatens to make you a victim of your own immune system. The end result is that this messenger RNA technology will teach your body to attack itself — leading to an epidemic of autoimmune diseases.

“In 2015, the American College for Advancement in Medicine (ACAM) article identified ‘over 50’ illnesses caused by autoimmune disease.”

The mainstream establishment discounts the benefits of traditional herbal remedies because they can’t profit from them. But herbal remedies have been developed through trial and error over many centuries. These important cures are passed down verbally from one generation to another. Like

the “magical healing leaf” I was introduced to by a curandero in the Amazon.

Will Big Pharma’s Mutant Jab Cause Your Body To Attack Itself?

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.”

The list of autoimmune diseases keeps growing each year. In 2015, the 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, including multiple sclerosis, diabetes, lupus, celiac disease, rheumatoid arthritis, and asthma.

I’m going to tell you the same thing I tell my patients and my family... You don’t need Big Pharma’s dangerous vaccine.

At the Sears Institute for Anti-Aging Medicine, I prefer natural methods that help my patients develop a powerful immune system **that reacts to outside threats — *without* overreacting.**

My clinical experience — as a doctor and a researcher — has proven that you have all the immune strength you need already inside of you.

You just have to tap into it in order to tap into so you can shield yourself from decades of immune aging brought on by a toxic world that’s filled with diseases, infections, and threats — including the major threats we face from Big Pharma!

Build A Robust Immune System With This Amazon Herb

It was on my travels to some of the most remote places in the world that I learned how you can kickstart your immune system using medicinal plants.

These traditional shaman healers have a knowledge of medicinal herbs dates back thousands of years.

For two days, my guide and I hacked a narrow path through the underbrush. When we finally arrived at the small village, the curandero prepared a healing bath for me. It smelled like garlic, but the effects were amazing. I immediately felt energized and revived.

The curandero told me he uses the herb to bring down fever and eliminate pain. But this magical plant called anamu does so much more...

Once I was back at my Florida clinic, I dug into the research. I discovered anamu protects against viruses by stimulating your immune system.

In one study, anamu increased your body’s natural killer cells by 100%.³ These are the cells that kill disease throughout your body.

Anamu also increases natural chemicals such as interleukin and interferon to protect you against future infection and disease.⁴

But one of the herb’s most powerful components is a rare chemical compound called dibenzyl trisulphide, which has never been found in any other plant.

Studies show that dibenzyl trisulphide is a potent stimulator of your body’s “T helper cells.” Their job is to give other immune cells a turbo boost when needed.⁵

I believe in anamu so strongly that I take it every flu season and whenever I travel. I recommend taking 500 mg to 1,000 mg per day in divided doses.

Note: Don’t take anamu if you are on a blood thinner.

Anamu is just one of the many all-natural therapies I use to protect patients from disease — including COVID. But it's certainly not the only one...

Four More Herbal Answers To Combat COVID-19

Your immune system operates like a finely tuned orchestra. Properly guided by the conductor, each part operates in perfect sync with the whole. But it must be controlled.

Here are four natural treatments that both *boost and modulate* your immunity:

1. Increase Vitamin D3 – Vitamin D3, also called cholecalciferol, enhances the activity of immune T cells and macrophages. But it also controls immune response and tamping down inflammation. That's why COVID-19 patients with healthy D3 levels are twice as likely to avoid serious illness.⁶

Just 15 to 20 minutes of sun exposure daily triggers vigorous vitamin D3 production. Excellent food sources include wild-caught salmon, herring, sardines, tuna, and cod liver oil.

To avoid a deficiency, I also advise patients to supplement with 5000 IUs of vitamin D3 daily.

2. Boost Your Butyrate – Beneficial bacteria in your digestive tract generate butyrate, a short-chain fatty acid that's exhibits an extraordinary ability to enhance your immune response while also keeping it in check.⁷

Butyrate-generating bacterial strains love to dine on fructan, a soluble fiber found in almonds, garlic, apples, kiwi fruits, chickpeas, asparagus, Jerusalem artichokes, and avocados.

You can also supplement with butyrate directly. Studies indicate excessive butyrate supplementation (above 7 grams daily) can disrupt the intestinal barrier, while moderate supplementation (below 3.5 grams a day) provides the biggest benefits.

I recommend starting with 500 mg a day, then build up to 2 to 3 grams over a four-to-five week period. I suggest taking butyrate with healthy fatty acids like omega-3 to replenish your cell membranes.

3. Add Astragalus – Traditional Chinese physicians have used *Astragalus membranaceus* for centuries. Astragalus increases B-cell and T-cell immune activity, while also boosting antibody production.

As an adaptogen, astragalus calms your immune response and keeps it within a healthy range.⁷ I recommend 200 mg of astragalus root extract daily in a liquid spray form to increase absorption.

4. Supplement With Cordyceps – Another great way to energize your immune system is the cordyceps mushroom. It switches on genes that increase oxygen delivery to your cells, providing more of the ammunition your immune cells use to decimate viruses.

Cordyceps also suppresses production of proteins that contribute to systemic inflammation. I advise patients to get at least 25 mg. of cordyceps extract daily. When you're up against a respiratory virus, more oxygen and less inflammation is vital.

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Discover How To Use The Immune Power Hidden Deep Inside Your Cells To Conquer ANY Disease

Big Pharma regards telomere science as a direct threat to its multibillion-dollar drug business. And conventional doctors, well-meaning as most of them are, usually just go along with the flawed and self-serving research handed out by drug company reps.

Unfortunately, the biggest loser in all of this is you, the patient.

Not only are you being denied the latest life-saving advances in medical science, you're also being deprived of the opportunity to naturally defend your own body from the ravages of the pandemic.

For decades, I've been shouting from the rooftop to anyone who would listen that the most important biomarker of aging is your telomere length.

Sadly, mainstream medicine has ignored this connection between your telomeres and your immune system for more than 30 years.

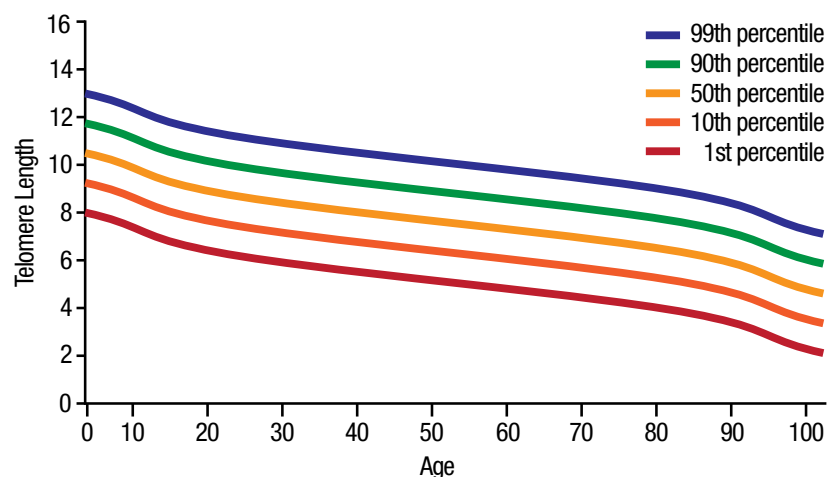
But finally, a small group of researchers from Johns Hopkins is starting to understand this link.

In a breakthrough study, they found that people with abnormally short telomeres have immune system cells that resemble those of people who are decades older.¹

The researchers also discovered that people with very short telomeres also have immune system cells that age, and even die, prematurely.

As you know, telomeres are the little caps on the end of each strand of your DNA that control how your cells age.

Your Shortening Telomeres



Healthy telomeres in human immune system cells measure from 5 to 13. This graph shows the dangerous age-related shortening that can happen after age 50 if you don't take care of your immunity.

Simply put, the longer your telomeres are, the younger your cells behave.

And the shorter they are, the more vulnerable you become to "old age" and the "diseases of aging" — like cancer, heart disease, hypertension, and Alzheimer's, as well as diabetes, depression, and obesity.

I've been using telomere technology to help patients in my practice for decades. I also use it on myself, and I can tell you it works.

In this *Confidential Cures* article, you'll learn how to use the natural power of your telomeres to give your body an impenetrable defense. I'm going to show you some of the most advanced medical research, which proves that by keeping your telomeres healthy and youthful, you can actually reverse the age of your immune system.

Strengthen Telomeres To Increase Your Immune Shield

As a regular reader, you'll know that telomeres are the protective caps at the end of each cell's chromosomes. Each of your cells contain 23 pairs of chromosomes, and the telomere's job is to protect the DNA contained in your chromosomes from damage when cells replicate.

But these little caps — often compared to the little plastic tips on shoelaces that protect them from fraying and unravelling — are a true measure of your body's true age.

Unfortunately, each time a cell divides, a little bit of telomere is eroded. Gradually, telomeres get shorter until the cell is no longer able to renew itself, and it dies.

When that happens, all over the human body, bones get weaker, spines curve, skin sags, brains shrink, legs wither, gums retreat and your hair falls out.

At the same time, your immune system weakens and diseases strike.

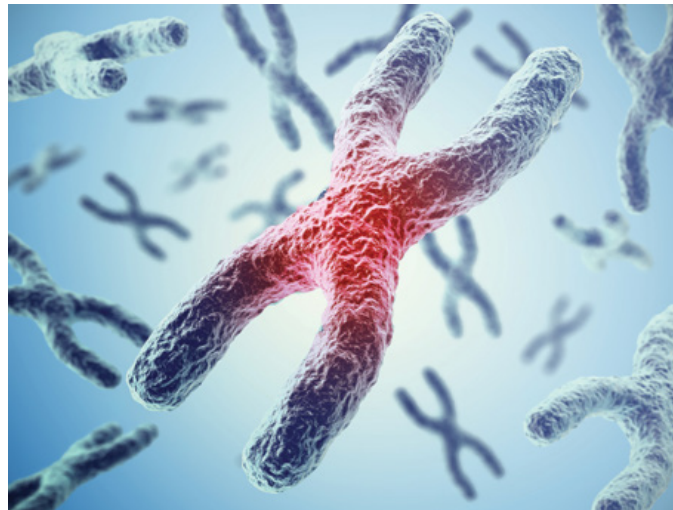
But key studies reveal that age isn't just a one-way street. That's thanks to the discovery of *telomerase*, the enzyme that extends telomere length.

And important studies by TA Sciences, the company licensed to sell TA-65 — the world's first commercial *telomerase activator* — proves the powerful connection between telomere length and the immune system.

Activate Telomerase To Regrow Short Immune Cell Telomeres

In one of several study trials, researchers at TA Sciences tested the effects of its telomerase activator on the immune system's white blood cells — and the results were truly astonishing.

These white blood cells — also called leukocytes — are a key part of your immune system, helping your body defend against invading viruses and bacteria, as chronic diseases like cancer and cardiovascular disease. They include T and B cells, as well as Natural Killer (NK) cells.



Activating telomerase regrows short immune cell telomeres — giving patients an immune system that's 20 years younger.

The researchers measured the number of white blood cells that looked old, and the number that looked young among hundreds of participants, which were then split into two groups. One group started taking the telomerase activator TA-65, while the other group took a placebo.

After three months, the group taking TA-65 was found to have a much larger number of immune system cells, more typical of people who were 20 years younger.²

In another peer-reviewed TA Sciences study, this time extending over a five-year period and an estimated 7000 person-years of use — researchers found that the telomerase activator significantly reduced the number of cells with short telomeres and dramatically boosted immune system strength.³

The study also noted “acute viral infections protocols may benefit from the addition of the telomerase activator” — although, no mainstream doctors are ever likely to prescribe TA-65

I was privileged to become the first doctor in the U.S. licensed to administer TA-65. It has been available commercially since 2005, and not a single adverse side effect or event has been reported. It has been proven to be completely safe.

The active ingredient in TA-65 is a unique molecule called *cycloastragenol*, which is found in the root of the ancient Chinese immune-boosting herb, *Haung chi* — best known to Western herbalists as *astragalus membranaceus*.

While astragalus itself has a long history in Traditional Chinese Medicine, and is often prescribed as an immune-boosting tea to improve resistance to viral and bacterial infections — you can’t just dig up astragalus root and chew it for a dose of *cycloastragenol*.

This precious molecule has to be carefully isolated and extracted in its purest form, without the presence of toxins, before it is then turned into TA-65 in very small batches.

But TA-65 isn’t the only way you can naturally boost the body’s production of telomerase and bolster your body’s defenses against illness and disease...

Boost Your Immunity With “Telo-Nutrition”

A number of key nutrients — many of which are found in common foods — are known to act as telomerase activators. Their use is called “telo-nutrition,” and it’s one of the most important — yet largely ignored — areas of anti-aging medicine.

Our primal ancestors, whose bodies and brains evolved in nature for optimal health, didn’t have the technology to purify and extract molecules from plant roots. They just ate whole foods.

Here are just some of the telomerase activators — along with the foods that contain them - that are easy to find and safe to use at home:

■ **Get Even More Omega-3s:** These essential fatty acids are among the basic building blocks of your evolved body and mind — and you’re probably not getting enough of them. Our consumption of omega-3s has drastically declined over the past 50 to 100 years.⁴

A number of recent studies show that taking omega-3s activates telomerase and leads to longer telomeres. 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.^{5,6,7}

The list of other benefits from omega-3s is as long as your arm. They reduce inflammation throughout your body and are a powerful protector both against

chronic conditions, like high blood pressure, heart disease and stroke, and Alzheimer’s, as well as invading viral and bacterial pathogens.

More than 30 years of research confirm that omega-3s have a profound and direct effect on the strength of your immune system.⁸

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.

I recommend taking at least 500 mg of DHA omega-3s and about 60 mg of EPA omega-3s daily. I also recommend krill and squid oil supplements to my patients for their purity. The EPA in krill oil is in the “phospholipid” form, which has been shown to penetrate directly into heart cells.

■ **B-Vitamins To The Rescue:** These nutrients are essential for chromosome maintenance and telomere integrity — especially B6, B9, and B12. A study published in the *European Journal of Nutrition* studied the telomeres of 60 elderly subjects. The researchers found that individuals with low B-vitamin intake had shorter telomeres than those whose daily diet included vitamin B-rich foods.⁹

- **Vitamin B6**, which is known as *pyridoxine*, counters the effects of *homocysteine*, probably your telomeres’ fiercest enemy. This damaging amino acid causes chronic inflammation, and has



People with the highest B vitamin levels had longer telomeres than those with low levels.

been shown to triple the amount of lost telomere length during cell division. Good sources of B6 are pork, salmon, tuna, chicken liver, milk, eggs and carrots.

- **Vitamin B9, or folate**, also cancels out the pro-inflammatory effects of homocysteine. Scientists at the Human Nutrition Research Center on Aging at Tufts University, in Boston, found that people with the highest folate levels had longer telomeres than those with low folate.¹⁰ One of the richest sources is calves' liver. Dairy, poultry, meat, eggs, and seafood are other good choices. Vegetables, rich in folate include spinach, broccoli and asparagus.
- **Vitamin B12** is only found in animal products, like red meat, eggs and dairy, and multiple studies also reveal its power to elongate telomeres.^{11,12}

■ **Don't Forget Vitamins C and E:** Both of these vitamins are powerful antioxidants with a profound influence over telomere length and your immune system. The importance of antioxidants cannot be overstated with regard to cellular health. That's because telomeres are extremely sensitive to oxidative damage and inflammation.

Vitamin C has long been known to be a key player in your body's defenses against viral and bacterial pathogens. Not only does it protect cells and telomeres from free radical damage, it also acts as a signaling molecule that activates immune system defenders.

In one study, researchers also found that cells treated with vitamin C had longer telomeres, reduced secretion of inflammatory cytokines, and improved integrity of the cell nucleus.¹³

You'll find vitamin C in foods like oranges, strawberries, broccoli, and bell peppers. For antioxidant amounts of vitamin C, you'll have to take additional supplements in powder form. I recommend at least 500 mg twice daily, though that can rise to as high as 20,000 mg.

Meanwhile, *gamma-tocotrienol*, one of the four lesser-known forms of vitamin E, has been shown to dramatically slow telomere shortening — even in

“Telomere lengths of cells treated with gamma-tocotrienols were roughly 16% longer than controls, after just 24 hours of exposure.”

the presence of severe oxidation and cellular stress.¹⁴

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.¹⁵

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.¹⁶

You'll find healthy doses of gamma-tocotrienols in annatto oil, palm oil, cashews, almonds, pistachios, as well as kale, broccoli and spinach. If you need a supplement, I recommend 20 mg minimum daily.

■ Also Include These Honeybee Products:

In an extraordinary study published in 2015, two researchers from Malaysia set out to investigate the local folk tale about beekeepers having a lower incidence of disease and a higher life expectancy than those in any other profession. As part of their investigation, they measured the telomere length of 30 male beekeepers and 30 male non-beekeepers, and then compared the results.¹⁷

The study found beekeepers had “significantly longer” telomeres. The researchers concluded that the beekeepers’ “great consumption and inhalation of honey” and other bee products, like beeswax, propolis and royal jelly (the gelatinous substance produced by honeybees to feed queen bees and their young) kept their telomeres long at every age.

Honey has been known for thousands of years for its medicinal properties. It contains a cornucopia of proteins, enzymes, amino acids, minerals, trace elements, vitamins, aroma compounds and polyphenols beneficial to human health.

Studies reveal that honey — but only *raw, unpasteurized honey* — also possesses powerful anti-microbial, antiviral, anti-parasite, antioxidant, and anti-inflammatory effects. Unfortunately, the process of pasteurizing removes most of these natural properties.

Increase Telomerase And Boost Immunity With Easy Honey-Orange Tea

For immune purposes, I recommend eating a tablespoon of raw honey every day. But my favorite way to take it is combining it with an orange tea. The part of the fruit with the most vitamin C is the peel. And that's the key to this recipe...



I bet your grandmother knew the immune-boosting power of honey-citrus tea.

Ingredients:

- large orange peels the peels, you can eat the oranges or squeeze the juice into the crock pot as well
- 2 tbsp chopped fresh ginger
- 4 Tbsp raw honey
- 6 cups water

Instructions:

1. Combine all the ingredients in the slow cooker.
2. Turn the slow cooker on high heat and cover with the lid.
3. Allow to cook for 2 hours.

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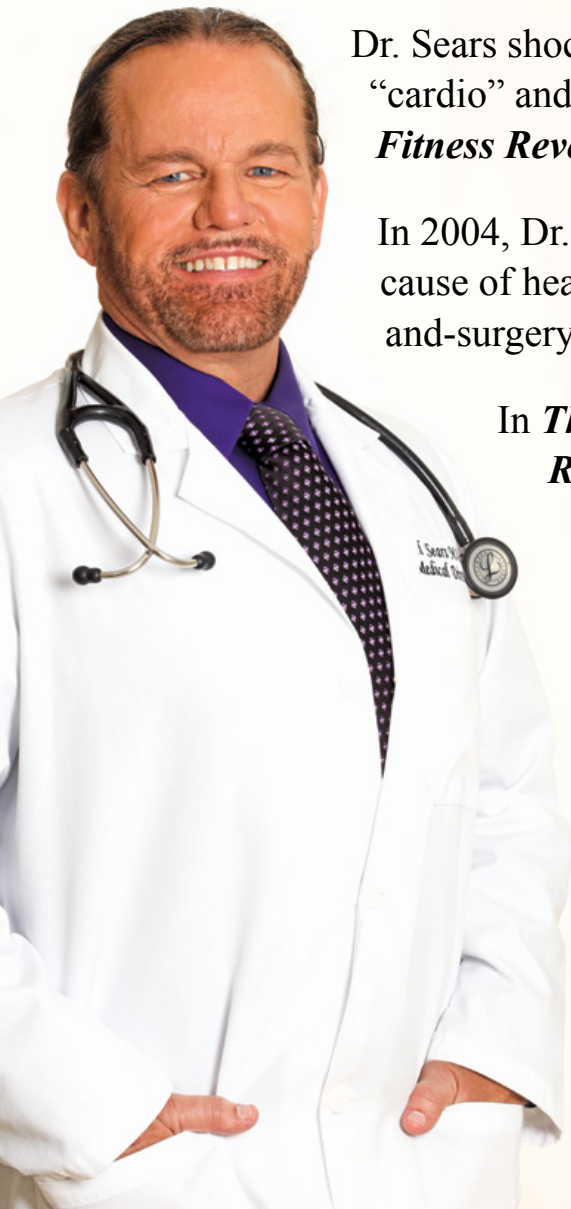
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AL SEARS, MD

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

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

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



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

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

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

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