

Dear Friend,

In our modern world, we can't depend on conventional medicine to keep us healthy.

One of my guiding principles, and the driving force behind my own practice of medicine, is the notion that we all have the right — and responsibility — to maintain control over our own body.

The philosopher John Stuart Mill said it best... "over himself, over his own body and mind, the individual is sovereign."

That's why I'm always searching for ways that can help you protect your body and your health.

I believe peptides will play an important role in the future of regenerative medicine.

Peptides are made up of short chain amino acids. You can think of them as small pieces of protein that act as a signaling molecule that tells a cell what to do.

And that's the beauty of peptide therapy, especially compared to conventional medicine.

Traditionally, when it came to health, a doctor would identify a problem and prescribe a drug to fix it.

But by targeting the source, peptides have a wide range of effects that work together to help your body perform better.

I see a future where all-natural peptide therapy could become standard for the prevention of heart disease, Alzheimer's, diabetes, and cancer.

Of course, Big Pharma wants in on the action. They've already started the process of turning this natural Godgiven therapy into man-made synthetic drugs. To date, more than 60 peptide drugs have been approved by their friends in the FDA, with almost 300 more in clinical trials.

But like every Big Pharma drug, their peptide drugs carry lists of side effects as long as your arm.

You don't need these alien molecules. We already have safe and effective ways of restoring the peptides already in your body — stimulating aging and poorly functioning cells so they can regain the peak efficiency you had in your youth.

In your July issue of *Confidential Cures*, I'll share how you can use peptide therapy to take control of your health. But that's not all... In this issue, you'll learn:

- **How these potent natural substances can be used for a massive range of health benefits** — from pain relief and weight loss to improving cognition, improving libido, building muscle mass... and even antiaging.
- **The space-age technology that treats what conventional medicine** previously believed was a "woman's disease." This shameful oversight means that 90% of men are untreated. Don't let yourself be one of them.
- **The Primal protocol that can save your bones and muscles** from wasting away. Hint — it's not a supplement.

To Your Good Health,

Al Sears, MD, CNS

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Use Cutting-Edge “New Frontier” Therapy To Reverse Cellular Aging

You may have seen the word “peptide” on the labels of dietary supplements and protein shakes — many claiming to help build up your muscle mass, boost fat loss, and even reverse wrinkles.

I recommend caution when purchasing products like these. There is very little evidence to suggest that peptides work as supplements or when added to things like protein powders.

But that doesn’t mean these bioactive peptides themselves are not hugely beneficial to your health — because they are.

Peptide therapy represents the culmination of decades of scientific research — and is now at the cutting edge of regenerative and cellular anti-aging medicine.

This is not something you’re likely to hear from conventional doctors, who’ll probably tell you that peptide therapy is just the latest fad.

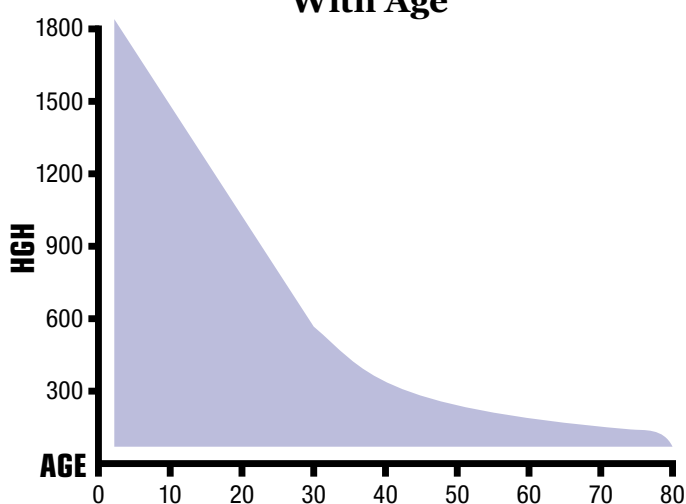
Or they’ll inform you about peptides being used in Big Pharma meds that now treat a range of conditions, including heart disease and cirrhosis of the liver.

In fact, to date, more than 60 peptide drugs have been approved in the United States, Europe, and Japan, with an additional 260 currently being tested in human clinical trials.

But they’ll never tell you about using this new frontier in regenerative and anti-aging medicine as a way to take control of your own health.

Like almost every Big Pharma drug, their peptide drugs carry lists of side effects as long as your arm.

**Decline Of HGH
With Age**



Human growth hormone — your Fountain of Youth molecule — declines with age. Peptide therapy restores levels.

When I teach my patients about peptide therapy, I’m talking about something completely different — their enormous benefit to human health, not as components of pharmaceuticals, but in their own right.

You see, there are more than 7,000 known peptides that are naturally produced by the human body — each with their own specific tasks — and there are almost certainly many more than haven’t yet been discovered.

In this *Confidential Cures* article, you’ll learn how you can use these potent natural substances for a truly massive range of health benefits — from pain relief, wound healing, building muscle mass and accelerating weight loss to anti-aging benefits

that include supercharging your libido and sexual function, improving your body's hormone production, including human growth hormone, boosting your cognitive abilities, and much more.

“The biggest enemy you face is loss of cell function — whether it's caused either by the natural aging process or years of environmental damage to your body.”

essentially returning your body's biological systems back to being youthful.

This may sound a bit like science fiction, but it's not. Instead, it's the new frontier in regenerative medicine, and it's available to you right now.

What Are Peptides And Why Do They Work So Well?

In a nutshell, peptides are chains of amino acids, the building blocks of proteins. But peptides are made up of shorter chains than those that make up proteins. Peptides help your body build more than 100,000 different kinds of proteins.

Scientists have so far discovered more than 7,000 peptides in the human body — but peptides don't just exist to form proteins. These naturally occurring substances also act as signaling molecules in your body. They stimulate cells and molecules to regulate a wide variety of biological functions and perform specific targeted actions.

You see, each peptide is responsible for triggering different responses and actions within your body — and their individual properties can now be harnessed and used to treat specific conditions.

This is the treatment process we now call *peptide therapy* and its anti-aging and healing powers are truly extraordinary. Let me explain...

As you age, the biggest enemy you face is loss of cell function — whether it's caused either by the natural aging process or years of environmental damage to your body, such as pollution or poor diet.

When you're young, cells that die or cease to be able to carry out their functions are usually just replaced by new ones.

But as you age, your body becomes less efficient at replacing old or sick cells. This can result in all kinds of health problems — from accelerated aging, prematurely wrinkled skin and musculoskeletal disorders to serious degenerative diseases, like cancer, diabetes, Parkinson's, Alzheimer's, rheumatoid arthritis and osteoporosis.

That's why the job of cellular medicine, particularly peptide therapy, is to help sick and poorly functioning cells regain their efficiency —

The reason peptides work so well is that our bodies recognize them.

You see, your body already knows exactly what these signaling peptides are trying to do. You're just using them to right the ship.

Studies show that peptides also work at the DNA level. For many years, scientists dogmatically believed that each one of your roughly 20,000 genes encode only a single kind of protein. But they now know the human body is much smarter than they thought it was.

In fact, cells creatively slice and dice genes to create multiple related peptides and proteins from a single gene — a process called RNA splicing. This ability has far-reaching consequences for the use of peptide therapy.

It means peptides can be used to target single genes to generate multiple different genetic expressions, allowing them to switch genes on or off to prevent a disease from progressing.¹

This makes the biological potential of peptides almost limitless.

Put The Amazing Benefits Of Peptide Therapy To Work

Your body uses peptides as part of almost every biological function and process you can think of — from seeing, hearing, breathing, and nerve function to growing your eyelashes and eyebrows.

And although your body naturally produces peptides, their production varies with each individual. Also, as you age, the number and quality of the peptides you produce declines.

That's exactly where peptide therapy comes in. It restores the peptides you need to stimulate your cellular regrowth systems as a treatment for multiple specific conditions.

Almost 50 years of scientific research into the power of therapeutic peptides reveals a vast array of regenerative benefits.

Here are just a few of the ways peptide therapy can benefit your health...

- Accelerate healing processes²
- Boost hormone levels³
- Build muscle mass⁴
- Decrease joint and muscle pain⁵
- Enhance your cognitive function and memory⁶
- Reverse symptoms of sexual dysfunction⁷
- Improve your sleep quality⁸
- Increase your levels of energy, stamina, and strength⁹
- Lower blood pressure¹⁰
- Reduce physical signs of aging¹¹
- Stimulate hair growth¹²

One of the most beneficial peptides is the *semaglutide* peptide, which has been shown to be a game changer for *losing weight* and combating *type 2 diabetes*.

Semaglutide peptide therapy has even been approved for weight loss by the FDA.

One recent study of almost 2000 overweight adults showed that with once-weekly semaglutide peptide therapy, participants were able to lose up to 10% of body fat within a year. The study revealed that it reduced appetite and food cravings, and also triggered lipolysis, the metabolic process¹³ that breaks down fat.

Even more impressive was the effect of the semaglutide peptide on type 2 diabetes.

Studies show that peptide therapy was consistently able to lower blood sugar and reduce insulin resistance. In some cases, it was also shown to reverse diabetes and pre-diabetes completely within three to six months.^{14,15}

At the same time, it was also shown to dramatically lower the risk of cardiovascular death and chronic kidney disease in patients with type 2 diabetes.¹⁶

Can Peptide Therapy Reverse The Aging Process?

As an anti-aging specialist, I'm especially excited that certain peptides have been discovered to be particularly powerful at reversing the human aging process.

For example, *collagen peptides* can build up in skin, cartilage, and bone, and can improve several skin and joint conditions, as well as osteoarthritis, osteoporosis, brittle nails, and muscle strength.^{17,18}

“One of the most beneficial peptides is the semaglutide peptide, which has been shown to be a game changer for losing weight and combating type 2 diabetes.”

Studies also show that collagen peptides can significantly increase skin hydration after eight weeks of intake, giving skin a more plump and youthful appearance.¹⁹

Follistatin and creatine peptides can build both strength and muscle mass.

And a number of peptides, including *Melanotan-II* and *bremelanotide*, a type of melanocortin receptor agonist, have been shown to reverse sexual dysfunction in both men and women, boosting libido and reversing ED in men.^{20,21}

Several other bioactive peptides, including one called *thymosin*, have been shown to boost immune system function, increasing your body's ability to ward off infections, sickness and diseases, and helping to combat various autoimmune and chronic inflammatory conditions.²²

Meanwhile, the most commonly used anti-aging peptide, *sermorelin*, has been shown to help build up muscle mass and reduce body fat, as well as producing firmer and tighter skin.

And sermorelin's anti-aging power doesn't stop there...

You see, sermorelin is also a growth hormone-releasing factor. This means it is a bioidentical peptide and an analog of a growth hormone-releasing hormone that stimulates your pituitary gland to produce more human growth hormone (HGH).²³

Human growth hormone is the closest thing to the “Fountain of Youth” we have. Your body produces high amounts of HGH when you're young, but production declines throughout your adult life.

HGH is responsible for rejuvenating and repairing all tissues in your body. As your HGH declines, it orchestrates many of the changes of aging including loss of muscle tone, wrinkles, energy decline and excess fat gain.

But when you add human growth hormone back into your body, you can reverse many of these consequences of aging.

The peptides, *ipamorelin* and *CJC-1295*, have also been shown to boost your body's production of HGH — and they're often taken together.

It Takes More Than Nutrition To Get Peptide's Full Benefits

Almost any adult can benefit from peptide therapy. I now deliver peptide therapy to my patients here at the Sears Institute for Anti-Aging Medicine in South Florida on a regular basis. Multiple studies prove they are highly effective and carry a very low risk of side effects.

The easiest way to restore overall peptide levels in your body is through your diet. Peptides are already naturally present in many protein-rich foods.

Studies show that organic meats and their byproducts, as well as wild-caught fish, are among the best sources of proteins and bioactive peptides you can find. A number of plant-based protein sources also contain high levels of peptides.^{24,25}

Here are just a few great dietary peptide sources:

- Milk and other dairy products
- Eggs
- Organic beef, chicken, lamb, or pork meats
- Wild-caught fish and shellfish
- Beans and lentils
- Oats
- Flaxseed
- Hemp seeds

But for targeting specific conditions or concerns, I recommend peptide therapy at a reputable clinic. That way, you receive the customized and selective nature of each, individual peptide.

That's because peptides target specific cell types and imitate your natural body signals, without causing any disruptions or unexpected reactions.



While you can obtain peptides from certain foods like hemp seeds, I recommend getting customized peptide therapy to target specific cells.

At my clinic, we have our peptides manufactured to the highest standards at a compound pharmacy in Tampa, Florida, to ensure they are fully bioidentical and resemble naturally occurring peptides. This also ensures that they're compatible with natural biological processes.

There are many different peptides available for use in treatment. They are all customized for the patient according to their requirements and conditions. Some of them can be taken orally and some are administered directly into your bloodstream through subcutaneous injections.

Since peptides have a smaller amino acid chain than proteins, they are more easily broken down and absorbed into your body. Also, they are more easily absorbed through the gut and skin, and they enter the bloodstream faster.

Treatment cycles average between one and three months, although patients often choose to continue for much longer because of the many benefits.

It's worth remembering that peptide therapy has an average "loading" period of 3-6 months before the full effects are felt — although benefits can start to be noticed within the first few weeks.

During this time, a combination of different peptides may also be recommended to help achieve optimal results.

If you're interested in learning more about peptide therapy at the **Sears Institute for Anti-Aging Medicine**, please call my staff on **561-784-7852** for details.

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90% Of Men With Osteoporosis Are Untreated But Space-Age Technology Rebuilds Strong Bones

It used to be that whenever osteoporosis was mentioned, it immediately evoked the image of an elderly woman, stooped and fragile.

But as the years go by, I've observed that an increasing number of my male patients have developed this dreadful disease that causes shrinkage of bone tissue — and they are often shocked by the diagnosis.

Most of my male patients believed osteoporosis was a “women's disease.” But these days, men account for around two million of the 10 million osteoporosis sufferers in America. Unfortunately, 90% of men with the condition are untreated.¹

At the Sears Institute, I don't follow mainstream convention when it comes to treating bone loss in men and women.

I've discovered a space-age technology that not only prevents bone loss, but helps to reverse it.

This therapy was used by Russian researchers to prevent the loss of bone density in cosmonauts floating in zero-gravity space.

In fact, this space-age technology kept their bones in such good shape that Russian astronauts were able to stay in space for more than 420 days with little or no gravity effects.

American astronauts had to return to earth after only four months. Today, NASA is investigating this therapy as an effective strategy to not only prevent bone loss, but to reverse it.

The therapy uses a technique called Whole Body Vibration (WBV).



NASA is investigating space-age therapy to reverse bone loss.

New Vibrational Therapy Gives You Superior Bone Strength

WBV uses an oscillating platform that transfers vibrations up and down your entire body. These vibrations then produce rapid muscle contractions.

A recent study found that WBV provided significant improvement in reducing spinal and lumbar bone loss in older patients.²

Another study published in the *Journal of Bone and Mineral Research* found that the therapy prevented bone loss. It not only reversed the decline but actually increased bone density.³

I believe in this therapy so strongly that I recently bought a WBV platform for the Sears Institute for Anti-Aging Medicine.

I recommend it for almost all of my patients. WBV has been shown to be a potent treatment for:

- Improving joint mobility
- Increasing muscle mass and strength
- Improving blood circulation
- Increasing flexibility and mobility
- Improving balance
- Reducing the stress hormone cortisol
- Boosting levels of serotonin
- Balancing blood sugar
- Burning fat

In a moment, I'll explain how whole-body vibration works to prevent and even reverse osteoporosis. But first, I want to tell you why you need to stop listening to mainstream medicine's outdated — and dangerous — bone advice.

Kick Your Calcium Supplement To The Curb

You won't hear about Whole Body Vibration therapy from your doctor.

That's because most doctors still believe that drinking milk and taking calcium supplements are the best way to build strong bones.

That's why calcium has been added to almost everything you eat these days: bread, cereal, yogurt, cheese — even your toothpaste and chewing gum.

Depending upon where you live, it may even be in your tap water.

That's a lot of calcium. But it's not saving your bones. *In fact, it's making your bones MORE brittle.*

Let me explain...

In a new study, researchers at Uppsala University in Sweden looked at over 195,000 patients. It found that drinking milk fortified with calcium had zero effect on the risk for hip fractures.⁴ Other studies show that higher calcium intake doesn't prevent fractures due to bone loss.⁵

And another study followed 61,443 women for nearly 20 years. It found that increasing your daily calcium has no effect on fractures later in life.

The women who took in the most calcium *did not reduce their risk of osteoporosis or fractures of any type.*⁶



C.H. finds WBV therapy quick and easy, and she's able to increase the intensity as she gets stronger.

But it gets worse... Excess calcium harms more than just your bones. It's been linked to:

- An almost 90% increase in heart disease. After following 24,000 Germans for 11 years, scientists at the University of Zurich found an alarming 86% jump in heart disease in those who supplemented with calcium.⁷
- Up to 7-fold increase in dementia. Researchers in Sweden followed 700 study participants between the ages of 70 and 92 for five years. They found that compared to those who don't take calcium supplements, those that do double their risk of dementia. If they've had a stroke, the risk increased to 71%.⁸
- Increased mortality. Half of a group of 1,471 healthy patients took daily calcium supplementation and had almost double the number of heart attacks, strokes, and sudden death!⁹

There's more. Increased risk of kidney stones, obesity, brain cell death, the list goes on...

Too much calcium can actually calcify your heart and blood vessels. A study in the journal *Osteoporosis International* linked calcium supplements with a 27% to 31% increase in risk of heart attack and up to a 20% increased risk of stroke.¹⁰

In just a moment, I'm going to share with you much better ways to build bones that will last a lifetime.

Osteoporosis Isn't Just "A Woman's Disease"

Osteoporosis is called a "silent disease" in men. Not only does it progress without symptoms, most men think it won't affect them.

Like I mentioned earlier, my male patients with this disease are always surprised by the diagnosis.

Of course, it still affects women greatly. In fact, as a woman, your risk of breaking a bone is higher than your risk of a heart attack, stroke, and breast cancer combined.¹¹

And roughly one in four men over age 50 will break a bone due to osteoporosis.¹²

Of course, a broken bone can change your life forever. You could be in constant pain, lose mobility, have a long-term disability, or completely lose your independence.

That's why you have to understand how to build healthy bones throughout your life.

Avoid Big Pharma's Poisonous Bone Drugs

Your bones have cells called osteoclasts. Their job is to remove old bone tissue. This makes room for other cells called osteoblasts to come in and rebuild the bone.

With osteoporosis, there is an imbalance... either your osteoblasts aren't making new cells fast enough, or osteoclasts are removing too much bone tissue.

So your doctor might prescribe Big Pharma's latest drugs to right that imbalance.

But these drugs meant to improve bone density actually CAUSE bone breaks.

Let me explain...

When you take bisphosphonate drugs like Fosamax, Boniva, and Actonel, your osteoclasts absorb it. The drug poisons the osteoclasts by cutting off their blood supply. So these cells either work very slowly or they die off.

With your osteoclasts out of commission, old bone doesn't break down. You have more bone mass but it's *old* bone mass. This old bone tissue is not like young bone. It's fragile and brittle, like glass.

Researchers studied patients taking these medications who had some sort of fracture.

More than 65% had the same rare fracture in the same area of their thigh bones. And these were the people who had been on the drugs for the longest time.¹³

A new study from Finland looked at patients aged 55-81 who also had these rare bone breaks. They found that you're over 90 times more likely to have a rare bone break if you take bone drugs than if you don't.¹⁴

Others have a disintegration of their jaw bone called "osteonecrosis." In other words, these drugs give you the same problem they're supposed to prevent.

Look, poisoning your body is hardly ever a good idea. This is why in my practice, I never use these drugs.

Instead I help my patients build strong bones with natural therapies including WBV therapy.

Shake Your Way To Better Bones

With WBV therapy, you lie, sit, or stand on a platform with shifting plates. The plates vibrate rapidly.

The vibrations stimulate receptors on your muscles and tendons. They cause your muscles to contract and relax anywhere from 30 to 50 times a second. And that rapid contraction has powerful effects on your bones...

You see, your bones grow and harden in response to the stress you place on them. Research shows the rapid stress from WBV improves bone strength, bone mineral density, and bone formation.¹⁵

In one study, researchers divided 46 patients into three groups. Two groups got 20 minutes of WBV therapy either once or three times a week. The third group got sham vibration treatments. After eight weeks the group getting WBV three times a week had 34.6% less bone breakdown than the sham group.¹⁶

In another study, 28 postmenopausal women were assigned to two groups. One group walked for 55 minutes three times a week. The other group did six rounds of one-minute WBV sessions with

a one-minute rest in between, also three times a week. After eight months, bone mineral density in the femur increased by 4.3% in the WBV group compared to the walkers. The WBV group also improved balance by 29%, helping to prevent falls.¹⁷

And in a Chinese study, 116 patients did 10 minutes of WBV five times a week. After six months, they increased their bone mineral density in their hip by 4.9%.¹⁸

I recommend WBV therapy three times a week for the best results. You can get the benefits no matter what your age or physical condition is.

I'm excited to offer WBV therapy here at the **Sears Institute for Anti-Aging Medicine**. If you're in the South Florida area, just call my staff at **561-784-7852** for more details.

But even if you don't have access to WBV therapy, you can still build strong bones in your own home.

My 4-Step Plan For Building Strong Bones

Here are four things I recommend to keep your bones strong, prevent osteoporosis and stay independent for life:

1. Use the hormonal secret for stronger bones. Maintaining healthy levels of sex hormones in your body will keep your bones strong. You see, hormones control the amount of calcium that sticks to your bones.

You can take all the calcium you want, but if your hormone levels fall, calcium will drop away from your bones.

With my female patients, I use an easy and inexpensive hormone precursor called DHEA. It's involved in the manufacturing of most major sex hormones in the body, like estrogen and testosterone.

You can purchase DHEA over the counter, but I don't advise anyone to take DHEA without having their levels checked first. You will have to ask your doctor to measure it with a simple blood test.

In men, estrogen overload can cause increased osteoclast activity, which results in bone loss.

You see, excess estrogen interferes with body's levels of the male hormone testosterone — which,

apart from promoting male masculinity, also stimulates bone growth. This is one reason women also need small amounts of it to stay healthy

When men have too much estrogen, they release proteins that force testosterone to be excreted from their bodies. The shortage of the male hormone not only lowers libido, but spurs the production of too much cortisol, the stress hormone, which promoting bone breakdown.

That's why one in five men over the age of 50 suffers fractures in frail bones. And after 60, the figure rises to one in three.¹⁹

2. Build “superior” bones with vitamin K2. This little-known vitamin regulates calcium. It directs it into your bones. I've helped hundreds of patients regulate their calcium and stabilize their bones using vitamin K2. A recent study showed that high vitamin K intake means higher bone mineral density, and less bone loss with aging.²⁰ The authors wrote that vitamin K gave people “superior bone properties.”

In America the most popular food sources of K2 are egg yolks, organ meats, grass-fed raw milk, and traditionally cultured cheeses like Emmental and Jarlsberg.

You can also supplement with vitamin K2. It comes in several different forms called menaquinones (MK).

Lower Excess Estrogen

SAM-e: This promotes the excretion of estrogen while negating the effects of estrogen toxicity.

Take 200 mg a day to start. But you can take up to 800 mg twice a day if a blood test reveals that you have extremely high levels of estrogen.

Eugenol: This is an estrogen-lowering compound that helps keep your body from absorbing estrogens.

I recommend supplementing with clove oil. Make sure you use 100% pure clove oil. Dilute just a tiny bit in almond or olive oil. They will help you absorb it better.

DIM: You can get this natural estrogen cleanser from cruciferous vegetables, like kale and broccoli. But you can't eat enough to cleanse your body well enough.

Start with a 100 mg capsule a day. Two capsules provide as much DIM as a pound of vegetables.

Look for a supplement containing MK-4 or MK-7. And it's fat-soluble, so take K2 with a meal to improve absorption. I recommend taking 90 mcg per day.

3. Soak up the sun. Vitamin D is a vitamin and a hormone. It directs how much calcium you store in your bones so you can use it when you need it. Your body uses it in the process of making osteoclast and osteoblast cells. Too little vitamin D can lead to thin, brittle bones and osteoporosis.

By preventing bone loss, vitamin D reduces your risk of:

- Breaking a bone in any part of the body by 33%
- Breaking a hip by 69%
- Having constant bone pain — a condition called osteomalacia

Your best source of vitamin D is sunshine. Just 20 minutes out in the sun will give you all your vitamin D for the day. But unless you live in a year-round sunny climate, you might have to get your vitamin D from other sources.

Food sources of vitamin D include grass-fed beef and liver, salmon, oysters, mackerel, tuna, sardines, eggs, and cheese. Mushrooms are the only vegetarian source of vitamin D.

Of course, you can also get vitamin D from supplements. I recommend taking a supplement of vitamin D3 called cholecalciferol. It's the same vitamin D3 your body produces. Just be sure to avoid the synthetic form of vitamin D2 in most multivitamins because it is less potent and less absorbable.

I recommend 2,000 IUs via supplement daily, preferably in the morning but never at night. That's because vitamin D is inversely related to melatonin, your sleep hormone, and may keep you awake.

And because it's a fat-soluble vitamin, taking D3 with high-fat foods will boost the absorption. I recommend pairing it with healthy omega-3 fatty acids.

4. Use this magic bone supplement. Magnesium is one of the primary minerals found in the bone matrix.

This often-overlooked trace mineral is needed for more than 300 biochemical processes in your body, including nerve and muscle function, the immune system, and a steady heartbeat.

Low magnesium intake, as well as low blood and bone magnesium levels, has been widely associated with osteoporosis. Studies show that 80% of Americans aren't getting enough magnesium. Not only have industrial farming methods stripped the soil of essential minerals like magnesium, the carb-heavy modern American diet prompts your kidneys to excrete magnesium as well.

Leafy greens like kale, spinach, and Swiss chard are good food sources. So are quinoa, lentils, almonds, sesame seeds, and cacao.

I recommend getting between 600 mg and 1,000 mg a day as a supplement. Avoid magnesium oxide or glutamate. The glycine, citrate, malate, and chloride forms are better choices. Take it with vitamin B6 to increase the amount of magnesium accumulating in your cells.

Turn the page for another surprising cause of bone loss – and the Primal solution that's proven to return your native strength.

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Cardio Is Wasting Away Your Bones — And Your Muscles But Simple Protocol Makes Your Whole Body Stronger

For decades, Bill Rodgers was a record-breaking long-distance runner. He trained hard and he trained often.

And all his training paid off with wins and trophies.

Nicknamed the Marathon Man, this former Olympian was ranked the No. 1 runner in the world three times. For six years, Bill dominated the Boston and New York City marathons like no one else had ever done before, winning both races *four times each*.

But while training for a race one day, Bill suddenly felt his right leg crack. It gave out on him and he crashed to the ground. His tibia was badly broken. Bill had been running for weeks with a stress fracture.

The reason for the fracture shocked Bill and his physicians. It turns out that, despite believing that he was in peak physical condition, Bill had a bone density score that put him at a greatly increased risk for bone fractures and osteoporosis.

Bill and his doctors may have been shocked, but I wasn't surprised at all when I heard Bill's story.

Along with being an anti-aging doctor, I'm a certified personal trainer. I spent years working with athletes, and I saw what cardio and endurance training did to their bodies — including their bones and muscles.

That type of “exercise” destroys your bones and joints and causes your muscles to waste away.

When I first started talking about how bad cardio was for our health, people laughed at me. Now, the science is starting to catch up...



Running every day caused endurance athlete Bill Rodgers' bones to become brittle and break.

I'll share more about that in just a minute, but first I want to assure you that there IS a right way to exercise to protect and strengthen your bones AND build muscles.

It's easy and you can start today... no matter your age or fitness level. And you don't need any fancy equipment or a pricey gym membership.

In this article, I'll show you why traditional “exercise” programs don't work for building stronger bones and more muscle mass — and why my PACE program does.

We Weren't Designed For Cardio

“Cardio” is short for *cardiovascular endurance training*. It's the idea that you have to raise your heart rate for a long duration. It's when you spend 45 minutes on a treadmill, run for miles a day, or take an hour-long aerobics class.

This kind of exercising to exhaustion is just not natural.

Running every day caused endurance athlete Bill Rodgers' bones to become brittle and break.

Our primal ancestors didn't jog for miles at a time. They didn't jump around for an hour doing aerobics. They had short bursts of activity. That's how they stayed strong, lean, and healthy.

The concept of cardiovascular endurance exercise goes against how your body was built to move.

It's bad for your bones...

Recent research shows that people who do excessive long cardio sessions have a **higher risk** for developing osteoporosis.¹

In fact, studies conducted on 2012 Olympians found that endurance athletes are 33% more likely to have higher levels of bone loss than non-athletes!²

And in a study of 52 participants, researchers compared those who ran long distances every week with those who ran less than three miles. The researchers found that for every six additional miles run, the runners had 1% to 2% lower bone density.³

That may not sound like a lot, but when you add it up over time, the risk of developing osteoporosis becomes extremely high.

And just as it weakens your bones, cardio also strips you of muscle.

You see, endurance exercise quickly burns through carbs and fat. This forces your body to break down muscle to help meet energy needs. It also uses your smaller, more oxygen-efficient muscle fibers and tends to ignore larger, more powerful muscle fibers that actually trigger muscle-building.

Just compare the bodies of marathon runners to sprinters in the photos on the right.

See the difference? Long-distance runners engage their smaller muscle fibers. Sprinters engage their larger muscle fibers. Which man looks healthier to you?

One study showed that the muscles of marathon runners *shrink*. When muscle biopsies were analyzed, researchers found their muscle fiber size had decreased and atrophied.⁴



Marathon runners, like the man on the left, and other endurance athletes are constantly battling muscle loss. But athletes like the sprinter on the right build muscle.

How PACE Builds Stronger Bones And Muscles

The solution to building strong bones and muscles is to *shorten* the duration of your exertion, but *increase the challenge*.

My PACE program is designed to help you do that — and in only 12 minutes a day. Not the 45 minutes or 60 minutes the “experts” say you need.

PACE stands for *Progressively Accelerating Cardiopulmonary Exertion*, and the concept is pretty simple: short, progressively accelerated bursts of intense exercise followed by rest.

And it's proven to work...

One study followed patients over the age of 80. Three times a week they did short but intense exercise routines similar to my PACE program. After just 36 sessions they increased their lower-body muscle mass 26% and their leg muscle power by 31%.⁵

There are a lot of ways to do PACE, but for building strength, your best bet is to do resistance training exercises.

But you don't need to use weights or join a gym. Your body is the only equipment you need.

I'm talking about calisthenics, which use the resistance of your own body weight to make you stronger (they'll help you burn extra fat, too). And you'll see and feel results almost immediately.

In one study, older patients did high-intensity resistance exercises similar to my PACE program twice a week. After a year, they had increased their bone density by 1%. Again, that might not sound like a lot at first. But consider this... a control group who did not exercise at all had a *decrease* in bone density of 1.8 to 2.5%.⁶

In another study, 21 frail, elderly subjects took part in resistance training. After just 11 weeks, their muscle fiber increased by up to 60%. And they had an overall improvement in balance, strength, and physical ability, making them less likely to fall.⁷

And here's where the research gets really exciting. Not only can these types of exercises build your muscles, it can actually make your muscles **biologically younger**.

In a groundbreaking study, researchers took muscle samples from young adults and older adults. The older adults were 59% weaker than the younger ones at the study's onset. Then the older group did resistance exercises three times per week.

After just six months, the older group **improved their muscle strength by about 50%**. But there was an even more remarkable side effect. Their muscle tissue was rejuvenated. In fact, *most of the genes that express aging were reversed back to younger levels!*⁸

The Best Exercises For Stronger Bones And Muscles

I've helped thousands of patients increase their bone density and reverse muscle loss with my PACE program. I've even seen 80-year-olds *double* their muscle mass in just a few months!

To get the biggest impact in the shortest amount of time, I recommend starting with the largest muscles in your body. Those are the quadriceps on the front of your thighs.

In one study, researchers had older men do exercises similar to what I recommend in my [PACE program](#). They worked three times per week on their lower body. And their quad strength *increased as much as 226%*.⁹

And there's other research that shows just how critical it is to have strong quadriceps. A study from the University of Pittsburgh followed nearly 2,300 people for five years. It found that low quadriceps muscle strength made you 51% *more likely to die*.¹⁰

In fact, the *only* two things that predicted death were age and quadriceps muscle strength.¹¹

Here are some great quad-builders...

The Hindu Squat

1. Stand with your feet shoulder-width apart.
2. Extend your arms out in front of you, parallel to the ground with your hands open and palms facing down.
3. Inhale and pull your hands straight back toward you.
4. As you pull back, turn your wrists up and make a fist. At the end of the inhalation, your elbows should be behind you with both hands in a fist, palm side up.
5. From this position, exhale, bend your knees, and squat.
6. Let your arms fall to your sides and touch the ground with the tips of your fingers.
7. Continue exhaling and let your arms swing up as you stand back up to the starting position.

Do one repetition every four seconds. Once you are comfortable with the form, you can increase your speed to one squat per second. Repeat until you feel winded. Rest, recover and do two more sets.



Jump Squats

1. Start with your body crouched, feet together, hands behind your head with elbows out, head straight and level.
2. From this position, quickly straighten your legs and jump upward as high as you can into the air.
3. Once you have landed, quickly return to your original starting position, taking care not to lose your balance throughout the exercise.
4. Repeat.

It will take you a few sessions to build up your stamina. Start slowly. Take plenty of time to build up your strength, endurance and balance gradually. Rest and recover between sets. At first you'll have to take longer breaks, but they'll get shorter as you rebuild your natural strength.



The Alternating Lunge

Another great weight-bearing exercise that builds bone density effectively and quickly is the alternating lunge. This exercise will keep your quadriceps strong and allow you to pick up your kids or grandkids for years to come.

1. Place your hands on your hips, and make sure you keep your back straight and hold your head high.
2. Take a step forward with your right leg until your front knee is bent 90 degrees and your back knee almost touches the ground.

3. Use your quad muscle to push back off your leading leg and return to the starting position.
4. Repeat with your left leg.
5. Alternate until you are slightly out of breath.
6. Rest and recover.
7. Do a second set, but increase the intensity again until you are out of breath.
8. Recover again.

Remember to slightly increase the challenge each time. Then, every session, incrementally accelerate your exertion or recovery.



I know that for some people, it's easier to learn new exercises by watching someone else do them. That's why I created my [YouTube channel](#). There you can watch 30 different exercises as well as a complete PACE workout.

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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).