



Dr. Sears'

CONFIDENTIAL CURES

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

Special Double Issue

Vol. XI Issue 9

Two Decades In The Making...

The 5 Most Powerful and Impactful Rejuvenation Therapies I Offer Patients At My Clinic

Dear Friend,

When I published my first book — *The Doctor's Heart Cure* — in 2004, I already envisioned the clinic I would build a few years later. It would be a state-of-the-art healing center featuring my own protocols for the most transformative treatments available.

Today, the **Sears Institute for Anti-Aging Medicine** is the leading facility for regenerative medicine in the country. In this **SPECIAL EDITION of Confidential Cures**, I'll walk you through the top five treatments that feature my own innovations for the treatment of today's most pressing health concerns.

In the first article, I'll show you how to reverse your "biological age" by optimizing the biomarkers that determine your *true age*. If you're a regular reader, you know the age you track with each birthday is not an accurate reflection of your health and potential.

By tracking and improving the core biomarkers of aging, you can be 70-years old, yet enjoy the strength, energy, and immunity of someone who is years, even decades, younger.

This is the foundation of my practice, and the first step towards a longer *health span* — the length of time you can expect to live while keeping all of your youthful powers intact.

Then I'll reveal the four unique treatments that build upon your biological age assessment to keep you young and free from disease.

- **The Most Important Test Your Doctor Will Never Order** — I'll show you the latest advances in the technology that lengthens your health span by up to 41% and how a new test is the most accurate way of determining how old your cells are, and how you can reinvigorate them with youthful energy. Plus, I'll give you proven techniques you can use from home right now.

- **Treat Almost Every Disease Under The Sun** —

Discover how to use your body's "ageless cells" to repair and restore your aging body, while treating and preventing the onset of today's most feared chronic diseases. My own breakthroughs and innovations to this proven age-reversing technology are opening up new possibilities previously unknown to medical science... including the reversal of heart disease and diabetes, and pulling stroke victims back from the brink of death.

- **Restoring Hope To The Hopeless** — I'll take you

inside the one of the most exciting fields of regenerative medicine that performs medical miracles on a daily basis. You'll learn how it treats and reverses even the most devastating diseases like Alzheimer's and how my own clinic is leading the way with advanced techniques that restore hope even when mainstream medicine claims these challenges are "untreatable."

- **Our Enhanced PRP Sets Us Apart**— Find out how

unmanageable chronic pain is eliminated using my own "next generation" protocol for the potent growth factors we harvest from your own blood. I'll show you why Big Pharma's drugs never solve the problem, and provide you with an at-home remedy for pain you can use without a prescription.

And finally, I'll reveal a special new program we're about to release in my clinic that promises to be the most accessible and affordable way to take advantage of the wisdom and healing potential we provide at the **Sears Institute for Anti-Aging Medicine**.

You're getting exclusive first access by virtue of being a *Confidential Cures* subscriber!

To Your Good Health,

Al Sears, MD, CNS

#1

A Childhood Dream Led To The Way I Think About...

Health, Aging, And Health Improvement

Every treatment protocol I use at the Sears Institute for Anti-Aging Medicine is life changing.

But if you ask me what I consider to be the single most valuable thing that I can offer my patients, I'd tell you it's the unique total-body Biological Age Analysis that I developed.

This system not only keeps you free of disease, but gives you more energy, more brainpower, more independence, more vigor...

In other words, it's a life-changing method of reversing your biological clock that allows you to get even more out of life.

In a moment, I'll tell you how you — as a special *Confidential Cures* subscriber — can join my latest clinical study at the Sears Institute and put this age-reversing, health-promoting strategy to use.

But before I explain how this method can change your life, let me show you how I got here. It all started with a dream I had from a very young age.

Ever since early childhood, I wanted to be a different kind of doctor... ***the kind of doctor that improved health.***

That's because it was apparent — even to this young farm boy — that what doctors were doing was the exact *opposite* of improving health. Let me explain...

I was about six when my sister Debbi crashed her bike on Lulubell Lane and got thrown over her handlebars. She hit the ground hard and was laying at the bottom of the hill with blood coming out of her ears. Unlike most accidents where my mom or grandmother would take care of it, this time we went to the ER.



Ever since childhood, I wanted to be a doctor who improved health. Today, that's what we focus on at the Sears Institute.

When we were in the hospital, I realized what I was witnessing had *nothing* to do with what I thought health care was all about... I thought doctors turned people into muscular, disease-resistant strongmen like my dad.

My father radiated good health. You could feel it in his presence and see it in the way he moved. He had a twinkle in his eye and looked like a panther ready to pounce.

At the hospital, I saw doctors who were obese, pasty-faced, and lethargic.

That's when I told my mother that I wanted to be the kind of doctor who made people healthy — like my dad.

I held on to this belief through my pre-med schooling at college.

But when I got into medical school, they told me I had no business being a doctor. Because doctors don't make people healthy.

Doctors treat disease, they told me. And if you don't have a disease, we'll see you next year.

This way of thinking had terrible consequences. It created an industry to identify and treat disease — a very profitable industry that has no intention of going away.

My childhood dream led to the way I think about health, aging, and health improvement.

It's All About Growing Better With Age

The old assumption is that doctors are like mechanics who go in and fix a problem... in this case, they "fix" or treat disease.

This is a noble pursuit, and of course, it's an important part of our healthcare system.

But I never wanted to be this kind of doctor. So I developed a new "assumption." I decided to be a student of salutology. This word comes from two Latin words, *salud* and *logic*, meaning health and study. It translates to the study of the origins of health.

Salutology is a medical specialty that primarily focuses on enhancing and improving health, rather than treating disease.

A lot of conventional doctors call what I do preventative medicine. I've seen myself labeled this way at various summits and conventions I've been invited to speak at.

But I don't practice preventative medicine. Preventative medicine is just preventing disease.

Even my anti-aging colleagues don't get it. Anti-aging medicine usually focuses on slowing the physiological decline caused by aging. That's useful — but it doesn't give you positive growth over time, or make you smarter and stronger as you age.

So I don't quite fit into that group either, even though I own and operate the Sears Institute for Anti-Aging Medicine.

"My childhood dream led to the way I think about health, aging, and health improvement."

When I opened my first clinic, it was a practice of salutology. I called it a Youth Quest. But I changed the name when people thought I was running a camp for kids!

In other words, I wanted to study — and create — health. And I still work to honor that philosophy today.

I didn't want a patient to come to me, say they have no complaints, and then I just say "See you in a year."

And I certainly didn't want to wait until a patient is sick and then focus on their disease.

Instead, I wanted to help them do whatever they could do to improve — to become stronger, healthier, more vibrant, and mentally sharper — long before they became ill.

This way, you not only avoid the modern chronic diseases of aging, you also avoid the debilitating years of discomfort and illness that take you there.

But to practice salutology effectively, I realized I needed a way of measuring it... And that's when I developed the Biomarkers of Health and Aging.

A biomarker tells us how "old" a particular function of your body is — regardless of chronological age.

It allows me to look at the total measure of your body's ability and improve it...

Putting The Practice Of Salutology To The Test

I call this salutology system Age Quotient, or AQ. It's a new way of measuring — and more importantly, improving — your true biological age.

Let me explain...

Measuring is important in salutology. If the goal is to improve and repair your health, then we need to begin by establishing a baseline measurement. You need to test where you are so you can begin to enhance it.

The beauty of knowing your biomarkers of health and aging means you get a total measure of your body's output ability and the information you need to make it better.

It's very simple math. I take your chronological age and divide it by your biological age for a number of key biomarkers — like heart power, lung power, hormone levels, markers for inflammation, vision sharpness, and others. Then I multiply by 100.

And just like your IQ, the higher your AQ, the better you're doing.

A higher AQ means you're able to do more. Imagine having the same freedom and choices at 100 years old as when you were 50.

Having a higher AQ means you're measuring for — **and then improving** — more than 60 parameters of health in a number of categories, including:

1. Cardiac
2. Pulmonary
3. Neurologic
4. Body Composition
5. Musculoskeletal
6. Ophthalmologic
7. Integumentary — skin, hair, nails, glands
8. Vascular
9. Hormonal
10. Inflammatory
11. Metabolic
12. Hearing
13. Hematological
14. Telomere

A Quick Example Of A Biomarker Of Aging

Lung capacity is a good example of a biomarker. For example, a 60-year-old man with above average lung power would have “*younger*” lungs than his peers.

Using pulmonary function tests, we determine the overall output and performance of your lungs. Then we chart your capacity and compare it with the general population. This gives us a true measure of the “biological age” of your lungs.

Your lungs may test “older” or “younger” than your chronological age.

You've heard me say that your lungs are the number one predictor of death. The smaller your

lungs, the greater your chance of dying... of ALL causes. Your lung power can be increased and expanded through intervention.

I use this system on myself regularly, so let me give you an example.

Not long ago, I had my clinic test my lungpower...

My chronological age is 65. As you probably know, I've challenged my lungpower with my PACE exercise program for decades. When my pulmonary age was tested, it came in at 25. So that means my lung AQ is 240, which is pretty high.

But the beauty of the AQ system is that next year, if I do as well on the test, the AQ for my lungs will improve.

And by continuing with daily PACE exercises and lung-boosting supplements, my lungpower will remain as robust as a 25-year-old, my AQ will rise even more.

You see, when you know your AQ, it's easy to use that information to make your body function like a younger person. With simple tweaks in what you eat, what supplements you take, and how you exert yourself, you can continually improve your AQ as you age.

Maybe you're asking why measuring your lung power matters? And what is the point in learning your biological age versus your chronological age...

To be honest, my sister Debbie, who started me on this quest when she flew over her handlebars, asked me that question when she was in town.

The whole goal in doing this testing is to see where in your body you are aging — and how quickly. Once we have these baseline measurements, we'll work together to reverse your biological age.

Then together, we'll develop an individualized treatment plan based on your unique results.

On average the patients at my clinic who've gone through this age-reversing protocol have grown 16 years younger.

Since I first developed this system, I've seen other clinics and even interactive websites talk about tests that try and determine REAL biomarkers of aging.

But our system is much simpler than other age measurements that use medical acronyms and strange numbers.

Their test results come back with numbers and ranges that mean little to you, the patient.

If I told you your FVC (a measure of lung power) was 4.2 liters... is that good or bad?

These results are not helpful or useful to the person trying to understand how well they're doing or where they need to improve.

But, here's what really sets the Sears Institute apart from these sites... I don't treat aging as a disease. Let me explain.

Conquer The Biomarkers Of Aging With REAL Anti-Aging Strategies

There is a feature of aging that makes it different from other health-related issues. Aging is NOT a disease. It's not a mistake. Your body is aging on purpose.

Your body is on a suicide mission. From the time you were born, you were programmed with death-related aging as part of evolution's master plan.

It's by design.

As you age, your body starts to break down. Your cells divide and divide until they begin to die off. You start to experience the symptoms that go along with "old age." It's the natural order of things...

But here's the truth. It's not only possible to stop the clock on these symptoms of aging... you can reverse them.

The reality is that your body is capable of living as if it were 18 — in perfect condition — until you are 80.

As someone who has devoted decades to studying the aging process, I can tell you without hesitation that aging is an "inside job." My REAL anti-aging strategies work because they get inside your body's aging program and change your body's real biomarkers of aging.

At the Sears Institute for Anti-Aging Medicine, my anti-aging strategies take aim at the real biomarkers of aging.

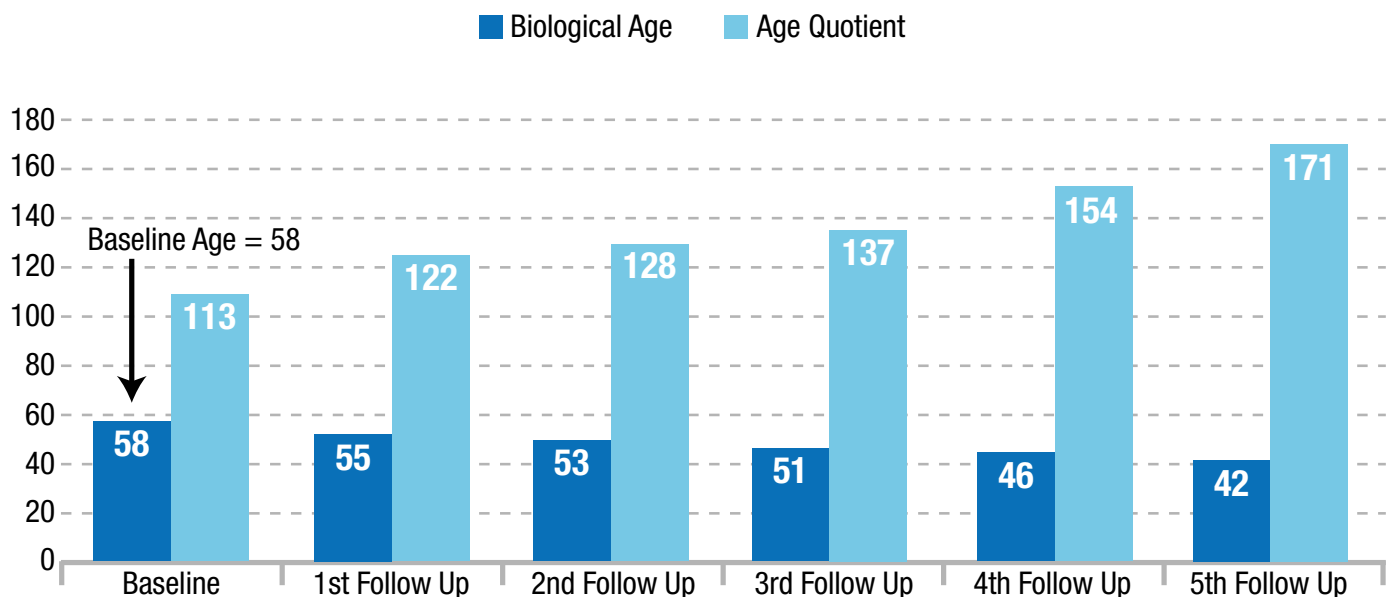
And the proof is in the patients...

To date, we have enrolled more than 200 patients in our BioAge study.

So far, they have reversed aging an average of 16 years. This is an additional increase of 2 years since the study started. But I want to go even further.

Like I said earlier, a BioAge Analysis is the MOST VALUABLE thing I can do for my patients. Let me tell you about a few of them, and you can see the results for yourself...

Sears Institute for Anti-Aging Medicine Core Study Group ≥ 200 Telomere Test Patients



Patients previously enrolled in my BioAge study have reversed an average of 16 years of aging.
In the next phase, we plan to go even further.

■ **Patient #1 – MM:** This patient was 58 when we started and 61 at the time of these results.

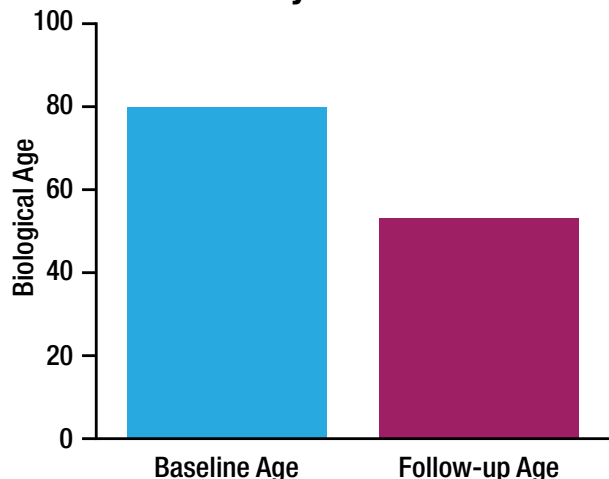
But he had a biological age of 44. He “grew” 17 years younger. In fact, MM:

- Reversed his “brain age” — the measure of his ability to concentrate, remember and process information — back to the age of 44.
- Reversed his “lung age” by almost four decades — back to that of a 24-year-old.
- Improved his eyesight, lowered his triglycerides, and increased his testosterone.
- Lost 20 pounds.

■ **Patient #2 – LB:** When she first came to see me, Lily had the lungs of an 86-year-old. And the heart of a 100-year-old. But two years later:

- Her heart is 23 years younger.
- Her brain is almost a decade stronger.
- Her lungs, which were her weak spot, are 27 years younger.

**Lily Reversed Her Biological Age
By 20 Years**



■ **Patient #3 – HW:** Howard is a former diabetic and a heart attack survivor. When he first came to see me, he’d recently been diagnosed with peripheral artery disease (PAD).

He was on a beta blocker, an ACE inhibitor, and a statin. He’d just started taking nitroglycerin.

He was 69 but, as he put it, he felt like “an old man.”

Today, Howard has the vascular — or blood vessel age — of a 43-year-old. And this 26-year vascular age reversal has greatly decreased his risk of having another heart attack and stroke.

Here are a few more results from some of the patients who’ve enrolled in the study:

- Helen is 85. She recently ran a marathon and broke the time record in her age group.
- Bill is 65. He now has the lungpower of a 39-year-old.
- And William recently celebrated his 84th birthday. But he has the heart of a 50-year-old.

Why You NEED To Know Your Biological Age

Many of you have called in to ask what the point is in learning your biological age versus your chronological age...

To be honest, my own sister Debbie — whose trip to the hospital after crashing her bike started me on this health quest — asked me that question when she was in town.

And I’m glad you asked.

The whole goal in doing this testing is to see where in your body you are aging — and how quickly. Once we have these baseline measurements, we’ll work together to reverse your biological age.

Together we’ll develop an **individualized treatment plan** based on your unique results.

On average the patients at my clinic who’ve gone through this age-reversing protocol have grown 16 years younger.

But that number is increasing every day as more and more patients are taking part in the study — and growing years younger.

Today, I want to invite you to be a part of it. And reverse your own biological age by decades.

I’m currently conducting the next phase in my groundbreaking BioAge clinical trial at the Sears Institute For Anti-Aging Medicine.

And I want you to be a part of it.

If you're interested in turning back the clock and reversing your biological age, please call my clinic at **561-784-7852**. My staff will be happy to sign you up today.

As always, a key part of the Biological Age Analysis includes testing your telomere length. Measuring your telomeres is another important marker in discovering your true biological age.

Your telomere length tells me how old or young your cells are acting. And it's also a reflection of how well everything else in your body is doing.

Your telomeres are the tiny "countdown clocks" at the end of each DNA strand.

The shorter your telomeres, the more prone you are to the "symptoms of old age" like vision and hearing loss as well as diseases like cancer, heart disease, arthritis, Alzheimer's, and diabetes.

Short telomeres have been linked to a 300% increased rate of death from heart disease and an 800% higher death rate from infectious diseases.

Once we know the true age of your telomeres, we come up with a plan to activate telomerase. When you turn on this enzyme, your telomeres start to regenerate and grow longer.

And that's where the real anti-aging magic begins.
Turn the page and I'll tell you more...

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#2

Why You Need To Take...

The Most Important Test Your Doctor Will Never Order

There's one question I get asked over and over again by my patients... They ask: "Dr. Sears, what is the most important diagnostic test that I should get?"

Like you, they want to protect themselves from diseases that could be a consequence of aging — diseases like diabetes, heart failure, cancer, Alzheimer's, and obesity.

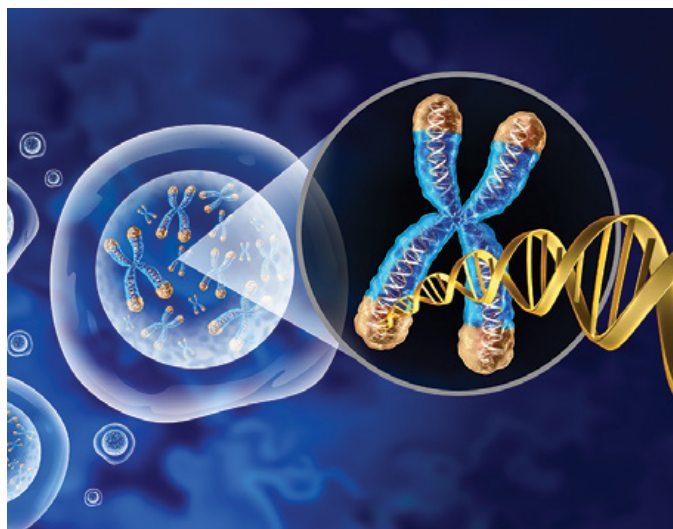
I tell them that because all of these diseases start at the cellular level, the most essential thing they can do is have their telomeres tested.

This molecular technology that naturally reprograms aging cells promises to...

- Turn everything we thought we knew about medicine upside down
- Unleash the healing power locked inside every one of your cells to heal you from the inside out
- Usher in a new era of automatic self-care, creating the first generation of disease-free super-agers

Just a few of the conditions associated with telomere shortening include:

Cancer	Heart disease
Neurological function	Parkinson's Disease
Diabetes	Dementia and Alzheimer's
Stroke	Vascular disease
Osteoarthritis	Osteoporosis
COPD	Gum Disease
Kidney Disease	Hair Loss and Skin Aging
Autoimmune Disease	Macular Degeneration



Protecting — and lengthening — your telomeres will create the first generation of disease-free super-agers.

Your telomeres control how your cells age. As you get older and your cells divide, your telomeres begin to shrink. When these tiny “countdown clocks” get too short, your cells die — and the diseases of aging start.

But, when you keep your telomeres long, you can slow down — and even reverse — how quickly you age.

Telomeres are the key indicator of your true biological age. And thanks to breakthroughs in telomere testing, we know that the ability to turn back time is no longer science fiction.

It's science fact.

If you're a longtime *Confidential Cures* reader, you've heard me talk about telomeres before. But if you're a new reader, I wouldn't be surprised if you're not familiar with the term. Most people aren't.

In fact, there are health professionals who don't understand what a telomere is!

I'll never forget the first time I came across the word... I was reading an article in the journal *Nature* about a new technology that would push forward the ability to slow aging extending the number of years they get on this planet.

I remember sitting at my desk and I wrote the word "telomere" on a piece of paper.

Underneath I added, "This will change the world as we know it."

Today, I'm no longer alone in thinking telomere technology is life-changing. Just look at what some of the top researchers in the world are saying:

- "It could actually not only prevent but even reverse the most common chronic diseases, like heart disease, early-stage prostate cancer, Type 2 diabetes, etc." – Harvard's Dr. Dean Ornish MD
- Telomere therapy helps patients avoid a wide variety of age-related diseases "including many forms of cancer, stroke, vascular dementia, cardiovascular disease, obesity, osteoporosis, and diabetes." – Yale Molecular Biologist and Nobel Prize winner Dr. Elizabeth Blackburn
- "We should be able to extend human [healthy] lifespan indefinitely." – Stanford Neurobiologist Dr. Michael Fossel, MD

Telomeres are the tiny protective caps at the end of each strand of DNA that control aging. They're like the plastic tips on the end of a shoelace.

As your cells divide, telomeres wear down. When your telomeres get too short, your cells stop dividing. New cells no longer replace damaged ones. You're left with older cells that lead to all of the diseases we associate with aging.

In other words, telomeres control the aging process.

Short telomeres dramatically boost your risk of serious diseases. And increasing telomere length helps fight almost all "diseases of aging."

That puts you in control. Because you can reverse the process so you can be younger, happier, and more energetic.

As a pioneer in telomere science, I've been helping my patients protect and lengthen their telomeres for decades.



If you attended my *Confidential Cures Summit*, you heard two of the top researchers in the world discuss the discovery and testing of hTERT.

New Cutting-Edge Research Show Activating Telomerase Increased Lifespan 41%

One of the reasons telomeres shorten over time is due to the reduced activity of telomerase. This is an enzyme that is responsible for maintaining the length of the telomere caps on chromosomes.

The function of telomerase relies on a little-known gene called *telomerase reverse transcriptase* (TERT). I believe that the discovery of this gene by my friend and colleague Dr. Bill Andrews, is the new frontier in anti-aging medicine. TERT activates telomerase, allowing the enzyme to be biologically active in cells. This, in turn, lengthens the telomeres on the tips of chromosomes.

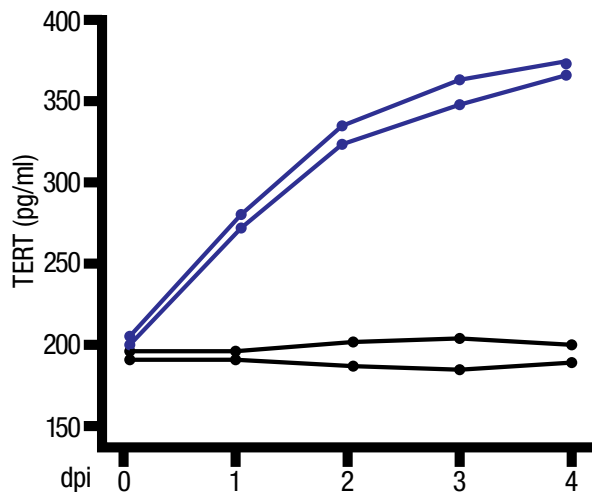
Building on this technology, a team of researchers — including another colleague, Elizabeth Parrish — developed a gene therapy protocol that allowed them to deliver TERT to cells in various organs of mice.¹

The team wanted to see if it would increase the telomerase activity responsible for lengthening telomere tips in biologically older animals versus a control group given a placebo.

Then they compared the results to animals of a similar biological age.

They found that this telomere treatment significantly improved biomarkers associated with healthy aging.

In fact, ***the mice that received the telomerase-activating gene therapy had an increased lifespan of 41%.***



Specific biomarkers of aging that improved included:

- Improved glucose tolerance
- Physical performance
- Preservation of muscle
- Hair loss prevention

Telomere Is The “Director” Of Your Life Movie

Sometimes, when I talk about telomere technology and telomerase activation, I can see that people don’t really understand fully what I’m talking about.

I tell them to think of the telomere as the “director” of the unfolding drama we call life. Telomeres determine how old your cells act, what they’re capable of, and what their true potential is at EVERY moment of your life.

Like a movie director, the telomere tells the cell what to look like, how to move, and what to say. It literally gives your cells a complete set of instructions, like a script or screenplay, based on what act and scene of your “life movie” you’re currently acting in.

Here’s what I mean.

Let’s imagine a man named Tom was born into a wealthy New England family. Tom had all the privileges of money, so he grew up relatively stress-free, eating a healthy diet, with plenty of exercise and time outdoors.

Under these conditions, Tom’s telomeres would shrink at a slow rate. And with longer telomeres, Tom “aged well.”

Now let’s imagine that Tom grew up to have a great job and a lovely home. But at some point, Tom finds out that friend Joe in West Virginia died, leaving a wife and three children without a father.

Tom moves to West Virginia to look after Joe’s family. But he can’t find a job, so he goes to work in the coal mines.

As soon as Tom starts breathing in coal dust, his telomeres start to disappear at a faster rate. Working 12 hours a day, Tom has little time for exercise and starts eating junk. Add in the stress of taking care of a large family on a small income, and his telomeres start burning down two to three times faster than they did before.

These much shorter telomeres mean that Tom soon starts expressing a much “older” version of himself.

In other words, his short telomeres CREATE cells that are older, weaker, and less able to fend off the threats.

Tom, once healthy and robust, starts to look and act more and more like an “old man.” He develops back pain, he doesn’t have the energy to do anything on his day off, his skin wrinkles, his eyesight diminishes and he appears colder and more distant to his family.

At the age of 35, Tom is now “old.”

On the surface, you might think it was the change of environment that did him in... and that was a contributing factor, of course.

The key here is realizing that these stress factors accelerated the loss of his telomeres, which in turn CREATED an “older” more decrepit version of himself.

But remember, Tom is the director of his “movie” or life... ***And that means that Tom’s condition can be fully REVERSED if he can lengthen his telomeres.***

And since you are the director of your life, you get to decide as well. You have the ability to program your own cells and proactively decide not only how LONG you’re going to live, but ***how WELL you’re going to live.***

I’ve always said “lifespan” is a meaningless measurement. If you live to be 98 years old, but

suffer from a laundry list of chronic diseases that include a loss of all your most vital powers and perceptions... well, what kind of life is that?

Supporting and lengthening your telomeres is about improving your “health span.” That’s what I call the amount of time you can live while keeping a sharp, focused mind and a disease-free body.

Here’s What Increasing Telomere Length Can Do For You

Research shows that with longer telomeres, you have a better chance to avoid almost every illness and disease.

Here are the top 10 health goals you can achieve if you keep your telomeres longer:

- **Keep your memory sharp** – The famous Nurses’ Health Study looked at the telomeres of 2,000 women, and found that those people with longer telomeres had less cognitive decline. Each unit increase in telomere length is like your brain acting a year younger!²
- **Stay happy and energized** – Depression is now associated with cell aging. The longer your telomeres, the less likely you are to be depressed no matter your age.³
- **Maintain a strong heart** – The younger your cells act, the less likely you are to suffer from cardiovascular disease.⁴
- **Stay lean and healthy** – A study found that obese children have telomeres that are 24% shorter than non-obese children.⁵
- **Keep your eyesight** – Longer telomeres mean a nearly 50% reduced risk for eye disease. And people with cataracts who had longer telomeres had less severe cases than those with shorter telomeres.⁶
- **Have perfect blood sugar** – People with diabetes have significantly shorter telomeres than people without. The longer your telomeres, the better chance you have of avoiding diabetes. Also, among those with diabetes, longer telomeres mean a less severe case with fewer complications.^{7,8}
- **Get healthy teeth and gums** – Most people don’t think of disease originating in the mouth, but your gums are a direct path to the rest

of your body. Gum disease is an indicator of inflammation in your body. People with gum disease had 23% shorter telomeres. Those with longer telomeres had no gum disease, and lower markers of inflammation.⁹

- **Sleep soundly** – In China, they looked at the immune systems of people with sleep apnea compared to people who slept normally. The ratio of white blood cells with longer telomeres was significantly higher in healthy people than for people with sleep apnea.¹⁰
- **Have pain-free and mobile joints** – Telomeres appear to shorten faster for people with rheumatoid arthritis. Longer telomeres are associated with lower risk for the immune disease.¹¹
- **Look younger and have more youthful skin** – Did you know that even for identical twins, the one with longer telomeres *always looks younger* than the twin with shorter telomeres? What’s more, the twins who looked younger than their true age had better health and longer survival rates than their older-looking siblings.

Join My Clinical Study To Increase Telomere Length And Reverse Aging

In the previous article, I told you about the age assessment measurements we use to analyze how old your body is on a biological level.

The last biomarker of aging — and the most important — we test is your telomere length. That’s because so many of today’s most widespread conditions and illnesses are associated with shorter telomeres.

As a pioneer in telomere science, I’ve been helping my patients protect and lengthen their telomeres for decades. I do this by helping them activate telomerase naturally.

Today, I have a special invitation reserved only for my elite Confidential Cures members.

Because you’re a loyal reader, I’m offering you the unique opportunity to participate in my groundbreaking telomere study — a total-body, biological age analysis. *It’s the first and only of its kind in the world.*

With every subsequent visit, you’ll grow younger and healthier.

And I'll be with you every step of the way with a simple step-by-step plan tailored just for you based on your results.

If you are interested in a customized treatment plan to lengthen your telomeres — and prevent diseases of aging — please call my clinic at **561-784-7852**. My staff is happy to enroll you in our upcoming clinical trial.

5 Simple Steps To Make Your Telomeres Biologically Younger

There are a number of steps as well as nutritional supplements that can be used as telomerase activators. Here are just a few examples of what I recommend to patients who join my Biological Age Analysis.

1. Stop eating processed foods. A new study, presented at the 2021 European and International Conference on Obesity, and published in the *American Journal of Clinical Nutrition*, has confirmed a direct line between eating too many processed foods and the length of your telomeres.¹²

The researchers from the University of Navarra in Pamplona, Spain, found that three or more servings of so-called “ultra-processed foods” doubled your risk of shortened telomeres.

Typical ultra-processed foods include a vast array of convenience items, such as deli meats and hotdogs; instant soups and noodles; packaged bread and buns; snacks like chips, cookies, and pastries; soda and energy drinks; as well as sweetened fruit, yogurts, and breakfast cereals — even those marked as “healthy.”

My advice is to start by cutting back — or better yet, avoid all together — convenience foods, takeout foods, and ready meals.

Focus all of your meals around high-quality protein. I always recommend eating whole foods, pastured beef, lamb, chicken, and other properly raised, farm-fresh foods. Fruits and vegetables, not grains or treats, should make up the bulk of your carbohydrates.

This will have a dramatic effect on your health — and the length of your telomeres.

2. Boost vitamin C intake. I'm sure you already know vitamin C is good for you. You need it for normal growth, development, and the repair of tissues. And it's a crucial antioxidant.

Studies confirm that raising the level of vitamin C in the cells slows down the shortening of telomeres by up to 62%.^{13,14} In another study, vitamin C slowed telomere shortening and also increased cellular lifespan.¹⁵

But be forewarned, the standard vitamin C supplements are not well absorbed. You'd be lucky to absorb more than 500 mg in a single day.

That's why I recommend a liposomal-encapsulated ascorbic acid supplement. Wrapping the vitamin C in a tiny, fatty bubble more than doubles its absorption.¹⁶ This delivery secret enables you to take very large doses of vitamin C every day. I recommend 5,000 to 8,000 mg daily. It's best taken in several smaller doses throughout the day.



Increasing vitamin C is a powerful way to protect your telomeres and slow shortening. Fruits like guava are a good source.

3. Lower your homocysteine. This amino acid triples the speed at which your telomeres shorten.¹⁷ Here's what I use with my patients (amounts are daily) to lower homocysteine:

- Vitamin B12 – 500 mcg
- Folic acid – 800 mcg
- Vitamin B6 – 25 mg
- Riboflavin (B2) – 25 mg
- TMG (Trimethylglycine) – 500 mg

4. Supplement with astragalus. Astragalus extract is the key ingredient in a powerful telomerase activator called TA-65. This supplement has reversed the aging process in thousands of patients — in some cases, slashing 20 years off their biological clocks.¹⁸

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

Astragalus extract is especially beneficial for protecting telomeres of immune cells. In one study, it reduced the percentage of immune cells with short telomeres by 50%. That represents an “apparent age reversal of 5 to 20 years” for these cells.¹⁹

I recommend taking 500 mg of a concentrated astragalus extract three times a day.

5. Use gotu kola. A new study in the journal *Molecular Medicine Reports* has identified several natural compounds that significantly increase telomerase activation in humans and may lead to longer life and healthy aging.



An extract of gotu kola is one of the most potent telomerase activators we know of.

Human blood cells treated with a compound containing *Centella asiatica* extract — from the medicinal plant also known as gotu kola — saw a nearly **9-fold** increase in telomerase activity compared with untreated cells.²⁰

When choosing a gotu kola supplement, look for one with more of the active components. Select one that is standardized to the asiaticosides or asiatic acid. I recommend taking 300 mg a day.

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#3

Harness Your Body's Ageless Cells To Treat Almost Every Disease Under The Sun

Stem cells have already begun to revolutionize medicine. And before long, I have no doubt they will completely transform modern health by eradicating all illnesses and changing the way your body ages.

As you know, stem cells are master cells and they are the basic building blocks of your entire body.

And they have the ability to cure almost every disease ever known.

Researchers at some of the world's leading institutes and universities continue to make unbelievable discoveries in the field of stem cells.

A top regenerative medicine researcher at University College London called stem cells a "medical game-changer on a par with antibiotics [curing] bacterial infections." And a scientist at Harvard Medical School called them "The biggest revolution in...medicine in my generation."

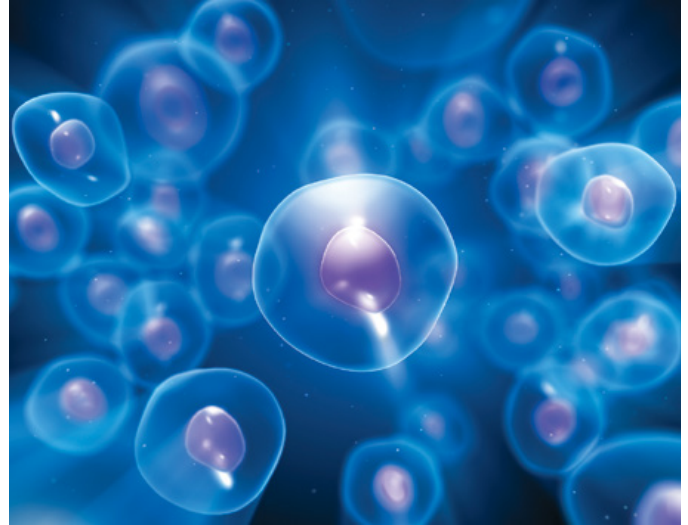
Even one of the FDA's own directors was overheard saying that stem cell advances "can truly benefit those with a variety of conditions that aren't addressed by conventional drug therapies."

Of course, this was an off-the-record comment that was never supposed to be heard

Dr. Marks' startling admission during a recent Cell Summit didn't make the front page of the *New York Times* or CNN. It was overheard by one of my researchers who was also attending the event.

In fact, the FDA is doing everything in their ever-increasing power to block doctors like me from providing my patients with this life-changing therapy.

Recent directives from the FDA have declared war on adipose stem cell therapy — a simple procedure using stem cells from your own fat (adipose) tissue. The therapy has been used in clinics across



Stem cells will transform modern health by eradicating all illnesses and changing the way your body ages.

America — including the Sears Institute for Anti-Aging Medicine. But the FDA wants to close these clinics — insisting the treatments are "unproven and... dangerous" — despite the continuous flood of scientific research that proves their astonishing healing power.

If the FDA has its way, it could mean the end of most stem cell treatments in America.

Unless, of course, stem cells can become drugs that the pharmaceutical industry can turn into their next giant profit machine.

Every day, I continue to battle the government forces that want to deprive us of the right to have control over our own bodies. The philosopher John Stuart Mill said it best... "over himself, over his own body and mind, the individual is sovereign."

This is one of my guiding principles. And it's the driving force behind my own practice of medicine.

I refuse to kowtow to the government fat cats who want to shut me down.

At my practice, we're pushing through with this rejuvenating field of regenerative medicine by using bone marrow stem cells. Your bone marrow is one of the largest stem cell niches in your body. It's also the place where mesenchymal lineages give rise to red blood cells and immune system cells.

I've treated too many patients who have told me that stem cell therapy has "given me back my life" to ever stop.

In a moment, I'll share the latest stem cell research on everything from diabetes and Alzheimer's to stroke and heart disease. But first, I want to share how a stem cell procedure we did at the Sears Institute turned around the life of one of my own staff members...

From Constant Agony To Pain-Free "Now There's Nothing I Can't Do!"

All the patients we treat at my clinic are special. But today I want to tell you about one who is almost like family to me... I'm talking about my Clinical Manager Brandi. If you've been to my clinic over the last several years, you have probably met her. She's a favorite of my patients.

In all the time I've known her, she always had a smile on her face. But Brandi's smile hid the unbearable pain she was enduring every moment.

You see, a few years back, Brandi was in a horrific car accident that caused major damage to her back. Injuries to both her cervical and lumbar spine left her in constant pain. Every move was agonizing.

She sought help from numerous specialists, including four different neurosurgeons. Every visit ended the same way — with a recommendation for multiple surgical procedures including spinal fusion, removing and replacing damaged discs, and implanting a rod.

Brandi well aware of the risks this posed. She wanted to exhaust every other option first.

But the pain progressed. Soon it was so debilitating she couldn't even put on her own underwear.

"I've treated too many patients who have told me that stem cell therapy has 'given me back my life' to ever stop."

"It got to the point that I had to literally put them on the floor, put my feet in them and creep them up until I could try and get ahold of them because I couldn't bend over," Brandi told me. "It was do this, or get my husband to do it for me."

She was in a brace almost 24 hours a day, and spent her nights sleeping sitting upright in a recliner. At that point, Brandi knew she needed the pain to stop. So she decided to have surgery despite the risk.

She left the hospital after being implanted with a rod, screws, a metal plate, discs, and a cage to hold her spine together.

Brandi was lucky. She came through the surgery with few complications and was feeling optimistic... until she was rear-ended by another driver and run off the road.

The second accident not only ruined the results of her surgery, but caused additional new damage.

This time around, Brandi's surgeon advised against another procedure. Any attempt to repair her back could lead to a 70% chance of ending up in a wheelchair — and possibly even paralysis.

Doctors said heavy-duty narcotic pain medications and physical therapy were her only choice...

At this point, Brandi had been with me for a little while, and I got to know her pretty well. I took a look at her medical history. Then I told her I wanted to treat her myself using bone marrow stem cells.

In February, I treated Brandi with a unique stem cell protocol you can only get at the Sears Institute. More on this one-of-a-kind therapy in a moment...

Four months after we injected Brandi's own stem cells into her lumbar spine, she came to me grinning. She described what she was feeling as a "massive improvement."

She hasn't experienced pain or worn her brace since.

"I'm good. Better than good," she tells me. "I'm finally pain-free. I can bend, turn, and twist. I can even lie down! I can sleep and get a good night's rest for the first time in years."

“I can even wear high heels and go dancing! In fact, there’s nothing I can’t do.”

92% Of Stem Cell Patients Found Significant Relief

You know stem cells are the reserve of “replacement cells” you’re born with.

Your body uses them to replace any kind of cell that is damaged, old, or dying. They allow your body to regenerate damaged tissue in any organ.

They can even regenerate and repair discs in your back that have been damaged by years of degeneration — reducing pain and inflammation without the need for invasive and dangerous spinal surgery.

Clinical trials prove that stem cell therapy works.

In a recent groundbreaking study, researchers at the Canadian Centres for Regenerative Therapy extracted bone marrow stem cells from 18 patients. The concentrated cells, called bone marrow aspirate concentrate, or BMAC, were then reintroduced into each patient’s spine.¹

The results, published in the journal *Frontiers in Medicine*, were life changing. Patient follow-up found that:

- 80% were able to quit using addictive opioids
- 90% of the patients gained 2 to 3 mm of lost height due to disc compression
- 92% of them reported a “significant improvement” in pain measurement scores

Earlier research found similar results.

In one study, published in the journal *Transplantation*, researchers treated 10 patients who failed to respond to traditional back pain treatment with therapy using bone marrow stem cells.

After six months, patients reported lumbar pain was reduced by a whopping 62% — while their mobility increased 48%.²

And a third study showed that stem cells can even regrow discs in your back that have been damaged by years of degeneration — reducing pain and inflammation without the need for invasive and dangerous spinal surgery.

In the clinical trial, 15 patients with degenerative

disc disease were treated with stem cells harvested from their own bodies.³ Following the treatment, all 15 patients reported “significant” pain relief.

It’s not just back pain, though. Researchers treated 121 patients with severe knee osteoarthritis with stem cells. Before the therapy, 38% of participants reported a grade 3 pain score, and 62% rated a grade 4. After a single injection, pain scores in both groups were slashed in half.⁴

And 30 patients with torn and swollen tendons had a single stem cell injection. All reported significant improvement in short- and medium-term follow-ups.⁵

If the only thing stem cells were capable of was eliminating pain and giving my patients back their independence and joy of life, it would be huge.

But using your body’s own stem cells can heal much more. Here are a few more examples of lives that were changed thanks to the incredible rejuvenation of stem cell therapy:

Repair A Broken Heart

After years of treating patients with heart disease, I can tell you that the infusion of your own stem cells into your body is the best treatment I’ve ever seen for regenerating damaged hearts. And research from around the world back up what up seeing...

Multiple studies show the general therapeutic effects of stem cells on heart disease beyond the regeneration of heart cells. Stem cells initiate a cascade of biological events that can have a powerful effect on heart muscle protection and recovery.⁶

Stem cells also secrete a wide variety of tiny polypeptide proteins called *human growth factors*. These proteins turbocharge your body’s recovery process.

Growth factors are cellular messengers that send signals that activate the production of new cells. The growth factors secreted by stem cells include those that stimulate new blood vessels, the cornerstone of any meaningful cardiac repair. A large number of trials also show a significant reduction in scar tissue around the heart in patients who received stem cell therapy after a heart attack.^{7,8,9}

P.W. of Winchcombe, England, had similar results. After being fitted with a pacemaker for heart failure, she was told she had a 50-50 chance of still being alive in five years.

In fact, doctors told her that they thought the pacemaker's battery would last longer than she would. But that was over a decade ago. Today P.W. says she's been given a new lease of life, thanks to a revolutionary stem cell transplant procedure.

Treat And Reverse Diabetes

For almost 50 years, type 1 diabetes controlled Brian Shelton's life. It got to the point where his blood sugar issue was so bad, his family wouldn't allow him to be on his own. Last year, he joined a clinical trial and received an infusion of stem cells that helped restore his body's natural ability to create and regulate insulin. Today, Brian's body is able to automatically control his insulin and blood sugar levels. In other words, he's cured.

I've also had some incredible successes treating diabetic patients with stem cells at my clinic. Stem cells combat type 2 diabetes by boosting the sensitivity of insulin receptors, thus reducing their "resistance" to the hormone, a hallmark of the condition.

Rigorous human trials have consistently shown the effectiveness of stem cell treatments in the fight against both diabetes types.¹⁰

- A recent Chinese meta-analysis of studies using stem cells confirmed that the therapy lowers blood sugar levels and reduces insulin resistance.¹¹
- Scientists at the University of California at San Francisco grew mature, insulin-producing cells from a culture of stem cells in an animal study. When these new cells were re-injected, they functioned exactly like pancreatic beta cells.¹²
- A Harvard Medical School study treated 65 individuals with type 1 diabetes with bone marrow stem cells taken from their own bloodstream. After just six months, more than half of the subjects no longer had to take insulin.^{13,14}

Saving Stroke Patients

It's a travesty, in my view, that more hospitals don't make use of stem cells for stroke emergencies. In one study, 70% of the patients made full recoveries when the stem cells were administered within 36 hours. And that's a much wider window to avoid brain damage than the three-hour time window for current treatment using tPA, a protein that can dissolve blood clots.¹⁵

Sadly, many stroke victims don't make it to the hospital in time, and it can take years to recover.

Most doctors believe it's pointless to continue therapy if a patient hasn't seen any improvement six months after their stroke. Stem cell research, along with the recoveries of more and more patients, are proving them wrong:

- A 71-year-old woman, who was part of a Stanford University study could only move her left thumb after suffering a devastating stroke years earlier. After stem cell therapy, she was up walking. In total, 18 stroke survivors who thought they'd be paralyzed for the rest of their lives experienced what the Stanford researchers called "remarkable" recoveries.¹⁶
- A 46-year-old woman, who had suffered a massive stroke that left her unable to walk, talk or swallow, was told by doctors she'd be an invalid for the rest of her life. After a stem cell procedure, she was back lifting 30-pound sandbags at work and playing basketball for fun in a matter of months.¹⁷

Part of a stem cell's ability to help stroke victims is down to its anti-inflammatory effects. Strokes cause massive inflammation, preventing your brain from healing itself. Studies show that stem cell therapy can dramatically reduce cerebral inflammation, letting the natural healing processes in your brain do their job.¹⁸

Multiple studies prove stem cells can also treat:

- Alzheimer's
- Arthritis
- Vision loss/glaucoma
- Joint damage
- Kidney failure
- Autoimmune diseases
- Sports injuries
- Traumatic brain injury
- Spinal cord injury
- Hair loss/baldness
- Parkinson's/MS
- Leaking bladder
- Wounds
- ALS (Lou Gehrig's disease)
- Erectile dysfunction
- Crohn's disease/IBS

Stem Cells: The Cure for Aging

Your body regularly assigns stem cells to replace cells that are damaged, old, or dying. The problem is that you lose stem cell activity as you age (stem cell senescence). This weakens your immune system, making your body's recovery process longer and harder.

You see, your body also stores reserve units of stem cells — just waiting to be tapped and stimulated so they can fight diseases — and even aging.

The Albert Einstein College of Medicine recently released the details of a breakthrough stem cell study that Harvard Medical School researchers are calling a “tour de force.”¹⁹

In it, mice were split into two groups: A control group and a test group. The test mice were then injected with a toxin that wiped out 70% of their brain's stem cells.

In a matter of months, the mice aged much more rapidly than usual. They lost memory, muscle strength, endurance, and coordination. They became less social and curious than youthful mice.

And the animals died the equivalent of 10 human years earlier than the control group.

Next, the scientists looked at what happened when the aging mice received fresh stem cells. Not only did the aging completely stop, it reversed course... And the stem cell treated mice actually grew YOUNGER than the normal untreated mice.

All in all, they lived the equivalent of 12 years longer. Plus they retained all of their mental and physical capacities.

According to the study's lead researcher, “[With this treatment] it's possible to slow and even reverse various aspects of aging throughout the body.”²⁰

What To Consider When You're Considering Stem Cell Therapy

We offer a number of highly successful stem cell treatments here at the **Sears Institute for Anti-Aging Medicine**. If you're interested in stem cell therapy at my clinic in South Florida, call my staff at **561-784-7852**. We'll be glad to schedule an appointment.



The FDA wants to eliminate stem cell therapy until a drug can be developed. But I refuse to let the agency dictate how I treat my patients.

If you live in another state, an easily searchable directory of state-by-state local clinics can be found at www.bioinformant.com/product/stem-cell-treatment-clinics/.

However, you do need to exercise some caution.

Sadly, many doctors at a number of stem cell clinics don't have relevant training.

A recent study in the *Journal of the American Medical Association* found that fewer than half of the 166 businesses that were analyzed employed doctors whose formal medical training covered the conditions the company claimed to treat.²¹

The study also found that some stem cell clinics operating in America don't even have a physician on staff. My advice is you should:

- Consider background checks on physicians and their stem cell experience when considering medical care.
- Make sure at least one physician on staff has relevant medical training for the condition you are concerned about.

Boost Stem Cells At Home

There are also ways to boost your body's stem cell production at home. Here are just a few of them:

1. First, take my 4-nutrient cocktail.

Researchers found that a cocktail containing polyphenols from blueberry and green tea, as well as carnosine and vitamin D, increased mesenchymal bone marrow stem cells by a staggering 68%.²²

Research also reveals this combination boosts the activity of blood stem cells, which develop into immune system cells.

The cocktail can also protect stem cells from the destructive effects of oxidative stress, and improve thinking and memory, as well as vision, joint, and urinary tract function.²³

- **Blueberries:** Blueberries have an especially powerful effect on stem cell proliferation and the growth of new adult brain cells in the hippocampal region, boosting cognitive performance and also counteracting cognitive decline. If you can't get farm-fresh blueberries, supplement with 500 mg of organic whole blueberry extract per day.
- **Green Tea:** The active ingredient in green tea, EGCG, can prevent and repair stem cell damage. Studies show that blueberry and green tea extract increased bone marrow stem cell proliferation by 70%. I recommend 200 mg to 350 mg of green tea extract twice a day.²⁴
- **Carnosine:** This molecule has a remarkable ability to wake up stem cells that are deteriorating with age. When carnosine was combined with blueberry, stem cell activity increased 83%. I recommend 1,000 mg every day. A typical seven-ounce serving of beef has about 250 mg of carnosine. Or you can supplement with natural L-carnosine. Take 500 mg twice a day.²⁵
- **Vitamin D:** This "super nutrient" stimulates the production and activity of stem cells that differentiate into mature oxygen-carrying red blood cells and white blood cells that bolster your immune system. Getting 15-20 minutes of unprotected sun each day is safe and will provide roughly 5,000 IUs of vitamin D. If that's not an option, take a vitamin D3 supplement of at least 5,000 to 8,000 IUs.²⁶

2. Second, try fasting for two days every six months. A study from the University of Southern California shows that this kind of fasting causes stem cells to awake from their normal dormant state and start regenerating. This practice destroyed damaged and older cells, and caused new cells to be born, effectively renewing the immune system.²⁷

3. Finally, work out intensely. A study in the

European Heart Journal showed that vigorous exercise in mice activated 60% of their cardiac stem cells.²⁸ In a human study, researchers proved that strenuous exercise leads to high levels of stem cells in bone, liver, and other organs.²⁹

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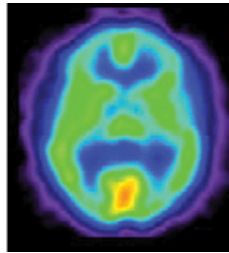
HBOT — The Therapy That Is Restoring Hope To The Hopeless

Hope. It's what all my patients want. And it's what I promise to deliver with every therapy I offer, even if I have to go against FDA directives to provide it.

Let me give you an example in what may be the most “hopeless” diagnosis there is — Alzheimer's disease.

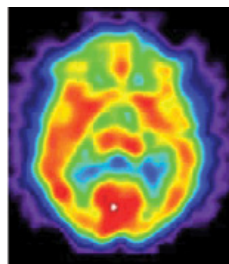
The patient was a 58-year-old woman who couldn't recognize her own children... She couldn't hold a conversation... And she required around-the-clock care.

A scan taken of her brain, you can see it on the right, shows up as almost entirely green. A healthy brain has areas of red and yellow. But this patient's scan indicates that her brain, almost 100% of it, was completely inactive.



Her prognosis was dire.

But take a look at the scan below it. This is the same patient's brain — just a few weeks later. It's lit up like a Christmas tree.



The areas of red and yellow signal that this brain is wide awake.

This is a brain that can now recall names, faces, and dates...

A brain that is recovering from a devastating case — what some would call a “hopeless” case — of Alzheimer's.

The FDA claims that the cutting-edge treatment that turned this patient's life around is “*not clinically proven.*”¹

I know that this patient's family — and pretty much anyone who looks at this scan — completely disagrees!

After she had the therapy, it woke up her sleeping brain, and brought her back to the land of the living.

Today this patient has regained much of what the disease had stolen from her. Her memory, mood, and concentration improved, as did her ability to do crossword puzzles, use the computer and return to her normal activities of daily living.²

But the case study goes beyond what the patient simply reported about her symptoms or her performance on tests. The scans you're seeing provide *visible proof* that the treatment works!

This flies in the face of everything the medical establishment has preached for years. The medical textbooks I studied at school declared it impossible that a dying brain could be revived, and even healed.

You see, traditional convention believes that cognitive decline is triggered by dead brain cells. But today we know that these cells aren't dead. They're asleep — and can be woken up once they receive intense doses of oxygen.

High doses of oxygen trigger your body's natural healing process to:

- **Trigger the release of your own stem cells.** As you know, stem cells power up your immune system and ignite your body's natural healing power.
- **Snuff out the fire of inflammation.** Oxygen is the mortal enemy of inflammation. It puts out the fire and with it, the inflammatory diseases that drag you down.
- **Turn on DNA and genes.** Oxygen turns on the genes and DNA linked with growth... the same ones that encourage healing.

- **Suffocate deadly diseases.** Cancer and many other diseases can only thrive in a low-oxygen setting. Flooding your body with oxygen makes it inhospitable for them to live.
- **Encourage the regeneration of tissues, blood vessels, and nerves.** Oxygen has long been known for its remarkable regenerative ability.

Bringing Your Brain “Back To Life”

One oxygen advocate is legendary NFL Hall of Famer Joe Namath.

“Broadway Joe” is a hero to millions of sports fans for his dazzling play on the football field and his larger-than-life swagger off the field.

But, to me, Joe’s a hero for another reason entirely...

You see, Joe has become a tireless advocate for one of the most game-changing therapies we’ve ever seen: Hyperbaric Oxygen Therapy—HBOT, for short.

Over the past decade, he has shared his own personal story of how HBOT helped heal his memory loss from the traumatic brain damage he suffered as an NFL quarterback.

And now he wants as many people as possible to benefit from it, too. Just like he did.

- Without useless, costly, and harmful drugs peddled by Big Pharma...
- Without surgery or other damaging conventional treatments...
- Without listening to doctors who told him nothing could help him...
- Without buying the FDA’s lies that HBOT’s benefits are “unproven.”

“What I was lucky enough to experience — and some of you have experienced this — is the importance of hyperbaric oxygen therapy,” Joe told my patients during a recent seminar at the Sears Institute for Anti-Aging Medicine.

You see, Joe is still in the game. He’s just playing with a new team, with a new goal — and he’s winning. He’s become a leading voice for the healing power of HBOT, taking on the mainstream doctors and self-described “health experts” who don’t know about—or don’t want to tell you about — the real-world benefits of this remarkable natural therapy.



Joe Namath is a tireless advocate for hyperbaric oxygen therapy.

Photo Sources: Palm Beach Post.

So, let me tell you a little bit about the life-changing benefits of HBOT that Joe, and many of my patients, experienced firsthand. In this article, I also want to share with you the latest ground-breaking findings on HBOT from the world’s top research labs.

They prove what I’ve been saying for a long time...

It’s simply this: HBOT is one of the greatest medical breakthroughs of our lifetime. It reverses the ravages of memory loss—from age, brain injury, Alzheimer’s, and the constant barrage of toxic environmental chemicals all around us. And it has the awesome power to turn back the clock on aging.

As Joe will tell you himself...

HBOT Regenerates Damaged Brain Cells

Like many of my patients, Joe turned to HBOT after experiencing memory loss, mental confusion, and other problems he feared might be signs of Alzheimer’s.

In Joe’s case, they were caused by traumatic brain injury (TBI) he suffered playing for the New York Jets. He sustained at least five concussions during his NFL career and countless other serious blows to the head before he retired from the game in 1977.

About a decade ago, Joe started hearing about former teammates who were having similar struggles. Some worried they were suffering from early Alzheimer’s. Others were depressed and one even committed suicide.

Joe told me about one heartbreaking story about a friend who was terrified that his mind was going. And he himself was experiencing similar issues and fears.

“A simple little thing [like] just going from the kitchen into the living room... I’d get in there and forget why I came in the room?” Joe recalled.

He decided to give HBOT a try after hearing about its healing power for people with TBI and other cognitive issues. After seven months of treatments, he felt better, sharper, and stopped having memory lapses.

And it wasn’t just wishful thinking...

CT scans — taken before, during, and after Joe’s HBOT sessions — revealed that the therapy regenerated his damaged brain cells, essentially reawakening them and getting them to function again.

Today, he’s living proof of HBOT’s revolutionary benefits, restoring memory and clarity of thought, not to mention other physical and mental benefits.

“I promise you, to this day, I’m confident I know I’ve been helped,” Joe said. “I look at scans [year after year]. My brain is in good shape. And I really do feel better.”

Not Just For Sports Head Injuries

Joe Namath’s remarkable journey back to health is nothing short of inspirational and heroic.

But it’s hardly surprising.

Not to me, at least.

I’ve seen the same thing in dozens of patients who’ve recovered their memories, their mental functions, and their lives — all because of HBOT.

You see, the type of TBI Joe suffered doesn’t only strike athletes who play football. Falls, illnesses, car accidents or other head trauma can also cause TBI, and symptoms like memory loss, confusion, headaches, trouble speaking, vision loss, and a lack of coordination.

Your risk of developing Alzheimer’s and other types of dementia also increases dramatically after a brain injury.

“Today, he’s living proof of HBOT’s revolutionary benefits, restoring memory and clarity of thought, not to mention other physical and mental benefits.”

Mainstream medicine doesn’t have any real options for people with TBI. Doctors might put you on a toxic cocktail of drugs — from anti-anxiety medicines to anti-psychotic pills to sedatives. You might even spend years in rehab.

Some of these therapies might help lessen symptoms — and I would emphasize the word *might* — but they do nothing to go after the underlying condition and cure it.

And here’s the thing that really makes my blood boil: Mainstream doctors *won’t* tell you about the one treatment that can actually heal your damaged brain and get rid of your symptoms — the one that helped my friend Joe and dozens of my patients.

I know this from personal experience, having seen incredible turnarounds firsthand in patient after patient I’ve treated with HBOT at my clinic.

One of the most remarkable cases I’ve ever seen makes this point better than any medical study or research report...

A few years back, an 89-year-old artist came to see me six months after she suffered a debilitating stroke. When I met G.D. for the first time, she couldn’t walk or even stand. Her speech was jumbled, and filled with random made-up words.

She also had trouble using her hands — to the point that she could no longer hold a paintbrush. It was a devastating development that took away her passion, and had a dramatic impact on her mental well-being.

But this fiercely independent woman stubbornly refused to give in or give up. By the time she came to see me, she’d had a hip replacement and sprained her ankle trying to take care of herself.

I immediately started her on HBOT treatments and, within weeks, her turnaround was incredible. After 20 sessions over two months, she was starting to walk again, learn how to talk again and — perhaps most importantly for her — pick up a paintbrush again and get back to her landscape painting.

And G.D. is not the only one. Many of my patients have been helped by HBOT — and not just for cognitive issues, but for a range of other conditions, as well.

For instance:

- Joel came to see me after a decade of taking more than 10 Big Pharma drugs for Alzheimer's — none of which helped at all. He was losing his memory, could no longer speak or even make eye contact. But after I put him on HBOT treatments, and combined it with other therapies, he was able to walk, talk, make eye contact, and communicate with his wife and family.
- Miguel, a Navy veteran, suffered with migraine headaches for years before I met him. Each episode left him totally incapacitated. For 16 years, neurologists prescribed countless prescription drugs, but nothing worked. So, I started Miguel on HBOT therapy, knowing the No. 1 trigger of migraines is lack of oxygen to the brain. After only six sessions, his pain started to decrease immediately. After 16 sessions, he threw away all of his pain medications.
- Then there's Leonard, who feared that his life was winding down at age 75, due to his diabetes, chronic inflammation, and high blood pressure. When he came to my clinic, he was 70 pounds overweight, struggled with chronic fatigue, needed a cane to get around, and found it hard to simply get out of his easy chair. I started Leonard on HBOT, and several other therapies, after my very first meeting with him. Just four months into his treatment, he stopped taking three of his four medications, and his blood sugar, cholesterol, blood pressure and inflammation levels all plummeted. He also lost nearly 30 pounds...and that was just for starters!

Keep in mind: These are just a few of my patients whose lives have turned around as a result of HBOT.

But you don't have to take my word for it...

The latest research from world-class laboratories around the world confirms that many others have benefited from this an incredible therapy — people who have been treated for everything from TBI to stroke to dementia.

For instance, a breakthrough study from a team of Israel's top scientists found — for the first time — that it is not only possible to stop your body's biological clock in its tracks with HBOT, but also to reverse aging at the cellular level by 25 years.³

After administering 60 HBOT sessions to 35 older adults, the Israeli researchers were able to reverse two key biological hallmarks of aging:

1. *Shortening of telomeres — the little caps on the end of each strand of your DNA that control how your cells age. (Longer telomeres mean better health; shorter telomeres signal premature aging.)*
2. *The accumulation of old and malfunctioning cells in the body.*

None of the participants in the study made any dietary, lifestyle or medication changes during the trial. Blood samples were collected throughout the study. The scientists found that by undergoing HBOT alone:

- Both the number and percentage of dying or senescent T-cells — which are among the important white blood cells of your immune system — decreased by almost 40%.
- Telomere length of T-cells, Natural Killer cells, and B-cells — which are keys to a healthy immune system — grew longer instead of shorter, at a rate of 20-38%. The greatest change was in the telomere length of B-cells, which increased over 50%!

These findings on telomeres are important because telomeres hold the key to anti-aging. At my clinic, we've designed a number of protocols — including the use of HBOT — that turn on an enzyme called telomerase. When you turn on telomerase, your telomeres start to regenerate and grow longer.

That lengthening is what prevents disease and heals the body and reverses aging. And HBOT is one of the keys to doing that, as this latest Israeli study proves.

But this latest study is only one of a growing pile of research that confirms the benefits of HBOT:

- One study published in the journal *PLOS One* found patients with post-concussion TBI who underwent HBOT experienced significant improvements in brain function and their overall quality of life after eight weeks. The benefits were documented even in the patients whose injuries had occurred years before.
- Another that tracked 74 patients suffering from paralysis years after a stroke found that HBOT helped every single participant. Two months later, all had recovered from paralysis, were able to speak again and had an increase in sensation. Brain scans showed increased neuronal activity.

- A third study conducted at Tel Aviv University and the Shamir Medical Center in Israel involving 200 stroke patients found that 86% of those who received HBOT for 12 weeks recovered from paralysis, were able to speak again, had an increase in sensation, and better memory recall. The study, published in the journal *Restorative Neurology and Neuroscience*, indicated scans of the patients' brains showed increased neuronal activity.⁴ Even though conventional doctors say there's no hope for stroke patients after six months, the study participants had their strokes six months to three years prior to receiving HBOT.
- TAU/Samir researchers also found that HBOT essentially cured post-traumatic stress disorder symptoms in 18 Israeli veterans.⁵ This suggests HBOT is better than drugs used to treat depression and might even be the new antidepressant. Researchers concluded that HBOT “induces reactivation and proliferation of stem cells, as well as generation of new blood vessels and increased brain activity, ultimately restoring the functionality of the wounded tissues.”
- In another research finding, HBOT boosted brain neuroplasticity — the brain's ability to reorganize itself by forming new white matter connections that bypass and find their way through the roadblocks created by stroke-related injuries. And these connections can still be reformed and activated even years after a stroke has taken place, the researchers found.
- And one of the most surprising studies,⁶ scientists found HBOT even improves cognitive functions and symptoms of post-COVID-19 infection. Among them: psychiatric issues, fatigue, sleep problems, and pain. “HBOT's

beneficial effect may be attributed to increased brain perfusion and neuroplasticity in regions associated with cognitive and emotional roles,” the study's authors concluded.

These research findings are striking, and add to the growing mountain of evidence that HBOT is a Godsend for people with a wide variety of conditions.

At my clinic, I've used HBOT technology for years to neutralize some of the most devastating chronic diseases — TBI, cardiovascular disease, diabetes, stroke, dementia, Alzheimer's, autoimmune diseases, Parkinson's, depression, and more.

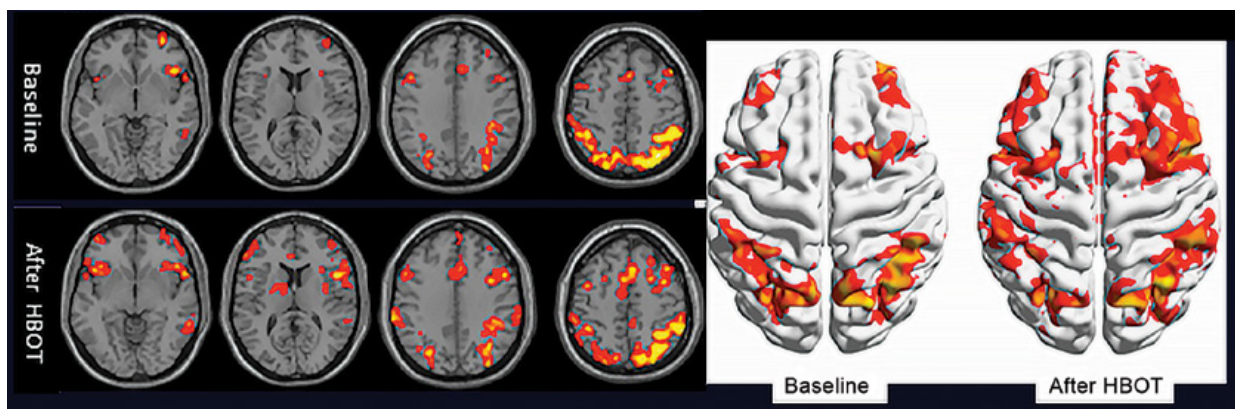
How HBOT Boosts Brain Health

So, how does this revolutionary therapy actually work?

HBOT, quite simply, is the delivery of 100% oxygen — the life-giving 8th element — at about two times the normal atmospheric pressure. By comparison, the air we breathe is just 21% oxygen. So, HBOT allows for the super-saturation of your tissues and organs with oxygen.

For nearly a century, HBOT has been the go-to treatment for scuba and deep-sea divers affected by decompression sickness, known as the “bends.” It's also been approved for certain other conditions, including burns, Gangrene, necrotizing soft-tissue infections, carbon monoxide poisoning, and crush injuries.

But HBOT has been used “off-label” to treat at least 70 other conditions, and is particularly useful in boosting brain health, according to the latest research.⁷



Clinical example of functional brain imaging by fMRI. The reduced brain activity in the frontal lobes of the brain and in hippocampus is improved after HBOT.

(Courtesy/Shamir Medical Center)

While I can legally prescribe HBOT for “off-label” use, I can’t promote or advertise these treatments or I could get shut down. Fortunately, it’s perfectly legal for me to tell you about HBOT’s healing powers in this informational article.

Typically, oxygen is transported throughout the body by red blood cells with a tiny amount also dissolved in plasma. But HBOT delivers much greater amounts of oxygen, making it more readily available to all of the tissues, fluids, and systems in your body, such as your central nervous system fluid, lymphatic system, connective tissues, solid organs, and your bones.

In the smallest blood vessels, plasma ferries the increased oxygen to areas where circulation is slowed or blocked. So, oxygen can reach any damaged tissues, where healing is needed. It also boosts the ability of white blood cells to kill bacteria and stimulates new blood vessels to grow more rapidly into the affected areas.

HBOT boosts oxygen levels in your brain in two ways:

1. It lets your lungs take in more oxygen than is possible when you are breathing at normal air pressure. The higher pressure physically dissolves more oxygen into your red blood cells, boosting oxygen levels and encouraging the healing and regeneration of tissues, blood vessels and nerves.

2. HBOT increases the synthesis of nitric oxide — the simple, natural gas that plays an important role in your body’s natural healthy functions by sending “blood flow signals” to get your blood vessels to relax. This allows more oxygen-rich blood to reach your brain and other parts of your body. When blood vessels are inflamed and squeezed, restricting oxygen supply, HBOT opens them up.

You see, poor blood flow to the brain restricts the delivery of life-giving oxygen, as well as vital nutrients. Poor circulation in the brain has long been seen as an early warning sign of Alzheimer’s, but there is strong scientific evidence that it’s not a root cause.

Because HBOT improves blood flow and oxygen to the brain, it can reverse the memory loss, confusion, and additional mental problems that come with Alzheimer’s, TBI and other cognitive problems.

But that’s not all. Studies also show that breathing pressurized oxygen stimulates the release of growth factors and stem cells. This also promotes healing and gets the cells working again.

The main reason HBOT is so effective boils down to a single number: 100 trillion. That’s roughly the number of cells in your body — and each one requires oxygen to make and burn fuel, and live. When you breathe, oxygen binds to a protein molecule called hemoglobin in your red blood cells, which transports it to every cell, tissue, and organ in your body.

But injuries or illnesses can reduce the amount of blood flow, and oxygen, to vital tissues and organs in your body, including the brain. But HBOT reverses this to boost healing and regeneration. What’s more, studies show HBOT also stimulates the release of growth factors and stem cells, which promotes healing and gets the cells working again.

Many illnesses and injuries fail to heal because of inadequate oxygen levels. HBOT provides this extra oxygen to tissue and cells with minimal side effects. Some of the many benefits of hyperbaric oxygen therapy include:

- New connective tissue growth
- New blood vessel growth
- New skin growth
- Remodeling of bone
- Expedited healing
- New cell regeneration
- Anti-aging
- A feeling of well being
- Improved quality of life

HBOT can be used for any condition that involves injury, wounding, loss of blood supply, or inflammation. Some of the most common conditions and injuries treated with oxygen therapy, in addition to TBI, Alzheimer’s, and dementia.

- Autism
- Cerebral palsy
- Drowning and anoxic brain injury
- Migraine headache
- Mild cognitive impairment (MCI)
- Multiple sclerosis
- Stroke

It makes me angry that HBOT is just one in a long list of real health solutions that our government, for-profit healthcare companies, and mainstream medicine ignore or dismiss. It's clear that if it doesn't profit them, they'll try to keep it from you.

Because of FDA regulations, I'm not even allowed to tell you that it can relieve reverse the brain damage caused by Alzheimer's, TBI, and many other conditions.

But as I've just detailed, decades of compelling clinical research have proven that HBOT is a safe and effective therapy. Just ask Joe Namath or any of my patients who've experienced the healing power of HBOT firsthand.

So I won't let the FDA keep me from taking my commitment to your health seriously. And I treat my patients the best way I know how, no matter what the government or conventional MDs have to say about it.

That's one of the reasons why I've had my own HBOT chamber installed at my clinic to help heal my patients.

HBOT Treatment Is Easy

We administer HBOT every day at the **Sears Institute for Anti-Aging Medicine** for many conditions, including Alzheimer's and dementia, heart disease, chronic pain, diabetic foot ulcers, brain damage from strokes, and more.

It can even reverse skin aging by increasing oxygen and turning on telomerase in your skin cells — and throughout your body—to essentially rewind the biological clock that causes your skin to show the visible signs of age.

Getting HBOT treatment is easier than you might think...

- During an HBOT session, you sit or recline comfortably in a pressurized chamber. You breathe in 100% pure oxygen through a mask. You can listen to music, watch a movie, or simply relax.
- A typical session lasts 45 minutes to two hours. Treatments are repeated, depending on your condition, anywhere from five to 40 times.

Increase Oxygen At Home

In addition to HBOT treatments, you can do many things at home to help increase the oxygen supply to your brain and the rest of your body. Here's what I tell my patients:



HBOT has given many of my patients their lives back.

1. **Supplement with DHA.** This fatty acid found in omega-3 plays an important role in the structure of all cell membranes in your body. DHA — short for (docosahexaenoic acid) — protects your brain's ability to grow nerve cells and boosts production of acetylcholine, a key neurotransmitter.

The best DHA sources are cold-water fish. But it's almost impossible to get enough DHA from your diet to make a difference, so you need to take supplements to really realize the benefits. I recommend stand-alone DHA supplements, because most omega-3 supplements contain mostly EPA (eicosapentanoic acid) and not much DHA.

One study found DHA boosts oxygen intake in the lungs and the formation of new blood vessels. Another study found that DHA (combined with vitamin D) improved Alzheimer's symptoms in 90% of patients.

I recommend krill and calamari oil supplements, which are best equipped to keep your cells, tissues, and organs fully oxygenated. You should take between 600 mg and 1,000 mg of DHA a day, with a meal for full absorption.

2. **Try vinpocetine.** This derivative of the periwinkle plant has been used in Europe as a brain booster for centuries. The supplement works by increasing blood circulation in the brain by zeroing in on your brain's blood vessels so they deliver oxygen more efficiently.

Since it keeps your brain cells flooded with high oxygen levels, it increases the amount of time your brain can go without fresh oxygen. That means it can keep your brain cells from dying.

3. Practice deep breathing. This practice is an easy way to get the healing benefits of oxygen. It can be done sitting or lying down. Place your hands on your belly and feel it expand as you inhale. Then breathe into the sides of your lower chest pushing your side ribs out. Finally, lift your upper chest and let it fill with air.

Exhale in the same order, from your abdomen to your ribs to your upper chest. Start with 5 minutes a day and work up to 15 minutes. Eventually this type of deep breathing will become second nature to you, and you'll be boosting your oxygen throughout the day without even thinking.

4. Workout with PACE. Before I started my own medical practice, I worked with athletes and created fitness-training programs to boost their performance. As part of my coaching, I developed a unique exercise regimen that more effectively boosts oxygen to the brain, heart, and body.

I call it PACE — short for *Progressively Accelerating Cardiopulmonary Exertion* — and have created a series of training videos and DVDs that allow you to practice it safely at home. It has helped many of my patients with heart disease, diabetes, and cognitive issues to challenge and boost their metabolism, cardiovascular and brain health.

PACE uses brief but vigorous routines of increasing intensity to strengthen of your heart and the capacity of your lungs to take in oxygen. Scientific studies show that high-intensity exercise like PACE, can:

- Hike levels of oxygen to your brain and body in ways that approximate HBOT's benefits.
- Increase the length of your telomeres.
- Slow cognitive decline by activating and increasing the number of neural stem cells.

Not all exercises provide these benefits. In fact, the conventional guidance to get 30 minutes of moderate cardio exercise most days of the week won't get you there. You have to participate in a program like PACE to see real results. The good news is that you can apply PACE to any physical activity you like. Plus, a PACE workout can be done in as little as 12 minutes.

With PACE, your goal is to hit a peak of intensity in a short timeframe and then rest. It doesn't matter what shape you're in when you start. You can start with the level that's right for you and slowly progress to more intensity. The idea is to increase oxygen levels flowing to the brain.

Some elements of my PACE workouts will be familiar to you. Pushups, squats, planks and jumping jacks are among the 11 specific components of the program. The key is to do three sets of PACE exercises six days a week, increasing the intensity with each set. Then rest and recover between sets.

Your goal should be to increase your target heart rate to 50% of maximum for the first set, 70% of maximum for the second and 90% of maximum for the third.

To learn more about PACE and find out about the exercises to get your started:

- Visit my PACE website:
www.paceexpress.com/#ondemand
- Check out my YouTube channel:
www.youtube.com/user/AlSearsMD/videos.

As you can see, I've witnessed firsthand how HBOT has changed the lives of people like Joe Namath and my patients — with TBI, stroke, Alzheimer's, dementia, Parkinson's and more.

If you want to learn how HBOT can help you or your loved one, please call the **Sears Institute for Anti-Aging Medicine** at **561-784-7852** to schedule a consultation.

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#5

Our Enhanced PRP Sets Us Apart From Every Other Provider In The Country

Do you wake up with aching joints? If you do, you're not alone. One of the biggest complaints I get in my practice comes from patients who are struck down by joint pain.

A lot of them came to Florida when they retired so they can play golf year-round.

"Dr. Sears," they say to me, "I refuse to let pain keep me from playing the game I love."

One of the most common injuries we treat at the Sears Institute are torn rotator cuffs.

Often, by the time these patients come to see me, they've tried all the conventional treatments — steroid injections, NSAIDs, physical therapy — but nothing lasts.

A lot of them were told by their doctors that surgery was their only option.

Now, my patients are smart people. They've done the research on surgical outcomes.

They know that rotator cuff surgery rarely works.

And it almost never results in less pain.^{1,2}

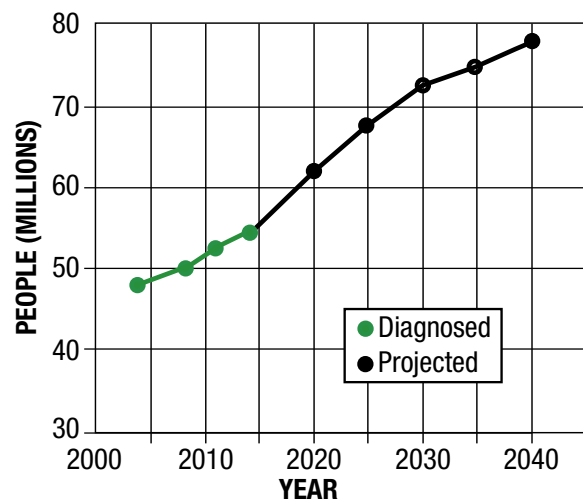
But did you know that 60% of the time, rotator cuff tears don't heal correctly after an operation, especially if you're over the age of 60?^{3,4}

I give my patients options that don't require ineffective surgeries or dangerous pills. More on this regenerative treatment in a moment. First, let me tell you why you can't ignore your painful joints...

Don't Let Joint Pain Steal Your Youthful Energy

Chronic joint pain is debilitating. It slows you down, hunches you over, and makes you limp. That can make you look, feel, and act old before your

PROJECTED INCREASE IN ARTHRITIS AS OUR POPULATION AGES



Almost 80 million people will suffer from painful arthritis within the next two decades.

time. I've seen active, productive people struck down by joint pain. Some have trouble just getting out of bed in the morning.

And research proves that living with chronic pain actually speeds up your aging process. In a study published in the *Journal of the American Geriatrics Society*, researchers looked at a group of more than 18,000 people over the age of 50.

Nearly 25% reported living with significant, chronic pain. Researchers found that those people functioned as if they were two decades older.⁵

So a 50-year-old with pain functions just like a 70-year-old without pain.

Today, around 58 million Americans are needlessly suffering from chronic joint pain. And that number is projected to reach 80 million in the next two decades.

Big Pharma's Latest Anti-Inflammatory Drugs Fail People In Pain

Modern medicine has very little success in treating osteoarthritis and bad joints. You see, most doctors rely on Big Pharma drugs — and they are a disaster.

Their addictive opioid drugs have led to a deadly epidemic. And drugs like Vioxx and Celebrex block an enzyme called COX-2 that causes pain and inflammation.

But these drugs also cause excessive blood clotting. They spike your risk of heart attack and stroke. Steroid drugs and creams turn OFF your body's own natural repair and rejuvenation mechanisms.

Big Pharma's newest drugs are "biologics." These powerful drugs, like Humira, Remicade, and Enbrel, were designed to slow or stop damaging inflammation.

I'm sure you've seen ads for them on TV ads for. They suppress the immune system. But that opens you up to serious infections. Studies link them to pneumonia,⁶ as well as lymphoma, tuberculosis, skin, gastrointestinal, breast and lung tumors.⁷

And when all these drugs fail, mainstream medicine uses risky, expensive, and invasive surgeries to try to repair joint damage. Or they replace your joints with a hunk of metal.

Here at the Sears Institute for Anti-Aging Medicine I offer my patients a real, long-term solution to joint pain...

Regenerate Your Joints Safely And Naturally

The medical industry doesn't get this fundamental truth... Your body has the ability to heal itself.

Regenerative, anti-aging medicine is all about harnessing this healing power in your own body. One of the most exciting of these therapies is called platelet-rich plasma (PRP).

PRP uses natural compounds from your own blood to regenerate the tissue, collagen, tendons, ligaments, and restore youthful joints. This is the therapy that helped William get his life back.



The PRP therapy we provide at the Sears Institute goes far beyond standard platelet-rich plasma treatments.

A couple weeks after his procedure, he told me he was able to walk more in one day than he'd been able to walk in a week. And at his last follow-up appointment, William says he's been out working in his yard nearly every day. He's been mowing his lawn, clearing his garage, and trimming the trees around his home with a huge pole saw.

He's even ready to get his tennis racket out of storage.

Here's how PRP works... A doctor draws a small amount of your blood and runs it through a centrifuge. The machine separates out red blood cells. It leaves behind plasma with a high concentration of platelets. PRP is 5 to 10 times richer in platelets than whole blood.

You probably know platelets as blood-clotters. But we've learned in the past few years they're so much more. They are also your body's emergency response team.

Platelets attract stem cells to any injury or damage. Stem cells are the basic building blocks of your entire body. They can transform themselves into any other kind of human cell — whether it's a heart muscle cell, a blood cell, a liver cell, or a nerve cell. They can become whatever kind of cell your joints need.

And inside every single stem cell is a stash of powerful "secret weapons" called human growth factors (HGFs). These are tiny proteins.

Stem cells release HGFs to act as a kind of communication system. These messengers signal the local cells to make more cells or create a new type of cell. They help regenerate injured tissues.

But here's the problem... You lose stem cells and their HGFs as you age. It makes your body's recovery process longer and harder. Joint injuries don't heal as fast. Chronic problems develop.

But with PRP injections you get an abundance of stem cells and HGFs. They help create new bone, muscle, cartilage, ligament, and tendon tissue. And the additional growth factors in PRP help heal injured tissue at least two to three times faster than normal.⁸

Studies show PRP injections improve joint function and decrease pain. It is proven effective for:

- Arthritis
- Torn muscles
- Inflamed tendons
- Damaged joint cartilage
- Injured ligaments
- Knee osteoarthritis
- Back and neck pain
- Elbow, wrist, shoulder, hip, knee, and ankle tendinosis

PRP is so effective, it's the go-to-choice for people who depend on their joints for their careers and livelihood. Professional athletes are big fans of this therapy.

I don't know if you watched Wimbledon last month. Before he had to withdraw because of a 7-millimeter abdominal tear, Rafael Nadal tore up the grass and beat his younger opponent.

The 22-time Grand Slam winner is familiar with pain. Tendinitis in both knees forced him to withdraw from numerous tournaments until he was treated with PRP.

"PRP worked unbelievable on my knee," Nadal said. "I recovered 100% in a very short period of time during the PRP treatment."

And PRP saved the career of baseball pitcher Bartolo Colón. A few years ago, thought his career was over. He had severe ligament damage and a torn rotator cuff. Colón got PRP injections into his damaged joints. Within two weeks, he was back pitching on the mound.

Other world-class athletes who used PRP include Alex Rodriguez, Kobe Bryant, and Tiger Woods, who called PRP "pretty much amazing."

Jumpstart Your Healing Process Immediately

At the Sears Institute, I treat my patients using **enhanced PRP therapy** protocol that you can only get at the Sears Institute for Anti-Aging Medicine. More on what sets our PRP protocol apart in a moment.

PRP is the same treatment that has helped world-class athletes like golfer Tiger Woods, tennis players Rafael Nadal and Maria Sharapova, NFL quarterback Tom Brady, and soccer star Cristiano Ronaldo get back in the game.

And it gets my patients back on the golf course, playing the game they love, within months.

I'm never surprised at how well my patients do. I've successfully treated chronic pain in thousands of patients using PRP.

It's a lifesaver for people suffering from debilitating joint pain.

Studies show it's effective for arthritis... inflamed tendons... torn muscles... injured ligaments... knee osteoarthritis... damaged joint cartilage... and torn rotator cuffs.

One study looked at the results of rotator cuff damage treated with PRP compared to conventional steroid injections.

Enhanced PRP Does More Than Just Treat Pain

At the Sears Institute, we use PRP for more than treating pain. I use it to help my patients:

- Heal from surgery with less pain^{1,2}
- Increase immune system³
- Regrow up to 40% of lost hair⁴
- Boost erection firmness and strength⁵
- Heal wounds 2 to 3 times faster⁶
- Rejuvenate aging skin⁷

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The patients who got PRP had significant improvements in their range of motion and pain level after three months. After one year, only three patients in the PRP group had to undergo surgery for the condition.

But 48 patients who received steroids required surgical intervention.

As you probably know, PRP uses platelets — colorless blood cells that help your blood clot — to rebuild a damaged tendon or cartilage.

PRP doesn't just relieve pain. It jumpstarts the healing process.

That's because platelets contain hundreds of proteins called "growth factors." The natural growth factors in PRP can actually regenerate injured tissues. PRP has five to 10 times more platelets than whole blood. And the additional growth factors from all those platelets help heal wounds at least two to three times faster than normal.⁹

Here's what sets our therapy apart

But at the Sears Institute, we go one step further and provide enhanced PRP therapy.

We use a combination of platelet-rich plasma (PRP) and platelet-poor plasma (PPP) that capture a higher concentration of plasma proteins, called alpha 2 macroglobulin (a2M), and growth factors.

Using a2M drastically changes the biochemistry of a joint. It stops disease progression by binding to and removing cartilage-destroying inflammatory proteins. This provides long-term relief from pain.

But here's what truly sets us apart from every other PRP provider in the country...

Each patient receives pre- and post-optimal platelet and stem cell activation using:

- Intramuscular glutathione injection
- IV nicotinamide adenine dinucleotide (NAD)
- Hyperbaric oxygen before and after PRP procedures

This triple-punch is guaranteed to improve clinical outcomes.

As a regular reader, you know that HBOT therapy is one of the most effective regenerative therapies that exists today.

HBOT provides lifesaving treatment for numerous chronic conditions, ranging from diabetes, stroke, and spinal cord injuries to Alzheimer's, arthritis, and heart disease. And so many more.

We are the only clinic that combines enhanced PRP therapy with hyperbaric oxygen to provide up to 800% more healing power.

When you use HBOT and PRP therapy together, you're ramping up the number of activated stem cells in your bloodstream. These then go to work with "turbo-charged" healing power on the parts of your body that need repair.

In one study, researchers from the University of Pennsylvania gave a series of 20 HBOT treatments to 18 people.

Following just one two-hour treatment stem cells increased by 50%. After the full 20 HBOT treatments stem cells increased by 800%.¹⁰

HBOT nurtures the stem cells so they can go where they need and increase your healing potential. Getting you back in the game that much faster...

Are You Ready To Put Your Pain Behind You?

Enhanced PRP therapy is straightforward.

It's a very minimally invasive, same-day procedure that takes only a few hours. Most patients report little to no discomfort.

Are you ready to talk about ending your pain and reclaiming your life using our enhanced PRP therapy? If you are, please call **561-784-7852** so we can set up your appointment.

Try The Topical Pain-Relieving Ointment That I Use

Arnica is a yellow perennial plant that I use. I find it to be one of the best ways to ease the nagging pain in my heel, an injury I got when I went wind surfing. And the arm pain lingering from an old gymnastic injury.

Also known as wolf bane, arnica is an anti-inflammatory. It contains a healing compound called thymol, which works by stimulating your white blood cells to disperse fluid trapped in your joints and muscles. (This is also known as swelling.) After the swelling goes down, your body takes over and can finish the healing process more efficiently.

One study looked at 204 people with osteoarthritis in their hands and found the people who used arnica gel experienced just as much relief as the group that took ibuprofen, but without negative side effects.¹¹ Another study took 79 people with arthritis in their knees and found that when they used arnica gel, they felt less pain and stiffness and a better range of motion.¹²

Arnica is applied to the skin. Ingesting undiluted Arnica is toxic. Here's an easy home remedy you can try to feel arnica's soothing qualities first-hand:

Pain-Relieving Arnica Infused Oil Recipe

What you need:

One part dried arnica flowers to 5 parts olive oil (you can find the flowers at your local health food store. Or if you prefer to buy online, look for organic, whole *Arnica montana*.) The amount you use will depend on how much infused oil you want to make.



Directions:

- Put the dried flowers in a glass jar and cover them with the oil, leaving an inch at the top.
- Put a paper towel or napkin on top of the jar and secure with a rubber band.
- Let sit for at least a week...or up to six weeks for a more potent oil. (The longer you let it sit, the stronger it will be.)

- Strain out the herbs using a cheesecloth and put the oil in an airtight, glass container.

Now your oil is ready to use.

I suggest applying it immediately after you get injured. Or if you have chronic pain, apply the oil when you get out of the shower. This allows the oil to penetrate easier for faster relief.

Test a small area of your skin first to make sure you don't have a negative reaction. Do not apply the oil to broken skin and if you notice any kind of irritation after applying, discontinue use.

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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.

Are Doctors Telling You The Whole Truth About Your Health?

If you're relying on conventional blood tests, you're getting maybe 1% of what's happening in your body.

And that's a dangerous place to be.

Did you realize doctors routinely ignore the data that could easily STOP cancer, heart disease, or Alzheimer's from ever taking hold and handing you a death sentence?

Doctors Ignore It Because They Don't Test for It...

The average blood test results can fit on a single page.

Look closely, and you'll notice they focus on risk factors that can be "treated" with prescription drugs. The obsession with cholesterol is a good example.

But there are hundreds of other measurements that are critical to your health and your future. All of which go completely unnoticed by doctors who never ask questions.

Back in the early 1990s, I was one of the first doctors in the United States to test for CoQ10. In those days, there was only one lab in the entire country who could measure CoQ10 in your blood. It was expensive and took forever to get results, but I did it because it's vital information you simply must have to gauge your true health status.

I can tell you more about your risk for heart attack, stroke, or dementia by reading your CoQ10 levels than any other single factor.

Today, it's much more common to measure CoQ10, but the majority of doctors STILL don't understand the implications or give it a second thought.

All of that missing data could easily send you to the Emergency Room... Keep you in constant pain... Or set you up for a devastating chronic disease like cancer or Alzheimer's.

I don't want this to happen to you.

There's no reason you or your loved ones should be victimized by our broken healthcare system.

You Have the Right to Know the Whole Truth About What's Happening Inside Your Own Body

Today, I'm leading the charge to put this vital data back in your hands by opening my first **Rejuvenation Telehealth** service at my **Sears Institute for Anti-Aging Medicine**.

For the first time, you'll have access to the full panel of proprietary blood tests we run here at my clinic. Plus, you'll get personal one-on-one attention from my clinic staff with a full interpretation of the most critical biomarkers you need to be tracking.

It's just like coming to the clinic, except you never have to leave your own home... Plus, you get a complete and personalized protocol including supplements, diet and exercise advice, and any prescriptions you may need.

It's easy, affordable, and you'll be one of the first to benefit...

But I realize that for some patients, face-to-face contact is the only way to go. For you, I'm introducing an exclusive in-person service. I want to make it my goal to take the pain out of traveling here...

This new service will see that you're picked up from the airport, delivered to the hotel next door to the Sears Institute, fast-tracked to any of the therapies you require, and given free access to services like our infrared sauna, individualized PACE instruction, and immune boosting nutrient IVs.

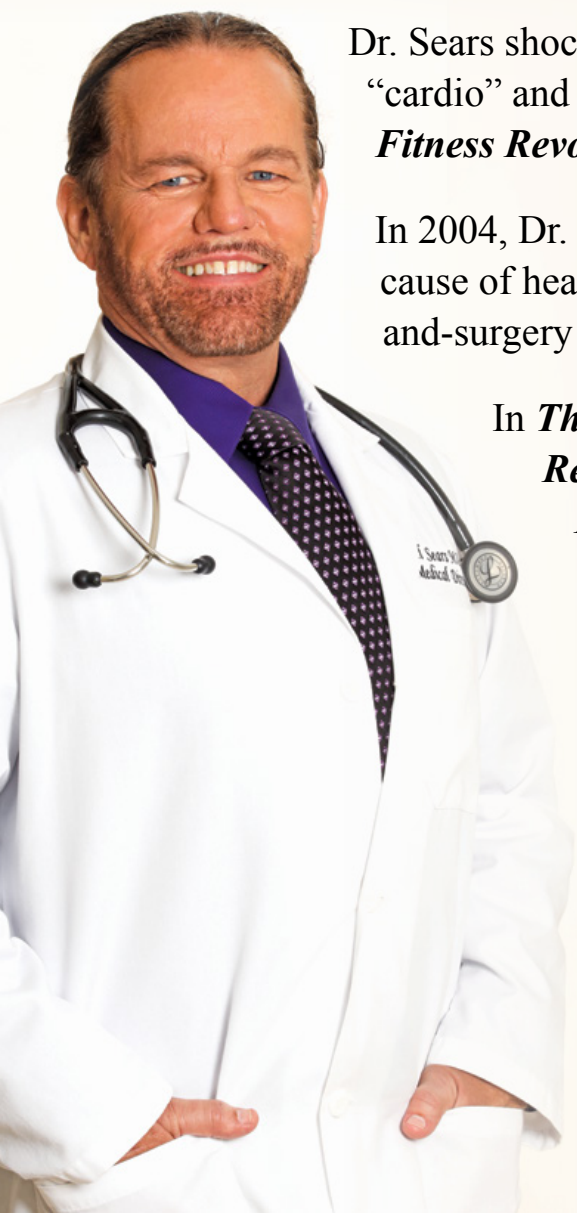
Stay tuned, because I will be emailing you soon to provide more information.

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).