



Dr. Sears'

# CONFIDENTIAL CURES

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

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Dear Friend,

Your body is under attack from a deadly “pandemic.”

One that affects more than 10 times the number of people touched by Covid.

In fact, a recent study linked it to over 2 billion cases of chronic diseases, including Parkinson’s, cancer, heart disease, stroke, diabetes, Alzheimer’s, and more.

Researchers at the University of Zurich discovered this threat when they wanted to know what was causing the massive explosion in chronic disease that now affects 60% of all U.S. adults.

Their prime suspect was an onslaught of environmental pollutants.

I’m talking about pesticides, endocrine disruptors and estrogenic chemicals, and food additives.

And then there are the “acceptable” toxins pushed on us by doctors, the media, and the FDA.

Like Big Pharma’s drugs... sunscreen... synthetic hormone “replacement” therapies... our modern food supply full of processed nutrient-deficient junk and industrial-raised meat, and so much more.

All of these toxins are incredibly pervasive.

One analysis of umbilical cord composition detected an average of 200 different industrial chemicals and pollutants in each child tested. And this was in newborn infants.

The result is we are sicker than ever. For example...

A large study by the Mayo Clinic found that in the last three decades, your risk of developing Parkinson’s jumped almost 20%. For those over age 70, the risk increases 35% every 10 years.

The number of people who will be diagnosed with cancer is predicted to soar nearly 50% by 2050.

And chronic inflammation — the root cause of almost all diseases we associate with aging — is so prevalent today in the United States, that it’s a key contributor to our declining lifespan expectancy.

In your May 2023 issue of **Confidential Cures**, you will discover how an unnatural environment — combined with Big Pharma’s push for even more dangerous drugs — is putting your health at risk. You will learn:

- **Industry-trained doctors are pushing their Parkinson’s patients** to double their drug intake, increasing the risk of dangerous side effects like involuntary jerking and loss of cognitive function. I’ll introduce you to a safe, natural — and effective — therapy that has been proven to greatly reduce disease symptoms in 87% of people who use it.
- **How the great American “hormone hoax”** — which includes drugs that have been mislabeled as hormones and dished out in unnatural doses — has hijacked your natural health and increased your risk of a wide range of cancers. You’ll also discover how it’s feminizing millions of misguided men who were tricked into using this therapy.
- **Which vitamin deficiency has been described** in a new study as “more dangerous to your health than smoking...” I’ll share five previously unknown health benefits you’ll receive when you naturally increase your intake — as well as the 2,400-year-old secret that allows you to maximize how much you get.

Al Sears, MD, CNS

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# Big Pharma Wants You To *Double Your Drugs* But You Can Beat Parkinson's With Natural Therapy That's 87% Effective

Traditional doctors believe the only way to treat Parkinson's disease is with a Big Pharma drug. But now they're convinced that putting one alien, lab-created chemical into the body isn't enough...

And they want patients to double up.<sup>1</sup>

Researchers call this latest dual drug combo a "new option for initiating treatment."

But there's nothing new about these drugs that are designed to manage symptoms like tremors, slurred speech, shaking, and trouble walking.

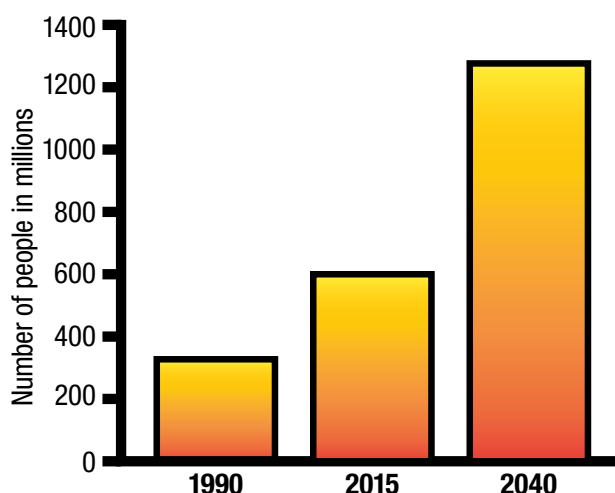
And of course, when you double the number of drugs you take, it means you are potentially doubling the devastating side effects. Some of the more troubling consequences associated with Parkinson's drugs include:

- **Dyskinesias:** Uncontrolled, involuntary movements are a significant side effect of long-term use of Parkinson's medications. These movements can be choreic (uncontrollable jerking) or dystonic (sustained muscle contractions).

- **Hypotension.** The drugs can cause a significant drop in blood pressure upon standing. This leads to dizziness and an increased risk of falling.

- **Hallucinations and psychosis:** More than half of those taking Parkinson's drugs will experience extreme hallucinations (seeing or hearing things that are not there). Others may develop symptoms of psychosis, including delusions or paranoia.

**Parkinson's Cases Expected To Double In Next 15 Years**



A study published in the *Journal of Parkinson's Disease* projected the number of people with Parkinson's will double by 2040. Some estimate the number could triple.

- **Sleep disturbances:** Parkinson's medications can disrupt sleep patterns, causing insomnia or excessive daytime sleepiness.

- **Loss of cognitive function:** Some individuals may experience cognitive changes, including impaired memory, attention, and executive functions. Additionally, mood swings, depression, and anxiety have been reported.

- **Impulse control disorders:** Certain drugs are associated with changes in impulse control. This can lead to gambling, hypersexuality, extreme spending, or binge eating.

Other side effects include nausea, blurred vision, dry mouth, constipation, drowsiness, and trouble urinating.

In many cases, the drugs stop working after a while. This often leaves a patient worse off than they were.

In a moment, I'll share the natural therapies we're using at the Sears Institute for Anti-Aging Medicine that are helping my Parkinson's patients take back their lives. But first, let's talk about what's really at the root of this degenerative neurological disease.

## What Is Parkinson's And What's Really Causing It?

Parkinson's disease is a progressive neurodegenerative brain condition that destroys cells in the area of your brain that controls movement. Sufferers have a diminished supply of dopamine because the nerve cells that produce it have died.

The less dopamine you make, the less control you have over your movements.

Parkinson's affects the nervous system and parts of the body controlled by nerves. Patients have trouble moving their hands... they shake... their speech slurs... and their faces show less expression. They may have trouble moving their feet when they walk and keeping their balance.

As the disease progresses, patients may become "frozen" in place, temporarily unable to move. Eventually, most end up in a wheelchair. And although the disease itself is not fatal, complications from it can be. People with Parkinson's often experience fatal choking episodes, pneumonia, or serious falls.

Science still believes that Parkinson's is caused by a problem with your genes. And while there are a few genes that contribute to the disease, these rare genetic defects affect only a small proportion of people with Parkinson's.

There is overwhelming evidence that toxic chemicals in our environment, like pesticides, are sending the rates of the disease skyrocketing.

"There is overwhelming evidence that toxic chemicals in our environment, like pesticides, are sending the rates of the disease skyrocketing."

An important report published in the *Journal of Parkinson's Disease* projected the number of people with Parkinson's would double — or even triple — by 2040.<sup>2</sup> That's more than 17 million people.

But Big Pharma, Big Medicine, and Big Agra continue to brush the evidence aside.

The medical community got its first proof that toxins could cause "Parkinsonian" symptoms more than 35 years ago.

In the early 1980s, drug users in California began showing up at emergency rooms with signs of advanced Parkinson's. These patients had all tried a new, synthetic form of heroin that was laced with a toxin called MPTP, which has since been shown to destroy the neurons that produce dopamine in the brain.

The affected drug users turned to "living statues" within two days of using the drug. But here's what's really interesting...

MPTP is very similar to several widely used pesticides...and multiple studies have since connected these toxins to Parkinson's.

In a study published by the journal *Archives of Neurology*, researchers discovered that anyone who used at least one of eight different kinds of pesticides was more than twice as likely to get Parkinson's. If you used the insecticide permethrin, you were three times more likely to develop the disease.<sup>3</sup>

Another study by the University of California at Berkeley found that people exposed to maneb, a common pesticide used in gardens, were 75% likelier to develop Parkinson's.<sup>4</sup>

Then there are the findings of the Agricultural Health Study. This study followed almost 90,000 licensed pesticide users and their spouses, and monitored them for illnesses. The researchers found that those who used commercial pesticides like rotenone or paraquat developed Parkinson's disease 2.5 times more often than non-users.<sup>5</sup>

Several studies prove that people who work in the agricultural industry have a higher rate of Parkinson's than the rest of the population.<sup>6</sup>

Check out the chart on the right. It shows how the increase in death rates from Parkinson's coincides with the increased use of Roundup on crops.

Roundup contains the herbicide glyphosate. With more and more of our modern food supply tainted by agricultural chemicals, it's no surprise that the incidence of Parkinson's disease continues to soar.<sup>7</sup>

## Use The Power Of Pure Oxygen To Protect Your Brain

But important new research could turn how traditional doctors treat Parkinson's disease (PD) on its head. I'm talking about delivering the power of pure oxygen using HBOT.

If you are a regular reader, you know that hyperbaric oxygen therapy — using 100% oxygen at 1.5 times normal atmospheric pressure — is the fastest and most effective way to heal brain damage and neurodegenerative conditions.<sup>8</sup>

Research reveals it's highly effective at treating Parkinson's. It works by slowing down the loss of dopamine neurons associated with the condition and promoting mitochondrial biogenesis.<sup>9</sup>

You see, the latest research shows that the root cause of Parkinson's resides in your mitochondria. These are tiny structures in your cells that provide the energy they need to function.

But here's the problem...

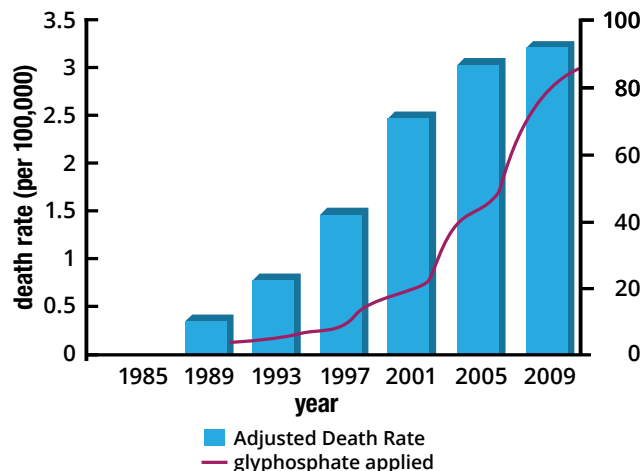
As your mitochondria produce energy, they become filled with cell-damaging free radicals. Their function becomes less efficient, and eventually they have to be removed. This process is called mitophagy.

Mitophagy does a great job of removing damaged mitochondria. But when this system breaks down, patients will begin to experience neurodegeneration.

When mitophagy is working properly, a protein called Miro is removed before the damaged mitochondria is discarded. Miro helps hold the mitochondria in place, and until it is broken down by your body, your diseased and damaged mitochondria can't be removed.<sup>10</sup>

The damaged mitochondria have to be removed because they emit free radicals. Those free radicals damage and eventually kill the neurons responsible for supplying dopamine.

## Parkinson's Deaths Since The Introduction Of Roundup



**There's been a sharp increase in deaths from Parkinson's disease since Roundup started being applied to U.S. crops.**

Stanford University scientists have discovered that Miro removal is impaired in Parkinson's patients. When the Miro isn't removed, the damaged mitochondria remain in place and Parkinson's develops.

So the fewer damaged mitochondria you have, the less likely you are to develop Parkinson's.

And the one thing that mitochondria thrive on is oxygen. So it's not surprising that HBOT therapy is good for Parkinson's patients. In fact, it's been proven that HBOT protects against mitochondrial dysfunction — and more. The results of the latest study are impressive...

In the 2022 study, mice induced with Parkinson's were treated with HBOT for one hour a day. After one week, the researchers determined that HBOT:<sup>11</sup>

- Reduced tissue cell death in the area of the brain that produces dopamine
- Improved motor activity and grip strength
- Inhibited neuroinflammation in the brain
- Promoted the growth and division of existing mitochondria, a process known as mitochondrial biogenesis

This backs up an earlier animal study which found that HBOT can improve mitochondrial redox, preserve mitochondrial integrity, activate transcription factors, alleviate oxidative stress, and promote neuroprotection.<sup>12</sup>



## 87% Of Patients Saw Improvement After Using HBOT

But it's not just the latest animal studies that are impressive. Human studies also reveal the brain-boosting power of HBOT in Parkinson's patients.

In an Italian study, HBOT was used to treat 63 patients suffering from Parkinson's. Each patient received daily treatments that lasted 40 to 60 minutes. A staggering 87% of patients saw notable improvement in their symptoms after just eight to 12 treatments!<sup>13</sup>

In another small study, five patients were treated with HBOT at 1.5 to 2 times normal atmospheric pressure, depending on the severity of their symptoms. After 10 one-hour sessions, all five of the patients reported a significant decrease in tremors and an improvement in overall well-being. In all cases, the benefits were sustained for a full five months. After that time, if tremors reappeared, the patients underwent additional therapy that once again eliminated symptoms.<sup>14</sup>

Numerous case studies have been reported following HBOT on Parkinson's patients. Here are just a few examples that found oxygen therapy:

- Significantly reduced resting tremors and bradykinesia<sup>15</sup>
- Improved common symptoms of severe depression and anxiety<sup>16</sup>
- Helped a 72-year-old patient reduce — and eventually stop taking — his Parkinson's medication. After five weeks, he could talk more easily and his hand movements improved 32%<sup>17</sup>

### Flood Your Brain With Healing Oxygen

I recommend HBOT for all my patients who suffer from neurodegenerative problems.

HBOT floods your brain with oxygen. This works to slow neuronal degeneration by mobilizing regenerative stem cells and improving angiogenesis, the growth of new blood vessels that nurture damaged areas.

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.



**After 12 HBOT sessions, nearly 90% of Parkinson's patients reported significant improvement in their symptoms.**

If you're interested in HBOT therapy at the **Sears Institute for Anti-Aging Medicine**, for yourself or for a loved one, please call my staff at **561-784-7852**. They'll be happy to schedule an appointment.

### Treat Parkinson's With Nature's Most Powerful Antioxidant

In my practice, I take HBOT therapy one step further and combine it with IV glutathione. Intravenous use of this master antioxidant has been shown to reduce tremors and improve movement and balance.

You see, glutathione fights the damaging free radicals found in the mitochondria of Parkinson's patients.

Sufferers of Parkinson's have dangerously low levels of glutathione in the affected areas of their brain. In some cases, levels decline by about 50%. Boosting glutathione can guard against further damage and boost the function of surviving neurons.

A double-blind study of 45 people with mild to moderate Parkinson's backs this up.

Researchers gave patients either a high or moderate dose of glutathione or a placebo. After three months, they tested the participants using the Unified Parkinson Disease Rating Scale. Those receiving a high dose once again had significant improvements in their total score, motor subscore, and even non-motor subscore.<sup>18</sup>

The evidence of glutathione's power is backed up in my own research and numerous scientific studies. Danish researchers compared people aged 100 to 105 with people aged 60 to 79 — and found the centenarians had much higher levels of glutathione. And those who were most active had the very highest levels.<sup>19</sup>

Glutathione also increases energy, fights illness, increases mental clarity, reduces body fat, and protects against age-related decline.<sup>20</sup>

Glutathione therapy works fast...often in under an hour. It allows the nutrients to bypass your digestive system and go directly into your cells. And bioavailability from taking it through an IV is 100%.

## Try Nature's Proven Brain Protectors

For three decades, I've helped my patients prevent Parkinson's and reduce symptoms using brain-boosting supplements. Here are three you can try at home.

» **Brain booster #1: L-carnitine.** L-carnitine is an amino acid that enhances memory and improves muscle control. Your body converts L-carnitine into acetyl-L-carnitine (ALC). Studies show ALC prevents brain aging and slows the progress of brain diseases.<sup>21</sup> It also improves cell receptors so neurons can take up more dopamine, the neurotransmitter critical for motor skills and mental focus. And it helps prevent the death of cells that produce dopamine.<sup>22</sup>

I suggest supplementing with at least 500 mg of ALC every day on an empty stomach. Look for a formula with only L-carnitine and not D, L-carnitine. The D form is synthetic.

» **Brain booster #2: L-carnitine. NAC.** A recent study from Thomas Jefferson University found that supplementing with n-acetyl-cysteine (NAC) led to "significant lessening of...tremors as well as symptoms like dementia, depression, anxiety and hallucinations."

NAC works in two ways. First it eases the physical symptoms of the disease. And second, it increases brain levels of dopamine. In the study, 42 patients who were treated with NAC saw their cognitive and motor function test scores improve by nearly 42%. I recommend 500 mg twice a day.

» **Brain booster #3: Green tea.** An excellent way to protect the dopamine-producing regions of your brain is by drinking plenty of green tea each day. One meta-study suggested the risk of Parkinson's drops 26% for every two cups of tea consumed daily.<sup>23</sup>

You see, green tea is loaded with a unique kind of flavonoid called catechins. There's also strong evidence that high levels of EGCG in green tea also protect against Parkinson's.<sup>24</sup>

But buyer beware: When it comes to catechin content, it's hard to know what you're getting in commercial teas. I've only found one brand that delivered anywhere close to my recommended 50 mg dose. Called Teavana Green Tea Gyokuro, it provides 86 mg per serving.

To maximize antioxidant content, pour boiling — not just hot — water over your tea leaves and let steep for 10 minutes before drinking.

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# Avoid The “Great American Hormone Hoax” That Increases Your Cancer Risk

Millions of men have been sold a bill of goods on the supposed benefits of synthetic hormone-based drug therapy. Big Pharma hails it as a kind of “fountain of youth” for men.

For women, the story is pretty much the same, with doctors and pharmaceutical companies still calling post-menopausal synthetic hormone-mimicking therapy an anti-aging “cure-all.”

But nothing could be further from the truth.

That’s why I call it America’s great hormone hoax.

The fact is that pharmaceutical companies are recommending these dangerous, unproven treatments with disastrous side effects.

The real culprit is that often, too much estrogen accumulates. That may sound surprising, particular for men receiving “T” therapy.

But the truth is, a strange thing happens when your body finds itself swimming in too much testosterone:

It converts the excess “T” into estrogen.

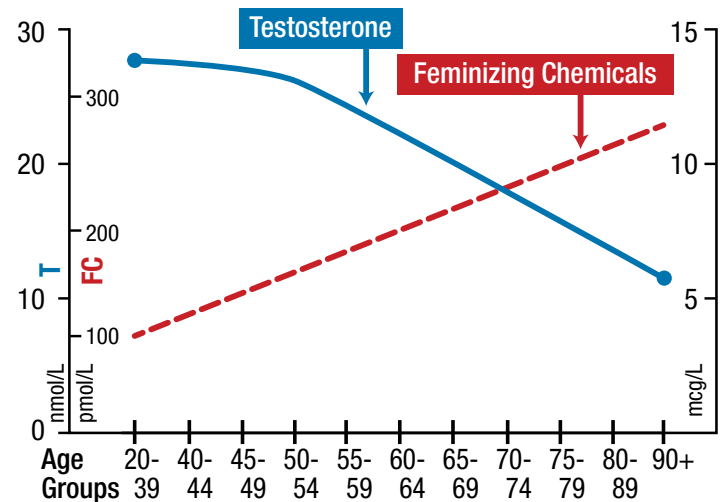
And that can trigger the very feminizing effects that many men take testosterone to avoid.

But that’s not all. You see, your body can also convert excess testosterone into dihydrotestosterone (DHT). High DHT increases estrogen as well, and it’s the culprit behind thinning hair and male pattern baldness.

But these aren’t the only downsides of estrogen overload.

A startling body of medical research has linked estrogen to a dramatic spike in certain hormone-related cancers in recent years. While cancer rates

**Feminizing Chemicals Send Testosterone Plummeting**



**Low testosterone, caused by skyrocketing estrogen, plays a bigger role in aging and disease than previously thought.**

overall are declining, the latest studies show the following hormone-related cancers are on the rise...

- Breast
- Ovarian
- Uterine
- Thyroid
- Prostate

Testosterone’s interaction with the androgen receptor and the growth and spread of prostate cancer led to the development of multiple hormone treatments for men with the disease. So-called androgen deprivation therapy (ADT) has become Big Pharma’s go-to treatment because it decreases testosterone to castration-like levels.

But here's the dirty little secret about this form of testosterone therapy: While ADT may treat prostate cancer initially, it doesn't cure it. That's why it's often used alongside toxic radiation therapy, chemo, and even radical surgery.

And if you're treated with long-term ADT, you will eventually develop resistance because cancer cells find a way around the reliance on testosterone.

What's more, the latest research shows excess testosterone is converted to estrogen and so-called estradiol hormones, which actually BOOST your cancer risk! That means estrogen is a much greater concern, in terms of cancer.

As I've told my patients for more than 30 years... testosterone is not the problem.

Millions of men have perfectly normal testosterone but still experience the symptoms associated with low testosterone.

That's because they're suffering from an overload of estrogen and don't even know it.

As a physician, I've spent decades researching the problem of excess estrogen in men. Today, estrogen overload in aging men has become an epidemic.

Nothing erodes your masculinity faster than rising levels of synthetic estrogens coursing through your veins.

It's the Great Neutralizer. Estrogen cancels out your testosterone.

The good news is you can reduce estrogen overload quickly and easily. The first step is to stop buying Big Pharma's big lies about testosterone therapy.

But T-therapy isn't the only factor in estrogen overload.

In fact, the environment and our Western-style diet are loaded with estrogen and estrogenic chemicals that mimic the biological action of the hormone. That's why men are swimming in hormones that have been linked to cancer and other health problems — including prostate disease.

## **Excess Estrogen Hormones Feminizes Modern Men**

There are three estrogen hormones: estradiol, estrone, and estrinol.

Estradiol, the strongest of the three, plays a major role in ovulation, human egg maturation, and thickening the uterine lining to allow egg implantation in women.

Estrone, produced by the ovaries and in fat tissue, is tied to the sexual development in young women.

Estrinol, which is key to a healthy pregnancy, is often used to treat menopausal symptoms as part of hormone replacement therapy (hot flashes, vaginal dryness, and even insomnia).

So, how are these hormones produced in men, and what exactly do they do?

In men, estrogen hormones can be produced through a process called aromatization, which basically converts testosterone to estrogen. In men, too much estrogen comes with a lot of negative, even dangerous, side effects. These include:

- Gynecomastia or sudden, excess fat in the tissue around the breast
- Low libido
- Inability to achieve or maintain an erection
- Shrunken testicles
- Depression, irritation, and mood swings
- Extreme fatigue
- Stubborn belly fat
- Loss of muscle mass and definition
- Infertility

## **The Biggest “Side Effect” Is Increased Cancer Risk**

As troubling as these side effects are, they pale in comparison to the cancer risks raised by estrogen overload. Because at higher levels, estrogen is a known cancer-causing agent.

It acts like radiation, producing extremely destructive free radicals. It causes your DNA to “misfire” and produce the defects that are the beginnings of cancer.



At the same time, these high estrogen levels decrease one of your body's "master" antioxidants, glutathione. This raises oxidative stress in your cells and can be an early step in cancer cell formation.

"High estrogen raises your levels of cancer-causing free radicals and wipes out your body's best defense against them at the same time."

In another study, researchers tested 40 breast cancer patients. They found higher fake estrogen levels in the same area where the most breast cancer tumors developed.<sup>5</sup>

In other words, high estrogen is a one-two cancer punch. It raises your levels of cancer-causing free radicals and wipes out your body's best defense against them at the same time.

That's one reason estrogen-dependent cancers have all been directly linked to xenoestrogens.

Take prostate cancer, for instance. The American Cancer Society estimates this disease will kill 34,500 men this year in the United States, despite the ability to detect it in early stages when it is most easily treated.

While most studies of hormonal links to prostate cancer have focused on androgens and testosterone, for instance, estrogens have also been found to be a known contributor to the development and progression of prostate cancer.<sup>1</sup>

One study from the University of Texas examined the effects of one of the most common chemical estrogens, bisphenol-A (BPA). Biochemists looked at urine samples from 60 urology patients. Those with prostate cancer had 400% more BPA than people without cancer.<sup>2</sup>

They also found that prostate cells exposed to even tiny amounts of BPA had up to eight times the abnormalities of other cells.

BPA works fast, too. The researchers exposed normal cells to BPA. Within just two hours, almost 60% of cells had abnormalities.

These fake estrogens are particularly strong in plastic products like polyvinyl chloride (PVC). In one Swedish study, men exposed to PVC had a six-fold increase in risk for testicular cancer.<sup>3</sup>

The news is no better for women. A recent English study detected these chemical estrogens in the breast tumors of 19 out of 20 women tested.<sup>4</sup>

## Estrogen Is Attacking Us From Every Direction

Estrogen dominance has been caused by the modern world we live in. And these days, estrogen is pushed at us from every direction.

A landmark 2018 study found that estrogenic chemicals and compounds that mimic the biological action of the hormone are almost impossible to avoid.<sup>6</sup> These toxins are everywhere — in the foods we eat, the fabrics we wear, the toiletries we put on our bodies, our household electronics, and the furniture we sit on.

- The Western-style diet most Americans follow — full of grains and highly processed foods — is consistently associated with higher estrogen levels.<sup>7,8,9</sup>
- Farmers shoot meat and poultry full of estrogens so they fatten up faster — all with FDA approval.
- Refined sugars in your diet can trigger a hormone imbalance that forces your body to convert testosterone into estrogen.
- Estrogen is found in commonly used food additives.
- Pesticides and fertilizers used on produce fool your body into thinking they're estrogen.
- Manufacturers of plastics use estrogen-mimicking synthetics called bisphenols to make their products. But don't be fooled by products labeled BPA-free. The replacement chemicals they use — BPS and BPF — are even worse.<sup>10</sup>
- Government tests have found American water contained "at least 11 compounds linked to birth control and hormone supplements."
- We absorb estrogen-mimicking pesticides from both air and food.

## Easily Flush Excess Estrogen From Your Body

I've found the most effective way to metabolize excess estrogen and eliminate it from your body is to combine both oral chelation and IV chelation. I recommend safe IV chelation to just about every patient I see.

The word "chelate" comes from the Greek word "chele," which means "claw." And that's exactly what chelation does. Chelation is used to lower the amount of toxins in your body. So xenoestrogens are "clawed" from your body — painlessly.

For IV chelation, I inject calcium disodium EDTA directly into your bloodstream. In no time, EDTA grabs toxins and drags them out — painlessly.

If you are interested in flushing excess estrogen from your body using IV chelation, please get in touch with the Sears Institute for Anti-Aging Medicine at **561-784-7852**. My staff will be happy to schedule an appointment.

## 5 Easy Ways To Cleanse Estrogen From Your Body

Your body can't keep up with all the fake estrogens in our modern environment. I recommend you use a few simple supplements to help metabolize excess estrogen and eliminate it from your body.

**1. SAME-e:** This naturally occurring compound promotes the excretion of estrogen while negating the effects of estrogen toxicity. Take 200 mg a day to start. But you can take up to 800 mg twice a day if a blood test reveals that you have extremely high levels of estrogen.

**2. Alpha-lipoic Acid:** This antioxidant stops estrogen damage in cells and protects reproductive organs from excess estrogen. Start with 250 mg a day. But you can take up to 600 mg a day.

**3. DIM:** You can get this natural estrogen cleanser from cruciferous vegetables like kale and broccoli. But you can't eat enough of these veggies to cleanse your body well enough. So start with a 100 mg capsule a day. Two capsules provide as much DIM as a pound of vegetables.

**4. I3C (Indole-3-Carbinol)** has the ability to rid estrogen from your body. Vegetables like cabbage, Brussels sprouts, and broccoli contain it. In your digestive tract, I3C converts into DIM. To give you an idea, 400 mg of I3C is equal to 130 raw Brussels sprouts or ¼ head of raw cabbage.

**5. Resveratrol:** Resveratrol, found in red wine and dark chocolate, inhibits aromatase. Aromatase is an enzyme that converts testosterone to estrogen. By stopping that process, resveratrol allows you to keep your testosterone levels high. Take 200 mg of resveratrol daily.

And whenever you are detoxing or cleansing, don't forget to drink plenty of water to help wash everything away.

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# Beat The Deficiency More Dangerous Than Smoking To Defeat Almost All Disease

I've been telling my patients about the healing benefits of the sun for decades. After all, humans were designed to live in the sunshine. And when the sun's rays reach your skin, your body starts to produce vitamin D.

But the advice you're STILL getting from your doctor, the media, and even the Surgeon General to avoid the sun is so wrong, it's scary.

In fact, Swedish researchers recently discovered *staying out of the sun is as dangerous as smoking*.<sup>1</sup>

It doesn't surprise me. I tell all my patients that exposure to sunlight is essential to our health because it is the best source of vitamin D — perhaps the most important nutrient we know of.

Instead, all you hear about is the danger of exposure to UV rays and how you need to use synthetic sunscreens that are full of toxic chemicals.

For decades, we've followed this bad advice about the sun and sunscreen. To the tune of more than \$1.1 billion. That's what Americans are projected to spend on sun products in the next couple of years.<sup>2</sup>

But here's the irony...

Using sunscreen has done nothing to protect us from melanoma.

In fact, the rate of skin cancer doubled in the last 30 years.<sup>3</sup> And over the past three decades, more people have been diagnosed with skin cancer than all other cancers combined.

If this pace continues, another 112,000 new cases will be diagnosed by 2030.<sup>4</sup>



**Swedish researchers determined that hiding from the sun is as dangerous as smoking.**

We're not getting too much sun exposure. *We're getting too little.*

The truth is that when you avoid the sun — either by staying inside or covering yourself with sunscreen — your rate of skin cancer increases.

An important study, published in the respected journal *The Lancet*, reported that “indoor workers have an increased risk for melanoma compared with those who work outdoors, indicating ultraviolet radiation is in some way protective against this cancer.”<sup>5</sup>

And a Swedish study found that those who avoid the sun have an increased risk of skin cancer. They're also twice as likely to die from any kind of cancer compared to people with higher sun exposure.<sup>6</sup>

But it's not just skin cancer that you're protected against...

Recent research shows that people living in places that get more of the sun's UV radiation have the lowest incidence of all kinds of cancer.<sup>7</sup>

That doesn't mean sunlight lowers the "risk" of getting cancer. Getting more sunlight keeps people from actually getting cancer... in some cases by 50%.<sup>8</sup>

Studies show sunlight prevents skin cancer,<sup>9</sup> lung cancer,<sup>10</sup> colorectal cancer<sup>11</sup>... and it lowers rates of leukemia, breast cancer,<sup>12</sup> bladder cancer, and lymphoma.<sup>13</sup> I could go on.

## Vitamin D Deficiency Is Linked To Almost Every Chronic Disease There Is

There's overwhelming evidence that increased vitamin D levels actually lower the risk of almost every kind of chronic illness.

Along with cancer, low vitamin D levels are linked to:

- **Alzheimer's.** In a large study of 1,658 seniors, those with a mild vitamin D deficiency had a 53% increased risk of Alzheimer's. Those who were severely deficient had a 125% increased risk.<sup>14</sup>

One of the most dramatic studies comes from the University of California, Los Angeles. In this breakthrough research, the scientists reversed Alzheimer's in 90% of patients using vitamin D combined with the omega-3 DHA.<sup>15</sup>

- **Heart disease.** Extensive research shows that chronic heart failure is often linked to a vitamin D deficiency — and the lower the levels, the more negative the health outcome.<sup>16</sup> One study, conducted on more than 27,000 patients at the Intermountain Medical Center in Salt Lake City, found those with the lowest vitamin D levels were 43% more likely to develop coronary artery disease than those with normal levels.<sup>17</sup>

Another study at the University of California, San Francisco, discovered that vitamin D slashed heart disease risk by 31%.<sup>18</sup> People with the highest vitamin D levels have a 30% lower risk of developing hypertension.<sup>19</sup>

- **Diabetes.** Researchers have discovered a direct link between low vitamin D levels and

“There's overwhelming evidence that increased vitamin D levels actually lower the risk of almost every kind of chronic illness.”

insulin resistance, pre-diabetes, and full-blown type 2 diabetes. The study also revealed that even with a minor vitamin D deficiency, your risk of developing type 2 diabetes increases by 91%.<sup>20</sup>

Additional research found that vitamin D improves your body's ability to use insulin effectively and that it's also needed by your body to stimulate the beta cells in your pancreas to produce insulin in the first place. But the effects of vitamin D don't only take place in the pancreas. Vitamin D receptors are triggered in all the target tissues for insulin, like muscle and fat tissue.<sup>21</sup>

- **Depression.** A large international meta-analysis found that depressed patients commonly have lower levels of vitamin D.<sup>22</sup> But vitamin D can even fight off depression by helping the human brain make serotonin, a neurotransmitter that regulates mood.

In fact, vitamin D3 can boost serotonin by anywhere from double to 30 times.<sup>23</sup> And doctors in Norway also discovered that taking vitamin D3, especially in large amounts, improved the symptoms of depression.<sup>24</sup>

- **Broken bones.** Vitamin D directs how much calcium you store in your bones. Too little vitamin D can lead to thin, brittle bones. Strong levels of vitamin D reduce your risk of breaking a bone in any part of your body by 60%.<sup>25</sup>

By preventing bone loss, vitamin D reduces your risk of breaking a bone in any part of the body by 33%... prevents hip fractures by 69%... and reduces your risk of a bone-softening condition called osteomalacia that causes constant bone pain.<sup>26</sup>

*Of course, that's not all.*

A recent study shows that **vitamin D binds directly to your DNA** and triggers a gene that stops inflammation.<sup>27</sup> Of the 10 leading causes of death in the U.S., chronic inflammation contributes to at least seven of them.

But only recently have we learned of another health-saving benefit of the sun's vitamin D...



## Let The Anti-Aging Power Of The Sun Turn On Telomerase

Part of the sun's protective power is that its UV rays "turn on" several processes in the body that lengthen telomeres.

Most doctors still don't know this because they're years behind the research.

But as a regular *Confidential Cures* reader, you're ahead of the curve.

You know telomeres are the "caps" that protect the ends of your DNA strands. And that with each cellular replication, telomeres grow shorter and shorter... It's like a clock counting down to zero. The shorter they become, the faster you age and the more vulnerable you are to disease.

Here are five of the amazing ways sunlight helps your body grow younger:

1. **Sunlight promotes telomerase.** You might already know that sunlight gets turned into vitamin D in your body. But did you know that vitamin D also increases telomerase?

One study looked into the health records of more than 2,000 women. It found that those with the most vitamin D had the longest telomeres. And the women who took vitamin D supplements had longer telomeres than the women who didn't.<sup>28</sup>

2. **Sunlight increases nitric oxide.** In one study, researchers found that the sun's ultraviolet rays lowered blood pressure. In another study, scientists discovered that ultraviolet rays promoted fat loss.

But the really interesting thing that was not mentioned in the summaries of these studies, is that both studies found that sunlight causes the body to release nitric oxide.<sup>29</sup> And nitric oxide activates telomerase.

At my clinic, I've been studying the anti-aging powers of nitric oxide for years.

Nitric oxide (NO) is a compound produced naturally by cells in the walls of your blood vessels. It allows them to "breathe easy" and let your blood flow freely.

I happen to know from my research into telomeres that NO increases the activity of telomerase. It extends the life of blood cells.<sup>30</sup> The same is true in the other direction. Block NO production and telomeres get shorter.<sup>31</sup>

3. **Sunlight makes melanin.** Sunshine also encourages your skin to make melanin, a natural sunscreen that gives your complexion its color. And there's a relationship between how much melanin you have in your skin and the length of your telomeres.

When melanin becomes concentrated in a small area, it darkens the skin. This process keeps skin cells younger.

Cancer experts studied 1,800 women ages 18 to 79. The researchers compared the telomere length of the white blood cells of these women with more melanin-rich areas to the white blood cells of women without them.

There are two reasons they looked at white blood cells. The first is they are your body's "guardians" against biological enemies. They fight off diseases and infections that can age you. The second is that telomere length of white blood cells is also often used to extrapolate general telomere length and health.

Women who had more areas of melanin-rich skin had the longest telomeres. These women's white blood cells ranged from six to seven years younger than the women who had less melanin.<sup>32</sup>

4. **Sunlight makes melatonin more powerful.** Another way sunlight protects and lengthens telomere is through melatonin. I've discovered that for anti-aging, it's the expression of telomerase that truly makes melatonin so potent.

The sun's rays tell the brain's pineal gland when to produce melatonin and how much of it to make. Turns out telomeres have receptors that "listen to" and "talk to" the hormones in your body, including melatonin.

In just one example, researchers gave melatonin to both young and old rats. They all had significant increases in telomerase and significant decreases in oxidative stress. This suggests that

melatonin is not only a powerful antioxidant but also boosts telomerase expression.<sup>33</sup>

It's very simple: Increasing melatonin levels helps cells get younger.

### 5. More melatonin means more HGH.

Melatonin also helps regulate the production of another vital hormone called HGH, or human growth hormone. In one study, melatonin was shown to increase this hormone by up to 157%.<sup>34</sup> HGH helps stimulate telomerase to rebuild telomeres.

Now that you see why it's so important to get a daily dose of sunlight, let's talk about how to do so safely — and without dangerous sunscreens.

## How To Increase Sun Exposure Safely And Effectively

More than 2,400 years ago, Hippocrates — the father of “modern” medicine — told his patients to walk around outside naked. And he was on to something... Exposing as much skin as possible to the sunlight triggers the fastest synthesis of vitamin D in your skin.

Like Hippocrates, I recommend getting as “naked” in the sun as you feel comfortable doing. I tell my patients to practice what I call “gentle tanning.” Here's how to do it:

- **Start out slowly.** If you haven't basked in the sun for a while, ease into it. And if you're fair-skinned, limit yourself to 10 to 20 minutes a day. If you have a darker complexion, then you can push it to about an hour.
- **Expose yourself.** It's not enough to just take a walk outdoors. You need to roll up your sleeves and pant legs and expose some skin. But do wear a hat. Your face gets enough natural sunlight exposure every day.
- **Timing is everything.** Get out in the sun when your shadow is shorter than you are. Typically that's between 10 a.m. and 2 p.m. That's when the sun is highest and rays are strongest so you can get good exposure over a short time.

Just 10 minutes in the midday sun can give you 10,000 IU of vitamin D.

## 2 More Ways To Boost Vitamin D

**Get more from your diet.** Grass-fed beef liver, wild-caught salmon, herring, sardines, dried mushrooms, and pastured eggs are excellent sources. But cod liver oil remains the best source. One tablespoon delivers 1,400 IUs.

**Supplement with the right kind of D.** I recommend vitamin D3 or cholecalciferol. That's the type of vitamin D made by your own body. Take 5,000 IUs a day or more. And combine it with 45-90 mcg of vitamin K and 600 to 1,000 mg of magnesium to increase absorption.

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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.

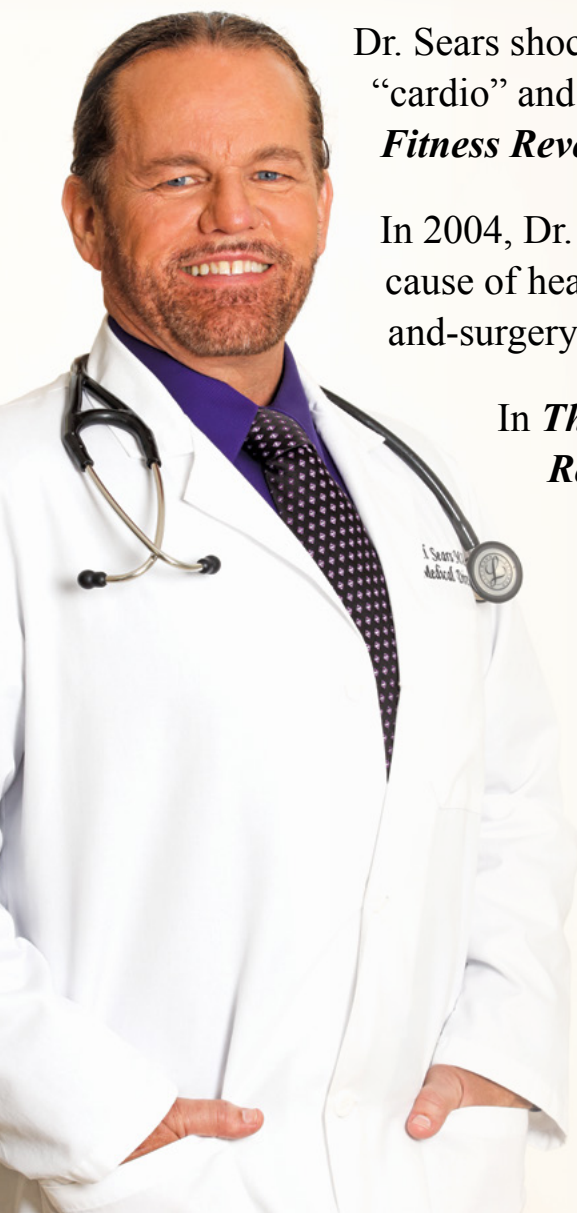
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# Al Sears, MD

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

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

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



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

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

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

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