



Dr. Sears'

CONFIDENTIAL CURES

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

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Dear Friend,

Today, I want to tell you about a patient. When he first came to my clinic, he had one of the worst cases of Alzheimer's I've ever seen...

He'd been diagnosed with the disease 10 years earlier.

A decade of taking more than 20 Big Pharma drugs did nothing to stop his symptoms.

That's because traditional doctors still don't understand what causes this devastating disease — let alone know how to treat it.

My patient was deteriorating rapidly before his family's eyes. Along with losing his memory, he could no longer talk, make eye contact — or even walk.

And he suffered from seizures that were so bad you could hear him thrashing from across the room. Seeing him this way was agony for his family.

It's been a few months since he first came to see me.

Now, I'm not going to tell you that my patient is cured of Alzheimer's.

He's not.

But today, thanks to an incredible therapy my staff and I used with him — he continues to make remarkable strides forward. He's...

- Communicating more with his wife and family
- Able to recognize his surroundings
- Walking and making eye contact

All thanks to a regenerative infrared laser therapy treatment traditional doctors don't use.

In this brain-focused issue of *Confidential Cures*, you will discover:

1. The biggest Alzheimer's breakthrough yet. I'm talking about a laser therapy that beams infrared light — easily and painlessly — directly into the brain. This therapy helps to clear the brain of rogue protein debris, which studies show leads to cognitive improvement in memory, motor function, and processing skills.

2. Which toxin — present in the bodies of almost every person on the planet — is responsible for deteriorating brain function. But more importantly, you'll learn how you flush this toxin from your body using a unique protocol my team and I have successfully used in my clinic.

3. How to protect your brain's mitochondria. Groundbreaking research found a little-known compound in cannabis can help prevent and treat neurodegenerative diseases, such as Alzheimer's and Parkinson's by protecting mitochondria. You'll learn what steps you can take to improve your brain's mitochondria today.

To Your Good Health,

Al Sears, MD, CNS

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The Most Exciting Alzheimer's Breakthrough Yet...

Infrared Light Regenerates Dying Brain Cells And Makes Them Fully Functional Again

While it's devastating to see patients who are suffering from Alzheimer's at my wellness clinic, I'm fortunate enough to offer the latest breakthrough therapies that can help treat this memory-destroying disease.

Including a transcranial helmet that beams infrared light — easily and painlessly — directly into the brain.

According to researchers, this cutting-edge therapy could be a “game changer” in the fight against Alzheimer's.

It works through a process called “photobiomodulation” (tPBM), where pulses of infrared light are directed deep into the brain.

In the study, 14 volunteers aged 45 and older wore the transcranial helmet for six minutes twice a day for a month. Infrared light was beamed through the helmet's diodes. A second group received a sham treatment.¹

Both groups were given a set of memory tests before and after treatment.

After 30 days, the group that used transcranial photobiomodulation therapy noted significant improvement in performance in motor function and brain processing speed.

They also had “rapid improvement in memory performance,” according to the research team.

You see, your brain works with a combination of chemicals and bioelectrical impulses.



During tPBM therapy, patients can watch TV, sleep, or simply relax.

Big Pharma's therapies attempt to change your brain's chemistry with drugs — and make massive profits along the way — but too often do more damage than good.

Where Big Pharma Drugs Went Wrong

If you or a loved one has been diagnosed with Alzheimer's disease, you've almost certainly been told that Big Pharma is your best hope.

I'm here to tell you that's not true. Even Big Pharma's latest drugs offer no cure and no reversal of this dreadful condition.

Conventional doctors will likely tell you that promising new drugs can slow the progress of the disease.

But Big Pharma's rush to cash in on Alzheimer's has produced a rash of new drugs with results that range from completely ineffective to downright dangerous and even deadly.

Take for example the lucrative American-Japanese drug lecanemab, which was fully authorized by the FDA in July.

Clinical trials on lecanemab showed that patients experienced only slightly less cognitive decline in cases of early Alzheimer's than those who took a placebo. But at the same time, the drug was linked with a long list of "adverse events," including brain swelling and death.²

Yet industry analysts project that annual sales of lecanemab will rake in more than \$2 billion.³

Meanwhile, Eli Lilly's donanemab drug was shown to slow the rate of cognitive and functional decline in Alzheimer's patients by an impressive 35%, compared with a placebo. The problem is, people died during clinical trials. Still, donanemab is expected to be approved by the FDA by the end of the year.

This is the best you can hope for from Big Pharma — drugs that may or may not slow the growth and spread of Alzheimer's — before they strangle your entire brain, and come with a long list of side effects, including death.

I don't recommend any of Big Pharma's toxic Alzheimer's drugs.

Today, I want to tell you about a different — and safer — approach to treating Alzheimer's. It's a type of laser-light therapy — and its results have been so impressive, it now threatens to make Big Pharma's pointless drugs obsolete.

In this *Confidential Cures* article, you'll learn about this safe and side-effect-free Alzheimer's treatment called **transcranial photobiomodulation**, or **tPBM** for short. This special kind of laser-light therapy offers real

hope of reversing Alzheimer's and getting your life back. And it is now supported by a small mountain of new scientific research.

Debunking The Myths Of Alzheimer's

Conventional medicine has totally missed the mark with Alzheimer's research, prevention, and cure. More than a century of study — Alzheimer's was first described in 1906 — has brought researchers and drug treatments nowhere near a cure for this horrible disease.

And none of them have done anything to stop the unprecedented global explosion of Alzheimer's, a disease that is shockingly now the sixth leading cause of death in the U.S.

Most conventional doctors still spout misinformation about Alzheimer's. They'll tell you:

1. Alzheimer's is a "normal" part of the aging process: Wrong!

Your brain is capable of staying fully functional no matter what your age is, as long as you take care of it. If Alzheimer's were just an inevitable part of the aging process, everyone past a certain age would suffer from it, and clearly that's not the case.

2. Alzheimer's is a genetic disease: This is also mostly wrong!

There are two distinct types of the disease. Early-onset Alzheimer's, which occurs before the age of 60, is a known genetic condition, but it accounts for just 5% of all cases. Late-onset, or "sporadic," Alzheimer's is the most common form. It strikes after age 60 and is not connected at all to your genes. In fact, the sharp increase in the number of late-onset Alzheimer's victims is a recent phenomenon.

Oxygen deprivation, inflammation, and lack of dietary "brain nutrients" are far more likely to be the real causes of Alzheimer's.

A number of studies now confirm a direct link between the terrifying spike in the number of late-onset Alzheimer's cases and chronic inflammation from air pollution and our inflammatory Western diet.

One recent study out of Arizona State University examined EPA air quality data along with 15 years of Medicare records for 6.9 million Americans over the age of 65. The researchers found conclusive evidence that more Alzheimer's cases occur in neighborhoods where air pollution is the highest.⁴

That's because pollution triggers an immune response in your body, which over time results in chronic inflammation.

This is also the reason most Alzheimer's cases occur in Western industrialized countries. By contrast, I've seen for myself how rare the disease is in Sub-Saharan Africa and other traditional cultures.

Our modern toxic food supply has the same effect on your brain.

Over the past half-century, corporations have taken over our food supply. In their race for profits, they've packed our diets with cheap, inflammatory carbs, sugar, and starches.

These foods have been shown to spike insulin levels. This ultimately leads to insulin resistance and chronic inflammation, which restricts blood flow and oxygen to the brain.

Scientific studies reveal this inflammation leads to the formation of amyloid protein plaques and *neurofibrillary tangles*, the hallmark symptoms of Alzheimer's, which squeeze blood vessels in your brain, and restrict blood flow and oxygen.^{5,6}

These amyloid protein deposits and tangles gum up your brain, causing memory loss and confusion. Eventually, they take over different parts of your brain, causing atrophy, progressive brain deterioration, and ultimately death.

Big Pharma's Epic Failure

The approach of conventional medicine, the FDA, and the pharmaceutical industry to Alzheimer's has been to throw all kinds of drug, vaccine, and monoclonal antibody treatments at it.

Sadly, all of them have failed. In fact, in many cases, they make things even worse...

“Over the past half-century, corporations have taken over our food supply. In their race for profits, they've packed our diets with cheap, inflammatory carbs, sugar, and starches.”

Common Alzheimer's drugs like Aricept, Exelon, and Reminyl belong to a class of drugs called “cholinesterase inhibitors.” They're supposed to increase a chemical in the brain that improves memory.

But researchers have found that people taking the drugs:⁷

- Were 69% more likely to have a slowed heart rate
- Had a 49% increased chance of needing permanent pacemakers
- Had an 18% increased risk of hip fractures

The latest Big Pharma drugs are monoclonal antibodies — like lecanemab, aducanumab, and donanemab — which target rogue amyloid and other proteins, and then send signals to the immune system to attack them. This way, they slow the clinical progress of Alzheimer's.

But one of the biggest problems with monoclonal antibody drugs is the risk of serious side effects, which can include:

- Brain hemorrhages
- Brain swelling
- Fever
- Headaches
- Risk of falls
- Disorientation
- and Diarrhea

Another major issue with monoclonal antibodies is simply that they don't clear enough of these rogue proteins out of your brain to truly reverse the condition.

The Most Exciting Alzheimer's Breakthrough Yet

Big Pharma's therapies attempt to change your brain's chemical responses with drugs — and make massive profits along the way — but too often do more damage than good.

Instead, tPBM uses laser light to modulate the frequencies of bioelectrical impulses, specifically in parts of the brain that have been damaged by

the buildup of rogue protein clusters and tangles, and suffered oxygen and nutrient deprivation.

Using mouse models, scientists recently discovered that electrical oscillations generated by the brain's neural circuits are disrupted in Alzheimer's disease.

Now, researchers working with human patients have found that restoring these oscillations can activate the brain's immune system without drugs, and clear out the rogue proteins — without any side effects at all.⁸

This discovery marks an enormous breakthrough in Alzheimer's treatment, and for the first time provides proof and genuine hope that the disease can be reversed.

Recent studies reveal tPBM works successfully on all the pathological hallmarks of dementia and, specifically, Alzheimer's disease, including...⁹

- Occurrence of neurofibrillary tangles and abnormally high levels of beta-amyloid protein accumulations
- Brain vascular compromise
- Neuroinflammation
- Impaired mitochondrial function
- Oxidative damage
- Loss of brain cells, such as dendrites, synapses, and neurons.

A recent review published in 2021 in the *Journal of Alzheimer's Disease* reviewed 36 published articles — 10 of which included studies on human subjects. Remarkably, all these studies concluded beneficial clinical results in the lives of EVERY study participant.¹⁰

On top of that, researchers highlighted that the intervention was free of side effects and “remarkably” easy to use.

Here are just a few of them...

■ A trial published in the journal *Aging and Disease* compared the effects of tPBM therapy administered twice daily for six minutes during eight weeks against a placebo “sham” therapy. Researchers were not only shocked at the scale of the improvements, but also at how quickly they were accomplished.¹¹

After just seven days, the study group reported improved sleep quality. And after three weeks of tPBM therapy, patients experienced less anxiety, improved mood and energy, as well as significantly improved cognitive function. The researchers also noted that the daily therapy was conducted conveniently in the homes of the patients and that no side effects were reported.

■ In a randomized clinical trial published in *Photobiomodulation, Photomedicine, and Laser Surgery*, 32 dementia patients who received tPBM had significantly improved cognitive function compared with a control group.

Quality of life and independence were also noted in the daily lives of the subjects. Researchers said family caregivers also benefited by dramatically reducing their care burden.¹²

■ In 2022, a double-blind, randomized trial on 53 Alzheimer's disease patients reported the effects of 40 tPBM sessions over a period of eight weeks, with each treatment lasting 25 minutes.¹³

On top of improved general cognitive functions, the patients showed faster task execution and longer attention spans. Remarkably, more than 90% of patients were able to conduct the therapy themselves at home — thus proving the viability of treatment for most elderly patients with Alzheimer's.

Transcranial photobiomodulation works by allowing the brain to clear out rogue protein debris.

This includes breaking down the chemical substance of the amyloid proteins... improving the flow of cerebrospinal fluid, which brings more life-giving oxygen into the brain... and triggering the release of nitric oxide, which widens the brain's lymphatic vessels, so that more toxins can be flushed out.

As a result, brain cells are quickly freed and energized, which allows for greater connectivity between different parts of the brain, which in turn leads to cognitive and functionality improvement in patients, such as memory, motor function, and processing skills.

Incredibly, all study results published have been consistently positive.

What Happens During tPBM Therapy?

Getting transcranial photobiomodulation therapy couldn't be easier...

At the Sears Institute for Anti-Aging Medicine, we help dementia patients using both a transcranial helmet and a nasal tPBM device. Both are non-invasive and painless.

The specially designed helmet emits specific lengths of red and near-infrared light to targeted zones of your brain. The nasal tPBM device involves clipping a small laser diode or LED bilaterally to *the nose*.

During the therapy session, you can watch TV or a movie, sleep, or simply relax.

Take These 2 Supplements To Transform Your Brain's Health

I also recommend two nutrients you should take to prevent and fight Alzheimer's disease. Even if you haven't been diagnosed with the condition, these nutrients will transform the health of your brain:

1. Acetyl-L-Carnitine (ALC): This is an amino acid, and multiple studies show that it can prevent brain aging and slow the progress of existing brain diseases.¹⁴

ALC promotes brain health by restoring the function of nerve growth factor (NGF), a protein produced in your brain. It controls the growth and maintenance of neurons.

As you get older your levels of NGF go down. Research shows that the decline in NGF leads to a major drop in the way brain cells perform. And the loss of this growth factor can lead to degenerative brain diseases, like Alzheimer's. ALC helps reverse this decline and also promotes the survival and growth of your neurons.^{15,16}

Like NGF, your levels of acetyl-L-carnitine decrease with age, and studies show this can put you at risk for brain degeneration. But you can take ALC as a supplement.¹⁷

I recommend 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. Also, liquid ALC is more absorbable than powders and capsules.

2. Docosahexaenoic Acid (DHA): Your brain is 60% fat — and omega-3s make up 40% of that. Omega-3 fats combat brain shrinkage and memory loss.

A specific kind of omega-3 called docosahexaenoic acid (DHA) has been shown to help slow the progression of Alzheimer's disease.¹⁸

One clinical trial showed Alzheimer's patients who took 900 mg of DHA each day experienced almost immediate memory improvement.¹⁹

I used to tell patients to boost their omega-3 intake with fish oil. But most fish oils have an unbalanced omega-3 ratio with far more EPA (the other omega-3 fat) than DHA. That's a problem.

I recommend squid oil and krill to my patients, because these sources are less polluted than fish oil. To keep your brain function strong, take 1,000 mg of DHA daily.

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Flush The Invisible Brain Killer That's In Every Man, Woman, And Child On The Planet

The number of people diagnosed with autism, Asperger's, attention deficit hyperactivity disorder (ADHD), Alzheimer's, Parkinson's disease, depression, and many other neurological conditions has gone through the roof over the past two decades.

That means you and I — as well as everyone we care about — are at risk.

Most conventional doctors still tell you these devastating conditions are caused entirely by your genes. But they're wrong — genes are only a tiny part of the story.

I've been telling my patients for years that the real source of these neurological scourges is not something you inherited from your parents or grandparents.

It's the modern world that you're exposed to every day.

I've been warning you about toxins in our environment for more than two decades.

And how they trigger inflammation... lead to accelerated aging of the lungs, heart, and brain... make you gain weight... cause you to feel fatigued... and are responsible for as many as 5 million premature deaths every year.

There are over 158,000 man-made chemicals produced and on the market. The average adult has about 700 chemical contaminants in their body at any given moment.

Do you know how many of these chemicals require testing by the EPA? Just 200...and only five have been regulated.



The average adult has 700 chemicals in their body, but the EPA only requires testing for 200.

Every woman, man, and child now bears a slew of synthetic chemicals and heavy metals. This is known as our chemical body burden.

For years, I've been saying that our toxic environment is driving up rates of brain disease.

New research is finally catching up...

In a brand-new study, researchers at Rowan and Rutgers universities have shown that a leading cause of brain dysfunction is the common plastic additive, bisphenol A (BPA).¹

BPA is a pro-inflammatory **estrogen mimicker and hormone disruptor that's** used to make plastic products soft and malleable. It's especially common in food and drinks packaging but is found in everything.

Plastics production now exceeds 450 million tons annually. Minuscule microplastics have been found at the highest point on earth, Mt. Everest — and the lowest point, the Mariana Trench in the Pacific Ocean.^{2,3,4}

They're everywhere, including inside us! BPA has been detected in the blood of 95% of everyone tested.

For decades, this industrial chemical has been linked to serious health conditions, including:

- Diabetes
- Weight gain
- Obesity
- Heart disease
- Reduced lung function
- Male and female reproductive damage
- Hormone-dependent cancers, like breast, ovarian, testicular, lung, liver, and prostate cancers
- Weakened immunity
- Decreased testosterone levels

Now we must add a range of neurological conditions to that list.

The scientists at Rowan and Rutgers suggested that gene mutations block certain individuals from clearing BPA from their bodies — resulting in a range of neurological problems in both children and adults.^{5,6}

BPA has been linked for years to deteriorating cognitive function, dementia and a host of other neurodegenerative diseases, including Parkinson's, amyotrophic lateral sclerosis (ALS), and multiple sclerosis — and has even been implicated in Alzheimer's pathology. Studies also show BPA causes depression and anxiety.^{7,8}

This latest study backs up earlier research out of Germany.

Researchers at the University of Bayreuth wanted to know how BPA affects the brains of vertebrates.⁹

So, for one month, they exposed fish to environmentally normal levels of BPA ... then monitored changes in their nervous-system response.

Don't Be Fooled BY BPA Substitute

Over the last few years, consumers caught onto the dangers of BPA and began demanding that manufacturers remove it from products.

And a lot of companies bowed down to the pressure.

Soon, they started advertising that their plastic bottles, aluminum cans and food packaging were “BPA-Free.”

But don't be fooled...

A study of 450 BPA-free products found that almost ALL of them leached a variety of chemicals that act just like estrogen.¹

You see, manufacturers are simply substituting other bisphenols for BPA. And they are hoping you won't pay attention.

These substitute bisphenols include BPAP, BPF, BPS, BPP, BPM and an alphabet-soup of many others. These new bisphenols act just like BPA. And some are even worse.²

They stay in your body longer and cause more DNA damage.³

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The neurons exposed to BPA were much more prone to transmit impulses. Researchers described this “excited state” as “alarming.”

They also tested bisphenol-S (BPS), a common substitute for BPA. The neural disruption was the same, strongly suggesting that “BPA-free” plastics are just as dangerous.

Researchers warned that BPA and BPS “change the delicate balance between excitation and inhibition... the basis of several neuronal disorders.”¹⁰

And a recent shocking review of studies revealed that the average American is exposed to BPA levels that are 5,000 times higher than what the European Union considers safe.¹¹

Here at the *Sears Institute for Anti-Aging Medicine*, I recommend a variety of detox therapies that can rid your body of BPA. Some

of them have also been remarkably successful in helping patients manage ADHD, autism, and Alzheimer's.

One of them HBOT therapy, is the delivery of high-pressure oxygen to your body — and it works at two levels. It's a great detoxifier that helps eliminate BPA, but also acts as a powerful anti-inflammatory in the brain.¹²

Despite the FDA proclaiming it's untested and unproven.

Most Doctors Still Deny The Brain-Healing Power Of Oxygen

In spite of its own warnings, the FDA has approved hyperbaric oxygen therapy as a primary treatment for four different kinds of brain injuries — carbon monoxide poisoning, arterial gas embolisms, cerebral decompression sickness (the bends), and radiation damage to the brain after cancer radiotherapy.

Yet it continues to ignore the long history of successes and the decades of sound scientific research that back up HBOT as a treatment for many other forms of brain damage.

Sadly, most doctors still believe HBOT works by creating a placebo effect.

But that's an enormous misconception. The fact is, HBOT activates brain cells — especially those involved in inflammation, growth, and the repair of human tissue.¹³

And placebos don't activate cells.

The real problem is HBOT falls outside America's health delivery system — where drugs and surgical interventions are fed into a treatment/ insurance complex by corporate interests that control both medical information and clinical practice.

So the FDA continues to support treatments for brain injury that range from simply doing nothing to using meds like over-the-counter painkillers, diuretics, anti-seizure, and even coma-inducing drugs for brain surgery.

But all of them have fallen well short of HBOT's successes, which have been demonstrated both in practice and in high-quality clinical trials.

Most doctors don't know that HBOT has been used to reverse brain damage since 1963, when it was found to be an effective treatment for carbon monoxide poisoning.

But that was just the beginning.

High-quality clinical trials have shown the healing power of hyperbaric oxygen in many other conditions of the brain, including cerebral palsy, and autism.

My colleague Dr. Paul Harch has even shown its astonishing effectiveness in treating traumatic brain injury in veterans with blast and concussion casualties — as well as post-traumatic stress disorder, depression, anxiety and suicidal tendencies.¹⁴

Studies show HBOT minimizes injury and stops the cascade of damage that follows brain cell death caused by oxygen deprivation — and that it also stimulates intracellular healing.¹⁵

At my own clinic, I've seen the most extraordinary successes with patients who have suffered brain damage.

Studies show that HBOT activates more than 8,000 genes — especially those involved in inflammation, growth, and the repair of human tissue.¹⁶

This is key, because neuroinflammation is part of the pathology in multiple conditions, including traumatic brain injury, stroke, autism, Alzheimer's, Parkinson's, ADHA, and even a range of mental health difficulties.^{17,18}

Just Breathe...

I've seen some truly astonishing results using HBOT with patients suffering brain dysfunction. It heals and revives parts of your brain that most doctors give up for dead and damaged.

Oxygen restarts the same growth processes you enjoyed as a child. It encourages the regeneration of brain tissues, blood vessels and nerves. Increasing oxygen loads up the red blood cells, thus promoting healing and regeneration.

Getting hyperbaric oxygen therapy is easy, painless, and effective.

HBOT can be delivered in two ways — in a multi-person oxygen room or an individual unit.

I use an individual chamber at my clinic. You simply climb onto a bed and relax for about an hour. A clear hood is closed over the bed. You can even watch TV or take a nap. Then you just breathe as normal.

3 Simple Steps To Flush Toxins From Your Body And Protect Your Brain

HBOT isn't all you can do to remove BPA. Here are a few other ways to rid your body of this and other neurotoxins.

1. **Supplement.** Supplements are an important and easy way you can eliminate BPA toxins from your body. Here are four you can start taking today:

- **Milk thistle:** This is one of the best herbs I've found for clearing toxins. A recent animal study found that it's especially effective at flushing BPA from the body. Even better, the results were seen in just 10 days.¹⁹

Look for dried milk thistle extract in your health food store or online. But make sure it has a minimum of 80% *silymarin*, the active ingredient for liver cleansing. Take one 200 mg capsule two or three times a day.



Milk thistle is one of the best herbs I've found for clearing toxins.

- **Modified Citrus Pectin (MCP):** The inner peel and pulp of citrus fruits contain an incredibly potent detox substance called

pectin. But most pectin molecules are too large to digest. Science has found a way to modify the pectin's molecules so they can more easily find and bind to toxins. So make sure the supplement you choose says "modified citrus pectin" on the label. It comes in both capsule and powdered form. Start with 5 grams (1 teaspoon) three times a day.

- **DIM (Diindolylmethane):** DIM sounds like a nasty chemical, but it's 100% natural. Vegetables like broccoli, kale, and cauliflower produce DIM. It helps your body break down and excrete all the fake hormones we get in the modern world. I suggest you take 100 to 200 mg of DIM every day as a supplement.
- **Chlorella.** This algae is full of chlorophyll, and you can find it in any health food store. It detoxifies your body by binding to many types of synthetic toxins, including BPA, and pulls them out of your system.

Some people are sensitive to chlorella. If you experience nausea, it means your body can't tolerate it. If you don't have a sensitivity, work up slowly over one to two weeks to a dose of one teaspoon (ten tablets or capsules) per day until your levels come down. Add three grams per day to your smoothie, juice or water. (Lemon helps with the unpleasant taste!)

2. **Sweat it out:** Your body has over 2 million sweat glands that it uses to excrete toxins. And one of the best ways to excrete BPA from your body is to sweat it out. I recommend every patient at my clinic detox with an infrared sauna. I prefer this type of sauna to a traditional steam sauna.

Unlike normal saunas, infrared saunas emit infrared light, which you experience as radiant heat. This energy is absorbed by your skin and penetrates several inches deep into your tissues. These penetrating qualities heat your body more efficiently — and allow you to sweat more efficiently — than a traditional steam sauna.

Infrared light penetrates several inches into your tissue. This releases debris from the fat underneath your skin. It also allows your body to free toxins stored in other organs and tissues.

In one study, sweat from a traditional sauna was up to 97% water. But sweat released in an infrared sauna was only 80% water. The remaining 20% was made up of fat-soluble toxins like BPAs.²⁰

I was so impressed with the detoxing power of infrared saunas, I installed one in my home and another at my clinic.

3. **Eat Kimchi:** Studies show BPA has an especially damaging impact on your gut microbiota, which not only influences your immune system and the overall state of your body's health — but also your body's ability to get rid of BPA.

Kimchi, the Korean dish made with fermented vegetables is one of the best probiotics I know. You see, when foods like kimchi are fermented, carbohydrates convert into organic acids, which in turn supercharge your microbiome activity — and your body's detox powers.²¹

Here's an easy recipe to get you going...

Easy Fermented Kimchi Recipe

Ingredients:



- 1 large Napa cabbage, cut into strips
- 3 carrots, peeled and cut into strips
- ½ cup sea salt
- 2 Tbsp. minced garlic
- 4-6 inches ginger, peeled and chopped
- 4 Tbsp. Korean red pepper flakes
- 2 bunches sliced green onions
- 4-6 inches ginger, peeled and chopped

Directions:

1. **Place** cut cabbage in bowl and cover with salt. Mix thoroughly. Let sit two hours until salt has drawn out all liquid.
2. **Drain** and discard water. Rinse cabbage to remove salt and allow to drain again.
3. **Combine** cabbage with remaining ingredients and mix.
4. **Transfer** to a 1-quart Mason jar. Stuff the cabbage tightly into the jar. You should have enough brine to cover the cabbage. If not, add water to cover the cabbage completely. This will eliminate any mold.
5. **Seal** the jar tightly. Let it sit on your counter for two to five days. Every day, remove the lid to release gasses and press down the mixture.
6. **Store** in fridge for up to six months.

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Little-Known Compound In Cannabis Protects Against Alzheimer's

Give A Boost To Your Brain's Mitochondria With CBN

Do you remember the Public Service Announcement from the late 1980s that showed a man smashing an egg in a frying pan?

Then he turned to the camera and said, "This is your brain on drugs."

It was an ad produced by the Partnership for a Drug-Free America warning kids to stay away from cannabis.

Flash forward 35 years, and a revolutionary new study has determined that the opposite is true.

Let me explain...

Groundbreaking research found that a compound in cannabis can help prevent and treat neurodegenerative diseases, such as Alzheimer's, Parkinson's, and other kinds of dementia.¹

That compound is called cannabitol, or CBN.

A team of researchers at the Salk Institute discovered that non-psychoactive CBN protects brain neurons from oxidative stress, a significant cause of cell death.

Oxidative damage and cell death are two of the major factors in the development of Alzheimer's.

The study team triggered cell death in the hippocampus, the area of the brain responsible for learning and memory.

But the cells that had been pre-treated with CBN remained healthy and undamaged.

However, CBN doesn't just protect neurons. It also protects mitochondria and preserves key mitochondrial function.



A popular public service announcement from the late 1980s warned that cannabis caused brain damage. Turns out, a compound in the plant actually helps protect your brain against diseases like Alzheimer's.

This is important because mitochondria are tiny battery-like structures that provide the energy your cells need to function.

The problem is that as you age, your old mitochondria start to deplete — and those that remain become weaker.

Not only do you lose the energy of your youth, but you also become susceptible to the chronic diseases associated with aging — including Alzheimer's.

The findings, published in the journal *Free Radical Biology and Medicine*, determined that CBN has the potential for treating age-related neurodegenerative diseases, like Alzheimer's.

According to the study's lead author, cannabitol protects neurons from oxidative stress and cell death, two of the major contributors to Alzheimer's.

Previous research found that CBN had neuroprotective properties, but it wasn't clear how it worked. Now, this new study explains the mechanism through which CBN protects brain cells from damage and death.

Maher's team looked at the process of oxytosis, which is believed to occur in an aging brain. Growing evidence suggests oxytosis is one of the causes of Alzheimer's disease.

Oxytosis — regulated cell death — can be triggered by the gradual loss of an antioxidant called glutathione. This leads to neural cell damage and death through lipid oxidation.

CBN's Benefits Go Beyond The Brain

As interest in the health benefits of cannabinoids surges, the research into the therapeutic benefits of CBN is starting to heat up.

Research so far has found CBN:

Acts as a sleep aid. Research in mice indicates that CBN can prolong sleep time. Early research has found CBN's sedative effects are amplified when combined with THC.¹

Is an anti-inflammatory. Like CBD, CBN appears to have anti-inflammatory capabilities. Research to date shows it can reduce arthritis inflammation in rats.²

Has cancer-fighting abilities. Promising preliminary evidence shows CBN can slow or stop the growth and spread of cancer cells — and even reduce tumor size in lung cancer.³

Helps bones rejuvenate. Early research found CBN activates stem cells to make new bone cells, resulting in new bone production.⁴ Additional research shows it may help reverse osteoporosis.⁵

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In the study, the scientists treated nerve cells with CBN, and then introduced an agent to stimulate oxidative damage.

They found that the CBN protected mitochondria, the cell's powerhouse within the neurons.

In damaged cells, oxidation caused the mitochondria to "curl up like donuts" said the lead author. This curling effect has also been seen in aging cells taken from the brains of people with Alzheimer's disease.

Treating cells with CBN prevented the mitochondria from curling up and kept them functioning well.

To confirm the interaction between CBN and mitochondria, researchers replicated the experiment in nerve cells that had the mitochondria removed. In these cells, CBN no longer demonstrated its protective effect.

In addition to Alzheimer's, the findings have implications for other neurodegenerative diseases, such as Parkinson's, which are also linked to glutathione loss.

Mitochondrial Dysfunction Linked To All Kinds Of Brain Disorders

This study backs up earlier research I uncovered that linked mitochondrial dysfunction to brain aging and disease.

■ A study published in 2023 found that dysfunctional mitochondria cause not only a shortage in adenosine triphosphate, or ATP (the basic fuel every cell in your body needs to make and transport energy), but also the excessive accumulation of reactive oxygen species and oxidative stress. These alterations are aggravated by the inhibition of autophagy and the consequent failure in removing malfunctioning mitochondria.²

■ *The Journal of Neuropathology and Experimental Neurology* published a little-known study where the researchers identified increased oxidative damage as an "early event" in Alzheimer's disease.³

■ I believed this oxidative damage came from mitochondrial degradation (worsening of your mitochondria), and studies like one in the *Journal of Neuroscience* support my findings. This particular study indicates vulnerable neurons in Alzheimer's disease have increased mitochondrial degradation,⁴ directly linking Alzheimer's disease to mitochondrial dysfunction.

■ The Geriatric Research Education Clinical Center examined patients with moderate to severe Huntington's, and found all the characteristics consistent with mitochondrial loss present.⁵

■ In the journal *Frontiers in Aging Neuroscience*, I read a study that specifically found mitochondrial dysfunction contributes to impaired cognition in Parkinson's disease.⁶

■ The *Journal of the American Medical Association* published a study where researchers looked at children with autism. These children were more likely to have mitochondrial dysfunction than normally developing children.⁷

The list goes on and on.

And because mitochondrial dysfunction is connected to a wide range of conditions — including heart disease, stroke, diabetes, chronic fatigue syndrome, fibromyalgia, and cancer — this study suggests that CBN can go far beyond treating Alzheimer's.

If you want to try CBN, I suggest starting with 5 to 10 mg. Because CBN is a recognized sleep aid, it's a good idea to take it right before bed.

2 More Ways To Improve Your Brain's Mitochondrial Function

CBN isn't the only way to boost your brain's mitochondrial function. Here are two more I recommend:

1. **Combine CoQ10 with PQQ.** For years I've been recommending CoQ10 to my patients. It works by sparking your aging mitochondria to make more energy. But there's another super-nutrient I recommend for energy. It's called pyrroloquinoline quinone, or PQQ. It neutralizes free radicals that damage and kill off your

mitochondria. At the same time, PQQ triggers your cells to build healthy new power generators.

I recommend 10 mg daily of PQQ, along with 50 mg of CoQ10. Both are key to helping your mitochondria stay healthy. Of course, as a regular reader, you know to look for the ubiquinol form of CoQ10. It's more powerful and much easier for your body to absorb.

2. **Add some acetyl-L-carnitine:** This amino acid plays a crucial role in making energy in your cells. It transports fatty acids into the mitochondria, which are burned for fuel. It also carries toxic waste out before it can do damage. But as you age, levels of ALC drop. That's why you need acetyl-L-carnitine (ALC). Studies show when your mitochondria slow down, ALC can fire them up again. Studies also show ALC reverses the malfunction in mitochondria as you age.⁸

The best source is grass-fed red meat. But you can also supplement. I suggest taking at least 500 mg of ALC every day on an empty stomach. Look for a formula with only L-carnitine and not D-carnitine. D-carnitine is synthetic.

Let Your Body's Master Antioxidant Protect You From Alzheimer's

As I mentioned earlier, the Salk study researchers determined that the mitochondrial damage in brain neurons was linked to glutathione loss.

For years, I've been telling my patients that glutathione — your body's master antioxidant — is the key to aging well.

That's because glutathione protects the body from being ravaged by the toxic world we live in.

By now you know your body is under attack every day from the air you breathe, the chemicals you use, and the processed foods you eat.

These toxins cause your body to produce free radicals.

Free radicals take a toll on your mitochondria. As I said, these tiny "power plants" keep your cells clean and energized.

Your mitochondria also control the health of your tissues, your muscles, and your organs.

Toxic sludge and free radicals make your mitochondria less and less efficient. And the less effective they are, the more rapidly you age.

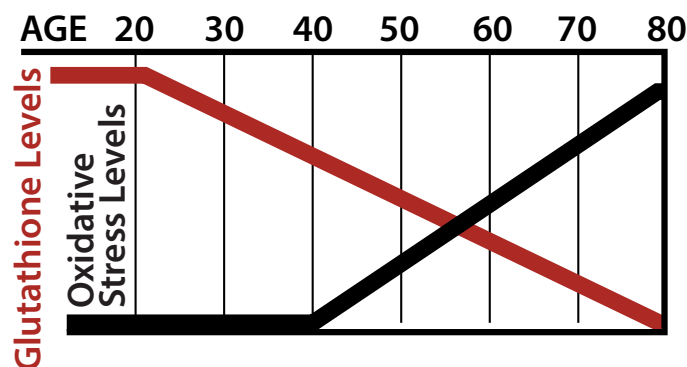
That's why people with higher levels of glutathione have an advantage.

Let me explain...

Glutathione protects your mitochondria from the oxidative stress that occurs when there is an excess of free radicals in your body's cells. But as your body's "master antioxidant," it does a lot more than that...

You see, most antioxidants — like vitamins C and E — are destroyed after wiping out a free radical. Glutathione is powerful enough to bring them back to life. It's also able to recharge itself after doing battle with free radicals.

As Oxidative Stress Increases, Levels Of Glutathione Decrease



And that's good news for your mitochondria. The healthier your mitochondria are, the better your chances of living a long and healthy life.

Multiple studies show a clear connection between glutathione and an increased healthy life span.

In one, researchers found that glutathione levels were much higher in centenarians than in a group of 60- to 79-year-olds who lived in the same county. And among the 100-plus group, those who were the most active had the highest levels of this super-antioxidant.⁹

But not only do people with a lot of glutathione routinely live past 100, studies indicate that glutathione may also prevent many of the chronic diseases associated with aging including arthritis,

high blood pressure, heart disease, cancer, diabetes — and Alzheimer's.

A study published in the *Journal of Alzheimer's Disease* found that glutathione levels were significantly depleted in the hippocampal regions of patients with mild cognitive impairment and Alzheimer's compared to healthy older subjects.¹⁰

To keep your mitochondria strong — and keep your brain in top shape — here are five ways to make sure you have enough glutathione:

1. **Get more from your food.** The most natural way to build more glutathione in your body is eating foods high in glycine and cysteine, two of the three amino acids that make glutathione. Grass-fed meat, pastured eggs, and wild-caught fish are your best sources. But horseradish, broccoli, cauliflower, cabbage, red peppers, and brussels sprouts contain a compound called cyanohydroxybutene, which also increases glutathione.

2. **Supplement with fisetin.** This powerful antioxidant was only identified 10 years ago. But already, it has been shown to maintain levels of **glutathione**. Another study from the Salk Institute showed it may prevent Alzheimer's¹¹ by increasing the strength of the brain's long-term memory pathways.¹² Take at least 100 mg daily.

3. **Include N-acetyl-cysteine.** NAC helps your body make more glutathione, your body's most powerful antioxidant. Glutathione is the main line of defense for mitochondria. It helps prevent and repair oxidative damage, thus protecting your mitochondria.¹³ I recommend supplementing with 500 to 1,000 mg per day.

4. **Add whey protein to your diet.** Whey protein is rich in an amino acid called cysteine, which increases glutathione.¹⁴ Numerous studies found that whey protein also reduces oxidative stress.^{15,16}

5. **Try the fastest way to boost levels.** I offer patients at my Sears Institute for Anti-Aging Medicine glutathione through IV therapy — the quickest and easiest way to raise your levels. If you are interested in protecting your brain's mitochondria using glutathione IV therapy, please call my staff at 561-784-7852.

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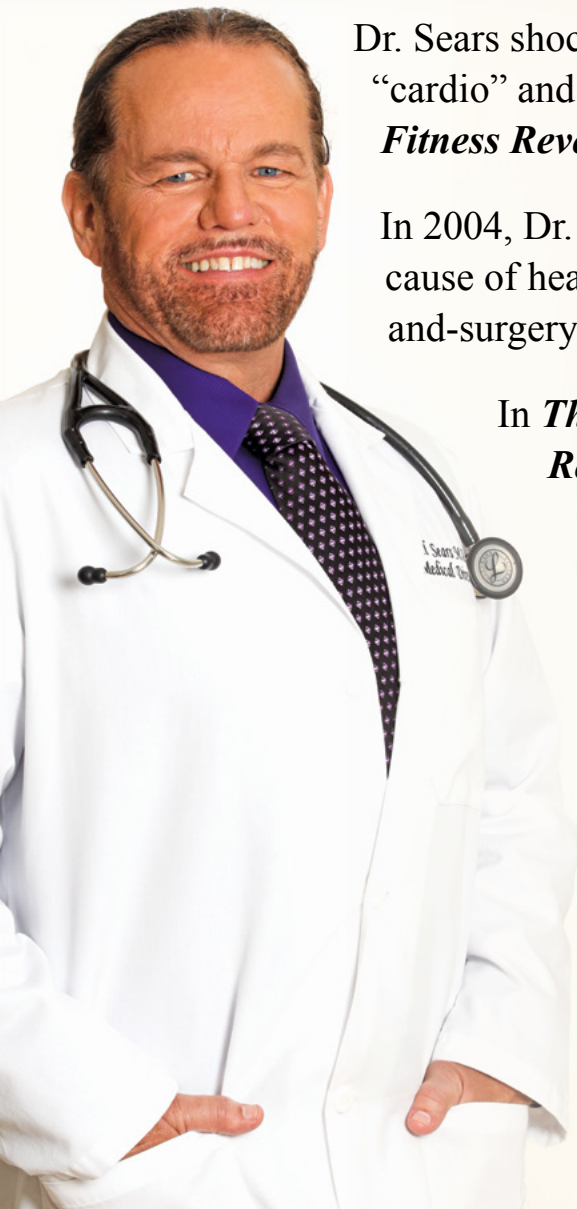
The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.

Al Sears, MD

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

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

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



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

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

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

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