



Dr. Sears'

CONFIDENTIAL CURES

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

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Dear Friend,

The frontline of cancer therapy today is on the wrong track. So it's no surprise the number of people getting cancer every year is still increasing.

In fact, the number of cancer cases is predicted to skyrocket 49% in the next two decades.

Most doctors tell you cancer is all about your DNA.

They believe malignancies are caused by gene mutations inside the nucleus of your cells. Cancer dogma asserts that these mutations lead to runaway cell proliferation and tumors.

That's why cancer therapy today involves gene therapies that target specific mutations... Despite all the excitement about gene therapy, research shows that genetics explain very little about the origins of most chronic diseases — including cancer. You don't get cancer because there's something wrong with you and your genes.

But there is something wrong with the world you live in today. And that's why so many people end up as victims in the modern cancer epidemic.

Cancer is not a genetic disease. It is metabolic condition that changes the way your cells produce and use energy.

And the medical community has known this for the past 100 years.

In your October 2023 issue of *Confidential Cures*, you will discover:

- **Cancer isn't caused by "bad" DNA.** It's a metabolic disease driven by hypoxia, or low

oxygen. And you can treat it by flooding your body with oxygen. In this article, I'll show you the most effective ways to "suffocate" cancer cells and boost oxygen with the latest regenerative therapies and nutrients.

- **How anxiety has the power to age you.** You already know that stress hurts — and it puts you at an increased risk of developing debilitating chronic diseases. But the latest research shows that the real damage caused by stress happens at the DNA level where it accelerates the aging process. Learn how to protect your telomeres before long-lasting injury takes root using natural stress relievers, regenerative therapies, and telomerase activators.
- **That protecting your gut can prevent — and even reverse — cognitive decline.** The latest scientific evidence clearly shows a connection between Alzheimer's disease and gut health. But knowledge is power, and you can improve brain function even if you're already having memory or cognition issues. I'll share the simple steps you can take today to rebalance your gut and boost your brain power.

To Your Good Health,

Al Sears, MD, CNS

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Cancer Isn't Caused By "Bad" DNA...

It's A Metabolic Disease You Can Treat By Flooding Your Body With Oxygen

Sadly, when it comes to treating cancer, today's gene therapies that target specific mutations are on the wrong track. So it's no surprise the number of people getting cancer every year is still increasing.

You see, most doctors tell you cancer is all about your DNA.

They believe malignancies are caused by "bad gene mutations" inside the nucleus of your cells. Cancer doctrine proclaims that these mutations lead to runaway cell proliferation and tumors.

Yet, despite all the excitement about gene therapy, research shows that genetics explain very little about the origins of most chronic diseases — including cancer.

You don't get cancer because your grandfather or your great aunt Sally had it.

And you don't get cancer because there's something wrong with you and your genes.

But there is something wrong with the world you live in today. And that's why so many people end up as victims in the modern cancer epidemic.

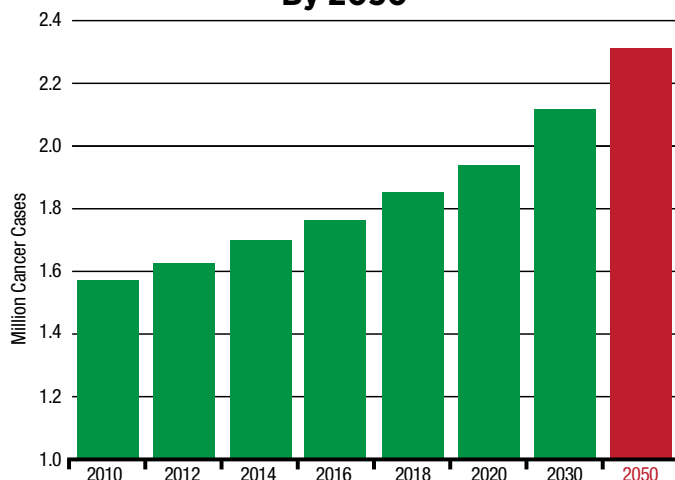
I've been telling my patients for almost 30 years that cancer is a metabolic disease that changes the way your cells produce and use energy. And the medical community has known that for 100 years.

How Money Created The Cancer Industry

All your life you've heard that it takes powerful chemicals or deadly radiation to fight cancer. But this couldn't be further from the truth.

Around 60 years ago, scientists discovered that harsh chemicals and radiation could kill cancer cells. And there was big money to be made.

Cancer Cases Have Been On The Rise And Are Predicted To Increase 49 Percent By 2050



Based on observed trends, researchers predict that the total number of cancer cases is predicted to skyrocket 49% between 2014 to 2050 — in every age group.

So oncologists started to ignore the real underlying cause and focus on a new, more profitable version of the cancer story. In their new story, cells with bad DNA caused cancer and those cells needed to be killed — at any cost. They touted chemotherapy drugs as the only real options for treating cancer. But they weren't coming from an unbiased place...

Oncologists Still Allowed to Profit From Cancer

Unlike other kinds of doctors, oncologists are allowed to make profits by selling chemotherapy drugs.¹ They get a percentage markup on every infusion...every treatment. So it's in *their* best interests to recommend more expensive chemotherapies and longer courses of therapy.

Now I'm not saying all doctors put those profits ahead of their patient's welfare. Or that doctors would recommend inappropriate treatments just to make a profit. But there's certainly a huge motivation to get and keep patients on the latest, most expensive chemotherapies...whether they're actually safe and effective or not.

Actually curing cancer would take money directly out of their paychecks. Never mind that cancer treatments cost regular Americans \$16 billion in out-of-pocket expenses, with up to 62% ending up in debt because of that treatment.²

Worse, they prescribe these harsh treatments knowing that they're not the real answer to cancer. Because "bad DNA" is not the real root cause of cancer. So attacking cancer cells with deadly chemicals and radiation isn't the right solution... only the most profitable.

The Warburg Effect Confirms Cancer's True Root Cause

Back in 1923, a scientist named Otto Warburg uncovered cancer's biggest secret.³ His findings have been confirmed hundreds of times...but still the cancer industry denies and ignores it.

But after losing his mother to cancer, Warburg began studying tumors. He followed the work of a Japanese scientist, Okomato, who realized that cancer cells could survive without oxygen. Warburg built on that research and discovered that while cancer cells survived for days without oxygen, but not without sugar.

Healthy cells rely on respiration, "breathing," for survival. But cancer cells use fermentation, a much more primitive, less efficient process. Fermentation requires more fuel (glucose in this case) to create less energy and produce more waste. And when a cell survives by fermentation, it can't do much of anything else. It certainly can't function the way it's supposed to.

Warburg realized that depriving healthy cells of oxygen — hypoxia — would send them on the path to cancer. And that's what's known as the Warburg Effect: Cancer cells turn to sugar, not oxygen, for their energy supply.⁴



Dr. Otto Warburg proved that cancer cells can't survive with high levels of oxygen. But his findings are ignored in favor of profitable drugs like chemotherapy and immunotherapy.

How Low Oxygen Leads To Cancer

You may not even realize when your oxygen levels are low...but your cells definitely will.

Every cell has a metabolism, the chemical changes that allow it to breathe and to create and use energy. Normal healthy cells rely on oxygen for those processes. Oxygen is the basic fuel for cell metabolism.

But when they don't get enough oxygen, a condition called hypoxia, your cells can't function the way they're supposed to. Low oxygen levels ("chronic hypoxia") cause cells to lose their ability to repair DNA. That sets them down a path that leads to chronic and life-threatening metabolic diseases including diabetes and obesity...setting the stage for cancer.⁵

Unfortunately, in our modern world, low oxygen levels in our cells are common. And that's why millions of people suffer with cancer every year.

The Low Oxygen Connection To Cancer

Every time you breathe, you take in oxygen. But not everyone takes in the same amount, and sometimes the oxygen doesn't get where it needs to go.

One of the biggest drivers of hypoxia — low oxygen — is the standard American diet full of wheat, corn, rice, and highly processed foods.

These all play a role in high blood sugar, increased insulin, and insulin resistance, all associated with metabolic diseases. Research clearly shows that high blood sugar causes low cellular oxygen levels.⁶ And when your body is insulin resistant and has high insulin levels, this:⁷

“Since cancer cells grow and multiply in low-oxygen environments, HBOT stops cancer cells in their tracks”

- Leads to more malignant cancer cells
- Increases genetic instability
- Activates invasive cell growth
- Leads to resistance to chemo and radiation treatments
- Increases metastases

And new research shows that hypoxia spurs certain kinds of cancers.⁸ Studies show that low oxygen drives breast cancer... prostate cancer... thyroid cancer... liver cancer... brain tumors...and leukemia.^{9,10,11,12,13,14}

Get More Oxygen With HBOT

The best way to boost your oxygen is with HBOT, hyperbaric oxygen therapy. HBOT lets you breathe in a higher concentration of oxygen in a pressurized setting. The pressure can be up to three times higher than normal, super-concentrating the oxygen you take in every time you inhale.

HBOT floods your body with concentrated oxygen, activating your body's own natural healing powers and nourishing your healthy cells. And since cancer cells grow and multiply in low-oxygen environments, HBOT stops cancer cells in their tracks. It can also kill off pathogens like viruses and infectious bacteria, giving your immune system extra support by taking them down. That gives your immune system another leg up in fighting off cancer.

Decades of studies show that HBOT can:^{15,16,17,18}

- Shrink solid tumors
- Stop tumor progression in lung cancer
- Improve survival rates for brain cancer
- Kill cancer cells and prevent their multiplying

HBOT has also been shown to increase the effectiveness of chemotherapy and radiation while minimizing their harmful effects. It's safe, effective, and well-tolerated by most patients. No one who's gone through or seen

someone go through chemo and radiation would say the same about those treatments.

3 More Ways To Increase Oxygen And Keep Cancer At Bay

You can do a lot to boost your oxygen every day to make sure your cells are getting enough to keep cancer at bay. Here are three easy ways to increase your oxygen levels. You can do them right at home and build them into your everyday routines.

1. Try Ozone Therapy. I help my patients add more oxygen to their systems using ozone therapy. Today, ozone has a bad reputation, especially in the medical community, but it's completely undeserved. Since way back in the late 1800s, people have used ozone therapy to treat numerous health conditions. But lately, it's been called quackery, or worse.

But ozone — a special “energized” kind of oxygen — can treat almost every condition, including cancer. The air you breathe only has two oxygen molecules. That's why it's known as O₂. But when you add an electrical charge, it forces three oxygen molecules together to form ozone or O₃.

Once this special oxygen gets inside your body, it quickly triggers special metabolic processes that lead to fast healing and detoxification. It also supercharges your immune system by triggering the production of cytokines. These powerful molecules destroy cancer cells without harming healthy cells.

In fact, Ronald Reagan had a secret meeting in Germany to get ozone therapy for his cancer! And tens of thousands of doctors in Europe successfully use ozone therapy on millions of patients every day.

Ozone also helps counteract the negative effects of painful mainstream cancer treatments.^{19,20}

And new 2023 research shows that ozone looks promising for treating highly aggressive brain tumors.²¹

If you're interested in learning more about both HBOT and ozone therapy, please call my staff at **561-784-7852** for more details.

There are a few different ways you can increase your oxygen levels with ozone:

- Buy an ozonator for your bedroom so you can breathe extra-oxygenated air all night long
- Ozonate your home drinking water — one glass a day is all you need to get started
- Get bubbling ozone for your bath, either as a mat or a diffuser hose, and soak it in

For more serious health concerns, you can get medical-grade ozone treatment from your doctor. These treatments usually involve direct injection or infusion. You can find an ozone therapy practitioner near you by visiting the American Academy of Ozonotherapy at www.aoot.us.

2. Switch To A Healthy, High-Fat Diet. We know that high blood sugar, insulin resistance, and obesity can all lead to hypoxia. All of those can be directly impacted by what you eat. And changing to a primal ketogenic (keto) diet can reverse all of those issues...and help you avoid or beat cancer.

Research shows that following a ketogenic diet increases oxygen levels and reverses hypoxia. Increased ketones, a by-product of this diet, increase oxygen levels in blood and muscles. By doing that, the keto diet creates a hostile environment for cancer cells, making it harder for them to survive and grow.^{22,23,24}

And following a keto diet couldn't be simpler. Here's what I recommend to my patients:

- **Eat Healthy Fats First.** Even though you want to eat a lot of fat on the keto diet, steer clear of trans fats and vegetable oils like corn, soy, sunflower, and canola. Stick strictly with high-quality fats like olive oil, coconut oil, avocado, ghee, heavy cream, and MCT (medium chain triglycerides) oil.

- **Ditch The Carbs.** Avoid grains, rice, pasta, beans, and processed foods. You can get the ideal amount of carbs — no more than 5 to 10% of your total calories — from eating non-starchy vegetables, the ones that grow above ground. Choose leafy greens like kale and spinach, cruciferous veggies like cabbage and broccoli, and “salad” fixings like green peppers. As for fruit, limit those choices to berries that are low in sugar.
- **Only Choose Primal Sources Of Protein.** The best sources include beef, fish, eggs, and organ meats. Look for grass-fed beef, wild-caught fish, and eggs from pastured chickens whenever possible. Another great option are nuts, which are high in both protein and healthy fats. Go for almonds, walnuts, pistachios, and pumpkin seeds.



Grass-fed organ meat like liver is one of your best sources of primal protein.

3. Bump Up Your Oxygen With PACE. High-intensity workouts, especially high-intensity interval training (HIIT), can significantly reduce your cancer risk. There's a lot of research backing this up, including a study that tracked Finnish men for 16 years and found that higher-intensity exercise meant lower cancer risk.²⁵

And according to the research, HIIT workouts can also:^{26,27,28}

- Reduce your risk of metastatic cancer (cancer that spreads) by up to 72%.
- Improve quality of life for cancer patients
- Suppress cancer cell growth

Now, those are great results but they overlook something very important: Not everyone can do high-intensity exercise.

That's why I designed PACE, one of the best workout programs for beginners.

And in the process, I discovered that you get even more benefits trying to get to the level of being able to do something than high intensity exercise itself.

With PACE you start out easy, measuring the intensity of your exercise in some way like the number of repetitions you do or the time it takes for you to complete a set, for example. Then you gradually increase the intensity. You'll start to notice that it gets easier and easier to do your exercises at a slightly higher intensity as you progress. So, in just minutes a day, you will work your way up to getting the benefits of a high-intensity exercise without stress and danger to your body.

PACE trains your body to utilize more oxygen — which may be the key to its cancer-fighting power. This exercise routine pumps highly oxygen-rich blood to your cells by up to 18 times more than light exercise (like walking).²⁹ It delivers:

- 1,733% more oxygen to your muscles
- 400% more oxygen to your lungs
- 331% more oxygen from your heart
- Nearly double the oxygen to your brain

You can learn more about PACE and find some quick, easy workouts on my YouTube channel at www.youtube.com/c/AISearsMD-Anti-Aging-Pioneer/videos.

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Anxiety Has The Power To Age You

But You Can Fight Stress Naturally While Strengthening Your Biological Clock

I'm sure you are aware that stress and anxiety hurts. Your stomach aches. Your heart pounds. Maybe you have a headache or trouble breathing...

But biological research has only recently revealed just how much long-term damage stress causes.

Chronic stress is the biggest disrupter of your biological clock. It doesn't just make you look older, it attacks your DNA with the stress hormone cortisol. And this puts you at risk of developing debilitating chronic diseases like diabetes, cancer, Alzheimer's, heart disease, and more.

It also affects relationships with your loved ones, friends, and co-workers — not to mention your mental health and your ability to cope with daily life.

In America, stress has become a genuine epidemic — whether it's caused by the rising interest rates, increasing health care costs, surging gas prices and grocery bills, or concerns over the future of the country...the list is almost endless in our modern 24/7 world.

Over 80% admit feeling emotions associated with stress, such as sadness, anxiety, or anger.

And according to a new poll conducted by the American Psychological Association, **almost 30%** of Americans feel so **stressed** — *every single day* — that they are unable to **function**.

Conventional medicine gets stress all wrong.

84% Of Americans Report Feeling Emotions Associated With Stress At Any Given Time

Most Common Emotions

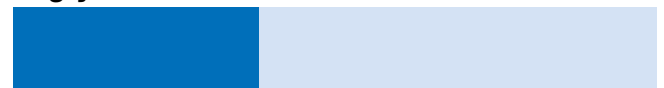
Anxious 47%



Sad 44%



Angry 39%



In the U.S., 30% of Americans feels stressed to the point that they can no longer function on a daily basis.

American Psychological Association

First of all, most doctors don't understand the damage it causes. They push Big Pharma's relaxants, benzodiazepines, and antidepressants on you. But these drugs just end up causing more problems.

I don't prescribe these Big Pharma concoctions. You see, I've witnessed first-hand the price patients pay — and I'm not just talking about money. None of these drugs can cure the problem. They merely mask it, and then add on to your problems.

You see, the very drugs that are supposed to calm your stress also cause headaches, body aches, nausea, weight gain, sexual dysfunction, and even suicidal thoughts.

Of course this ultimately imposes even more stress on you.

The truth is, you can't always make the world less stressful — but there is plenty you can do about it.

In this *Confidential Cures* article, you'll learn about the real impact of modern stress on your body and you'll also learn some easy and powerful ways you can resist it. I'll show you how to handle stress safely and effectively, and how you build your body's ability to cope with it — wherever and whenever it occurs.

Discover The Real Damage Stress Causes

Your ancestors only had brief periods of stress and anxiety. Getting chased by a mammoth or a saber-toothed tiger will definitely do that to you. But these stressors lasted only a few minutes at a time. Your body's natural "fight or flight" response handles that kind of stress very well.

That stress response was how your primal ancestors saved themselves from danger. It gave them a surge of superhuman strength to either defend themselves or run away.

The problem today is your body still responds as if all your modern stressors were life-threatening situations. Relentless daily pressures come at us from every direction. Every year, it seems to pile up and get worse.

Your "fight or flight" response no longer functions in short bursts, as it was originally intended. Today, your body is in constant "fight or flight" mode.

Let me explain...

The nerve center of your stress response is the interconnected network of signal pathways that run between three glands in your brain. It's called your hypothalamus-pituitary-adrenal (HPA) axis.

"The problem today is your body still responds as if all your modern stressors were life-threatening situations."

This controls the release of a powerful biochemical cocktail of adrenaline, cortisol, norepinephrine, and other chemicals, triggered when your HPA axis is alerted to a threat.

Fatty acids and glucose are driven out of storage into your bloodstream, so they can be used by your muscles. Your blood pressure and blood sugar levels rise. Blood flow is also redirected from around your body into your muscles. Your pupils dilate and your digestive system grinds to a halt, so your body can conserve energy.¹

You're in a heightened state of readiness. Your body evolved to handle these stress responses in short bursts as a survival mechanism.

The problem is, you weren't built to withstand them for months or years on end.

Unremitting stress and the continual secretion of your "fight or flight" chemicals throw your HPA axis out of whack. This can devastate your health in many ways.

Intense, long-term stress over-activates your immune system, which leads to oxidative damage in your body's cells, which in turn causes rampant inflammation in organs and organ systems. This dramatically increases your risk of developing chronic diseases.²

Stress-related inflammation has been implicated in insomnia, depression, anxiety, cognitive decline, and Alzheimer's disease.

High cortisol levels also suppress your body's production of pro-inflammatory cytokines, reducing your immune system's ability to respond effectively to bacterial infections.³

But this anti-inflammatory response is only temporary, especially when the stress is intense and chronic. Studies reveal that extended stress and the deregulation of the adrenal response are linked to the inflammation at the root of:^{4,5}

- Heart disease
- Stroke
- High blood pressure
- Low bone density

- Weight gain
- Diabetes
- Osteoporosis
- Cancer
- Gastrointestinal problems
- Metabolic syndrome
- Sexual dysfunction

At the same time, stress can make you feel mentally muddled. Brain fogginess and lack of mental clarity are underestimated and underappreciated effects of chronic stress, largely because of the constant state of mental alertness.

Stress Takes Years Off Your Life

Multiple studies show that high levels of cortisol attack your telomeres, the tiny pieces of genetic code at the end of each strand of DNA.

Telomeres are your biological clock. Each time your cells divide, a tiny bit of each telomere gets used up. The process happens slowly, over the course of your life, but it makes your cells act older and weaker. If 70-80% of your telomeres erode away, your cells can become permanently damaged.

Critically short telomeres set in motion what Harvard researchers have called a “death spiral” in your cells.^{6,7}

The shorter your telomeres, the more prone you are to “old age,” and the diseases that go with it, like cancer... heart disease... arthritis... Alzheimer’s... diabetes... and more.

For years, I’ve been telling my patients that stress is the No. 1 worst enemy of your telomeres. Cortisol grinds and wears down telomeres, accelerating the aging process.⁸

At the same time, cortisol sabotages telomerase, the enzyme that rebuilds your telomeres — thus impairing your ability to recover from the damage.

And a recent study by researchers at the National Institute of Environmental Health Sciences shows I’ve been right all along.

In the new study, the researchers measured the telomere length of 647 volunteers between the ages of 35 and 74. Then the participants filled out questionnaires to determine how much stress they

experienced in their lives.

The researchers confirmed that stress grinds down your telomeres throughout a lifetime.⁹

But then they discovered something even more worrying... The toll stress takes on your telomeres accelerates greatly after age 55.¹⁰

When you’re young, your body has time to repair the damage. But as you age, the damage becomes harder and harder to undo...

Unless you take immediate action, you will reach a point where there is no way back. The good news is that fighting stress is much easier than you might think.

At my clinic, I advise that everyone over the age of 55 take a specific telomerase activator that’s also a powerful stress reducer.

Take The Stress-Busting Telomerase Activator

I’m talking about DHEA. It’s a hormone produced naturally in your adrenal glands.

Increasing DHEA levels provides a two-pronged approach to anti-aging: It lowers cortisol levels and increases telomere length.

You produce the DHEA hormone when times are good — when you are well fed, secure and free of stressors. The more DHEA in your body, the less effect stress will have on you.

Unfortunately, DHEA declines as you age. By the time you are 65 years old, you only have about 10% of the DHEA that you had when you were 20. Boosting levels will help lower cortisol and control your anxiety.

But studies show that DHEA also increases telomerase.

In one study, researchers told 50 volunteers between the ages of 20 and 80 years old to supplement with DHEA.

Before and after the patients began taking DHEA, the researchers measured the total quantity of telomere weight in the subjects’ tissue. At the end of the study, they found that the total weight of the telomeres measured went up from 25-300 to 500 and 530.

What does this mean? It means that before the study, some of the tissue had average telomere content, while some was extremely telomere deficient.

After supplementing, those with the highest telomeres saw their levels increase 67%.

But the patients with the lowest telomere measurements saw their levels increase a whopping 175%.

I recommend supplementing with 10 mg daily. DHEA is well absorbed and can be taken at any time. But for best results, I suggest mimicking your body's natural production and taking it first thing in the morning.

Train Your Body To Resist Stress And Improve Mental Clarity

In our modern world, it's pretty much impossible to remove all the stressors in your life.

At the Sears Institute for Anti-Aging Medicine, I recommend my patients use a combination of natural herbal stress relievers, as well as various regenerative therapies that train your body to resist the stress that comes at you.

- **Adaptogens:** These ancient, non-toxic medicinal herbs — used by shamans and traditional healers for millennia — help your body adapt to internal and external stress. They work to bring about homeostasis, or a state of equilibrium, in your body.

This special class of herbs has been used for thousands of years in Indian Ayurvedic healing practices, the oldest healthcare system in the world, and in traditional Chinese medicine.

Unlike Big Pharma's anti-depressants and anti-anxiety meds, adaptogens support your body's vital processes, instead of suppressing them.

1. **Ashwagandha:** This "smart plant" is also called Indian ginseng or winter cherry. Not only is it a remarkable natural painkiller, ashwagandha helps your body deal with physical manifestations of stress, like the release of cortisol, while at the same time restoring homeostasis.

Research shows ashwagandha inhibits the release of cortisol. In one study, participants who took **125 mg** of ashwagandha extract twice daily (**250 mg** total) for 60 days reduced stress levels by 71%.^{12,13,14}

2. **Tulsi:** Known more commonly in the West as holy basil, or *Ocimum sanctum*. Ayurveda medicine refers to it as Tulsi, which in Hindi means "The Incomparable One," because of its unique health benefits.

Western medicine ignores the healing power of this small shrub, but I use it routinely at the Sears Institute for Anti-Aging Medicine. It's a rich source of potent phytonutrients — including eugenol, camphor, ursolic acid, rosmarinic acid, flavonoids (plant antioxidants) and others.

You can buy holy basil online, from health food stores or at specialty grocers that carry Indian products. Use its ground leaves as a tasty herb in soups, fish dishes and desserts. Or even sprinkle it into a smoothie. I recommend taking at least 420 mg a day — but you can take up to 800 mg.



Adaptogens, like holy basil, help you adapt to stress. They work to normalize your body and bring about homeostasis, a state of equilibrium.

3. **Gynostemma pentaphyllum:** Known as Jiaogulan in Chinese medicine, this is a vine that belongs to the cucumber family and has been used for millennia across Asia to treat multiple conditions, including the relief of chronic stress and to promote longevity.

A large number of studies reveal *G. pentaphyllum* has the power to calm chronic stress in the body. Research shows it reduces blood levels of cortisol and significantly lowers anxiety scores in multiple tests. Studies also confirm it is both safe and side-effect free.¹⁵

You can find supplements containing G. pentaphyllum online. I recommend 150 mg per day. You can also make a tea from leaves of G. pentaphyllum, which you can buy online and at specialty health stores.

4. **Kanna:** The root of the South African kanna plant is almost entirely unknown outside Africa, but has been used to elevate mood and reduce stress for centuries. Traditional healers in Uganda told me they prescribe it for anxiety and depression, by having patients chew the small plant.

One of the reasons kanna works is that it contains a substance called mesembrine, which has been revealed to be a powerful stress buster. It acts by activating the neurotransmitter gamma-aminobutyric acid (GABA) and certain opioid receptors that have been identified as key players in depression and anxiety conditions.

Kanna extract is available online and in some health food stores, sometimes under the trade name “Zembrin.” This is the extracted and standardized form from South Africa. You can also find it blended with another South African tea leaf, rooibos.

To use kanna powder, try adding 1/3 of a teaspoon into a cup of tea.



The root of the kanna flower helps to activate GABA, a neurotransmitter that lessens anxiety and stress.

5. **Passionflower:** This powerful botanical also modulates GABA receptors in the brain to support increased GABA activity and produces improved emotional balance and mood.

This hardy, climbing vine is noted for its beautiful flowers and tasty fruit and was cultivated by Native Americans, both for its edible fruit and for its medicinal value.

The Europeans learned about passionflower from the Aztecs in Mexico, who used it to treat insomnia and nervousness. The plant was taken to Europe, where it is now widely cultivated and used in herbal medicine as a tea or capsules in combination with valerian and lemon balm.

Studies show that it is a potent agent for the management and treatment of anxiety disorders, including nervous restlessness, stress, nervous tension, irritability and mild insomnia.¹⁶

6. **7,8-DHF:** 7,8-Dihydroxyflavone, or 7,8-DHF for short, is a natural flavonoid (a plant-based antioxidant) that can cross the blood-brain barrier. 7,8-DHF effectively mimics the effect of brain-derived neurotrophic factor (BDNF), which is a kind of growth hormone for the brain.

It is found in the leaves of various South and Central American shrubs. Researchers have found that it effectively relieves anxiety and can trigger neuronal protection and neuronal regeneration. It also supports the brain’s memory functions, mood stability and mental clarity.¹⁷

7,8-DHF is sometimes sold under the name tropoflavin as a powder or as an under-the-tongue tablet. I recommend taking 25 mg of 7,8 DHF once in the morning and before bed.

- **Regenerative techniques:** There are a number of safe and highly effective regenerative techniques for combating the stress of daily life and preventing it from overwhelming you. Here are two that I recommend to my patients:

1. **Use HBOT To Relieve Stress:** Here at the Sears Institute for Anti-Aging Medicine, I help patients with anxiety and stress with hyperbaric oxygen therapy.

HBOT is the delivery of high-pressure oxygen to your body. During treatment, your lungs take in more oxygen than would be possible if you were breathing pure oxygen at normal air pressure.

It works because the combination of pressure and oxygen physically dissolves more oxygen

into your red blood cells, boosting oxygen levels, which encourages healing and regeneration.

Studies now reveal that increased levels of *oxygen* in the brain reduce inflammation and modulate neurotransmitter activity to help lower *anxiety* and stress levels, fostering a calming effect.¹⁸

2. Try This Marine Mind Trick: This mindfulness meditation exercise, used by the U.S. Marines and Special Forces to knock out stress, is also one of the most powerful methods for preventing telomere erosion.¹⁹

But it's not only marines who use this trick. One study looked at family caregivers in their very stressful jobs. Researchers found that after only 8 weeks, those who meditated had their levels of telomerase, the enzyme that rebuilds telomeres, skyrocket by 43%.²⁰

Here's the technique the Marines and Special Forces use, and you can use too. One thing to remember is that the benefits come from being mindful and focusing your concentration.

- Sit in a comfortable position, close your eyes.
- Let your awareness settle on the movement of your breath.
- Follow the in-breath and out-breath, perhaps by saying "breathing in, breathing out" quietly to yourself.
- Sit upright, with spine straightened and chin tucked in, while you calmly observe your breath.
- Do this for 10 to 15 minutes a day.

That's it. Try to do this practice every day. It helps to lower blood pressure, slow down your thoughts, refresh body and mind, and reverse the stress that can shorten your telomeres and cause disease.

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New Research Shows Probiotics Boost Brain Power

Healing Your Gut Can Prevent — And Even Reverse — Cognitive Decline

Cognitive decline is one of the most frightening things that can happen as you age. You begin to lose your memories, your critical thinking abilities, and your sense of self. Eventually, the spark that makes you the unique person you are just disappears.

Developing dementia or Alzheimer's is one of the most common issues my patients tell me they worry about as they get older.

But it doesn't have to be.

Here's the truth: By making a few simple changes, you can keep your brain sharp and your memory intact. Those changes may surprise you because they don't involve doing more crossword puzzles, taking classes, or exercising more. Sure, those things are good for you and your brain. But the real solution goes much deeper.

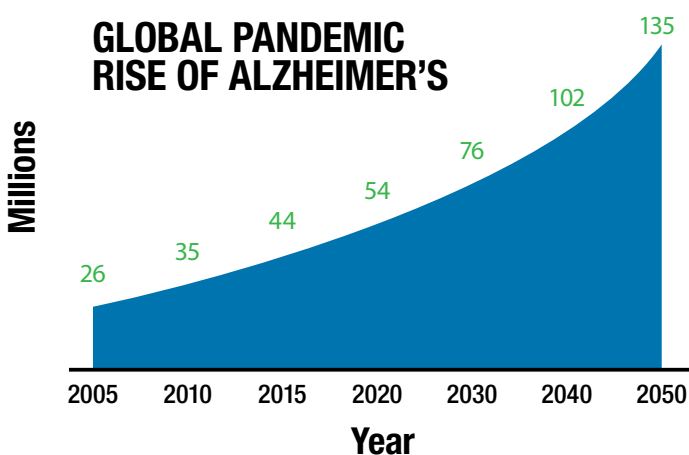
And it's something I've been telling my patients for years...

The best way to preserve and protect, even restore, your brainpower starts by taking better care of your gut.

We're Facing An Alzheimer's Epidemic

The idea of Alzheimer's disease causes stress and worry. For good reason.

This disease steals your mind, your personality, and everything that makes you *you*. And while extreme memory loss is the hallmark symptom everyone knows, Alzheimer's affects more than that.



Worldwide, 44 million people have Alzheimer's. That number is predicted to soar to 135 million by 2050.

It makes everything more difficult, from taking a shower to tying your shoes to fixing a sandwich. It leads to severe mood and personality changes. And it can cause extreme anxiety and aggression.

You've seen people with Alzheimer's fade away until there was nothing left. And watched their families struggle to take care of them until they just couldn't.

No one wants that fate. But the numbers paint a frightening picture.

- Around 6.7 million Americans over 65 suffer from Alzheimer's disease.¹
- That's expected to grow to nearly 14 million by 2060.
- It's the 5th leading cause of death in the U.S.

Here's something that's not common knowledge. But it should be. Scientific evidence clearly shows a connection between Alzheimer's disease and gut health.

More important, improving gut health improves brain function. Even if you're already having memory or cognition issues.

The Health Center in Your Gut

Your gut microbiome contains trillions of bacteria, both beneficial probiotics and harmful pathogens. When your microbiome is in good balance, probiotic bacteria rule the roost, vastly outnumbering pathogens.

And what you may not realize is that your gut is your body's health center. What happens in your gut microbiome affects your entire body, your overall wellness and vitality. Just like Hippocrates said nearly 2,500 years ago: All disease begins in the gut. And that includes conditions that affect your ability to think, learn, and remember.

The opposite holds just as true. Good health starts in your gut — including good brain health. That's because probiotic bacteria create nutrients, chemicals, and compounds that keep your brain quick and clear. Those include:

- B vitamins, well known for their role in preventing and slowing cognitive decline²
- Butyrate, a short chain fatty acid (SCFA) that improves brain cell function, cognition, and memory³
- GABA (gamma-aminobutyric acid), a calming brain chemical that helps regulate brain functions including cognition⁴
- Serotonin, the “feel-good” neurotransmitter that's known to refresh and restore brain power⁵

In fact, your gut produces nearly 90% of your body's serotonin supplies. You can't think clearly or feel happy without enough serotonin. And that's just part of the connection between your brain and your gut.

“When your microbiome is in good balance, probiotic bacteria rule the roost, vastly outnumbering pathogens”

Don't Ignore Your “Second Brain”

Have you ever gotten a gut feeling? Had butterflies in your stomach? Gotten diarrhea or felt nauseous when you were anxious? Those are messages from your “second brain,” the one in your gut.

Your digestive tract contains your enteric nervous system (ENS), a network of nerve cells called neurons and “brain chemicals” called neurotransmitters. The ENS lines your esophagus all the way down through your colon with more than 100 million nerve cells. And that piece of your nervous system drives your body's responses to stress and emotions.

How you feel — angry, happy, sad — can affect things like your appetite and digestion. It can trigger constipation, diarrhea, and even more serious issues like IBS (irritable bowel syndrome) and ulcers.

Those effects can go both ways. What's going on in your gut can impact your mood, stress responses, and brainpower. It's all connected. And scientists are realizing more and more that what happens in your gut can change the course of your physical and mental health.

Your Gut-Brain Connection Is A Two-Way Street

Your enteric nervous system constantly communicates with your main brain. It does this over the gut-brain axis,⁶ which is mainly your vagus nerve — the longest nerve in your body.

The gut-brain axis works like a two-way street.⁷ Messages flow from your brain to your gut, which is why you feel fear in the pit of your stomach. But your gut also sends messages your brain. And that can affect everything from your mood to your attention span to your ability to learn.

The bacteria in your gut microbiome have a supersized impact on your gut-brain axis. Beneficial probiotic bacteria keep things running smoothly, promoting clear thoughts and razor-sharp memory. But when pathogens take over,

they can trigger everything from depression⁸ to brain fog⁹ to Alzheimer's disease.¹⁰

An Unbalanced Gut Messes With Your Mind

When your gut microbiome is unbalanced — a condition called dysbiosis — harmful pathogens outnumber and dominate probiotic bacteria. You lose all of the brain benefits that probiotics normally deliver. And the pathogens wreak havoc on your whole body, your overall health, and your mind.

It doesn't take much to knock your microbiome out of balance. The toxic Western diet full of processed foods, sugar, and food additives takes a huge toll on probiotic bacteria...but promotes pathogens. Antibiotics, stress, excess alcohol, pesticides, and other toxins destroy the good bugs but let the bad guys thrive, creating a state of dysbiosis.

When your gut is out of balance, pathogens overwhelm everything. They also produce toxic and inflammatory substances that can take a toll on your health. Bad bacteria produce toxic compounds like ammonia and hydrogen sulfide.¹¹ They also overproduce a compound called TMAO (trimethylamine N-oxide) that increases your risk of cognitive decline.¹²

Between the pathogens themselves and the harmful products they create, dysbiosis causes dozens of serious health problems including:^{13,14,15,16,17,18,19,20,21,22,23}

- Systemic inflammation
- Leaky gut
- Brain inflammation
- Anxiety and depression
- Brain fog
- Memory loss
- Cognitive impairment
- Brain cell death
- Alzheimer's disease

In fact, a group of researchers pooled information from 22 scientific studies and concluded that gut dysbiosis seems to be a leading

cause of the onset and progression of Alzheimer's disease. Patients with the disease have a drastic reduction of probiotic bacteria in their gut microbiomes. But supplementing with probiotics for just four weeks or more can turn things around dramatically.²⁴

There's a straight line between gut health and brain health. So you can tackle all of those problems by fixing your gut and taking probiotics. It won't happen overnight, but once your gut microbiome is back in balance, you'll notice.

Probiotics Prevent Cognitive Decline

Doctors and scientists are finally catching up with what I've been saying for years: Fix the gut to fix the rest.

There's a growing body of research proving that my patient protocol works...that keeping the gut microbiome in balance can prevent or even reverse cognitive decline. And one of the best ways to jumpstart a healthy gut is by taking probiotics. Turns out that probiotics also keep your brain young and vital.

One brand new study²⁵ found that taking a specific probiotic called LGG (*Lactobacillus rhamnosus* GG) improved cognitive performance in older adults. Researchers gave 169 people suffering from mild cognitive impairment — a step on the path to full blown Alzheimer's — either a probiotic or a placebo. And not just any probiotic, one I've specifically told you about: *Lactobacillus rhamnosus* GG, also called LGG.

Taking LGG for just 12 weeks brought on improvements in cognitive and memory scores. It reversed existing decline. And that was just in one study. There are more.

- A meta-analysis published earlier this year found clear evidence that Alzheimer's and dementia patients who took probiotic supplements showed significant cognitive improvement in just 12 to 24 weeks²⁶
- A clinical trial that included 63 adults over age 65 found that supplementing with *Bifidobacterium longum* and *Bifidobacterium bifidum* improved mental flexibility. It also

increased levels of BDNF, a protein that protects brain cells and promotes learning and memory.²⁷

- An August 2023 meta-analysis of randomized controlled clinical trials found that supplementing with probiotics had a “highly significant effect on cognitive function” in patients with Alzheimer’s disease or cognitive impairment.²⁸
- Older adults who consume more probiotics or prebiotics through either diet or supplements have better cognitive performance than people who consume less or none, according to a study published in July 2023.²⁹

The proof is here, and it builds on what I’ve been seeing in my patients for more than a decade. There is something you can do to protect your mind and your memory. There’s a way to reverse decline that’s already started.

Follow These Simple Steps To Rebalance Your Gut

With so much riding on your gut health, you want to make sure you’re doing everything you can to take care of it. That starts with the bacteria in your gut microbiome. You want to make sure probiotic bacteria survive, thrive, and dominate so they can crowd out pathogens.

That’s great for your brain, but also for the rest of you. Probiotics can also help in other important ways such as:^{30,31,32,33,34,35}

- Improving immune function
- Reducing inflammation
- Increasing nutrient absorption
- Boosting healthy cholesterol levels
- Relieving excessive fatigue
- Improve blood sugar levels and insulin resistance

You can see why it’s so important to mind your gut. Here are some dos and don’ts for keeping your gut microbiome in healthy balance.^{36,37,38}

- ✓ Don’t eat a diet high in processed foods, sugar, and simple carbs that feed pathogens but starve probiotics. The standard American diet is a recipe for dysbiosis.

- ✓ Don’t use artificial sweeteners like sucralose that can harm beneficial bacteria.
- ✓ Don’t overindulge with alcohol, which causes bad bacteria overgrowth and dysbiosis.
- ✓ Don’t take unnecessary courses of antibiotics as they can decimate probiotic gut bacteria and create cognitive problems.
- ✓ Don’t eat the same foods over and over. A highly varied diet that includes a lot of vegetables is the best choice for promoting gut health.

More important than the Don’ts are what you should do to protect your gut and your memories.

Here’s what I suggest:

1. **DO** eat foods that contain fructooligosaccharides (FOS), a special type of undigestible prebiotic fiber that probiotics love and pathogens ignore. Good food sources of FOS include asparagus, onions, garlic, and bananas.



Protect your brain-gut connection by eating foods that contain FOS, an undigestible prebiotic fiber.

2. **DO** get enough glutamine, an amino acid that your digestive system relies on heavily and beneficial bacteria use for fuel. Plus, probiotics help convert glutamine into glutathione — your body’s most important antioxidant.³⁹ I recommend taking 1 gram (1,000 mg) of glutamine three times a day.
3. **DO** consume probiotic-friendly foods like sauerkraut, organic yogurt, or kefir (with no artificial sweeteners added).

4. **DO** take a probiotic, but make sure it's the right probiotic. Look for a probiotic supplement that contains at least 10 billion CFUs (colony forming units) of clinically proven strains like LGG and *Bifidobacterium longum*. Make sure you give the probiotic enough time to work, at least four weeks, preferably 12 weeks.

A note: If your gut microbiome is out of whack and you haven't taken probiotics before, you may experience initial symptoms like diarrhea and bloating. That means the probiotic is working to help crowd out and kill off the bad bacteria.

But you don't have to live with those symptoms. You can start by taking a half dose daily (just spill out half of the capsule) for the first week or so, then build back up to the full dose. The probiotic will still be working, it will just kill off the pathogens more slowly so they don't overwhelm your system.

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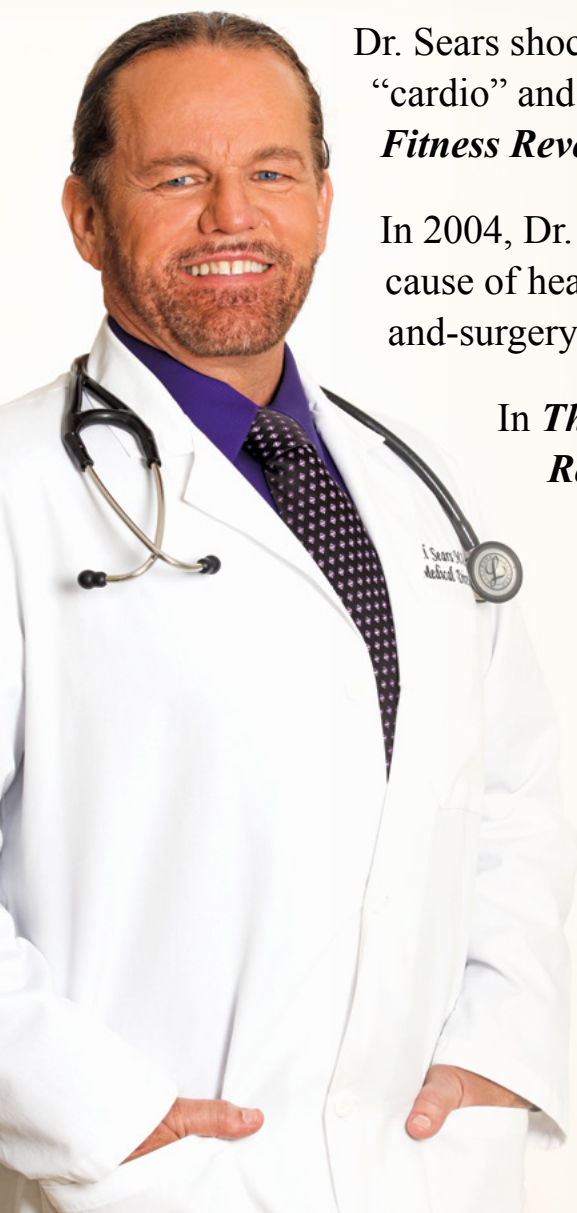
The information provided in this letter is for educational purposes and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.

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

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