



Dr. Sears'

CONFIDENTIAL CURES

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

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Dear Reader,

There is a cozy conspiracy going on between the FDA and their buddies at Big Pharma.

This collusion has nothing to do with protecting your health.

And everything to do with greed and corruption.

The FDA and their cronies at Big Pharma are working together to have stem cells reclassified as a drug — even though these cells come straight out of your own body.

And once stem cells are categorized as drugs, it pretty much means the end of stem cell therapy in America.

People who need this life- and health-saving treatment will be forced to find clinics abroad. That will put it out of reach for most people.

But around the country, states are quietly fighting back against this federal government overreach.

Like Texas...

Texas governor Greg Abbott signed a bill into law that allows patients — not the FDA — to decide whether adipose stem cell therapy is right for them.

And last month, the state of Utah openly challenged the authority of the FDA with a new, unusually bold law that allows patients to receive unapproved stem cell therapies.

The law, which took effect on 1 May, significantly undermines the FDA's authority to regulate drugs and other treatments.

I agree that we must continue to empower patients — NOT bureaucrats — so that you can take back your God-given freedom to make your own choices regarding your healthcare.

For as long as I can, I'll keep offering stem cell therapies to my patients. Patients who've told me that this therapy has "given me back my life."

One of these patients recently wrote to tell me that the stem cell therapy he got at the Sears Institute gave him a new lease on life, at age 90. Today he finally pain-free — thanks to stem cells.

In your May 2024 issue of *Confidential Cures*, you will discover:

1. The latest breakthroughs — from heart to gut to damaged tendons — in stem cell therapies. You'll also learn how you can reawaken the sleeping stem cells already inside of you, easily at home.
2. How the newly discovered microbiome in your brain is changing the way researchers approach treating Alzheimer's. I'll share the protocol I'm using with my patients that protects this bacterial ecosystem — and guards your brain from this devastating disease.
3. Why Americans are being overdiagnosed with skin cancer at an alarming rate. More importantly, you'll learn why the sun is your health's friend — and sunscreen isn't. I'll give you my top five tips to protect yourself from cancer, while still enjoying all the health benefits the sun offers.

To Your Good Health,

Al Sears, MD, CNS

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His Doctor Told Him To “Live With The Pain”.... But Thanks To Stem Cell Therapy, My 90-Year-Old Stem Cell Patient Has A New Lease On Life

My patient Bruce is living proof of the incredible self-healing power of stem cells. Here’s his story...

Bruce was living with severe pain. The tendonitis pain in his hip was so severe he couldn’t walk for more than 10 minutes without having to stop.

He’d already undergone a hip replacement. And when the pain didn’t subside, he had a second surgery to repair the tendon.

But still...the pain persisted.

Bruce went back to his doctor again — only to be told that he had to “learn to live with the pain.”

I can’t imagine hearing anything worse from the healthcare professional you trust to help you when you need it most.

Bruce knew there had to be a solution that didn’t involve surgery, drugs, or spending the rest of his life sitting on the sidelines.

So he asked his friends for advice.

At the time, Bruce wasn’t a reader of my email letters, but his friend was.

And this friend told Bruce about the stem cell therapies we use at the Sears Institute for Anti-Aging. A therapy that has helped hundreds of patients in similar circumstances make a full recovery.

Bruce immediately booked an appointment and flew down to my clinic from Michigan.

Three months after his stem cell therapy, Bruce wrote to let us know how he was doing.

Here’s what he said:



After stem cell therapy, my 90-year-old patient feels like he has a new lease on life.

“Today, I am without pain. I feel like I have a new lease on life at 90 years of age.

“After having stem cells injected in my left hip area at your clinic, I can now walk for one hour at a time with no pain.

“I exercise by walking five days a week and I’m getting back into good shape. Before I couldn’t even walk 10 minutes without having to stop because of the pain.”

You Already Have The Tools You Need To Heal Yourself

You know stem cells are the “parent” cells of almost every other kind of cell in your body — the cells that make up your tissues, organs, bones, skin, and everything else.

They are the basic building blocks of your entire body.

And they are unlike any other cells because they can transform themselves into any kind of human cell. First, a little bit of biology...

Your stem cells began life as a tiny zygote — or fertilized egg. It then divided into two cells, then four, and on — until it grew into a blastocyst. A human blastocyst is about the size of the dot above this “i.”

This tiny cluster of cells eventually formed into an embryo that ultimately became YOU.

Blastocysts contain a special type of stem cell called a pluripotent stem cell. This means they have the power to grow, regrow, repair, regenerate, and replace any of the more than 220 different kinds of cells in your body.

In other words, you already have the tools you need to heal yourself. Just like my patient did...

Regenerate Damaged And Injured Tissue

After an injury or years of wear-and-tear-damage, injured cells in your tendons and joints send out molecular signals. It’s kind of your body’s SOS call for help.

Stem cells react to these signals, then travel to the injured tissue. and releasing proteins that nourish and stimulate your own cells to begin regenerating.

- Once stem cells arrive, they release:
- Growth factors
- Cytokines
- Chemokines

These powerful proteins are cellular messengers that send signals to activate the production of new

cells. This special signaling mechanism is what triggers the healing power of these cells.

These cellular messengers also stimulate your cells to regenerate your tissue, inhibit inflammation, open up your blood vessels and help form new ones, and activate disease-fighting T-cells.

There are studies that suggest using stem cells for tendon regeneration provides a very good outcome.

Research shows that stem cell treatment is an effective regenerative therapy for treating tendon disorders.

1. A study published in the journal *Stem Cell International* found that patients who received MSC therapy had “statistically significant improvement.” Five years later, seven of the eight patients — who all had chronic patellar tendinopathy — were “completely satisfied” and would have the procedure again if they had the same problem in the opposite knee.¹
2. Researchers wrote in a 2023 study published in the *Journal of Orthopaedic Research* that MSCs can regenerate and repair the tendon more effectively than other types of cells.²
3. A third study concluded that stem cells promote tendon repair by decreasing inflammation and forming new blood vessels. Both are critical to tendon repair.³

Help Heart Function Soar From 15% To 55%

I’m so excited by the latest stem cell breakthrough. It was one of the largest stem cell intervention studies following a heart attack.

Last year, researchers recruited 315 patients with advanced heart failure from 39 hospitals in 10 countries — and the results were spectacular.⁴

Patients were randomly divided into two groups. One group received stem cell therapy while the second didn’t.

The stem cell patients underwent cardiac catheterization, which delivered mesenchymal stem cells — taken from their own bone marrow — directly into their heart muscle.

Patients assigned not to receive stem cells also had cardiac catheterization but without cell delivery. This research strategy is known as “sham treatment.”

Mesenchymal stem cells were used because they can repair muscular tissue and reduce inflammation without stimulating a dangerous immune response.

The researchers, publishing in *Stem Cells Translational Medicine*, found that after a one-year follow-up, patients who received the stem cell therapy had a vastly improved quality of life and the damage to their heart muscle had been significantly repaired.

Before the study, heart attack damage had caused the hearts of many patients to function at just 15% to 25% capacity.

But just two weeks after stem cell therapy, function jumped to 55%.

The study also noted lower death and hospitalization rates among those treated with stem cell therapy.

Bring “Dead” Brain Tissue Back To Life

Multiple studies have shown the remarkable healing power of stem cell therapy on stroke patients.

Strokes occur after a failure of blood supply to the brain. This starves your brain of oxygen and other nutrients, which causes brain cells and tissue to die.

Conventional doctors will tell you that it’s pointless to continue therapy on stroke patients if there hasn’t been any progress after six months.

But researchers are helping stroke victims make remarkable recoveries using stem cells. Like this 70-year-old patient from California...

After suffering a devastating stroke, all she could move was her left thumb. But after joining a stem cell clinical trial, this stroke victim is once again walking. She can move her arms and perform everyday tasks.

“We’re born with all the beta cells we need...and then some. Plus our body produces new ones to replace the old. However, as you get older, your body stops generating new beta cells. And that’s when the glucose overload kicks in.”

Even the researcher who ran the study admits he’s stunned by her results.

Researchers have discovered that stem cells can coax areas of dead brain tissue back to life, dramatically reducing the size of the “dead zone” and halting any further degeneration.⁵

Stroke patients given stem cell therapy have also shown vastly improved neurological function and reduced brain inflammation, including patients whose stroke had caused severe disability.

Certain types of strokes produce intracerebral hemorrhage, or “brain bleed.” This happens when blood suddenly bursts into cerebral tissue, causing damage to the brain. Although “brain bleed” accounts for around 10-15% of all strokes, it is far more deadly than ischemic strokes. Animal models have revealed stem cell therapy is highly effective at repairing the brain damage done by “brain-bleed” strokes.⁶

Perfect Solution For Balancing Blood Sugar

Stem cell therapy has the power to target the root cause of your blood sugar concerns. You see, runaway blood sugar starts with insulin-generating cells known as beta cells. These are like “smart cells” for blood sugar.

We’re born with all the beta cells we need...and then some. Plus our body produces new ones to replace the old. However, as you get older, your body stops generating new beta cells. And that’s when the glucose overload kicks in.

A life time of our modern diet means your beta cells have to work overtime, producing more and more. This exhausts and eventually destroys these insulin-creating cells. With no replacements, your body is drained of the ability to produce the insulin it needs.

This process, until now, was considered irreversible. But thanks to stem cells, that’s all about to change. A new breakthrough study from Harvard and MIT used human stem cells to create

billions of glucose-responsive pancreatic beta cells — the kind that function normally to balance blood sugar.⁷

And the research keeps piling up. It all confirms what my patients and I have known for years...

Stem cells are the perfect solution for blood sugar.

The miracle cells in your body can take you from endless abdominal weight gain, sugar swings, fatigue, and brain fog to an energized, younger, fit body and a healthier you.

- Another study from MIT and Boston Children’s Hospital treated animals with blood sugar problems using stem cells. After just one treatment, the animals saw perfectly normal blood sugar for the equivalent of 10 human years. Plus these new beta cells were impervious to the body’s immune response.⁸
- Northwestern University researchers cured diabetes in 87% of people using the patients’ own stem cells. The patients continue to remain disease-free five years later.⁹
- Following stem cell therapy, researchers at Swiss Medical Clinic were able to abolish or reduce the need for insulin by 80% or more over a six-month period.¹⁰
- Brand new research from a team at the University of Miami Diabetes Research Institute found that stem cells exist in the human pancreas. They can now stimulate these adult pancreatic stem cells to develop into the insulin-releasing beta cells that get destroyed by diabetes. These new beta cells can sense blood sugar levels and react as needed and restore insulin production.¹¹

Stem Cells Heal Your Gut And Improve Quality Of Life

Not all chronic diseases threaten your life. Some just diminish — and even destroy — your quality of life. Like inflammatory bowel disease...

“I believe that stem cells are the future of modern medicine. They use what your own body provides to initiate your natural healing and repair system.”

IBD is one of my patients’ most debilitating disorders.

Symptoms of this chronic condition include abdominal pain, diarrhea, rectal bleeding, unwanted weight loss, and severe fatigue.

Unfortunately, IBD appears to be a growing problem. Research presented at United European Gastroenterology Week revealed that there could be three times as many people living with IBD than previously thought.¹²

Although almost 7 million people suffer from IBD globally, there remains no cure. However, thanks to breakthrough stem cell research, this could be about to change.

New research found that stem cell therapy can alleviate the painful and often debilitating symptoms of this condition...without the exorbitant recurring costs of traditional meds for Crohn’s and its IBD partner ulcerative colitis.

As a point of reference, the average cost of conventional IBD treatment costs around \$23,000 a year. Even worse, many of these drugs reduce the effectiveness of your immune system and raise your risk of getting infections.

The latest studies show that using mesenchymal stem cells works wonders against IBD.

You see, mesenchymal stem cells have a unique property that attracts them to inflammation. They regenerate damaged or diseased tissues, reduce inflammation, and modulate the immune system to promote better health and quality of life.

In one key study, therapy using mesenchymal stem cells derived from bone marrow was found to significantly reduce gastrointestinal gut inflammation, lower clinical disease activity, and improve quality of life for four years.

Are You Ready To See If Stem Cells Can Help You?

I believe that stem cells are the future of modern medicine. They use what your own body provides to initiate your natural healing and repair system.

If you are interested in learning about the stem cell procedures I offer at the **Sears Institute for Anti-Aging Medicine**, please call my staff at **(561)784-7852**.

They are more than happy to schedule your appointment.

3 Natural Ways To Boost Your Stem Cells at Home

In nearly 30 years at my Sears Institute for Anti-Aging Medicine, I've learned you can reawaken stem cells that slip into a state of hibernation as you age.¹³

Fortunately, nature has provided the ingredients you need to reactivate the sleeping cells in your bone marrow, fat tissue, and elsewhere in your body.

1. Activate Stem Cells With Holy Fruit.

New research has found a way to dramatically increase the number of stem cells circulating in the blood using the sea buckthorn. Known as the "holy fruit of the Himalayas," this bright orange fruit has been used for thousands of years to treat inflammation and infections, boost immunity, and slow the aging process.

Modern research explains why it works.¹⁴ In the study, 12 healthy adults had their blood drawn before and after eating either seaberry extract or a placebo. Data on stem cell activity was analyzed following each blood draw.

Within two hours of eating the berry, researchers found that:

- Progenitor stem cells capable of cardiovascular maintenance and repair increased 24%.
- Endothelial stem cells increased by 33%.
These multipotent stem cells found in bone marrow have the ability to develop into multiple specialized cells.

To get the results researchers saw in the study, take 500 mg daily. It's available as a softgel, powder, and juice. Look for certified organic, non-GMO products.

2. **Eat More Seaweed.** Seaweed also promotes stem cell activity.

Undaria pinnatifida, better known as wakame, contains the anti-aging molecule fucoidan, which at least partly explains why the people of Okinawa, Japan, live longer than any other people on Earth.

This compound increases the release of adult stem cells into the bloodstream. It also helps mobilize those stem cells so they can travel to the parts of the body that need repair and renewal.

And researchers stimulated mesenchymal stem cells to grow new blood vessels by combining fucoidan with standard stem cell therapy. This opens an exciting new treatment pathway for strokes and other vascular conditions that arise from blockages in blood supply to tissues.¹⁵

Fucoidan is found mostly in brown seaweed and makes a delicious salad. You can also purchase supplements online. I suggest 400 mg a day.

3. **Supplement With Blue-Green Algae.** Blue-green algae is one of the most nutrient-dense foods on the planet. There are two kinds, spirulina and a variety known as AFA. Researchers at the University of South Florida found that the AFA variety can greatly increase the production of human stem cells in bone marrow.¹⁶

AFA is available as a supplement or a powder and can be found online. I recommend 800 mg a day.

List Of Diseases Treated With Stem Cells Continues To Grow

In addition to the conditions mentioned here, stem cell therapy is also being used to treat and improve:

- Autoimmune diseases, like MS¹⁷
- Alzheimer's and Parkinson's^{18,19}
- Kidney failure²⁰
- Back pain²¹
- Osteoarthritis²²
- Liver disease²³
- Rheumatoid arthritis²⁴

And so much more...

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Your Brain Has Its Own Microbiome And It's Key To Curing Alzheimer's

I've been fascinated by the gut microbiome for decades — that bustling metropolis of trillions of microorganisms that live in your intestine and support the health of your digestive system, heart, liver, immune system, mental well-being, and more.

It used to be thought these microbes were there just to help you digest food and absorb nutrients.

But over the past few years, scientists have begun to understand their extraordinary ability to prevent — and, in many cases, reverse — dozens of diseases, including Parkinson's, asthma, diabetes, obesity, cancer and heart disease.

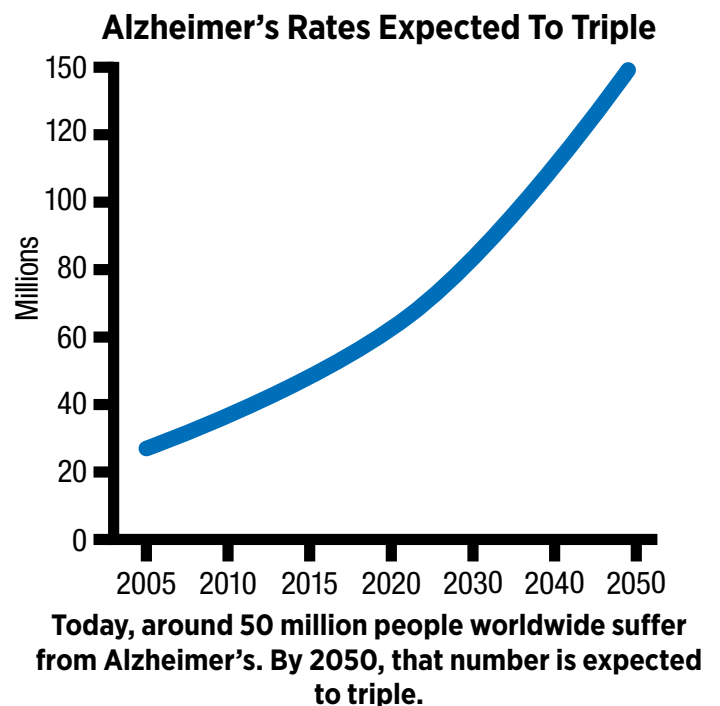
Your microbiome doesn't just refer to your gut either...

More than 100 trillion microscopic bacteria, viruses, and fungi all live in harmony with each other throughout your body. There are communities of microbes on your skin and in your genital areas, as well as in your mouth, lungs, bladder, kidneys, and other organs — and they interact with each other, as well as your human cells, to keep your body functioning and healthy.¹

That's why, when you have an imbalance in your microbiome — a condition called *dysbiosis*, where bad microbes thrive and beneficial ones die — diseases strike.

Now another localized microbiome has been discovered. It's not in your gut or on your skin, but in your brain.

And researchers now believe that it could hold the key to curing Alzheimer's disease.



It's no secret that rates of this devastating disease are at crisis levels in America and across much of the developed world. And effects go way beyond a problem of health and aging. It's a crisis of identity that steals your memories, destroys your language skills, turns loved ones into total strangers and, in its advanced stages, ends your ability to function at home.

Ultimately, it robs you of your past, present, and future. No wonder most of my patients fear Alzheimer's more than cancer.

Today, in the U.S. alone, the looming shadow of Alzheimer's touches an estimated nearly 7 million Americans, and global Alzheimer's rates — currently around 153 million — are predicted to triple by 2050.²

For too long, the battle against this neurodegenerative scourge has waged a war on the symptoms of Alzheimer's, like the buildup of amyloid-beta plaques and tau tangles between brain cells — but not its causes.

What Exactly Is Your Brain Microbiome?

Until recently, it was thought the brain contained no microbes at all — because of the blood-brain barrier, a special membrane that keeps dangerous, pathogenic microbes and toxins out of the brain.

But in two recent studies, researchers at Edinburgh University in Scotland have turned that notion on its head. They discovered that brains contain a diverse microbiome with at least 100,000 species of microbes.^{3,4}

This is an astonishing breakthrough.

After studying data from four brain banks in America and the UK, the researchers identified brain microbiomes containing many varieties of fungi, bacteria, and even unidentified algae, which were found in higher concentrations in individuals with Alzheimer's disease.

Where did these brain microbes come from? The answer is your gut microbiome, via the vagus nerve, which works as a kind of biochemical telegraph system linking your emotional and cognitive centers with your digestive and intestinal functions.

Over the years, there have been tantalizing clues about a separate, localized brain microbiome...

Back in the mid-1990s, a 70-year-old patient with a three-year history of worsening dementia was found to have the fungus *Cryptococcus* in his brain. This challenged the long-held belief that the brain is devoid of microbes because they are surely stopped by the protective blood-brain barrier.⁵

And in 2015, German scientists discovered that the so-called blood-brain barrier is not a barrier at all. Instead, it's a "blood-brain interface" controlled by a localized microbiome in the central nervous system, through which selective substances and information can be transferred between the bloodstream and the brain.⁶

Meanwhile, other studies have revealed that certain gut microbes also alter the integrity of the blood-brain barrier and brain immune cells, and that these can alter the delicate microbial balance of the brain's own microbiome.⁷

They also observed that the level of these microbes was elevated in brains that had been compromised with tau tangles and amyloid-beta plaques, the classic hallmarks of Alzheimer's.

This emerging evidence not only suggests that your brain microbiome quietly participates in the neurochemical ballet that defines your cognitive existence — but brain microbiome imbalance could contribute to neurodegenerative conditions, raising questions about the relationship between specific microbes in the gut and the development of Alzheimer's.

For instance, the herpes simplex virus which causes cold sores, originates in the gut and can be transported to the brain via the bloodstream or vagus nerve. And *Porphyromonas gingivalis*, the bacteria behind gum disease, is carried to the gut in saliva.

Both have both been linked with Alzheimer's.^{8,9}

At the same time, cases of "reversible dementia" are starting to inspire enormous interest in the idea that our brains are teeming with microorganisms — and that an imbalance might trigger neurodegenerative diseases.

But it also suggests that a brain microbiome imbalance can be redressed...

Could Nurturing Brain Microbes Be Elusive Elixir Against Alzheimer's?

At the time, that 70-year-old dementia patient back in the 1990s seemed to suffer from classic Alzheimer's. For three years, the man experienced significant cognitive decline — he frequently forgot the names of family members and was no longer able to drive or leave home by himself. Further deterioration seemed inevitable.

But when doctors took a sample of his cerebrospinal fluid in the tissues surrounding his brain and spinal cord and found the *Cryptococcus*

fungus, they immediately put him on a course of antifungal medication.

The results were astonishing. Within two years, the man regained his driving license and also returned to his former employment as a gardener.

Scientists are now certain these minuscule microbial communities within your brain play a crucial role in brain health and disease.

Ecosystems of microbes in the brain's microbiome have already been identified that almost certainly modulate neurological functions.

But when microflora colonies become imbalanced — mostly because of an invasive species crossing the blood-brain barrier — scientists now believe this contributes to the development and progression of neurodegenerative diseases like Alzheimer's.

The discovery of the brain microbiome posits a profound question: Could nurturing these microbial allies be the long-sought-after elixir against Alzheimer's?

Research in this field is still in its early stages — but it's tantalizing. Mounting evidence now suggests that cultivating a brain microbiome rich in beneficial bacteria could potentially shield the brain from Alzheimer's and perhaps even reverse the condition.

Microbial species like *Bacteroides* have already been linked to lower levels of amyloid-beta proteins in the brain.¹⁰

The next steps of this emerging frontier will almost certainly include:

- **Microbial Mapping:** Mapping the brain's microbiome in intricate detail will be foundational. Identifying which microorganisms are beneficial versus those that might contribute to disease is crucial.
- **Mechanistic Studies:** Unraveling exactly how microbes influence brain health and disease progression. This includes studying their impact on brain inflammation and immune responses, as well as the clearance of toxins implicated in Alzheimer's.

“Lifestyle changes, including regular exercise, stable sleep patterns, and stress reduction, are also likely to benefit your brain's microbial inhabitants.”

- **Clinical Trials:** Testing interventions that modulate the brain microbiome. This will likely include probiotic supplements designed to optimize brain health, or targeted antimicrobial treatments against pathogens implicated in Alzheimer's disease.

Start Protecting Your Brain's Microbiome Now

The good news is that we already know a lot about supporting your gut microbiome. It's all about balance and diversity. So, adopting a diet rich in foods that support the gut and potential brain microbiomes — such as fiber, fermented products, and specific vegetables — could have a big impact on overall brain health.

Lifestyle changes, including regular exercise, stable sleep patterns, and stress reduction, are also likely to benefit your brain's microbial inhabitants.

Supplements, particularly those that contain strains of bacteria that have positive impacts on the gut, could now be seen through a different lens — as potential architects of a fortress against neurodegenerative disease.

But here's the problem: the typical, carb-heavy American diet is so inflammatory, it drastically alters your gut bacterial populations and knocks communities into dysbiosis — and likely does the same thing in your brain.

This toxic Western diet, along with antibiotics, statins, stress, excess alcohol, chlorine and other toxins, destroys your good gut bugs, and allows bad ones to thrive.^{11,12}

Here at the **Sears Institute of Anti-Aging Medicine**, I always begin helping patients with their microbiome healing by recommending they incorporate brain-friendly foods in their daily diet.

Foods rich in prebiotic fibers, such as onions, garlic, and leeks, may not only nourish your gut microbiome but also support your brain's bacterial allies.

I also recommend a combination of prebiotics and probiotics, as well as dietary changes to restore patients' microbial gut health.

But you should be aware that most probiotics don't work — unless they use an acid-proof delivery system.

You see, probiotics are “live” bacteria — and they won't do you any good unless they make it to your gut.

That's tougher than it sounds. Imagine if you had to swim across an ocean of battery acid. That's the challenge bacteria face in your stomach.

And even if they make it through your stomach, they have to survive all of the bile salts in your upper intestine.

That's why I ONLY recommend using probiotic supplements that can make it through your digestive tract. Here's what I tell my patients:

- Always check for gut survivability. The manufacturer should be using some form of “acid proof” technology that protects the organisms from your stomach acid.
- Look for CFU, or “colony forming units.” This is the number of bacteria that are expected to reach, and then survive, your gut. The higher the number the better. A good target to shoot for is at least 30 billion CFU per capsule.
- Choose a probiotic that uses mixed strains, especially *Lactobacillus* and *Bifidobacterium*.
- Don't skimp on price. You really do get what you pay for. If it doesn't meet the qualifications above, don't waste your time or money. And remember to take them regularly. After a “loading dose” of once a day, most brands can be taken every 2 or 3 days thereafter. But don't lapse. Keep feeding your microbiome what it needs.

The formulas I use to help my patients always include these important bacteria:

1. **Lactobacillus plantarum:** Found in kimchi, sauerkraut, and other cultured vegetables. This “good bacteria” reduces gut permeability (leaky gut), which can cause many different types of brain disorders, including ADHD, depression and a number of neuro-developmental disorders. *L.*

plantarum is also essential for fighting infection, controlling inflammation and battling dangerous bacteria.

2. **Lactobacillus acidophilus:** This is found in fermented dairy products like yogurt and kefir. It keeps bad bacteria in check, curbs yeast infections and combats pathogenic microbes.

3. **Lactobacillus brevis:** Found in sauerkraut and pickles. It boosts your immune system by enhancing killer T cell activity. *L. brevis* prevents the effects of certain gut pathogens and increases levels of the brain-growth hormone BDNF.

4. **Bifidobacterium lactis (also called B. animalis):** This is found in fermented milk products like yogurt. It boosts immunity, aids in digestive comfort, and knocks out foodborne pathogens like salmonella.

5. **Bifidobacterium longum:** This is just one of 32 species that belong to the genus *bifidobacterium*. It's one of the first types of bacteria to colonize your gut at birth. It improves lactose tolerance, prevents diarrhea, food allergies and has been shown to be effective at modulating central nervous system functions.

I also recommend baobab fruit. This is the staple of the Hadza people and it's the best prebiotic I know.

Baobab is packed with vitamins, fat in the seeds, and large amounts of “real” fiber to feed the gut bacteria. Its pulp is almost 50% fiber — two thirds of which is soluble.



The baobab fruit, native to Africa, is one of the most effective prebiotics I know of.

Soluble fiber is a prebiotic, helping stimulate the growth and activity of beneficial probiotic bacteria in your intestine.

It's hard to find baobab fruit in America. But pulp powders are available online and in most health food stores. And there's no concern about losing nutrients from the processing. Baobab fruit naturally dehydrates in the shell, you don't need to heat it or process it in any way to turn the pulp into power.

Take two to four teaspoons per day. You can stir it into hot water with lemon, sprinkle it onto fruit or salads, or blend it into smoothies.

To further support your brain microbiome, I recommend you do the following:

1. Increase The Amount Of Polyphenols In Your Diet: Found in foods like berries, green tea, and dark chocolate, polyphenols can have an immensely positive impact on gut microbiota. Their antioxidant properties may also help in mitigating oxidative stress in the brain, potentially supporting cognitive functions and overall brain health.

2. Boost The Gut-Brain Axis With Vitamin D: Often nicknamed the "sunshine vitamin," vitamin D plays a crucial role in modulating the immune system and the gut-brain axis. Deficiency in vitamin D has been linked to various cognitive impairments, making its supplementation

potentially beneficial for the brain microbiome and overall neurological well-being.

3. Get More Of This Miracle Mineral: Essential for brain function, magnesium supplements can support the nervous system by regulating neurotransmitters, which send messages throughout the brain and body. Additionally, magnesium can have a positive impact on the gut microbiome, fostering a conducive environment for beneficial bacterial growth.

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Americans Are Overdiagnosed At “Alarming” Rate

What You Need To Know About Skin Cancer — And How To Prevent It

The unofficial start of summer is just around the corner. And each year, I offer the same advice... Don't be fooled by the mainstream media's aggressive sunscreen campaign.

Around this time, the sunscreen propogandists will try to scare you into believing that every time the sun touches your skin, you're increasing your risk of malignant melanoma.

The truth is... Skin cancer is over-diagnosed in America.

According to a recent study published in the *BMJ*, more than 85% of Americans diagnosed with melanoma in 2018 were overdiagnosed at a rate that the study authors called “alarming.”¹

And a study published in *JAMA Dermatology* agreed. Researchers found that around 60% of melanomas in 2022 were overdiagnosed.²

You see, when clinics screen for skin cancer, they find things that may — or may not — meet a clinical definition of cancer.

*But in most cases, they are unlikely to become harmful, even if left untreated.*³

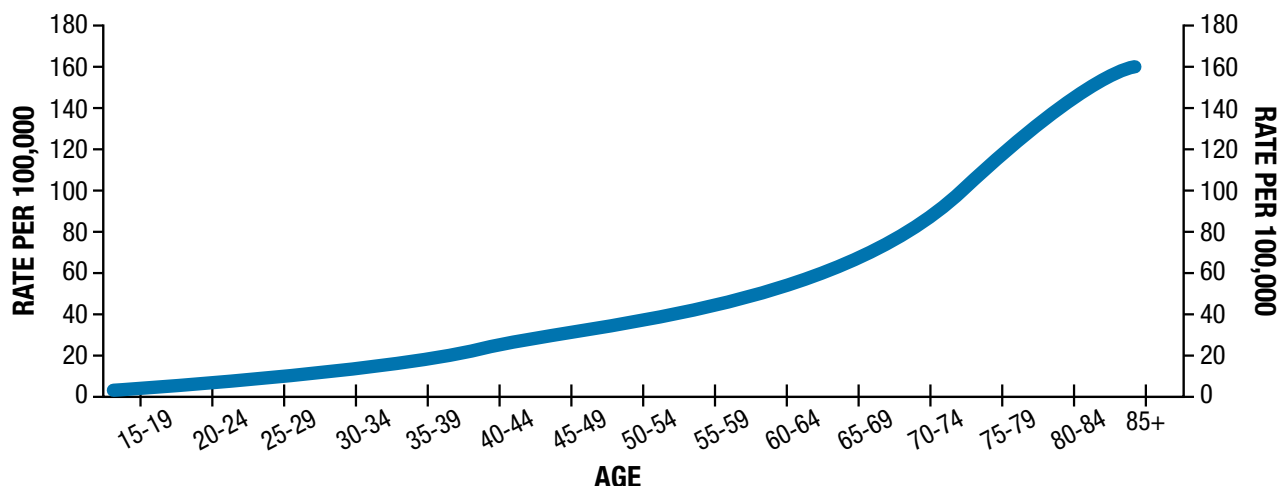
This leads to thousands of unnecessary biopsies, heightened anxiety, and treatment side effects.⁴

It's all a part of our modern sun phobia.

But here's the thing... Our fear of the sun has more to do with the commercial interests of sunscreen manufacturers than cancer protection.

If the sun really were the cause of skin cancer, wouldn't you expect people who live in sunnier climates to have the highest melanoma rates? It may surprise you to learn that populations with the most sun exposure have the lowest rates of skin cancer in the world.

SKIN CANCER RATES BY AGE



Skin cancer rates rise as you get older... but the good news is basal cell and squamous cell carcinomas, the two most common forms, are highly curable.

I have news that may surprise you: Populations with the most sun exposure have the lowest rates of skin cancer in the world. What's worse is that mainstream medicine's high-SPF approach to the sun actually raises your risk of skin cancer — not to mention breast and colon cancer, as well as a host of other disorders, including diabetes, osteoporosis, arthritis, heart disease, polycystic ovary syndrome, depression, hypertension and multiple sclerosis.

A fear of the sun makes more people sick than it saves from melanoma. If you don't get exposed to enough of the sun's UVB rays, your body can't make enough vitamin D3, which protects you from cancer and other diseases.

I'm going to show you how you can easily avoid skin cancer. I'm also going to show you the real cause behind our modern melanoma epidemic — and it has nothing to do with the sun.

Let me explain...

Your Dermatologist Isn't Telling You Everything

There is no doubt skin cancer rates are increasing. In recent years, skin cancer has become the most common form of cancer in America.

According to the latest cancer statistics, more than 9,500 people in the U.S. are diagnosed with skin cancer every day.⁵ And the older you get, the more likely you are to be diagnosed.

These are the kinds of statistics that sunblock manufacturers and dermatologists love to scare you with.

But you're not getting the big picture. Part of the problem is that the sun police have lumped all forms of skin cancer together.

Yes, it's true that skin cancer has become an epidemic in America and Europe, and that the incidence of malignant melanoma is on the rise. But here are some things you're probably not being told:

- Only 2% of all skin cancers are malignant melanoma.

- Other forms — such as basal cell and squamous cell carcinomas, the two most common forms of skin cancer — are highly curable.⁶
- Malignant melanoma occurs most frequently on areas of your body that have the least exposure to sunlight.
- There is no link between sun exposure without sunburn and malignant melanoma.
- After the age of 60, you are half as likely as men to get melanoma.⁷
- Populations that live closest to the Equator, like those in the sun-drenched Polynesian islands in the Equatorial regions of the Pacific, for example, have far less incidence of malignant melanoma than other regions.⁸

The truth is that there are other factors beside the sun that impact your risk of skin cancer — and as for malignant melanoma, there appears to be no direct link at all to the sun.

Just think about your ancient ancestors. They lived, worked, and played in the sun for millennia before the rise of sunscreens and dermatologists. And archaeological evidence reveals that skin cancer was extremely rare.⁹

Even in the 1930s, skin cancer was rare. Yet over the past 35 years, even though the use of sunscreen increased drastically, melanoma rates have doubled.¹⁰

So these days we're getting less sun exposure and more skin cancer. How could sunlight be the only cause?

The answer to this question has been known for decades — and it's been ignored by mainstream medicine for just as long.

What Really Causes Skin Cancer

Back in the late 1970s, two epidemiologists, the brothers Dr. Cedric and Dr. Frank Garland, made a landmark observation. Studying National Cancer Institute maps, they were struck by the geographic distribution of colon cancer in America. They saw that cancer rates were significantly lower in the sunny southwest, but higher in the industrialized northeast.

It was the first clue to what was really going on. Their evidence pointed to the fact that lower levels of sunshine for half the year in the north effectively prevented any synthesis of vitamin D3 during the winter months.

Over the past few decades, scientists have only begun to understand just how critical vitamin D3 — also known as cholecalciferol — is to your body.

Since the Garland brothers' discovery, multiple studies have revealed this nutrient produced by your body acts as a kind of sentinel for your health, controlling cell growth.

That's why so much research has now linked vitamin D3 deficiency to cancer. If a cell growth becomes malignant, vitamin D3 will either return the cell to normal or induce apoptosis, cell death.

Researchers at Creighton University School of Medicine in Omaha, Nebraska, discovered that high doses of vitamin D3 prevented 17 types of cancer by a staggering 77%.¹¹

Numerous other studies show that high levels of vitamin D3 protect you against:

- Arthritis
- Asthma and wheezing disorders
- Autism
- Cancer
- Covid
- Depression
- Diabetes
- Epilepsy
- Fibromyalgia
- Heart disease
- Inflammatory conditions
- Influenza
- Kidney disorders
- Migraine headaches
- Musculoskeletal pain
- Osteoporosis
- And much more...

“There is no doubt that sunburn causes damage to the DNA in your skin and can lead to cancer. But you still need moderate exposure to sunlight — and you certainly should not avoid it altogether.”

Swedish researchers recently discovered that nonsmokers who avoid the sun have a life expectancy similar to smokers who spend a lot of time in the sun.¹²

You see, your skin produces vitamin D3 when rays of light in the ultra-violet spectrum (UVB

rays) are absorbed. When those rays hit your skin, the energy in that wavelength triggers a thermal reaction in a substance in your body called 7-hydroxycholesterol.

This is then converted to the active form of vitamin D3, which functions as a hormone. A slew of studies now prove that lower UVB exposure can result in high numbers of premature deaths from numerous cancers — including skin cancer.¹³

Manage Your Sunshine Exposure

There is no doubt that sunburn causes damage to the DNA in your skin and can lead to cancer. But you still need moderate exposure to sunlight — and you certainly should not avoid it altogether.

However, an expanding body of science now tells us that sun is only a co-factor — one of many contributing factors. And even then, it's only when you overdo sun exposure that it plays a role in skin cancers.

Consistent, moderate exposure to the sun, is extremely unlikely to cause cancer. Only repeated sunburn poses a risk of cancer.

So the key is to get enough sun so your body can produce enough vitamin D3 — but there is no need to burn yourself. Your body is highly intelligent, and the process of D3 production is self-limiting. Staying out in the sun for longer than you need to won't push your D3 level up any further.

The two factors governing sun exposure are skin type and sun strength.

- If you have fair, freckled skin you are at far higher risk of sunburn. You need to be much more cautious, but you will also make vitamin D3 quickly. Aim for 10-15 minutes of sun in the morning or in the late afternoon during summer.

- If you have light brown skin — a group that includes American Indians, Hispanics, Mediterraneans, and Asians — you can aim for 30 minutes of sun each day in the summer.
- If your skin pigmentation is very dark — a group that includes African-Americans and dark-skinned Asians — you are walking around with the equivalent of SPF 8-15 sunscreen. Although you won't burn easily, you are also at a much higher risk of having a vitamin D deficiency. So you need to be exposed for much longer periods of time. Aim for 40 minutes to an hour during summer.

Your Diet Can Prevent Skin Cancer

While a huge body of evidence now points to our limited sun exposure as the prime culprit behind the skin cancer epidemic — our modern diet also has a lot to answer for.

Our ancestors not only lived every moment of their lives outdoors, they lived on a diet filled with the vitamin D-rich organ meat. Our modern diets don't. And the animal meat we do eat is mostly factory-farmed and missing critical nutrients. It's not the same meat that our ancestors ate.

These artificially raised foods increase our risk of skin cancer. They not only promote skin cancer, they lack the nutrients that prevent it. And I'm not just talking about vitamin D...

There are three primary changes in the modern diet that strongly promote skin cancer — and all are easily correctable.

1. Cut Out Refined Sugars And Carbohydrates. The over-consumption of these modern foods dramatically increases inflammation and oxidative stress in your body, caused by oxygen free radicals.

The average American consumes between 150 to 170 pounds of refined sugars in one year — much of it “hidden” in everyday foods. All that excess glucose in your bloodstream creates the perfect feeding ground for cancerous cells because glucose is the primary fuel of cancer.

I recommend that your diet consist of mostly proteins, like grass-fed meats and pastured eggs and dairy. And drastically reduce your

consumption of sugar and keep carbohydrates — like breads and pasta — to no more than 10% of daily diet.

2. Reduce Your Intake Of Omega-6 Fatty Acids. The amount of fat we consume hasn't changed much over the past century or so — but the type of fat has changed dramatically.

At the turn of the last century, we ate mostly animal fats, which are primarily saturated and monounsaturated fats. But as technology became available to mass produce oil from seeds and grains, our consumption of polyunsaturated fats began to increase. The polyunsaturated fats in vegetable oils are almost entirely omega-6 fatty acids.

When sunlight hits omega-6s, they easily convert into cancer-causing molecules.¹⁴ And omega-6s also promote sunburn. The good news is that while omega-6s promote sunburn and cancer, there is another type of fat that easily prevents these problems.

Omega-3 fatty acids are highly beneficial in virtually every aspect of your health — including protection against skin aging and skin cancer. Good sources of omega-3s include cold-water, high-fat fish. Also, you can eat plenty of raw nuts and seeds. Walnuts, almonds, and pumpkin seeds are some of my favorites.

But it's not easy getting what you need from food. I suggest supplementing with at least 600 DHA. I recommend getting DHA from squid. Sometimes called calamari oil, it contains more DHA than fish and squid oil combined. But be sure your oil comes from squid that live in the pure water off the South America coast.

3. Eat More Antioxidant-Rich Foods. In addition to high polyunsaturated fat intake, research clearly shows that low consumption of fruits and vegetables increases your risk of malignant melanoma.¹⁵

Oxidation in your body is the same chemical reaction that causes metal to rust and apple sauce to turn brown. Many forms of cancers, including skin cancer, are the result of cell mutations caused by the effect of oxygen free radicals on your DNA. But these free radicals are meant to be controlled by free radical scavengers, known

as antioxidants. But the average American diet is woefully deficient in antioxidants.

The best antioxidants for protection against skin cancer are a family of colorful nutrients called carotenoids. When you eat them, they deposit themselves in your skin, where they serve to reflect the sun, providing protection against sunburn and skin damage. And at the same time, they scavenge for free radicals and repair damaged cells.

Leading sources of carotenoids include carrots, papaya, watermelon, cantaloupe, mangos, spinach, kale, turnip greens, chard, tomatoes, bell peppers, and oranges.

But my favorite carotenoid is the most powerful one of all — astaxanthin, a microscopic algae. Wild-caught salmon is the best food source of astaxanthin — it contains 450% more astaxanthin than farmed salmon.

Supplement For Sun Protection From The Inside Out

Research has identified several supplements that can protect against sun damage...from the inside out.

- **Try This Tropical Fern.** A sun-protective compound from a South American fern fights oxidative stress in skin tissue and boosts the body's strongest antioxidant, glutathione. Studies show that *Polypodium leucotomos* also reduces inflammation and skin redness. More importantly, it supports your immune system's tumor surveillance systems, which identify and destroy cancerous cells. In a clinical trial, people who took *Polypodium leucotomos* before sun exposure had an astonishing 84% decrease in a marker of DNA mutation.^{16,17}

You can find the supplement in health food stores and online. I recommend taking 240 mg twice per day — eight hours and two hours before exposure to UV rays.

- **Supplement With Nicotinamide.** This is a form of vitamin B3 that protects skin cells from UV overexposure. Studies reveal it prevents cellular energy depletion, repairs DNA damage, and protects against skin cancer mutations. It also keeps skin hydrated and protected. All of these

actions work to reduce the risk of skin cancer.

I recommend taking 500 mg daily for one week before sun exposure.^{18,19}

- **Get 8 Times The Sun Protection.** Superoxide dismutase (SOD) is a potent antioxidant enzyme you can also take in supplement form. It clears free radicals that result in photoaging, sunburn, skin redness, and wrinkles caused by UV radiation exposure. In one study, it took subjects who consumed SOD 8 times more sunlight to get burned.

Your body naturally makes SOD, but we produce less as we age. To help keep your SOD levels high, I encourage my patients to eat SOD-rich cruciferous vegetables like broccoli and cauliflower. I also recommend supplementing with 500 mg daily.^{20,21}

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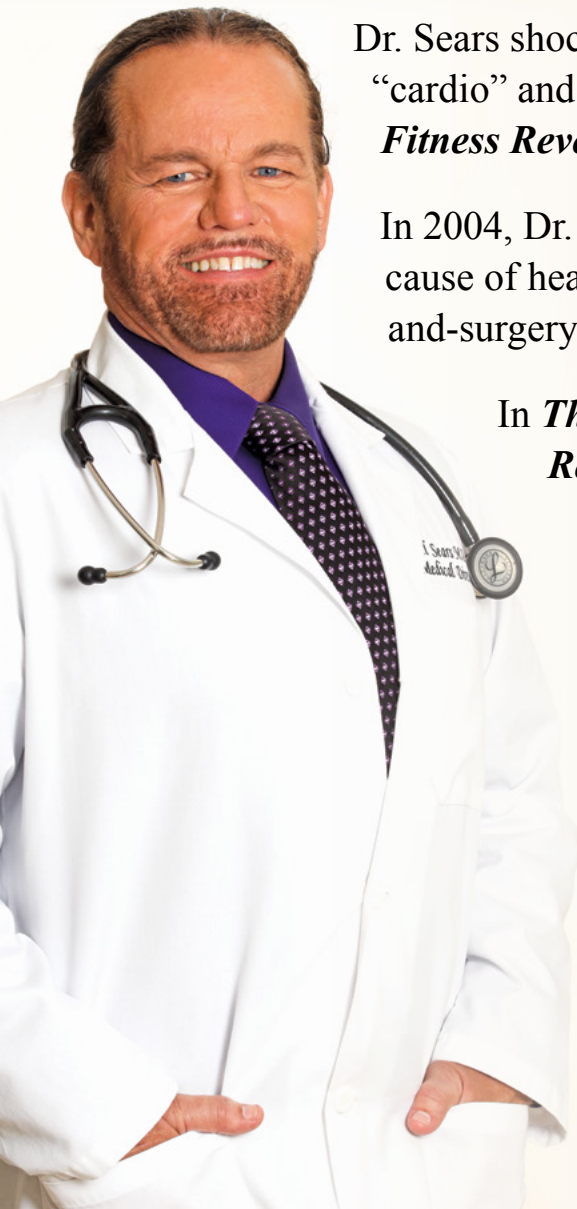
The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.

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).