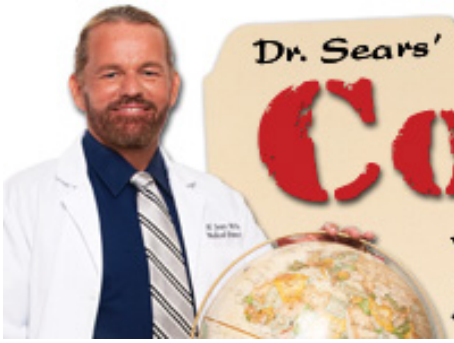

Dr. Sears'
Confidential Cures
Your Guide to Truth and Lies in Medicine from Around the World

August 2024 **Vol. XIII Issue 8**

Dear Friend,

In the last 20 years, the number of men taking testosterone has quadrupled.

Yet...instead of rising, men's testosterone levels have plummeted. In some cases, by a whopping 25%.

And it's affecting almost every aspect of your health.

It may start with a low libido, lack of energy, and increased body fat, but soon spirals into the chronic conditions the medical industry wrongly attributes to "old age."

I'm talking about conditions like cardiovascular disease, diabetes, obesity, osteoporosis, cognitive dysfunction, and depression.

Many of my new patients — some of which I've inherited after they've dropped out of a low-T clinic — come to the Sears Institute and wonder: "Why me, doctor? I'm taking great care of my health."

Simply put, this has been a long time coming. You are constantly exposed to damaging toxins in the environment that attack your masculinity...

And now it's reached the point where this crisis has become what I call a Silent Epidemic.

I'll tell you the same thing I tell my patients: Throwing more testosterone at this problem won't fix it. It will actually make the problem worse.

In your August 2024 issue of ***Confidential Cures***, I'm going to show you a safe and natural way to reverse the low-T epidemic using a therapy that the FDA continues to claim "... has not been clinically proven."

But of course, nothing could be further from the truth.

You'll also discover:

- **The real, root cause of the low-T epidemic** hitting millions of men around the world. You'll learn why going to a fly-by-night testosterone clinic is dangerous for your manhood and your health. Most importantly, I'll share the easy two-step solution that has given my patients a masculine edge.
- **A second sex hormone that can repair a broken heart.** When this neurotransmitter is released into your blood stream, it fights inflammation, reduces your cancer risk, protects bone — and reverses the devastating muscle damage caused by a heart attack.
- **The seven worst cooking oils for your health.** Marketed as a heart-healthy replacement for butter and lard, industrial seed oils are one of the most damaging ingredients you can put in your body. Find out where they're hiding, and more importantly, the healthy oils I recommend instead.

To Your Good Health,

Al Sears, MD, CNS

Also in This Issue...

Overcome The Silent Epidemic That's Affecting 40% Of U.S. Men...

Discover The Safest, Most Effective Way To Increase Testosterone

I hear about problems with low testosterone almost every week from my older male patients. But these men are not alone.

In the last 20 years, low testosterone has reached epidemic status in the United States – for men of all ages. Sadly, many of these men have no idea that this problem even exits.

Nature, one of the most prestigious journals in science and medicine, calls it a "silent epidemic."[1]

And it's getting worse. Harvard Medical School reports cases of it are significantly increasing...with up to "40% of the U.S. population" now afflicted.[2]

Let that number sink in for a moment.

That's approximately 133 million people.

If you're a regular reader, you'll know that low T isn't just about erectile dysfunction and trouble in the bedroom — though that's disturbing enough.

It's also at the root of an enormous range of ailments that most doctors usually — and wrongly — just put down to aging.

I'm talking about decreased muscle mass and bone density, insulin resistance, hidden visceral fat that wraps around your abdominal organs, loss of energy, depression, and even those dreaded man boobs.

There's now also evidence that low T is behind the surge in autoimmune diseases among American males — diseases like lupus, rheumatoid arthritis, and multiple sclerosis.

The Dangers Of Low Testosterone

Low T leads to much more than loss of libido. Damaging effects include:

- Cognitive decline and Alzheimer's
- Depression
- Metabolic syndrome and obesity
- Heart disease
- Osteoporosis
- All-cause mortality

Historically, these conditions have mostly affected women — because women have naturally lower levels of testosterone.[3]

But men are catching up — and age has almost nothing to do with it. Scientists have known for years that low T in men and autoimmune diseases are closely linked.[4]

The little blue pill or other meds like it won't fix the problem — because these drugs work by boosting blood flow, not your testosterone levels.

But before you head to the nearest testosterone clinic, you should be aware that many men who visit these places end up in a worse mess than the one they started with.

In this *Confidential Cures* article, I'm going to show a far safer and more natural way to boost your T levels. You'll learn about the root causes

of the Low-T epidemic, as well as new research on the astonishing ability of **hyperbaric oxygen therapy**, or **HBOT**, to reverse this problem. HBOT is a painless, non-invasive, and natural therapy that uses the power of oxygen to regenerate your manhood and ward off those devastating testosterone-related conditions.

"Studies also reveal that long-term exposure to electromagnetic radiation from mobile phones and Wi-Fi devices reduces testosterone levels."

Biggest Threat To Your Manhood

I've been talking to patients for years about the importance of testosterone — for men and women.

Both sexes need this critical hormone for strong bones and muscles, a keen mind, a positive mood, smooth skin, to control weight and to maintain a rip-roaring libido. Testosterone also supports protein synthesis in your body, as well as red blood cell production.

If you're a man, testosterone is made in your testes from cholesterol. Women make smaller amounts in their ovaries. A little testosterone is also produced in the adrenal glands, which sit just above your kidneys.

Testosterone is the hormone that makes a man a man. But when its low, men end up with gynecomastia (man boobs)... loss of body hair... loss of muscle mass... spare tires around the middle... decreased bone mass.... loss of ambition... irritability... and, of course, erectile dysfunction, as well as a range of diseases.

A recent study published in the *World Journal of Men's Health* found that low T also significantly increases the risk of type 2 diabetes.[5]

Aside from everything else, most men I know will do just about anything to get back in the saddle. So no surprise the testosterone drug market is a near-$4 billion a year cash cow for Big Pharma.[6]

A staggering one in four men over 30 in America have low testosterone. But these drugs come with some serious problems. Shrinking testicles, weight gain, swollen ankles, and blood clots, to name a few.[7]

At the same time, most doctors still believe low T is an age issue — but that's not true.

Sure, production declines a little as you age. A man's testosterone levels start falling at around age 30 and continue dropping by about 1% to 2% per year. But that shouldn't have any effect on your health or your sex life.

It's the drops of 3% and more that aren't natural...and neither are the health problems and feminization that come with these big declines.

The real root of the epidemic is the hundreds of testosterone-robbing toxins that lurk in almost every part of our modern world and leach into your body.

Toxins known as "estrogen mimickers," such as BPAs, phthalates, and parabens, can be found in almost every consumer product these days, including throwaway cups, plastic food packaging, pesticides in fruits and vegetables, deodorants, shampoos, and even your garden hose.

Studies also reveal that long-term exposure to electromagnetic radiation from *mobile phones* and Wi-Fi devices reduces testosterone levels.[8]

To your body, these modern-world concoctions look like the female hormone, estrogen. And once they leach into a man's body, they create an unhealthy imbalance in your testosterone-estrogen ratio.

Why Most Low T Therapies Won't Work

Sadly, most conventional doctors have no idea how to fix a low-T problem.

And I'm sure you've seen the ads. Fly-by-night low-T clinics and aggressive pharmaceutical companies that promise everything from cures for erectile dysfunction and sexual vigor to making you more alert, energetic, and mentally sharp.

These days, you can take testosterone orally, nasally, intramuscularly with injections, or through the gums via drops, creams, sprays, pills, or transdermal patches.

Sadly, these "prescriptions" are often simply rubber-stamped by doctors, who don't even see the patients coming into their clinics.

Solving a low-T problem takes more than just pumping synthetic testosterone into your system.

You see, testosterone doesn't operate in isolation. It is part of a finely balanced system of biochemical messengers called androgens, your sex hormones. Testosterone is your main androgen, but it's not the only one.

Here are the biggest problems. If you keep giving men testosterone...

- Your body shuts down its own production of testosterone. When this happens, your testicles shrink in size, because they've stopped producing testosterone.
- Red blood cell and hemoglobin levels can also increase with testosterone therapy, which can cause blood clotting and lead to strokes or heart attacks.
- You'll probably also gain weight. That's because when you have so much testosterone in your body, it starts to convert to estrogen, the female sex hormone. This can cause "man boobs" and breast sensitivity.
- Finally, your body starts to convert a lot of that testosterone into an androgen called dihydrotestosterone, or DHT. And that's bad news. DHT causes a man's estrogen (an androgen antagonist) to rise... which leads to increased belly fat, enlarged prostate, increased risk of heart disease, as well as a decline in energy and brain function.

Not only are most testosterone treatments synthetic and dangerous to your health, but they don't get to the root of the problem.

I never prescribe Big Pharma's synthetic testosterone boosters.

Here at the **Sears Institute for Anti-Aging Medicine**, I use a two-step approach for restoring testosterone levels — without triggering a flood of estrogen and DHT.

Step 1: Remove Estrogen Mimickers

Estrogen mimickers accumulate in your body and upset the delicate balance of estrogen, testosterone and other hormones that work together.

Your ratio of testosterone to estrogen should be at least 4:1. All other things being equal — the higher your ratio, the more masculine you'll look and feel. I try to get my male patients closer to 8:1.

But the buildup of estrogen mimickers makes your body estrogen-dominant, making it impossible to restore the natural balance — no matter how much testosterone you take.

That's why I recommend starting your manhood-restoration process with a special kind of natural detox called chelation.

The word "chelate" comes from the Greek "chele," which means "claw." And that's exactly what chelation does to the estrogen-mimickers that have accumulated in your body. They're grabbed and taken out.

Studies have shown chelation degrades estrogen mimickers in your body.[9]

I recommend IV chelation, which delivers 100% of the chelating agent — calcium disodium EDTA — directly into your bloodstream.

I also suggest taking three special compounds orally to remove and block excess estrogen from your body — SAM-e, DIM, and eugenol.

These compounds help metabolize excess estrogen and eliminate it from your body.

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

2. **DIM:** Meanwhile, DIM is a great natural estrogen cleanser found in cruciferous vegetables, like kale and broccoli. But you can't eat enough to cleanse your body well enough. So start with a 100 mg capsule a day. Two capsules provide as much DIM as a pound of veggies.

3. **Eugenol:** This is an estrogen-lowering compound that helps keep your body from absorbing estrogens, including fake estrogens like BPA. You can get this extract into your diet with herbs and spices, such as cinnamon, dill and Holy basil. A good way to get eugenol through supplementation is by using clove oil. Make sure you use 100% pure clove oil. Dilute just a tiny bit in almond or olive oil. They will help you absorb it better.

Step 2: Use The Power Of HBOT

Hyperbaric oxygen therapy is one of the most powerful anti-aging treatments I know, and recent research reveals that much of its potency comes from its ability to boost testosterone levels.

That's why it has also emerged as one of the most effective and natural ways to treat erectile dysfunction.

Scientific research into HBOT's testosterone-boosting powers has only begun to appear in the last decade or so — almost certainly the result of Big Pharma's efforts to push synthetic testosterone instead — but even small studies reveal HBOT's effectiveness.

In one study, 14 patients between the ages of 28 and 72 with a variety of conditions ranging from diabetic foot injuries to firearm injuries and underwater diving embolism were given up to 23 HBOT sessions.[10]

At the end of treatment, not only did 12 of the patients fully recover and the two diabetic foot injuries showed marked improvement, but the researchers also found that testosterone levels in all of the patients had "significantly increased."

In another study published in 2020, 43 men with ED between the ages of 40 and 70 were recruited for HBOT. Each subject was given 30 sessions over a period of five weeks. After the last session, all 43 subjects showed significant improvement in their ED conditions and researchers recommended HBOT as "a good alternative" to pharmaceutical treatments.[11]

These studies confirm what I've been observing for years in my own patients.

Not only does HBOT boost testosterone levels, it also reduces inflammation in the penile tissue and increases blood flow through angiogenesis — the growth of new blood vessels — as well as opening the arteries that lead to the penis. This allows more blood to be carried to the organ, thus helping to achieve stronger and longer-lasting erections.

But reversing ED is not the only anti-aging benefit from hyperbaric oxygen therapy.

HBOT Is An All-Round Anti-Aging Powerhouse

I've helped patients using HBOT for almost 10 years, and its healing power — especially for my senior patients — never ceases to amaze me.

Simple Tricks To Stop The Attack On Your Masculinity

Here are some things you can do today to prevent the further decline of testosterone:

- **Eliminate castrating drugs.** Try not to take any of the following: Opiods, statins, anti-anxiety and anti-depressants, blood thinners, NSAIDS, beta blockers, and allergy medications like Benadryl.
- **Limit alcohol.** Excessive alcohol consumption leads to impotence and suppressed testosterone production.
- **Avoid carbohydrates.** Breads, cereals and pastas tell your body to produce insulin. Insulin builds fat and stimulates feminizing estrogen.
- **Cut back on caffeine.** This common ingredient contains estrogen-mimicking phytoestrogens.
- **Keep your laptop off your lap.** Studies have found the heat from a laptop can raise the temperature of the testicles when propped on man's lap, which can affect sperm production.

It's the Holy Grail of anti-aging.

HBOT is painless, side effect-free, drug-free, and simply involves breathing pure oxygen at 1.5 times normal atmospheric pressure. It allows your lungs to take in more oxygen than would be possible if you were breathing pure oxygen at normal air pressure, supercharging the amount of oxygen your blood can carry and circulate throughout your body.

And its anti-aging work begins at the most basic cellular level of your body.

Since the discovery of telomerase**,** the enzyme that rebuilds the length of your telomeres — the microscopic caps at the ends of your chromosomes that act as your biological timekeepers — we now understand the mechanisms of aging and what's required to delay and even reverse them.

In a nutshell, to keep your telomeres long, your body healthy and your mind sharp, four fundamental conditions must be met:

- Cell and tissue regeneration must be triggered.
- Stem cells, the building blocks of tissue regeneration, must be multiplied.
- Senescent (or "zombie") cells, which instead of dying off to make room for new cells accumulate and become a major driver of aging, must be reduced.
- New blood vessels must be developed.

Years of research tell us that — at least until something better comes along — the only process that currently supports each of these conditions is HBOT.

Multiple studies now reveal that just as oxygen deprivation in cells accelerates aging by shortening your telomeres, improved oxygen supply elongates them, thereby allowing your body to perform as if it were decades younger than its chronological age.[12]

At the same time, HBOT activates the release of growth factors and stem cells, which promote healing and the regeneration of cells, tissues, blood vessels and organs.[13]

After undergoing HBOT therapy, testosterone levels in 100% of patients increased.

Researchers at the University of Pennsylvania School of Medicine found that after just one HBOT treatment, stem cell concentrations in subjects doubled — but after 20 treatments, they increased by a staggering 800%.[14]

Its ability to mobilize senescent stem cells provides your body with potent weapons against disease and also offers a powerful repairer of cellular damage wherever it occurs.[15]

In one 2020 study, researchers measured the effects of HBOT on 35 subjects over age 64 and found that 90 days of treatment significantly increased telomere length and reduced senescent cells by 40%.[16]

The list of so-called "conditions of aging" that HBOT has successfully treated grows almost daily. Here are just some of them...[17,18,19,20,21]

- Diabetes
- Autoimmune diseases, like multiple sclerosis, rheumatoid arthritis, and lupus
- Osteoarthritis
- Parkinson's
- Stroke
- Traumatic brain injury
- Bone loss and decreased bone density
- Muscle loss
- Decreased lung volume

Use The Power Of HBOT To Boost Testosterone

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

At my clinic, I've been treating patients with oxygen for several years — and the results have been remarkable.

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

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

If you're interested in scheduling an appointment for HBOT therapy at the Sears Institute for Anti-Aging Medicine, call my staff at **561-784-7852** for details.

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Hormone Released During Sex Could Become New Treatment For Heart Attack Patients

You CAN Rebuild Damaged And Lost Heart Muscle

For years, the global medical establishment recited the same misleading mantra over and over: You can't rebuild lost heart muscle.

But this is a falsehood that's been repeated so often it became medical dogma. I remember one of my medical school instructors telling us with dark humor: "Dead meat doesn't beat."

Once heart muscle died from lack of blood flow during a heart attack, they said, nothing could be done to revive it. In other words, they told you your heart was a lost cause. And with a few exceptions, any evidence otherwise was hushed up or dismissed.

But they were wrong.

With the right nutrients, exercise, and therapies, your body's innate ability to fix and heal itself is virtually limitless.

In fact, I wrote about this over a decade ago. In my best-selling book *The Doctor's Heart Cure*, I wrote: "Myths and misconceptions about heart disease are widespread and persistent... People of all ages have rebuilt youthful hearts and blood vessels."

Now, exciting new research is emerging that shows your body can rebuild heart muscle cells, known as cardiomyocytes thanks to a hormone neurotransmitter released during sex.

So what's the key to keeping your heart strong and healthy at any age? It's a unique, naturally produced peptide hormone comprised of nine amino acids. This special signaling molecule is manufactured in the brain's hypothalamus region and stored in your pituitary gland until circumstances call for its release.

Exciting new research shows your body can rebuild heart muscle cells thanks to a hormone neurotransmitter released during sex.

With the right stimulus, the pituitary releases this neurotransmitter directly into your blood stream.

And once it's there, it's like a natural wonder drug lowering your blood pressure... fighting inflammation... reducing your risk of certain cancers... protecting your bones... conquering pain... and even reversing the devastating muscle damage caused by heart attacks.

I'm talking about oxytocin.

You know that higher oxytocin sparks greater empathy, bonding, collaboration, and social learning.

But according to this latest research, the organ that loves oxytocin the most is your heart!

And now, thanks to new research, we know there are cellular pathways that can trigger heart muscle cell regeneration.

In this ***Confidential Cures*** article, I'll show you the latest research that reveals oxytocin's extraordinary potential to repair heart muscle, plus a vast range of additional health benefits.

> "There's now solid evidence oxytocin can improve blood flow, reduce inflammation, and nurture the development of new blood vessels to feed heart muscle."

And I'll share the advice I give my own patients on how to boost oxycontin levels to insure you're staying "young at heart."

Why Your Heart Loves Oxytocin

It's a daunting statistic: Almost a million Americans survive having a heart attack every year. And as these patients struggle to recover, their doctors recite the mainstream medical mantra that regenerating damaged heart-muscle cells is impossible. Once it's lost, they say, it's gone forever.

Cardiac muscle cells begin to perish when their blood flow is interrupted. In response, your pituitary releases oxytocin and other hormones into your bloodstream.

This in turn triggers a rapid response in the outmost wall of the heart, the epicardium. When properly stimulated, epicardium cells are able to reinvent themselves, morphing into multi-purpose "progenitor cells" to replace lost heart-muscle cells.

These progenitor cells are descendants of stem cells. While not as versatile as undifferentiated stem cells, they're capable of replacing cells within the same organ. In the case of your epicardium, they become cardiomyocytes — healthy heart muscle cells your heart desperately needs.

But there's a problem: In mammals, the epicardium is rarely able to produce enough progenitor cells to repair heart damage. Because with age the natural expression of oxytocin in heart tissue declines.[1]

As Michigan State researchers studied the epicardium cells on the outer wall of the heart, they noticed those cells possess receptors for oxytocin. Could oxytocin, they wondered, stimulate the epicardium to increase the production of progenitor cells needed to repair a damaged heart?

Researchers tested two different experimental approaches to find out. First, they exposed human epicardial cells to oxytocin.

Over the next few days, they were excited to see the number of heart-healing progenitor cells doubled. This suggested oxytocin could indeed have a strong impact on the heart's ability to heal.[2]

To back up their findings, they also tested whether oxytocin could repair heart tissue in zebrafish, a well-studied species known for its ability to regenerate damaged organs.

Their tests showed that after a heart-tissue injury, oxytocin levels in zebrafish brains jumped 20-fold, along with a corresponding increase in new heart-muscle cells! Their conclusion: oxytocin was nature's way of directing the epicardium to repair damaged heart tissue.

The researchers' experiments led them to conclude oxytocin is "an important activator of epicardial progenitor cells and induces reprogramming of human epicardial cells into an epicardial progenitor state."

They wrote oxytocin "could be used in the clinic to aid in the recovery from severe cardiac events ... and prevent progression to heart failure in the future."[3]

Heart Health Is Just One Of This Hormone's Many Benefits

Just learning how to regenerate a failing heart could potentially save millions of lives. But research shows progenitor activation is just one of the oxytocin's health benefits.

There's now solid evidence oxytocin can improve blood flow, reduce inflammation, and

nurture the development of new blood vessels to feed heart muscle — a process called angiogenesis.

Researchers believe oxytocin may also help heart-muscle cells improve glucose metabolism, reduce oxidative stress, stop cardiomyocyte hypertrophy, and protect the mitochondrial cellular powerplants that generate the energy heart muscles consume in abundance.[4]

> "Japan published an astonishing study that found administering oxytocin intranasally in animal models resulted in enhanced brain activity and reversed cognitive impairment."

But protecting your heart is just the latest discovery among oxytocin's many health benefits:

• **Boost Immunity.** Several studies show increasing levels of oxytocin boosts production of feel-good hormones like serotonin and dopamine, while down-regulating stress hormones cortisol and norepinephrine.[5] Not only do you feel better emotionally, but your immunity function is enhanced.

• **Improve Sleep.** More oxytocin means less cortisol and less stress. According to a 2003 study in the *Journal of Regulatory Peptides*, that in turn improves sleep quality.[6]

Deeper sleep in turn has widespread health effects throughout the body, including better brain function.

• **Combat Dementia.** Studies involving mouse brain tissue indicates oxytocin counteracts the memory impairment associated with the presence of amyloid beta proteins.[7] The hope is it could one day be used to counteract Alzheimer's.

Research shows oxytocin helps restore the "plasticity" vital for memory and learning. Other studies indicate it may block neuroinflammation, thereby protecting brain function for young and old alike, and staving off cognitive impairment.[8]

• **Relieve Pain.** Oxytocin can latch on to oxytocin receptors in the brain and spinal cord to inhibit transmission of the signals we interpret as pain. But it's also able to bind onto natural opioid and cannabinoid receptors, acting as a natural painkiller.[9,10]

• **Battle Breast Cancer.** Multiple studies have shown that oxytocin inhibits the growth of breast cancer cells. The link emerged after doctors observed that pregnant and breastfeeding women had a reduced breast cancer risk.[11,12]

• **Lower Blood Pressure.** There's also growing evidence oxytocin helps lower blood pressure, with systemic health benefits. Oxytocin has been found to trigger the release of a special peptide, atrial natriuretic peptide (ANP), that slows your heart rate and lowers blood pressure significantly.[13]

Studies also show oxytocin stimulates increased production of nitric oxide (NO), the natural vasodilator that induces your blood vessels to relax and expand, increasing blood flow and reducing blood pressure.[14,15] In one study of 59 women, those who regularly embraced their partners exhibited a lower resting blood pressure than women who did not engage in periodic hugging.[16]

• **Fight Muscle Loss.** The general loss of strength and muscle tissue as we age — the muscle-wasting effect called sarcopenia — is not inevitable.

In fact, a growing body of research indicates oxytocin along with proper exercise can help reverse its effects. An end to muscle deterioration would be a major victory in the battle to help patients live better, longer.[17]

• **Improve Bone And Muscle Health.** A mouse study found that oxytocin could prevent the development of osteoporosis. It helped slow bone breakdown and increase the growth of new bone cells.[18]

Then researchers from the University of California at Berkeley found oxytocin may reverse age-related muscle wasting or sarcopenia.[19] When they injected oxytocin under the skin of old mice for nine days, things changed. Their muscles healed much faster. They healed at about 80% of the rate of young mice.

• **Reverse Memory Loss.** Researchers in Japan published an astonishing study that found administering oxytocin intranasally in animal models resulted in enhanced brain activity and reversed cognitive impairment. Their memory performance was measured using water maze tests.

After the mice receiving the treatment showed improved performance, researchers concluded that oxytocin could reduce the cognitive decline seen in dementia disorders like Alzheimer's.

This study backs up earlier research also out of Japan. That study found that oxytocin reversed the effect of toxic beta-amyloid and restored brain cell plasticity, which is vital for memory and learning.

Breathe In More Oxytocin

Oxytocin is produced in the hypothalamus region of the brain. Sadly, your supply starts to decline after you turn 40.

But you can teach your body to produce more oxytocin naturally. Of course, touch is the easiest way. Touch prompts your body to release oxytocin, so the more, the better. Studies show that just a 15-minute massage can boost your oxytocin levels by 17%.[20] Kisses, hugs, and sex all work, too.

But at my clinic I recommend breathing it in. You can't take a pill to get the benefits of oxytocin. It breaks down too quickly in your stomach for a supplement to work. Even an injection won't last too long in your body.

The only clinically proven way to take oxytocin is by nasal inhaler. Nasal oxytocin is completely safe, and significantly increases oxytocin in the blood.[21]

You can purchase nasal inhalers online without a prescription. I recommend between 18-40 IU drops per day.

3 Simple Steps To Increase Oxytocin Production Naturally

There are several ways you can trigger oxytocin production.

Here's what I suggest:

1. **Get More Magnesium.** This mineral, essential for muscle contraction and a healthy heart rhythm, plays a key role in transporting calcium, potassium, and other electrolytes into your cells. But magnesium levels in the modern diet are less than half what they were just a few generations ago.

Nuts, seeds, dairy, and dark green, leafy vegetables are all good natural sources. But I also recommend supplementing with 1,000 mg a day. Magnesium citrate, magnesium glycinate taurate, and magnesium aspartate are the most absorbable forms. Also, taking vitamin B6 helps increase cellular storage of magnesium.

2. **Supplement With Vitamin D.** No doubt you've heard about the immune benefits of vitamin D. But there's growing evidence it's also able to activate receptors to trigger the production of precursors that the body uses to build oxytocin.

I tell my patients to supplement with at least 1,000 IUs of vitamin D daily — and during the winter months when you're getting less sun exposure, you'll probably need closer to 5,000. You can always ask your doctor for a vitamin D test to assess your levels during your next round of blood work.

And be sure to supplement with the vitamin D3 form, also known as cholecalciferol. That's the vitamin D manufactured naturally by your own body.

3. **Take L. Reuteri Probiotics.** Several animal studies show that probiotics containing the lactic-acid eating L. Reuteri bacterium induce the body to increase, or "upregulate," oxytocin production.[22]

This probiotic that naturally occur in the human microbiome is available online in capsule form, and as an ingredient in certain probiotic yogurts.

Accelerated wound healing is just one of the positive effects researchers have observed following an elevated production of oxytocin.[23]

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Industrial Seed Oils And The Health Food Hoax

How To Avoid One Of The Unhealthiest Foods On The Planet — And What To Eat Instead

There's an entire grocery store industry built around selling "health foods." My advice to you is buyer beware. Don't assume everything on their shelves is good for you.

Prepared foods like bone broth and soups, chicken salad, or nut butters may be harboring an ingredient that's far from healthy. That's why it's always best to read the labels for hidden harmful ingredients.

One of the lesser-known ingredients is seed oil.

Far from heart-healthy, research shows they are linked with all the chronic diseases they're supposed to help you avoid, including heart disease, diabetes and cancer. More on this in a moment.

Industrialized seed oils, often called vegetable oils, are hard to avoid. They're in virtually everything you eat — and chances are you're unknowingly consuming them on a regular basis.

And though seed oils and vegetables may sound like natural foods, they're the farthest thing from it. Our ancient ancestors never had access to these chemically processed, lab-created oils because they don't exist in nature. They never consumed these substances, so we never evolved to properly metabolize or digest them.

The good news is, there are many options to seed oils.

In this ***Confidential Cures*** article, you'll learn the truth about the history of seed oils and how they're made. I'll show you why you should avoid consuming seed oils and which healthy oils and other fats you can replace them with.

The seven worst oils for your health are canola (rapeseed), soybean, corn, sunflower, cottonseed, safflower, and peanut.

How Industrial Waste Turned Into Crisco Cooking Oil

The origin of seed oils is directly linked with Procter and Gamble, the world-famous manufacturers of soaps, lotions, deodorants, and disposable diapers.

In the early 1800s, company founders William Procter and James Gamble had been considering the idea of using cottonseed oil as the basis for soap rather than lard. At the time, cottonseed oil was considered a form a toxic waste fit only for burning in lamps to provide light.

Then Edwin Drake became the first American to successfully strike petroleum oil, which was easily refined into kerosene for lamp oil. The sudden abundance of this fossil fuel quickly rendered

cottonseed oil useless — and extremely cheap. Procter and Gamble saw an opportunity. They first began making cottonseed oil-based soap.

But in the early 1900s, they found another use for this toxic waste. They began using a chemical process called hydrogenation to turn cottonseed oil into a solid fat that could be used for cooking instead of lard. The result, in 1911, was Crisco.[1]

The success of the world's first vegetable shortening led to the marketing of soybean, corn, safflower, canola (made from rapeseeds) oils. They were cheap to make, and manufacturers pushed them hard on the public. Soon, they were a staple of American cooking.

The Unsavory Chemical Process That Creates Seed Oils

When you read the details of the way industrial seed oils are created, you'll wonder how anyone could have considered them healthy in the first place. Whether using corn, rapeseed, safflower, soy, or cotton, the method is the same:

- The seeds are exposed to high temperatures. This causes unsaturated fatty acids in the seeds to oxidize — a process that yields harmful byproducts.
- A petroleum-based solvent such as hexane is used to process the seeds. This ensures that they yield the maximum amount of oil.
- After this solvent treatment, the seeds smell terrible and need to be deodorized. This process creates trans fats, which are notoriously unhealthy and raise your risk of heart disease.
- Lastly, artificial dyes are added to lend the oil a palatable-looking color.

The Great Seed Oil Hoax

The journey seed oils took from toxic waste to masquerading as a "heart healthy" kitchen staple is a long a scandalous one. It's a tale of bribery, lies, and flawed research.

In the 1940s, seed-oil kings Procter and Gamble donated a total of $1.5 million to the American Heart Association (that's more than $17 million in today's currency). The windfall helped put the relatively new organization on the map. Depending on how naive you are, you might consider it just a coincidence that the AHA began touting seed oils shortly thereafter. The group promoted seed oils as better for your heart than animal fats.

A few years later, the concept that cholesterol and saturated fat cause heart disease was first presented by a physiologist named Ancel Keys. Even though there were epidemiologists at the time who strongly disputed his findings, the hypothesis that animal fats raise the risk of heart attacks became conventional wisdom in mainstream medicine.[2] As I've been saying for years, this is entirely wrong, and copious research bears this out.[3]

As a substitute for animal fats, Keys urged people to consume — you guessed it — seed oils. He championed polyunsaturated fats (PUFAs) from plant-based foods as a superior alternative.

Over time, this erroneous belief became entrenched in mainstream medicine.

Doctors and medical organizations such as the National Institutes of Health and the American Medical Association declared war on animal fats. They strongly suggested lard and tallow should be avoided for cooking in favor of vegetable-based shortenings such as Crisco, corn oil, or soybean oil.

They insisted people should stop buying butter and use solid seed oil — margarine — instead.

It's incredible, because scientific support for this nonsense is mainly based on deeply flawed, outdated studies from the '50s and '60s.

A typical example is the Los Angeles VA study.[4] It looked at two groups of several hundred elderly veterans. One ate a diet rich in saturated fats, the other substituted PUFAs from seed oils.

At the end of the study, there were marginally more deaths in the saturated-fats group. And even though the study itself said the results were "not statistically significant," it absurdly became a rallying cry against coconut oil and other saturated fats.[5]

On top of that, the study authors hid the fact that there were twice as many smokers in the saturated-fats group! Obviously, this likely had some bearing on the slightly greater number of deaths in the group.

Furthermore, the vets that consumed PUFAs ended up with double the cancer rate.

A mountain of evidence has emerged revealing what an incredible medical boondoggle the glorification of seed oils at the expense of animal fats really is.

A 2014 review of the medical literature from university researchers found neither cutting back on saturated fats nor eating more PUFAs provides any health benefit at all.[6] In fact, the evidence shows seed oils are actually harmful.

Avoid The Most Unhealthy "Health" Food On The Planet

Industrial seed oils can cause...

• **Chronic Inflammation.** Chronic inflammation is the basis for the worst diseases facing humanity including cancer, diabetes, and heart disease. In fact, Harvard University researchers call it the "unifying theory" of disease.[7]

Inflammation is the body's natural response to illness, and it's necessary for fighting infections and healing injuries.

But serious problems occur when an inflammatory response is turned on and won't turn off. Chronic inflammation can be caused by insulin resistance, and autoimmune disorders such as arthritis.

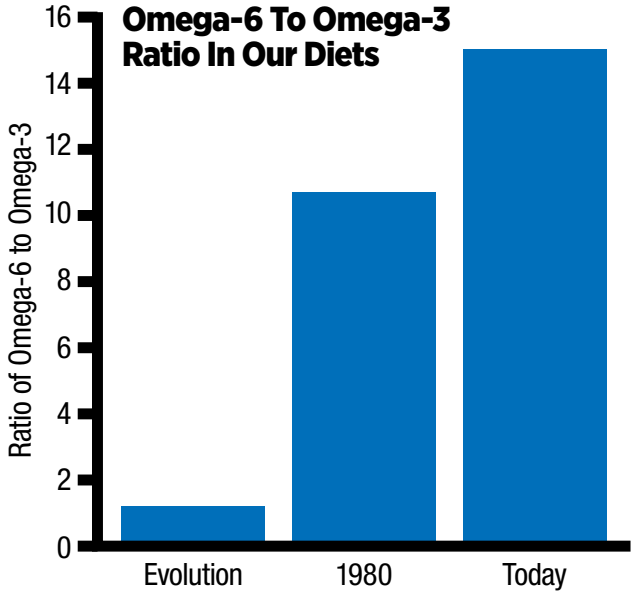
Certain foods can also promote the dangerous condition... including seed oils. They throw the delicate dietary balance of fatty acids out of whack.

There are two types of fatty acids: omega-3s and omega-6s. Omega-6s prompt your body to create substances that are pro-inflammatory. Omega-3s such as DHA, EPA, and ALA promote anti-inflammatory substances.

Our ancient ancestors consumed a diet that maintained an equally balanced 1-to-1 ratio of omega fatty acids. Modern humans are therefore genetically programmed to maintain that same ratio in order to stay healthy.

But most people in the Western world eat way too much omega-6s compared to omega-3s, with ratios that fall between 10-to-1 and 20-to-1. The main dietary culprits are seed oils and the margarines, shortenings, etc., that are made from them.

The result leads your body to disease-promoting chronic inflammation.



Our ancestors had a ratio of 1:1 in their diets. That means for every bit of omega-6 they consumed, they also ate the same amount of omega-3s. In our modern world, the ratio of omega-6 to omega-3 fats we eat has skyrocketed to as much as 20 to 1.

• **Metabolic Diseases and Endocrine Disruptions.** The fatty acids in industrial seed oils are highly unstable and therefore prone to oxidizing and going rancid.

Manufacturers add synthetic antioxidants such as BHA, BHT, and tBHQ to keep that from happening. These chemicals are commonly used as preservatives in the U.S. food industry...and they are linked to a number of serious health issues.

The National Toxicology Program reports that BHA "is reasonably anticipated to be a human carcinogen." And BHT has been linked with cancer in several studies.[8] Research shows that tBHQ interferes with the immune system.[9] All

three preservatives have been shown to disrupt the endocrine system.[10] That can lead to prostate, thyroid, and reproductive issues, as well as metabolic diseases such as diabetes and obesity.

Linoleic acid, the primary fatty acid in seed oils is also linked to increased body fat.[11]

• **Alzheimer's.** For a study published in *Scientific Reports*, researchers looked at two groups of mice. They fed one group a normal diet. They gave the human equivalent of two tablespoons a day of canola oil to the other group in addition to their normal food.[12]

After six months, the mice on canola oil showed significant mental impairment in tests that assessed short-term memory, working memory, and learning ability.

When they examined the rodent's brains, researchers found the canola oil had greatly reduced their levels of a protein that protects against the plaque that engulfs neurons in the brain and can lead to Alzheimer's.

The Healthy Choices You Should Eat Instead Of Seed Oils

First off, you should comb through your kitchen and pantry and get rid of any vegetable shortenings such as Crisco and any of these oils: soybean, sunflower, cottonseed, corn, peanut, safflower, and canola.

Second, make a point of avoiding processed foods. These often contain seed oil in the form of hydrogenated or partially hydrogenated vegetable oil. The worst offenders include cookies, cakes, fried foods, frozen pizzas, margarine, biscuits, artificial coffee creamers, microwave popcorn, and pies.

With that done, here are the healthy fats you should consume and use for cooking instead of seed oils:

1. **Coconut Oil.** You may have heard coconut oil getting a bad rap in the media and from organizations like the AHA. Don't believe a word of it. They would have you believe coconut oil is akin to poison, when the research shows exactly the opposite.

Coconut oil is made up of medium-chain triglycerides (MCTs), which are good for your brain and boost your immunity.[13,14] They also prevent osteoporosis, protect your liver, and help your body burn fat.[15,16,17]

2. **Extra Virgin Olive Oil** is incredibly good for you. Studies show it protects against cancer, heart disease, stroke, obesity, Alzheimer's, and arthritis.[18]

Unfortunately, a lot of olive oil brands are not authentic. Many companies mix seed oils into their olive oil because they're cheaper.

To make sure you're getting the real thing, check the bottle labels. Look for these acronyms: PDO, DOC, DO, or DOP. These are European certifications of quality. COOC (California Olive Oil Council) serves the same function for American-made olive oils.

Also, only buy olive oil in dark or opaque containers. Exposure to light causes oxidation and rancidity.

3. **Lard.** My grandmother cooked with it her entire life, as did most people before Ancel Keys came along and the government promoted his baseless ideas.

The truth is, your body needs animal fat. Our ancestors thrived on it and passed that genetic predilection on to us.

Lard, which is rendered from pig fat, is mainly made up of monounsaturated fat, the same as olive oil. Yet the media tout the health benefits of olive oil (rightfully) while disparaging lard. Lard is a great cooking substitute for butter if you're lactose intolerant.

It's also rich in healthy saturated fat and a good source of vitamin D.

By the way, make sure the lard you purchase comes from a natural source. Check the label to make sure it hasn't been hydrogenated to extend shelf life. Here's a good rule of thumb: If it's not refrigerated, don't buy it.

4. **Tallow.** Fat rendered from any animal other than pigs — usually beef — is called tallow. It has a high smoke point which means it's excellent

for cooking. Tallow is high in saturated and monounsaturated fats.

Look for tallow from grass-fed cows — it's higher in omega-3s. Like lard, tallow helps you absorb essential vitamins and helps keep your skin hydrated.

5. **Butter.** Grass-fed butter contains essential nutrients such as vitamin K2, which plays a part in heart health and cancer prevention.[19] It's also rich in omega-3s and conjugated linoleic acid, which has been shown to boost fat loss, improve insulin function, and support the immune system.[20,21,22]

Ghee, a type of clarified butter, carries many of the same benefits and is usually OK if you're lactose intolerant.

Other great sources of dietary fats include wild-caught fatty fish, avocados, and nuts such as almonds, walnuts, and pistachios.

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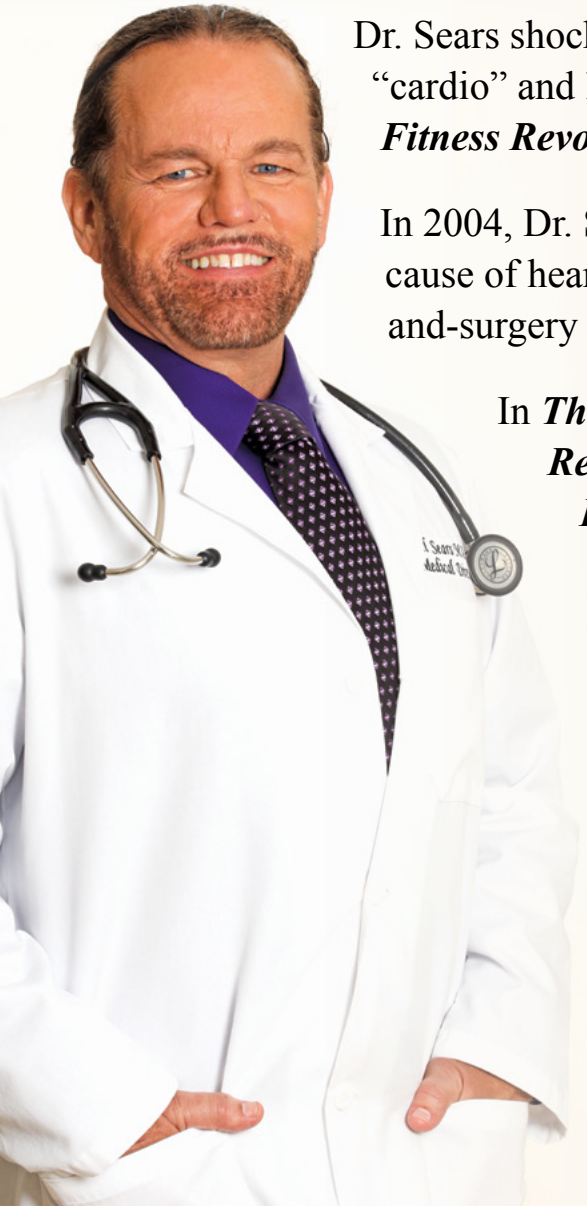
Al Sears, MD

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

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

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



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

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

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

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