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

June 2026 **Vol. XV Issue 6**

Dear Friend,

For most of human history, your immune system stood a fighting chance.

The threats it faced were relatively simple. I'm talking about things like bacteria, viruses, and naturally occurring environmental pathogens.

Your body's detox systems evolved over hundreds of thousands of years to handle those challenges.

Then — in an evolutionary blink of an eye — everything changed.

Today, you're living in a chemical experiment unlike anything in human history. More than 86,000 man-made chemicals have been manufactured, processed, or imported into the United States — creating a toxic soup your body was never designed to handle.

Most of these compounds didn't exist a century ago.

Meanwhile, studies reveal there are harmful environmental chemicals in the blood and urine of almost 100% of people tested.

The question is no longer whether these chemicals are entering your body. It's what happens after they get there.

Your body is remarkably good at eliminating many unwanted substances.

The trouble is that many modern chemicals weren't designed by nature.

Certain toxins linger in your bloodstream, accumulate in fatty tissue, remain stored in organs, or even cross the blood-brain barrier — long after your original exposure.

Imagine your body as a biological sponge. Every day, you absorb a little more from food, water, air, and your environment. But over time, the sponge gets saturated.

Researchers have linked chronic exposure to environmental chemicals with a growing list of health concerns, including hormone and metabolic disruption... immune-system impairment... neurological disorders... heart and liver disease... and certain cancers.

In your June 2026 issue of ***Confidential Cures***, I'm going to show you:

- The most important detox molecule in your body. You will also discover how the modern world is draining it faster than you can replace it, but more importantly...how you can build it back.
- How a hidden hormonal decline – ignored by traditional doctors — is accelerating muscle loss, fatigue, inflammation, and premature aging. I'll then share how you can easily replenish this hormone with a breakthrough peptide therapy.
- Why the PSA prostate test is one of the most dangerous medical frauds facing men today — and the five natural steps you can take to protect your prostate without ever setting foot in a surgeon's office.

To Your Good Health,

Al Sears, MD, CNS

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Gov't Agency In Charge Of Protecting Your Health Found Toxic Chemicals In Almost Every American — *And Said Nothing*

Here's How You Can Activate Your Body's Most Important Molecule And Protect Yourself From The Modern World

The medical establishment treats aging as a one-way decline. Once you lose your energy, strength, or mental sharpness...they assume it's gone for good.

But that's not what I see in my own practice.

Maybe you know the feeling.

You're doing everything right. You eat whole, clean foods. You stay active and exercise the right way. You take the right supplements.

And yet something's off.

The energy that used to carry you through the day fades by mid-afternoon. Your thinking isn't as sharp. Your recovery takes longer.

You go for blood work. When it comes back "normal," your doctor says what you're experiencing is simply part of getting older.

But somewhere inside, you know that's not the whole story. And you're right. What you're feeling isn't simply aging.

The truth is you're under assault — all day, every day.

Not because your body is failing. But because it is forced to defend itself against a world it was never designed for.

In fact, one of the most disturbing public health discoveries of the last quarter century has received almost no attention at all.



The Centers for Disease Control — the agency in charge of protecting your health — knew almost 100% of Americans carried a toxic body burden. But they said nothing.

The Environmental Working Group made headlines when it revealed that industrial chemicals could be found inside the bodies of almost 100% of Americans.

But the EWG wasn't the only organization investigating this problem.

The CDC Cover-Up

The Centers for Disease Control and Prevention — the most powerful public health agency in the United States — conducted its own testing.

Since 1999, the CDC has operated an ongoing program called the National Report on Human Exposure to Environmental Chemicals.

Using blood and urine samples collected from thousands of Americans, researchers measured the chemical burden carried inside the human body.

And their findings confirmed exactly what many independent researchers feared.

Americans are carrying measurable levels of hundreds of industrial chemicals.

Not just factory workers. Not just people living near chemical plants. Not just those exposed to obvious environmental hazards.

Virtually every person in every region of the country.

But here's what the CDC never told you. They documented the chemicals. They measured the exposure. Then they stopped.

They issued no nationwide warning campaign... No recommendation that physicians begin testing patients for toxic body burden... No public education effort explaining what these chemicals are doing to the human body.

In fact, the report itself states that it "does not provide health or toxicity information."

Think about that for a moment.

The federal government documented that Americans are carrying hundreds of synthetic chemicals in their bloodstreams — chemicals that never existed throughout nearly all of human history.

And their official position was essentially: No comment.

Meanwhile, every one of those chemicals places another demand on your body's detoxification systems.

Every day your body is forced to neutralize toxins in your food, water, air, and environment.

And every day that process consumes a precious resource that most doctors never discuss.

A molecule so important that scientists have nicknamed it both the "master antioxidant" and the "master detoxifier."

A molecule that neutralizes free radicals, binds to toxins, protects your DNA, shields your mitochondria, supports your immune system, and helps escort dangerous compounds out of your body.

I'm talking about glutathione.

In this ***Confidential Cures*** article, I'm going to show you why it may be the most important molecule in your body, how the modern world is draining it faster than you can replace it, and most importantly...how to build it back.

The Molecule That Runs Your Body's Cleanup Crew

Inside your cells, glutathione is the master of your entire defense system. Scientists have nicknamed it the "master antioxidant" and the "master detoxifier."

It has no patent. No drug company can profit from it. And yet it does more to determine whether you age well — or fall apart — than anything your physician tests for.

Glutathione is a tripeptide. It's built from three amino acids — cysteine, glycine, and glutamic acid — strung together.

Your body makes it in nearly every cell. In its active form, glutathione carries a spare electron it can give away. That one ability is the root of everything it does.

It Neutralizes Free Radicals. Every day, unstable molecules called free radicals tear through your cells looking to steal electrons. They rip them from your DNA, your cell membranes, your proteins. That theft is what we call oxidative damage. It's one of the deepest drivers of aging and disease.

Glutathione steps in and donates its spare electron before the free radical can do harm. Once it does, glutathione is "spent" — but your body recycles it back into its active form using an enzyme called glutathione reductase, so it can go right back to work.

It Escorts Toxins Out Of Your Body. Your liver clears toxins by breaking a toxin down. But that step often leaves behind a fragment that's more reactive and dangerous than the original.

That's where glutathione comes in.

Using a family of enzymes called glutathione S-transferases, glutathione latches directly onto that fragment — along with environmental toxins, heavy metals, and metabolic waste.

This bond changes the toxin's chemical structure and makes it water-soluble. And once a toxin is water-soluble, your body can flush it out.

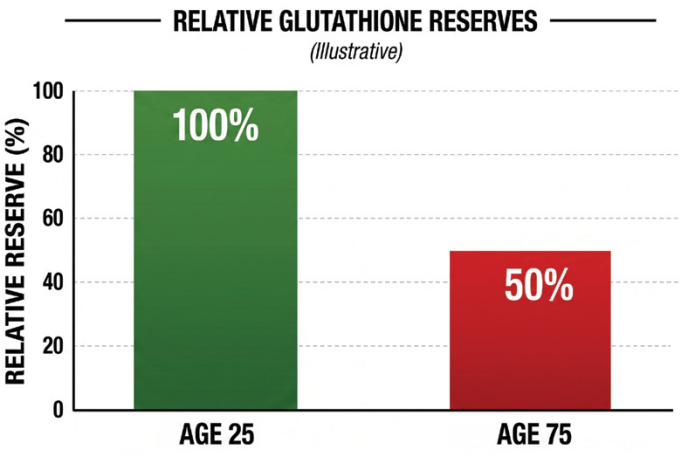
Without glutathione, these dangerous toxins have no way out.

It Shields Your Mitochondria. Deep inside each cell are mitochondria — the tiny engines that produce energy. But making energy is messy, and it throws off its own stream of free radicals as a byproduct.

Glutathione mops up these byproducts so your cells keep producing clean energy instead of grinding down into fatigue. This is a big part of why low glutathione often shows up as unexplained exhaustion.

It Recharges Your Other Antioxidants. You've heard that vitamins C and E are antioxidants. They are. But here's what almost no one tells you:

Once these vitamins have neutralized a free radical, they become unstable.



Studies reveal most chronic diseases are associated with low glutathione — unless you take action to restore it today.

Glutathione regenerates them, restoring vitamins C and E to their active forms so they can fight again. This is why glutathione is called the master antioxidant.

When glutathione is high, your entire defense network hums. Free radicals get neutralized. Toxins are escorted out. Your energy remains high. Your other antioxidants stay in the fight.

When glutathione runs low, the whole system stalls.

The Modern World Is Draining Your Supply

Your body was built for a world that no longer exists.

For almost all of human history, the toxic load your cells had to handle was small. A bit of smoke from a fire. Something spoiled in your food.

Your glutathione could keep up with ease.

But that world is gone. Today you're surrounded by poisons your ancestors never faced. They're in your water, your food, and the air you breathe.

And every time your body neutralizes one of these toxins, it uses up a little more of your glutathione.

Your body spends glutathione like currency. Each toxin it clears draws down your account. And the modern world keeps sending the bill.

It starts with age. Your glutathione production begins slipping in your 20s. After that, it drops a little more each decade.

So even if you lived in a sealed bubble, you'd be making less of it every year. But you don't live in a bubble. You live in the modern world — and that's where the real drain comes from.

- **Microplastics.** Tiny plastic particles are now in our water, food, salt, and even the air we breathe. Researchers have detected them throughout the body, including in the blood, lungs, and brain.

  These microplastics increase oxidative stress and disrupt the body's antioxidant defenses, including glutathione.[1]

Because your body has no dedicated system for dealing with these synthetic particles, it relies heavily on glutathione to help limit the damage — gradually drawing down the very reserves you depend on for protection.

- **Forever Chemicals.** PFAS — the compounds used in nonstick pans, water-resistant fabrics, food packaging, and more — are called forever chemicals because they don't break down. They linger in the environment and your body for years.

  Researchers have found that higher exposure to these chemicals tracks with serious liver disease, and when they traced the mechanism, oxidative stress was at the center of it.[2] Laboratory studies show these chemicals directly drain glutathione from human liver cells.[3]

- **Air Pollution.** Inside and out, polluted air is a steady source of free radicals. And researchers have shown exactly how your body fights back:

  To defend against the oxidative damage, your cells spend down their stores of glutathione.[4] Breathe polluted air long enough, and you run that account dry.

- **Mercury.** The omega-3s in fish are vital. But large fish carry mercury, and mercury builds up and damages your body with time. Glutathione binds to it and carries it out.

  But the more mercury you take in, the more glutathione you burn clearing it.

Each of these assaults draws down your reserves. And here's the cruel part...

Once glutathione falls below a certain point, the damage speeds up — because without enough of it, your body can't defend against the next assault. Toxins start to build. Cells start to die faster.

And you're left more vulnerable than before.

It becomes a downward spiral. One you can't see — and that most doctors never check for.

One Molecule Protects Almost Every Part Of Your Body

Glutathione protects nearly every system in your body at the same time — and no drug ever made can match that. When levels are high, your whole body holds up. When they crash, trouble shows up everywhere at once.

Your Liver: Every drop of blood in your body passes through your liver to be filtered. Drugs, alcohol, pollutants, the waste your own cells produce...

Your liver sorts through all of it and decides what gets neutralized and sent out. And it can't do that job without glutathione.

Your liver holds more glutathione than any other organ in your body. It needs it every second of every day to keep processing the toxic load coming through your blood.

You can see how much it matters in one of medicine's most common emergencies.

When someone takes too much acetaminophen — the painkiller in Tylenol — it floods the liver with a toxic byproduct. That byproduct burns through the liver's glutathione. And once the glutathione is gone, the liver begins to die. It's one of the leading causes of liver failure.

What do emergency rooms reach for to save those patients?

Not some patented wonder drug. They give N-acetylcysteine, or NAC — a simple compound that rebuilds glutathione. Doctors have trusted it for decades. It works because it puts back the one thing the liver ran out of.

When glutathione stays strong, your liver keeps clearing the modern toxic load we talked about. When it runs low, toxins back up — and the damage spreads.

Your Heart. Glutathione is one of your strongest defenses against heart disease. And the proof can be found in one of the most respected journals in medicine.

Researchers published in the *New England Journal of Medicin*e followed more than 600 patients with coronary artery disease for nearly

five years. They found that patients with the lowest activity of a key glutathione enzyme had the highest risk of heart attack and death.[5]

Low glutathione function flagged the patients in the most danger — better than many of the standard measures doctors rely on, including cholesterol.

This is why the focus on cholesterol misses the mark. Oxidation is what turns LDL into a more dangerous form, driving much of the damage inside artery walls.

And glutathione is one of the body's most important defenses against that oxidative attack.

Your Brain. Your brain is a heavy energy user, which means it throws off a heavy stream of free radicals. That makes it especially dependent on glutathione for protection.

In a two-year study of adults with mild memory problems, researchers tracked their blood glutathione over time. As the patients' glutathione dropped, their thinking and memory scores dropped alongside it.[6]

A larger review pooling many studies found the same thing: People with Alzheimer's have a lot less glutathione than healthy people their age.[7]

And newer brain-imaging techniques let scientists measure glutathione directly inside living brain tissue — confirming that the regions hit hardest in memory loss are also the regions running lowest on this critical molecule.[8]

Your Immune System. Your immune cells are foot soldiers, and they fight hard. But fighting generates free radicals, and without glutathione those soldiers wear down fast.

Scientists writing in the journal *Immunity* showed why this happens. When your T-cells — a frontline defender — power up to fight an invader, they throw off a burst of free radicals in the process.[9]

Glutathione is what buffers that burst. Without enough of it, the T-cells can't ramp up, can't multiply, and can't mount a full response.

So glutathione isn't a bystander to your immune system. It's part of the trigger.

When it drops, your defenses don't just weaken — they struggle to switch on at all, at exactly the moment you need them most.

Keeping your glutathione strong is one of the few ways to push back against that decline.

Your DNA — Your Defense Against Cancer. Free radicals and toxins don't just damage your cells. They attack your DNA. And damaged DNA is where cancer thrives.

Glutathione stands guard over your genetic code in two ways.

First, it neutralizes the free radicals that would otherwise crash into your DNA and corrupt it.

Second, it grabs onto carcinogens directly, binds them up, and marches them out of the body before they can ever reach your DNA to do damage.

This is prevention at the most fundamental level there is...protecting the instructions that tell every cell in your body how to behave.

Proof Aging Isn't A One-Way Street

For years, scientists knew low glutathione levels were linked to nearly every major disease of aging. But one critical question remained unanswered:

If you restored glutathione in older adults, would health actually improve? Or was low glutathione simply a marker of aging...a warning sign rather than a root cause?

In other words, was glutathione decline driving age-related disease — or merely reflecting it?

In 2023, researchers at Baylor College of Medicine answered that question. And the answer should have been on the front page of every paper in the country.

They ran a randomized, placebo-controlled trial on older adults.

The approach was simple: Give the body the raw materials it needs to make its own glutathione, and see what happens. They used two of glutathione's building-block precursors, glycine and a compound called NAC, taken together.

Researchers nicknamed the pair "GlyNAC." Both are plain, inexpensive, and have been used safely for years.

The older adults took them for 16 weeks. Here's what the researchers noted:

- Glutathione levels were restored
- Oxidative stress fell
- Mitochondria rebounded
- Inflammation dropped
- Insulin resistance improved
- Blood pressure came down
- And waistlines shrank

But it wasn't just blood work.

Their muscle strength improved, their walking speed picked up, and their exercise capacity grew.

The researchers even documented improvements in markers of genetic damage and cellular aging.[10]

By restoring a single molecule, these older adults shifted an entire panel of aging-related markers back toward more youthful levels — closer to where they had been decades earlier.

The intervention wasn't a new drug. It wasn't a patented compound. It was simply two basic nutrients your body already uses to manufacture glutathione on its own.

Replenish Your Master Antioxidant

Your body knows how to make glutathione. But modern life depletes it faster than your body can produce it.

Once you give your body the raw materials it needs to maintain healthy glutathione levels, it can get back to doing what it was designed to do.

Here's what I recommend:

Step 1. Build More Through Diet. Your body needs a steady supply of sulfur-rich amino acids to produce glutathione.

"Make sure you're getting enough vitamin C. Glutathione and vitamin C work as a team, each helping regenerate the other after they've neutralized harmful free radicals."

Garlic and onions are loaded with the sulfur compounds your cells need. Add cruciferous vegetables like broccoli, Brussels sprouts, and cauliflower. Eat quality protein like pastured eggs and poultry, which deliver the raw amino acids directly.

One more note: Make sure you're getting enough vitamin C. Glutathione and vitamin C work as a team, each helping regenerate the other after they've neutralized harmful free radicals.

Foods like bell peppers, guava, Acerola cherries, and Camu Camu are the best sources.

Step 2. Take The Precursors. Precursors are raw materials your body assembles into glutathione.

- **NAC And Glycine.** In the Baylor trial, the researchers gave study participants two precursors — NAC and glycine — and let the body build its own.

  This pairing is the best way to rebuild glutathione, and it's the approach I use in my clinic.

  NAC — short for N-acetylcysteine — supplies cysteine, the hardest-to-get of glutathione's three building blocks and the one that limits how much your body can make.

  Glycine is the second building block, and the research showed adding it alongside NAC is what unlocked the full benefit.

  Food sources include eggs, poultry, and yogurt. Glycine is also found in bone broth, gelatin, and meat on the bone.

  A common supplement starting point is 600 mg of NAC daily. Research shows taking this amount daily for three months raises glutathione levels 38%.[11]

- **Selenium.** Glutathione can't do its job without selenium, which activates the enzyme that lets glutathione neutralize damage.

  Just one or two Brazil nuts a day delivers a meaningful dose of selenium, and fish,

eggs, and mushrooms add more. Or you can supplement. I recommend 100 to 200 mcg daily.

Step 3. Take The Only Glutathione That Will Work. Most drugstore glutathione capsules are useless. Your stomach acid breaks the molecule apart before it ever reaches your bloodstream.

If you decide to supplement with glutathione, find a form that can survive digestion and reach your bloodstream. Two options stand out:

- **Liposomal.** In this form, glutathione is wrapped in tiny fat-like particles similar to the material that makes up your cell membranes. This protective coating helps it pass through the digestive tract and improve absorption.
- **Sublingual.** This form is taken under the tongue as a spray or lozenge. Because it absorbs directly through the tissues of the mouth, it bypasses much of the digestive process.

For serious depletion, I recommend intravenous (IV) glutathione, delivered straight into the bloodstream. It's the most direct route of all, though it requires a practitioner.

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Have You Heard Of Somatopause?

Discover The Hidden Hormone Decline That's Fueling Frailty, Fat Gain, And Accelerated Aging

And The Simple Peptide "Cure" Most Doctors Ignore

The modern medical system excels at treating disease. But it does a far worse job when it comes to preserving your health.

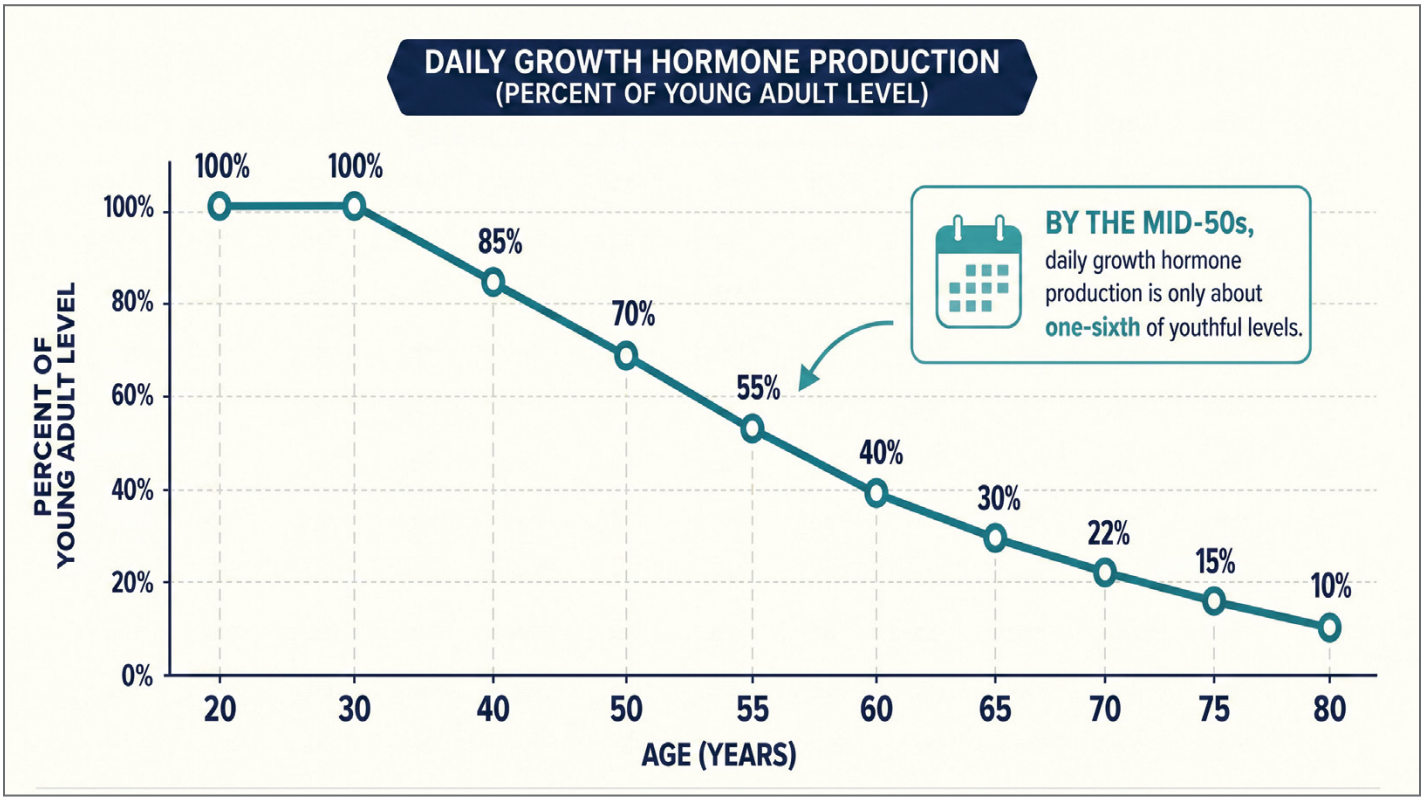
When your blood sugar rises, you're given a diabetes drug. When your cholesterol changes, you're prescribed a statin. When you can't sleep, you leave with a sleeping pill.

And when fatigue becomes a daily struggle, you're told to accept it as an inevitable consequence of aging.

But few doctors ever ask the more important question: Why is your body beginning to break down in the first place?

Because many of the physical changes we associate with aging are driven by the gradual collapse of the body's own repair and regeneration systems.

And one of the most important of those systems involves a hormone that most physicians rarely mention.



After age 30, growth hormone declines by about 15% per year. By age 80, levels are roughly 10% of what they were in young adulthood.

Let me show you what I mean...

There is a moment — usually sometime in your late 40s or 50s — when your body begins to feel unfamiliar.

It doesn't suddenly break down overnight. Instead, the changes creep in slowly — a little more belly fat, less energy, poorer sleep, slower recovery after exercise.

There are other signs. Your skin loses elasticity. Your strength slips. Your memory feels slower around the edges. Motivation fades in strange, difficult-to-explain ways.

Most conventional doctors will just shrug and tell you: "You're getting older. It's natural."

But what if it's not? What if much of what we call aging is not really aging at all?

Only a few mainstream physicians ever mention it, but it's called somatopause.

It happens when one of your body's most important repair systems begins to shut down...

I'm talking about a decline in human growth hormone (HGH) and its downstream partner, insulin-like growth factor-1, or IGF-1.

As a result of drops in HGH and IGF-1 levels, somatopause is one of the biggest drivers of frailty, fat gain, cognitive decline, immune dysfunction, and accelerated aging.

Most doctors don't talk about it because the modern medical system is built around "disease management" — not preserving vitality.

So instead of asking why your body is deteriorating, they just prescribe another statin... another antidepressant... another diabetes drug... another sleeping pill.

But when they do this, they ignore the upstream hormonal decline that's driving the whole process.

In this ***Confidential Cures*** article, you'll learn about the hidden hormonal decline that's accelerating belly fat, muscle loss, fatigue, brain fog, inflammation, and premature aging — and, more importantly, what you can do to help restore your body's natural repair and regeneration systems.

How Somatopause Begins

Human growth hormone is one of the most misunderstood anti-aging hormones in medicine.

When people hear about HGH, they usually imagine adolescent growth spurts or professional athletes chasing performance enhancement. But this hormone does something far more profound than help children grow taller.

In adults, HGH acts more like a master repair, regeneration, and recovery hormone. It influences...

- Cellular repair
- Protein synthesis
- Fat metabolism
- Bone remodeling
- Healthy sleep cycles
- Mitochondrial energy production
- Tissue healing
- Muscle preservation
- Cognitive function

In other words, it helps keep your body biologically resilient.

But here's the problem. Beginning around age 30, production of human growth hormone starts to decline. It starts slowly at first, then increases more dramatically with each passing decade.

And because HGH stimulates the liver and other tissues to produce IGF-1 — one of the body's key repair and regeneration molecules — IGF-1 levels decline alongside it.

Researchers have linked this steady decline in HGH and IGF-1 to many of the physical changes we associate with aging.

By the time most adults reach their 60s, they are producing only a fraction of the growth hormone they had in early adulthood.[1]

Instead, the gradual disappearance of these repair signals begins to echo through nearly every system in your body.

One of the first casualties is your metabolism...

Hidden Link Between Somatopause And Belly Fat

Aging adults are often told their expanding waistline is simply an unavoidable symptom of middle age.

But visceral fat — the deep abdominal fat surrounding your organs — is not just a cosmetic issue. It's metabolically aggressive tissue that fuels a range of health problems, including:

- Inflammation
- Insulin resistance
- Cardiovascular disease
- Dementia
- Accelerated biological aging

That's where HGH comes in, because it's one of the body's most important fat-burning signals. It helps your body tap into stored fat for energy, while at the same time protecting the lean muscle tissue that keeps your metabolism strong.

But as HGH levels begin to fall, your body slowly loses that metabolic edge. Fat becomes easier to store — and much harder to burn.

That's why so many people notice the same frustrating change after reaching age 40 — your waistline thickens, your belly gets softer, and the pounds seem to appear even if you diet and exercise regularly.

The good news is that researchers have found that restoring healthier HGH signaling significantly reduces visceral fat accumulation.

In one landmark study published in *The New England Journal of Medicine*, older men receiving HGH saw significant reductions in body fat along with increases in lean muscle mass and bone density — a partial reversal of the physical decline associated with aging.[2]

Why You're Losing Muscle — Even If You Exercise

Muscle is one of the biggest casualties of somatopause...

As growth hormone declines, your body becomes less efficient at repairing and maintaining lean tissue.

That's why so many people notice the same frustrating pattern after middle age... less strength, lower energy, and a body that simply doesn't recover the way it used to.

The trend continues with every passing year.

After age 40, adults can lose up to 8% of muscle mass per decade.[3]

Each year, middle-aged adults lose more lean tissue and muscle mass until sarcopenia sets in.

Simply put, sarcopenia — from the Greek for loss of flesh — is to muscle what osteoporosis is to bone, a slow and terrible, creeping frailty.

Visit almost any nursing home in America and you'll notice something important: most people aren't there because of disease alone. They're there because sarcopenia has made them too weak and frail to care for themselves anymore.

Most doctors will tell you it's inevitable. It isn't.

You see, conventional medicine largely ignores the fact that HGH and IGF-1 are deeply involved in muscle repair and protein synthesis.

As these hormones decline with age, the body becomes increasingly vulnerable to sarcopenia — the gradual loss of muscle mass and strength.

But recent studies show that improving GH and IGF-1 signaling helps counteract this process.[4]

Your Brain Needs Growth Hormone, Too

Muscle is one of the body's most important defenses against aging. Healthy muscle helps regulate blood sugar, supports metabolism, strengthens immune function, and protects against the frailty that so often steals independence later in life.

And when muscle begins to disappear, the rest of your body becomes more vulnerable.

The brain may be one of the biggest hidden victims of somatopause.

Let me explain...

HGH receptors are found throughout the central nervous system, especially in areas involved in memory, learning, and mental processing.

IGF-1 also appears to play an important protective role in the brain by supporting healthy neurons, mitochondrial energy production, and blood flow.[5]

As HGH and IGF-1 levels decline, you'll probably also begin to notice the effects mentally as well as physically.

Your memory becomes less sharp. Focus slips. Mental energy fades. The kind of "brain fog" millions of aging adults experience becomes accepted as normal.

Researchers are investigating whether this decline in growth hormone signaling may also contribute to neurodegenerative diseases like Alzheimer's and Parkinson's.[6]

Biologically, that makes sense. Your brain is one of the most energy-hungry organs in your body. When its energy production begins to decline, memory and cognitive performance often decline with it.

Your Body's Energy Crisis

Perhaps most importantly, HGH and IGF-1 support the performance of your mitochondria — the tiny generators inside each of your cells that are responsible for your cellular energy production.

When those engines falter, your immune system weakens and your body slowly loses its ability to repair itself. Cuts and scrapes heal more slowly. Ailments strike more often. Recovery after illness becomes prolonged.

And inflammation rises quietly year after year.

HGH and IGF-1 influence immune resilience in ways most doctors never discuss. These hormones help regulate tissue repair, immune cell activity, and recovery mechanisms that keep chronic inflammation under control.

And chronic inflammation is the hidden driver behind nearly all modern diseases... including:

- Heart disease
- Cancer
- Type 1 diabetes
- Alzheimer's
- Parkinson's
- Macular degeneration
- Type 2 diabetes
- Leaky gut syndrome

Bone health deteriorates too. But often, by the time osteoporosis is diagnosed, your skeletal system has been weakening for years.

Yet bone is not inert material. It is living tissue in a constant state of remodeling. HGH and IGF-1 help stimulate osteoblast activity — the cells responsible for building new bone.

You see, as HGH and IGF-1 declines, your body becomes less efficient at rebuilding and maintaining strong, healthy bone.

The process happens so gradually that most people don't notice it at first... until one day a simple fall that once would have left you with little more than a bruise suddenly causes a fracture.

With lower HGH and IGF-1, your body loses resilience — one system at a time.

Your skin reflects this hormonal decline too. Most people try to fight aging from the outside in — with expensive creams, cosmetic procedures, and endless "anti-aging" products — but they ignore the deeper biological changes beneath the surface.

As HGH levels fall, the skin slowly loses its ability to repair and renew itself the way it once did. It becomes thinner, drier, and less resilient. Wrinkles become more noticeable. Healing takes longer. And little by little, the skin loses the firmness and elasticity of youthful skin.

Even your sex drive can suffer as somatopause progresses. Your body will lose many of the repair and recovery signals that support healthy sexual function... energy levels drop... performance weakens... circulation slows... inflammation rises... and hormones drift out of balance.

Most doctors accept this as unavoidable.
I do not.

The Peptide Breakthrough

Peptide therapy is one of the most promising developments in regenerative medicine today.

Doctors often recommend synthetic HGH injections. But I prefer peptide therapy, because it's designed to work with your body, instead of overriding it.

You see, certain peptides act like biological messengers. They help signal the pituitary gland to restore healthier, more youthful patterns of growth hormone release.

Among the best studied are:

- Sermorelin
- Ipamorelin
- CJC-1295
- Tesamorelin

Each peptide works a little differently, but the goal is the same — to restore healthier regenerative signaling when natural production has declined.

Tesamorelin, in particular, has shown especially promising effects on visceral abdominal fat — the dangerous deep belly fat linked to diabetes, cardiovascular disease, inflammation, and accelerated aging.

This peptide was originally used to treat HIV patients, but it is now finding wider applications because its ability to raise IGF-1.

It's available only on prescription, but most conventional doctors have no idea what it is. So it's important to find a licensed anti-aging physician who will discuss Tesamorelin as an off-label treatment for somatopause.

This isn't about vanity. It's about preserving the things that matter most...

- Strength
- Energy
- Mental clarity
- Recovery
- Independence

But peptide therapy is only one piece of the puzzle.

3 Ways To Reactivate Your Body's Repair Hormones

There are other powerful ways to naturally support healthy growth hormone production. Here's what I recommend...

1. Fasting Triggers Your Body's Repair Mode: One of the most powerful natural stimulators of HGH release is fasting.

Short bouts of fasting shifts your body into a protective metabolic state that preserves lean muscle tissue, while mobilizing stored fat for fuel. Studies show that as part of this survival response, growth hormone secretion rises dramatically.[7]

In fact, some studies show HGH levels can increase by as much as 500% to 1,200% during extended water-only fasts.[8]

You don't need to begin with multi-day fasting to benefit. Even simple strategies like:

I recommend my patients start with a safe, simple regimen that calls for an 8-hour eating window each day, followed by a 16-hour fast. Here's how it works:

- Start your day with a 10 a.m. breakfast
- Lunch at your regular time
- Finish your dinner by 6 p.m.
- Your body gets no additional food from 6 p.m. until 10 a.m. the next morning.

2. Protect Your Deep Sleep: Studies show that most growth hormone release occurs during deep, slow-wave sleep.[9]

Unfortunately, modern life is perfectly designed to destroy deep sleep:

- Blue light exposure at night
- Late-night eating
- Alcohol
- Chronic stress
- Irregular sleep schedules

To support healthy HGH production naturally, start by treating sleep like a biological necessity instead of a luxury.

Simple changes can make a tremendous difference:

- Keep a consistent sleep schedule
- Avoid screens before bed
- Sleep in a cool, dark room
- Stop eating several hours before bedtime

Your body performs much of its repair work while you sleep. Protecting that process may be one of the most important anti-aging strategies available.

3. Stop Long, Slow Cardio: For years, people were told that endless treadmill sessions were the key to staying young. In reality, excessive endurance exercise often floods the body with stress hormones, while placing wear-and-tear on joints and connective tissue.

Short bursts of intense exertion have been shown to stimulate a much healthier hormonal response — including increased growth hormone release.[10]

That's one reason I've long recommended a style of exercise I call **PACE**: **P**rogressively **A**ccelerated **C**ardiopulmonary **E**xertion.

PACE uses brief but vigorous routines of increasing intensity — and the beauty of it is you only need to exercise for 12 minutes a day.

To learn some good PACE exercises, check out my YouTube channel: **www.youtube.com/user/AlSearsMD/videos**.

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The PSA Trap:
How This "Profit-Driven Health Disaster" Is Stealing Your Manhood

The Medical Cartel Turned A Flawed Blood Test Into A Surgery Assembly Line

Let me tell you about a man I'll call Frank. He is 72 years old and a retired engineer. His mind is sharp. He's in shape and still plays tennis three mornings a week. He takes his wife out to dinner every Saturday night.

Then his doctor orders a "routine" PSA test.

The number comes back slightly elevated. Not dramatically — but just enough for his doctor to tell him they need to take a closer look.

Eight weeks later, Frank is recovering from a radical prostatectomy. Today, two years later, he lives with consequences he never expected.

He wears an incontinence pad. He no longer plays tennis. And he says his relationship with his wife has never been the same since the surgery.

But what troubles him most is what he learned afterward.

The cancer that was removed was classified as low-grade Gleason 6 prostate cancer — a type many experts consider slow-growing, non-aggressive, and the least likely to spread.

Many prostate researchers hesitate to even call it "cancer."[1,2]

Research has suggested that some men diagnosed with these low-risk prostate cancers may never experience symptoms or serious health problems from them during their lifetime.

Frank didn't beat cancer. He was *ambushed* by a test.



When it comes to screening for prostate cancer in men 70 and older, the harm outweighs the benefits.

- **This Is What They Tell You:** PSA screening saves lives. "And early detection" is responsible medicine.

  Every man over 50 should get tested annually.

- **Here's What The Data Shows:** The PSA test can't distinguish between a cancer that will kill you and one that never will.

  For men in their 70s and 80s, it's far more likely to trigger devastating, unnecessary treatment than to save your life.

The researcher who discovered PSA — Dr. Richard Ablin — spent his career arguing against its use for routine screening.

He called it "a profit-driven public health disaster."[3]

He wrote a book — ***The Great Prostate Hoax: How Big Medicine Hijacked the PSA Test and Caused a Public Health Disaster*** — exposing how the urology industry and pharmaceutical companies hijacked his discovery and turned it into a billion-dollar surgery pipeline.

Why won't your doctor listen? Because the assembly line is too profitable to shut down.

In this issue of ***Confidential Cures***, I'll show you why the PSA test is one of the most dangerous medical frauds facing men today — and the five natural steps you can take to protect your prostate without ever setting foot in a surgeon's office.

The Exposed Cover-Up: How The Medical Cartel Turned A Flawed Blood Test Into A Surgery Assembly Line

A landmark 2026 analysis of the CAP trial — one of the largest prostate-screening studies ever conducted — tracked 189,386 men over 15 years.

Researchers at Queen Mary University in London asked one question: How many cancers found by PSA screening are ***overdiagnosed*** — meaning they would never have caused symptoms or death?[4]

The answer should alarm every man over 65.

At age 50, overdiagnosis accounts for 16% of screen-detected cancers. Concerning, but manageable.

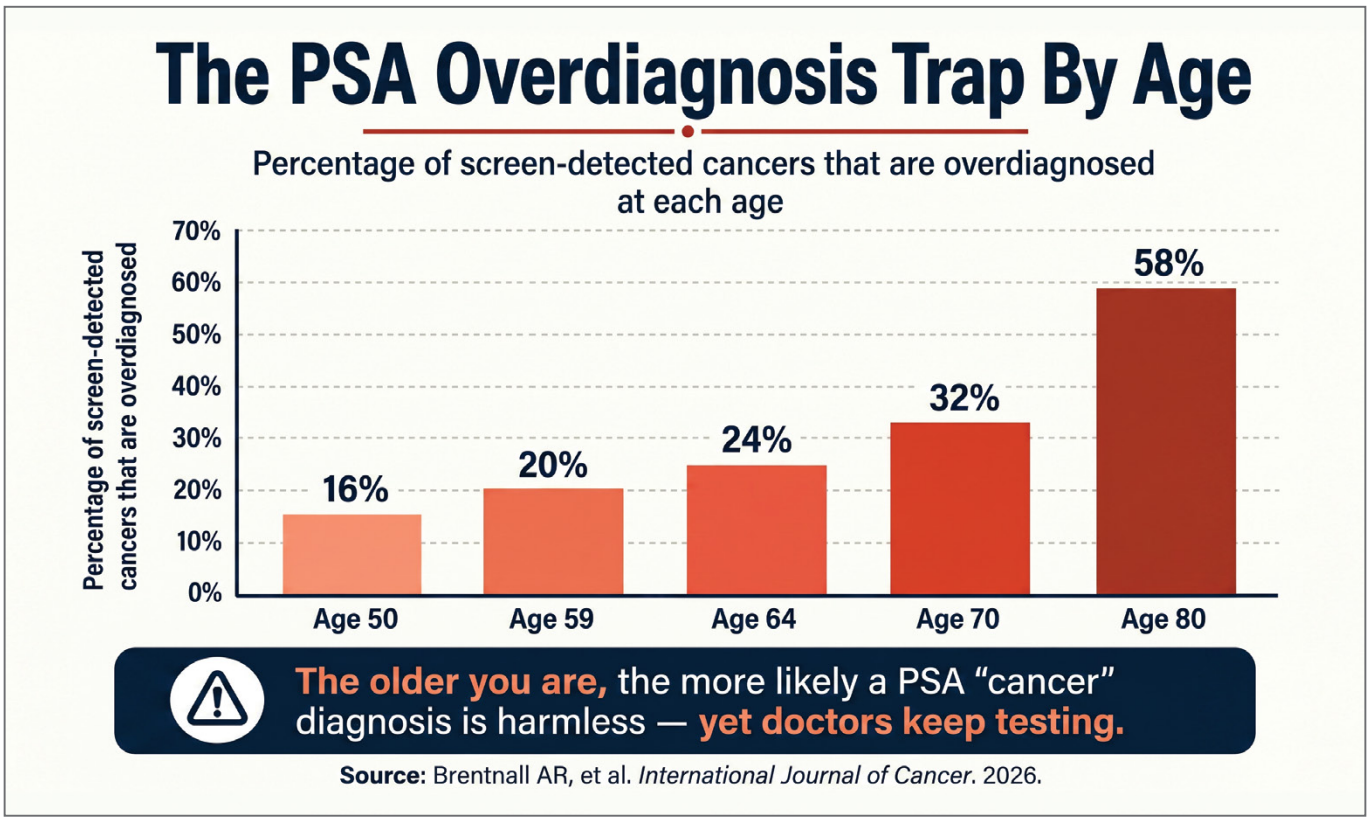
At age 70 — the age of many men reading this right now — it jumps to **32%**. One in three.

At age 80, it hits **58%**. More than half.

If you're in your 80s and a PSA test finds "cancer," the odds are better than a coin flip that it would *never have harmed you*.5

Why does overdiagnosis explode with age? It comes down to the simple reality that older men face many other potential causes of death — heart disease, stroke, or pneumonia, to name just a few.

A slow-growing Gleason 6 tumor might take 15 or 20 years to become dangerous. You're far more likely to die *with* that cancer than *from* it.



Think of it this way: The cancer's clock ticks slowly. Your body's clock ticks at a normal pace. The PSA test can't tell the difference between a tiger and a house cat. But the surgeon treats them both the same.

And the numbers bear this out. The ProtecT trial — published in the *New England Journal of Medicine* — followed 1,643 men with localized prostate cancer for 15 years.

They were randomized to surgery, radiation, or active monitoring.[6]

Let me be direct: **There was no significant difference in prostate cancer mortality between the three groups.** Men who chose to watch and wait had the same survival rate as men who went under the knife. And 39% of the monitoring group never needed any treatment at all.

What does active monitoring actually look like?

It means regular PSA checks, periodic MRI scans, and occasional biopsies to track whether anything is changing. No surgery. No radiation. No incontinence pads. Just careful, informed watching — with treatment ready if it's ever truly needed.

For the majority of men with low-grade disease, that day never comes.

But the treatment the industry pushes is brutal.

- One in five men who undergo radical prostatectomy develop **long-term urinary incontinence** — and feel forced to wear pads for the rest of their lives.
- Two in three experience **permanent erectile dysfunction**.[7]
- More than half of men who receive radiation therapy develop **long-term sexual dysfunction** — with erectile dysfunction rates running 60% to 70% in clinical studies.
- And up to one in five suffer persistent **bowel problems** that tend to get worse, not better, over time.[8,9]

But here's what your surgeon won't put in the brochure...

Research shows that nearly 7 in 10 men do not recover their sexual function to pre-surgery levels within the first year after radical prostatectomy — and for many, it never returns.[10]

I'm not talking about reduced function nor occasional difficulty. I mean never again.

And there's something else. Surgery can permanently reduce penile length — in some men by up to an inch.[11]

I've sat with men who weren't told any of this before they signed the consent form. By the time they found out, it was too late.

And who profits from all of this? For an uninsured patient, a prostatectomy can cost up to $135,000.[12] And if you think having insurance protects you — that's exactly what they're counting on.

For cancers that, in many cases, would have stayed quiet for the rest of their natural lives.

Here's the number that exposes the whole racket: Men have a 16% lifetime chance of being *diagnosed* with prostate cancer — but only a 3% chance of *dying* from it.[13]

That 13% gap? That's the overdiagnosis zone. That's where the medical cartel makes its fortune.

Even the U.S. Preventive Services Task Force — the government's own independent panel — gives PSA screening in men 70 and older a Grade D recommendation:

Do not screen. The harm outweighs the benefits.[14]

Your doctor's own professional guidelines say stop. Yet every year, millions of men over 70 are still funneled through the PSA pipeline.

I've been telling my patients this for over two decades. The PSA test doesn't measure cancer. It measures *inflammation* — and that's a crucial distinction.

A high PSA reading can result from something as ordinary as an infection, an enlarged prostate, recent exercise, or even sexual activity in the days before your blood draw.

None of those things are cancer. But the urology industry doesn't profit from reassurance. It profits from biopsies. From surgeries. From radiation. From follow-up appointments stretching out for years.

Here's How To Protect Your Prostate And Your Independence — Starting Today

You don't need to choose between doing nothing and submitting to the surgical assembly line. There's a third path — one that puts you in control.

Here are five steps for prostate health that don't require a surgeon, a hospital gown, or surrendering your dignity:

1. **Demand Active Surveillance If Diagnosed With Low-Grade Cancer**. Don't let a Gleason 6 diagnosis — the kind doctors consider slow-growing and least likely to spread — stampede you into surgery.

As the ProtecT trial showed, active monitoring delivers the same survival outcomes as radical surgery, without the devastating side effects.[15]

Tell your doctor: "I want to watch this, not cut it."

Active surveillance means regular PSA checks and periodic imaging — not abandonment. Slow-growing tumors in older men rarely progress to life-threatening disease within a natural lifespan. Monitoring catches the rare exceptions while sparing the majority from unnecessary harm.

2. **Add Beta-Sitosterol And Pumpkin Seed Oil To Your Daily Routine.** This powerful plant sterol is one of nature's best-studied answers to prostate swelling.

It works by blocking 5-alpha-reductase — the enzyme that converts testosterone into *dihydrotestosterone*, or DHT, the hormone most directly linked to prostate enlargement.

A review of clinical trials found that beta-sitosterol cuts urinary symptom scores by nearly 5 points and measurably strengthens urine flow — compared to men who took a sugar pill.[16]

Pumpkin seed oil works alongside beta-sitosterol to reinforce the same protective pathways. It's rich in phytosterols and has been used for centuries in European herbal medicine to support urinary flow and prostate health.

You'll find beta-sitosterol naturally in avocados, pumpkin seeds, and pecans — but not in amounts large enough to move the needle therapeutically. Supplement with 300 mg beta-sitosterol daily and 2 tablespoons of pumpkin seed oil.

Choose a beta-sitosterol formula standardized to genuine beta-sitosterol, not a generic plant sterol blend.

3. **Load Up On Lycopene With Cooked Tomatoes And Watermelon.** The compound you're after is lycopene — one of nature's most concentrated antioxidants, and one that accumulates specifically in prostate tissue.

A meta-analysis of 42 studies covering 692,012 participants found that higher lycopene intake is associated with a 12% reduction in prostate cancer risk.[17]

Here's a key fact you might not know: Cooking dramatically increases lycopene's bioavailability.

Raw tomatoes deliver some lycopene, but marinara sauce, tomato paste, and stewed tomatoes deliver far more because heat breaks down the cell walls and releases the compound.

Watermelon is one of the few raw sources that competes. Aim for 10 to 15 mg of lycopene daily — roughly two tablespoons of tomato paste or two cups of watermelon. Supplement with 10 mg daily.

4. **Protect Your Prostate With Selenium And Zinc.** These two minerals are essential to prostate cell defense, and both become depleted with age.

A Harvard study found that men who got the most selenium had the healthiest prostates. This was true even for men with high PSA levels. If they were in the group with the most selenium, their prostate cancer risk dropped by 50%.[18]

Another study, titled The Netherlands Cohort Study, followed almost 60,000 men. It found those with the highest selenium had the lowest risk for prostate cancer.[19]

Zinc is even more critical — the glandular cells of the human prostate accumulate more zinc than any other soft tissue in the body, and that high concentration is directly linked to normal prostate function.[20] When zinc levels fall, the prostate loses a key line of defense.

One important note: taking supplemental zinc over time can deplete copper, another mineral your body needs for cellular repair and immune function. To keep these minerals in balance, add a small amount of copper alongside your zinc.

For selenium, the best food sources are Brazil nuts — just two or three a day provide close to your daily target. Oysters, sunflower seeds, and sardines are also good sources. For zinc, reach for oysters, grass-fed beef, pumpkin seeds, and cashews.

Supplement with 200 mcg selenium in an organic form your body can absorb easily — look for *selenomethionine* or *selenocysteine* on the label. Take 30 mg zinc picolinate daily — the most bioavailable form — along with 900 mcg copper to maintain the proper balance between the two minerals.

5. **Eat Cruciferous Vegetables Daily.** Cauliflower, Brussels sprouts, and broccoli, contain two compounds — sulforaphane and indole-3-carbinol — that research shows can directly block the growth of prostate cancer cells.[21]

They work by supporting healthy hormone metabolism — specifically by helping your body clear excess estrogen through cleaner pathways, which matters for prostate health more than most men realize.

A half-cup of broccoli or Brussels sprouts at dinner covers your daily cruciferous requirement.

You can supplement with 100 mg of indole-3-carbinol daily or 20 mg of sulforaphane.

These five steps won't make headlines in a medical journal — but they're what I recommend to the men who come to my clinic, and they work.

The medical cartel wants you afraid. Afraid means compliant. And compliance means more profit.

But now you have what they never wanted you to see: the data. The discoverer's own warning. The proof that watching and waiting is just as safe as the knife. And a natural plan that supports your prostate every single day.

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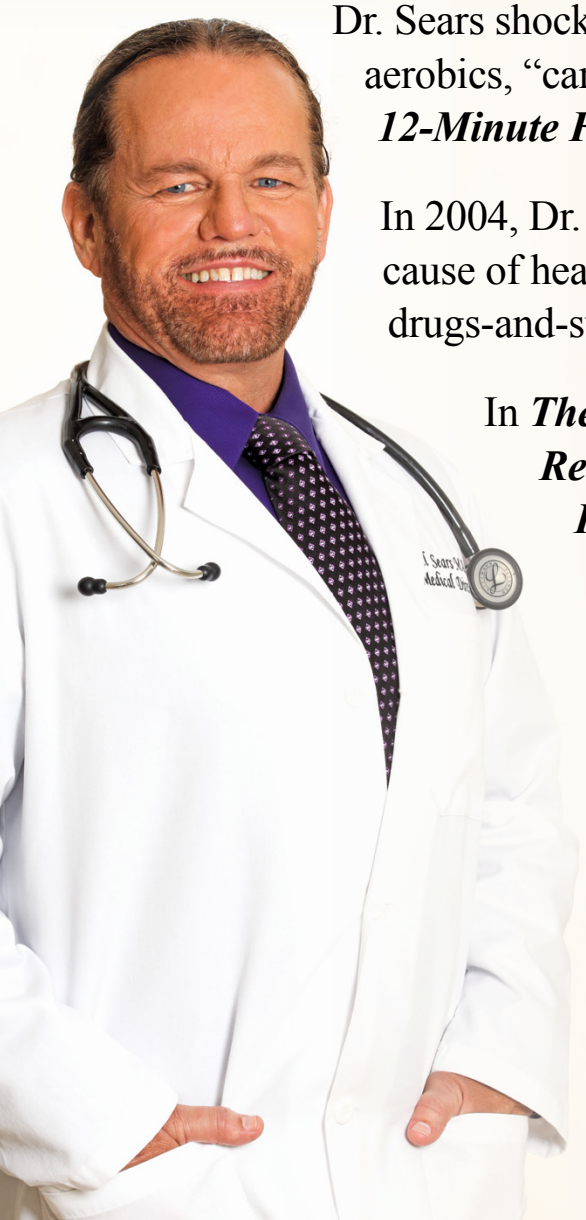
The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.

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).

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