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

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BACK FROM DEATH'S DOOR

The 3 Natural Treatments That Saved My Patient's Life

My patient was literally dying...

K.O. is in his late 50s. A decade ago, he was diagnosed with type-2 diabetes. But after years of following well-meaning but bad mainstream medical advice, his health was deteriorating rapidly.

When he shuffled in for his first appointment, he was visibly very ill. He was tired and he could barely walk. Every step left him breathless.

K.O. traveled 3,000 miles to my clinic in South Florida from Ireland because mainstream medicine had failed him.

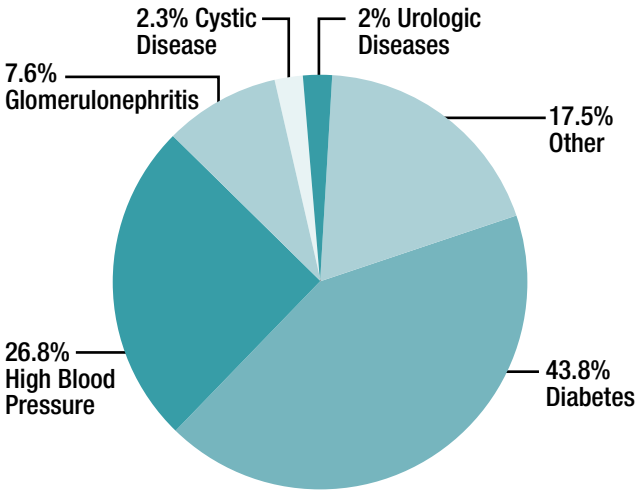
Despite taking 10 medications a day, his blood sugar levels were sky high and his blood pressure was out of control.

But his most immediate problem was his failing kidneys, an all-too-common complication in diabetics. Approximately 660,000 Americans are living with kidney failure. And diabetes is responsible for more than 40% of those cases.[1]

K.O. had to be hooked to a dialysis machine three times a week and was on the waiting list for a kidney transplant. He hoped to have a donor some months down the line — but at the rate his body was deteriorating, he wasn't going to make it.

Meanwhile, I was concerned about K.O.'s breathing problems. So my staff and I ran some lung tests.

PRIMARY CAUSES OF KIDNEY FAILURE



Diabetes is the number one cause of kidney failure. For patients whose kidney disease reaches this stage, the only options mainstream medicine has to offer are transplants or dialysis.

We discovered, on top of everything else, he was suffering from *chronic obstructive pulmonary disorder* (COPD). This was linked to his high blood pressure and the damage of high blood sugar levels on his respiratory system.

Also in This Issue...

I had to tell K.O. that unless his health issues were addressed immediately, he was going to die... and soon.

But then I told him about the new *cellular therapies* and technologies that have recently become available.

He didn't have to be asked twice. He started his treatment that very day.

Within 10 days, K.O.'s:

- *Blood-glucose levels fell by almost 15%*
- *Blood pressure was significantly lower*
- *White blood cell count increased, immune system improved*
- *Lungs were less inflamed*
- *Kidney function improved*

After just one day of treatment, he told me his energy levels were higher than they'd been in years.

Today, I'm going to tell you about the wondrous new "cellular therapies" that turned my patient's life around. You'll also learn about some great all-natural ways you can stimulate your own cells from home.

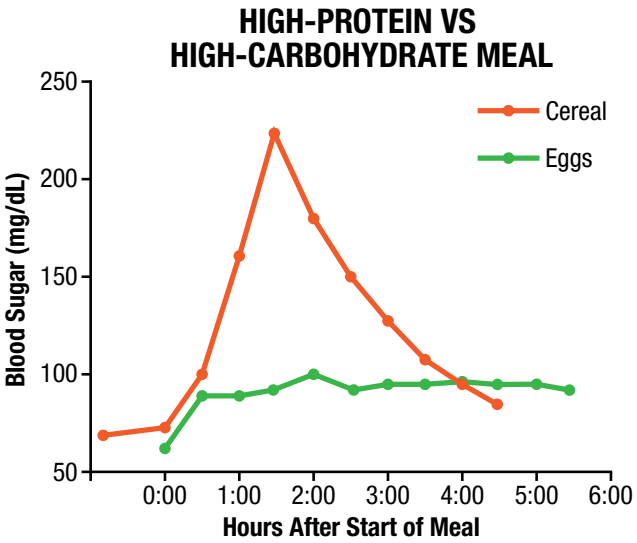
The first thing I did for him...

Step one for K.O. was to change his diet. I put him on a *high-protein, high-antioxidant, ZERO carbohydrate* diet.

If you're a type-2 diabetic, you'll know that diabetes is a chronic disease characterized by dangerously high blood sugar levels that are difficult to control.

Today's diabetes epidemic has been caused by an unnatural modern diet that has replaced healthy fats with sugar and carbs. According to the World Health Organization, the global number of diabetics has surged from 108 million in 1980 to 422 million in 2014.[2]

For years, K.O. was told to "cut down" on sugar and carbs. He should've been advised to "cut them out," whenever possible. As you see in the graph on this page, these foods cause blood sugar levels to skyrocket.



Carbohydrates cause your blood sugar to spike dramatically in a short period of time.

He also followed the general dietary guidelines that most mainstream doctors dish out. Advice similar to what the FDA and American Heart Association approve. (The AHA is the same organization that gives cereals like Froot Loops a "heart healthy" white check mark.)

Your pancreas secretes insulin to carry glucose into your cells, which in turn use it to make energy. But because of today's sugar overload, your cells quickly become insulin resistant and all that sugar builds up in your bloodstream.[3]

Chronically high blood sugar is incredibly damaging — especially if you have diabetes.

High blood sugar damages small blood vessels throughout your body. In K.O.'s case, his high blood sugar didn't just result in diabetes. It also led to high blood pressure.

Worse, it was shutting down one of his body's most important functions — filtering waste.

When blood vessels in your kidneys get damaged, you can't clean your blood properly. Your body keeps too much water and salt, and waste materials build up in your blood.

Weakened kidney function also means you're producing less *erythropoietin* (EPO), the hormone that

triggers your body to make red blood cells — thus depriving your organs and tissues of life-giving oxygen.

Getting K.O.'s blood sugar levels down was a crucial part of his treatment.

We agreed then and there to put a stop to sugar and carbohydrates, and to base his new diet plan on antioxidant-rich vegetables and pasture-raised meat, poultry and dairy.

And then we turned to technology...

Breakthrough cellular treatment

Mainstream medicine hasn't caught up with the latest advances in cellular therapy. These treatments have the power to heal by influencing the way our cells behave and they have the potential to transform how modern medicine treats every disease.

For more than a decade, doctors had been treating K.O.'s symptoms — and his complications only became more severe. I wanted to attack his problems at their source. So, I suggested K.O. use three specific cellular strategies:

1. Intravenous Fiber Optic Laser Therapy: I recommended that K.O. undergo 10 IV laser therapy sessions over a three-week period.

These low-power healing lasers glow cold and work by triggering a photochemical reaction inside your cells. When light hits certain molecules, called *chromophores,* the photon energy causes the electrons in your cells to become excited and jump into higher-energy orbits.

This treatment significantly boosted K.O.'s energy levels — but it did much more. It also...

- Increased blood flow;
- Reduced inflammation; and
- Stimulated his immune system.

IV laser therapy revives your immune system by revving up the power source of everything your body does — your mitochondria, the tiny power plants in each of your cells.

Before our annual trip to Africa, my wife, Barbara, boosted her immune system with IV laser therapy.

Studies have shown that your mitochondria act as photoreceptors for laser light. As soon as your mitochondria are hit with the soft laser, they immediately switch into a higher gear and begin to produce more energy.[4]

Laser light has exactly the same effect on the cells that make up your immune system — especially the all-important white cells like interleukins, interferon, macrophages, lymphocyte B and T-cells.

Studies show that soft lasers activate and increase the number of white cells in your immune system.[5,6]

It was highly effective at powering up K.O.'s immune system and it's as painless as a blood test.

These cool lasers have also shown a remarkable ability to slow the progression of chronic kidney disease.[7] And studies have shown that patients with life-threatening kidney infections can reduce inflammation with IV lasers.[8]

2. Stem Cell Therapy: Stem cells are master cells, and they are the basic building blocks of your body. These stem cells are like a blank slate, and can replace any kind of cell that's damaged, old or dying.

And they can also transform into immune system cells.

Stem cell procedures were once controversial. But I want to be clear: the stem cells used today are

NOT the "embryonic" stem cells used years ago in research.

Science has since learned one of the best places to get stem cells is actually from your own adipose (fat) tissue.

My team harvested a batch of K.O.'s stem cells from his own fat tissue. Then we reintroduced them into his body via his bloodstream. This kicked off new bouts of repair and healing by his immune system.

Studies show stem cell treatment can be especially helpful to diabetics, because they can regenerate nerves and blood vessels damaged by the disease.[9]

Stem cells also have a potent anti-inflammatory effect — and type-2 diabetes has a significant inflammatory component.[10]

3. Glutathione Cocktail Therapy: My staff gave K.O. IV glutathione, along with a cocktail of other antioxidants, including vitamin C, a B-vitamin complex and other nutrients, in the same quick and easy injection.

Glutathione is the most powerful antioxidant your body makes and the strategy was to counter the cellular damage caused by his kidney disease.

Glutathione detoxifies you at the cellular level and was crucial in K.O.'s case. He had a high level of waste in his blood because of his failing kidneys — despite regular dialysis sessions.

All those toxins in his blood were causing extensive oxidative stress damage to his cellular level, so glutathione was crucial for pushing the toxins out of his cells to prevent further damage.[11]

Many uncontrolled diabetics have exceptionally low levels of glutathione, which explains why studies show that diabetes increases oxidative stress in cells.[12,13]

Studies also show that glutathione is a powerhouse for lowering blood pressure and it's been shown to reduce the severity of COPD attacks.[14,15]

The good news is glutathione levels can be easily restored by supplementing.[16]

Getting an IV cocktail is the most effective glutathione treatment, because it's the fastest and easiest way to raise your levels. It takes just an hour, or less.

You can also take a glutathione supplement, but make sure you get the "reduced form." This is the only form that can be absorbed by your cells.

The results...

K.O. began to feel better almost immediately...

After just one session of IV laser therapy, he told me he hadn't felt so good in years. Like most patients who undergo laser IV treatment, his brain suddenly felt hyper-alert and his body was brimming with energy.

But there was more going on than just improved energy levels. After just 10 days, his results were jaw-dropping.

First, we tested K.O.'s *hemoglobin A1c*, a critical measure of long-term blood-sugar levels. I wasn't sure who was more shocked... K.O. or me. *His blood-glucose levels had fallen by almost 15%.*

His improved diet helped. But the dramatic decline was almost certainly the result of the immune system boost from the laser *and* the stem cell treatments.

His immune system was now fighting back against the diabetic insulin resistance. That means glucose was more effectively being carried into his cells, and not being left in his bloodstream to wreak havoc.

An extensive body of research shows that glutathione is also a potent immune system booster — and that it's especially potent against inflammatory lung diseases.[17]

So, along with the IV laser and stem cell therapy, the glutathione also *significantly alleviated his COPD*, a disease characterized by lung inflammation.

Blood tests taken 10 days after his first treatment revealed that K.O.'s kidney function was improving.

This is especially remarkable because mainstream medicine doesn't have a cure for chronic kidney disease.

And his blood pressure measurements were also significantly lower. That's because glutathione reacts with nitric oxide in your body to produce *s-nitrosoglutathione*, a molecule that dilates your blood vessels.

I recently received an email from K.O. I was happy to hear that, now safely back in Ireland and sticking to the high-protein zero-carb diet, his diabetic blood sugar levels have remained in much better shape.

He also told me he's still on the waiting list for a kidney transplant. I have every confidence he's going to make it.

If you're interested in cellular therapies and are in the South Florida area — or are maybe considering a trip to South Florida — just call my staff at the **Sears Institute for Anti-Aging Medicine** at **561-784-7852** for details. Or visit my website at www.searsinstitute.com.

Easy cellular therapies you can do at home

In the meantime, here are three easy ways you can boost your body's immune system and give yourself cellular therapy...

- **Get Some Vitamin D:** Research shows vitamin D can boost stem cell production and treat low platelet disorder.[18] I recommend 5,000 IUs of vitamin D daily. The easiest way is to get 15-20 minutes of unprotected sun each day. If that's not possible, take a vitamin D supplement. I recommend taking a supplement of vitamin D3 called cholecalciferol. It's the same vitamin D3 that your body produces. Avoid the synthetic form of vitamin D2 in most multivitamins. It's less absorbable.
- **Make Your Own Glutathione:** This master antioxidant naturally declines as you age. But there's an easy, effective and safe way to increase your levels... by taking an amino acid supplement called *N-acetyl-L-cysteine (NAC)*. NAC is a precursor to glutathione. In one study, patients were given 600 mg of NAC a day for three months. At the end of the three months, their blood plasma levels of glutathione had increased by 38%, dramatically bolstering their immune system.[19]
- **Eat Blue-Green Algae:** Blue-green algae is one of the most nutrient-dense foods on the planet. There are two kinds, spirulina and a variety known as AFA. Researchers at the University of South Florida found that AFA can greatly increase the production of immune system stem cells in bone marrow.[20] AFA is available as a supplement or a powder and can be found online. I recommend 800 mg a day.

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More Bad News for Vegetarians

The Toxic Impact of a Plant-Based Diet

The funny thing about vegetarians is that they're always claiming to be healthier than us meat eaters.

But I've seen hundreds of die-hard vegetarian converts in my 30 years of practicing medicine. In fact, a large study in 2014 found that 84% of vegetarians or vegans eventually go back to eating meat. Most say it's because they're tired of feeling sick and tired all the time. They're tired of having no energy. They're tired of feeling frail and older than their years.

I've been saying it for a long time...

No matter how much vegetarians claim to have a "superior" diet, the fact remains that humans were designed to eat meat.

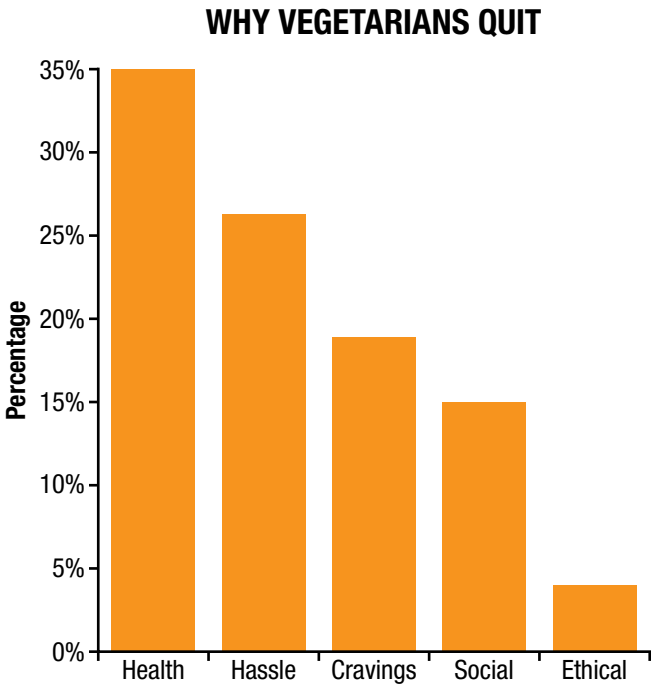
We've been eating meat for millions of years, without interruption. At no time have we ever stopped. And so has EVERY culture known to man. Research shows that of more than 150 native cultures studied, not one of them was vegetarian.

I've talked a lot over the years about the ways a vegetarian diet deprives you of critical nutrients like vitamin D, vitamin A, vitamin B12 and CoQ10. When you don't get enough of these key nutrients, body-wide crises occur that can lead to loss of muscle, energy, immune function... even heart disease and cancer.

But new research shows that a plant-based diet can also make you sick because it has *too much* of another vital nutrient. And getting too much of this nutrient can lead to a toxic buildup in your brain.

That mineral is copper. And in trace amounts, it's important to your good health.

But too much leads to a condition called **copper toxicity.**



A survey of ex-vegetarians revealed that most go back to eating meat because of health concerns.

When you suffer from copper toxicity, your mind races, but you feel utterly exhausted all the time. You go to your doctor with symptoms that seem to be all over the place. Symptoms like:

- Extreme fatigue
- Depression
- Brain fog
- Pounding headaches
- High anxiety
- Adrenal issues
- Memory loss
- Insomnia

But when you complain to your doctor about these symptoms, most will say you need to be on antidepressants. Most mainstream doctors haven't even heard of copper toxicity. They wouldn't even think to test for it.

And their antidepressants definitely won't help.

Plant-based diets are unbalanced

Humans need copper in their diets. Copper is an important mineral that helps you produce the red blood cells that carry oxygen around your body. You also need copper to make energy.

Copper also plays a key role in keeping your immune system healthy by killing dangerous bacteria. And copper may act as an antioxidant, reducing free radicals that can damage cells and DNA. At the same time, it helps the body absorb iron and prevent anemia.

But as with many things in life, it's possible to have too much of a good thing. Too much copper in your system can wreak havoc.

Vegetarians are especially prone to a copper toxicity for a few reasons. First, a lot of the foods that make up the bulk of their diet are rich in copper.

Foods like:

- Raw kale
- Mushrooms
- Seeds
- Nuts
- Chickpeas
- Soybeans
- Avocados
- Fermented soy foods like tempeh, miso and tofu

Don't get me wrong. I eat a lot of the foods on that list. And they're good for you as part of a balanced diet.

And that leads me to another reason why vegetarians are more prone to copper toxicity...

They're not getting enough foods in their diets that displace copper.

You see, your body needs zinc to balance out the copper. And you can only get enough zinc from animal sources. From foods like beef, chicken, liver, seafood and eggs.

You see, copper and zinc have what's called an "antagonist relationship." They operate a kind of check and balance system on each other to maintain a copper:zinc ratio in your tissues of about 1:8.[1] When this ratio is in the right balance, zinc blocks excess copper in food from being absorbed by your body.[2]

Why you may be at risk... even if you eat meat

A plant-based diet is only one link to copper toxicity. Every day, you're exposed to high levels of copper in the environment. Here are some of the most common sources:

- Copper plumbing that leaches the metal into drinking water;
- Multi-vitamins;
- Fungicides;
- Cigarette smoke;
- E-cigarettes;
- Dental fillings;
- IUD contraceptive devices;
- Birth control pills;
- Foods cooked in untreated copper pots.

Cases of copper toxicity are also on the rise because of the fake estrogens in the environment.

You see, the female sex hormone estrogen reduces the rate at which copper can be excreted from the body. That's why women tend to experience copper toxicity more than men.

But in our modern world, all of us — women and men alike — are bombarded by toxic chemicals that

mimic estrogen. These alien estrogens are in products we're exposed to every day, from plastics to beauty products to cash register receipts.

These toxic intruders bind to your body's estrogen receptors. They act like estrogen. And they cause you to retain copper.

Chances are, if you have symptoms of estrogen dominance, you are probably copper toxic, too.

Copper toxicity and adrenal fatigue

There's another factor that tips years of copper buildup in your tissues and organs into toxic overload.

I'm talking about stress, almost impossible to avoid in today's world.

Chronic stress has a devastating affect on your adrenal glands, two walnut-sized glands that sit at the top of each kidney.

Your adrenals produce hormones like cortisol and adrenaline, which help your body cope with stress and emotional difficulties. They are also neurotransmittors.

These hormones are a key part of your "fight or flight" response that helped your ancestors survive in their native environment.

The problem is that your ancestors had only brief periods of stress that lasted only a few minutes at a time. Today, your stressors last for days — or years.

And your overworked adrenal glands simply can't keep up. The result is that *your body's critical copper: zinc balance is thrown completely out of whack.*

But your adrenal glands need zinc to synthesize your body's stress-busting hormones. So as your overworked adrenals use more and more zinc, copper gets stored in your organs and tissues and you become increasingly prone to adrenal burnout.

But the impact of copper on your brain is perhaps the most striking of all...

How copper poisons your brain

Copper is a brain stimulant. And toxicity levels have a profound affect on your psychological and emotional health.

Too much copper produces high levels of neurotransmitters in your brain, like serotonin, dopamine, adrenaline and norepinephrine. These chemical messengers work together and in opposition to regulate wide ranges of emotional responses.

The problem is that copper stimulates them all. That's why high levels make your body feel like it's on amphetamines. Too much copper constantly keeps the conversion of dopamine into norepinephrine going, mobilizing your brain and nervous system for action. At the same time, you can't settle down or switch your mind off.

Studies also show that copper blocks the GABA receptors in your brain. Like Serotonin, GABA is an inhibitory neurotransmitter that calms your nervous system. Copper also oxidizes serotonin, making it much less efficient at controlling anxiety.[3,4]

Other studies show copper stimulates the most primitive parts of your brain — the *diencephalon, or "animal brain"*— where your emotions and instincts are controlled.[5]

The link between copper and Alzheimer's

Scientists are just beginning to understand that copper toxicity is one of the main factors that trigger the onset — and speed the progression — of *Alzheimer's disease*.

Studies show that excess copper disrupts the function of the protein, *LRP1*. Normally, LRP1 shuttles amyloid proteins out of the brain before they can form the toxic plaques that contribute to Alzheimer's disease.[6]

A recent study by researchers from the University of Rochester showed that copper increases the risk of Alzheimer's disease — even at exposure levels found in the normal U.S. diet.[7]

An earlier study published in the journal *Proceedings of the National Academy of Sciences* also found that copper damages the blood-brain barrier, the system that controls what enters and exits the brain.[8]

Find out if you are copper toxic

If you think you may be "copper toxic," I recommend a hair analysis. Blood or urine tests won't cut it — even if your doctor swears by them.

Generally, a copper level over 2.5 mg per 100 is considered high. However, there are also ways to discover hidden copper that may not show up until it has been mobilized.

The most obvious sign is a copper: zinc ratio of less than 1:6. (It should be 1:8.)

Other indicators for hidden copper in a hair analysis include unexpected levels for a number of metals, including calcium, potassium, sodium, and mercury. That's because excess copper results in less *metallothionein* — the main heavy-metal binding protein in your body.

Get back in balance with my copper detox plan

At the **Sears Institute for Anti-Aging Medicine**, I help patients who suffer from copper overload detox their systems with a series of steps. It may take some time, and you may feel worse before you feel better.

That's because as your body mobilizes excess copper from your tissues, it enters your bloodstream on its way to your liver and kidneys for removal. But while it's in your bloodstream, copper can cause symptoms like headaches, rashes, indigestion, mood swings and energy fluctuations. These are only temporary, and you'll feel much better and have more energy once you're back in balance.

Here's the detox plan I give my patients:

» **Step 1: Cut the copper.** The first and most important step is to reduce your environmental exposure to copper. The recommended daily allowance for copper is 0.9 mg per day, but you are exposed to much more through your diet and environment.

- Avoid common high-copper foods like the ones I listed earlier in this article.
- Make sure your water pipes aren't leaching copper into your drinking water. If you have copper pipes, consider purchasing a water filtration system that leaches out heavy metals. Be sure to ask if the system removes copper.
- If you use copper cookware, replace it. I recommend ceramic cookware.
- Choose vitamins or supplements that are copper-free. Most multivitamins contain 1-2 mg of copper. When you add these to other daily sources, it could be enough to tip your adrenals over the edge. You can buy multivitamins without copper — or with the more bioavailable *copper (*as *AAC copper chelate)* — online and from most health food stores. Always check the label.

» **Step 2: Eat a primal diet.** We were genetically designed to eat meat, just like our primal ancestors. A primal diet gives your body the right amount of nutrients in the right balance. It's also the best way to make sure you're getting enough zinc.

The two best sources of zinc are grass-fed beef and lamb. Grass-fed beef contains 1 mg of zinc per ounce. Lamb has almost as much.

Grains weren't part of our ancestors' diet. They should be avoided, especially for people with high copper levels. Refined grains have nutrients removed, and this further upsets the copper-zinc balance. Also, whole grains contain *phytates*, which interfere with zinc absorption.

» **Step 3: Increase these vital nutrients.** Eating the right kind of diet and reducing your copper exposure will increase your **zinc** levels. But you may also want to supplement. I generally recommend 30 mg per day, but for copper toxic patients, I suggest up to 100 mg per day.

You'll also want to increase your intake of other

copper antagonists. These include **molybdenum** and **vitamin C**.

Both vitamin C and molybdenum bind to copper and help excrete it from your body. Many people who are copper toxic feel much better after high doses of vitamin C.

You need at least 3,000 mg of vitamin C per day for copper toxicity. The powdered form may be more convenient for larger doses.

You don't need much molybdenum. I recommend 1 mg molybdenum three times a day with meals.

» **Step 4: Sweat it out with infrared therapy.** One of the easiest ways to rid your body of excess copper is to sweat it out in an infrared sauna.

Infrared saunas are more efficient at detoxing than traditional steam saunas. In one study, sweat released in an infrared sauna was only 80% to 85% water. The remaining 15% to 20% was made up of heavy metals. In a traditional sauna, you only sweat out 3% toxins.[9]

I was so impressed with the detoxing power of infrared therapy that I had an infrared sauna shower installed at the **Sears Institute for Anti-Aging Medicine**.

*If you're in the South Florida area, and interested in infrared therapy, call the **Sears Institute for Anti-Aging Medicine** at 561-784-7852 and talk to my staff.*

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Keep Knife-Happy Surgeons Away From Your Manhood

If you're unlucky enough to be diagnosed with prostate cancer, there's a good chance your doctor will suggest you undergo surgery to remove your prostate gland.

The surgery is called a *radical prostatectomy.*

A responsible surgeon will let you know all the risks and side effects before slicing away at your manhood. But there's one side effect he probably won't tell you about...

I call it the final indignity...

If you have prostate surgery, *there's a good chance your penis will shrink*.

A new study from Japan found that at least two-thirds of men who undergo radical prostatectomy experience shrinkage... by an average of an inch![1]

Your manhood will *probably* return to its former glory about a year after the operation, but I don't think I have to tell you how psychologically difficult that year will be...

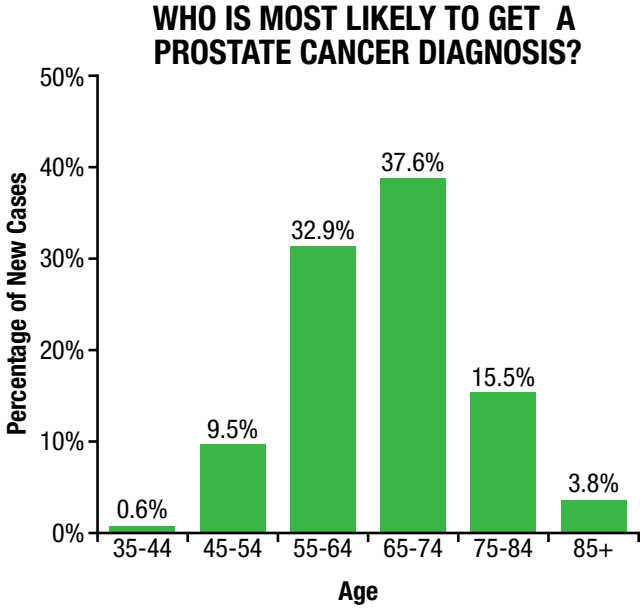
Now, don't get me wrong...

Sometimes surgery is the right option. But too many doctors are "knife-happy." They'll recommend surgery as the first option, when it should be the last resort.

Whether you have been diagnosed with prostate cancer or not, you'll want to read this article. Here's why...

Six out of every 10 American men over 65 have prostate cancer, making it the nation's second-leading cause of cancer in men.[2]

And 50% of men over 60 have an enlarged prostate, or "*benign prostatic hyperplasia*" (BPH). By the age of 85, that ticks up to 90%.



More than 70% of new prostate cancer cases are diagnosed in men between the ages of 55 and 74.

Here's something else your doctor probably won't tell you: *As your prostate swells, your risk of prostate cancer increases.*

I'll explain why in just a minute...

But first, I want you to understand exactly what's going on...

The truth about your prostate troubles

Mainstream medicine has utterly failed to prevent conditions like BPH.

Doctors will tell you your prostate problems are just something that happens when you get older. But that's only part of the story. Your prostate should provide a lifetime of trouble-free performance. Instead, it's aging prematurely.

Like all of today's chronic diseases, an enlarged prostate is the result of an inflammatory reaction caused by a disastrous modern diet and a lack of essential nutrients. Your body has been starved of key prostate nutrients since the day you were born.

Mainstream medicine's solution is Big Pharma meds, many of which carry a warning on the label, because they increase the risk of high-grade prostate cancer.

Your forced to choose between living with your swollen prostate — and all that comes with it — or increasing your risk of deadly cancer...

That's not a choice I'd want to make...

I've treated thousands of men with BPH, and I know the impact a problem prostate can have on a man's life.

Losing your libido is just part of it. If you add in the inevitable waterworks trouble and the fact that mainstream medical treatments leave you all but neutered, your manhood will definitely feel like it's under attack.

And then, of course, there's the cancer risk. The CDC says it expects about 181,000 new cases of prostate cancer to be diagnosed this year, and the disease will kill almost 30,000 men.[3]

Even if you consider yourself a healthy eater, your prostate still probably isn't getting the nutrients it needs to thrive.

Thanks to industrial farming and modern processing techniques, the food you eat has been stripped of the nourishment that helped keep the prostates of your ancestors healthy and virile.

The result of this modern nutrient deficiency is that your prostate has become inflamed.

Now, your swollen prostate releases the enzyme *prostate-specific antigen,* or PSA. For years, it was believed PSA only marked the presence of prostate cancer, but recent research shows it's also a cause.[4]

Mainstream medicine will tell you there's no connection between your BPH condition and prostate cancer. But as usual, their heads are stuck in the sand. They're looking only at symptoms, and forgetting about root causes.

So then, out comes the prescription pad...

Modern medicine can't save your prostate

The typical treatments for BPH are *Avodart*, *Jalyn* and *finasteride,* the same drug used to prevent male balding. You might know it as *Propecia* or *Proscar.* They work by inhibiting the enzyme *5-alpha-reductase,* which regulates the conversion of testosterone into the prostate-enlarging male sex hormone DHT.

Clinical trials have shown *5-alpha-reductase* inhibitors (5-ARIs) are effective at reducing the symptoms of BPH. But the problem with them — like all of Big Pharma's chronic disease meds — is that there's an ugly flipside.

In 2011, the FDA issued a warning that the entire 5-ARI class of drugs increased the risk of an especially aggressive, high-grade form of prostate cancer.

Although two large clinical trials showed that 5-ARIs lowered PSA and prevented low-risk cancers better than placebo, the studies also drew a disturbing link between these drugs and "high-grade or lethal prostate cancer."[5, 6]

Big Pharma still manufacturers these dangerous drugs, and doctors still prescribe them routinely — sometimes even when your prostate is fine, as a "preventative" measure.

And all of Big Pharma's 5-ARI drugs have a history of nightmarish side effects — from rashes to testicular swelling and pain.

Many of the drugs you'll be prescribed also decrease sex drive and in many cases cause impotence[7] — the last thing you need if you're already dealing with an unpredictable prostate.

And if you have surgery, there's a risk you'll be saying goodbye to your sex life for good (and then there's the shrinkage issue).

But your prostate doesn't need meds and probably doesn't need surgery either. It needs the nourishment that millions of years of evolution determined for it.

The truth is, your prostate has serious shortfalls in the critical nutrients your hunter-gatherer ancestors consumed each day.

But if you're armed with the right knowledge, you can fight the war against prostate disease — and cure it for good.

How your ancestors did it

Your primal ancestors consumed a daily diet that was loaded with seeds, berries, nuts, fruits and vegetables. All of these natural foods contain a group of powerful cholesterol-like prostate protectors called *phytosterols.*

These gentle plant sterols protect your prostate gland's cell membranes, helping your prostate to continue to function normally.[8]

Phytosterols are also potent antioxidants. They can reduce inflammation and improve blood flow, which helps maintain healthy tissue in your prostate and urinary tract.

Studies have shown phytosterols can significantly increase urinary flow and reduce the amount of residual urine remaining in the bladder in men with BPH.

One study also showed that phytosterols decreased prostate cancer cell growth by 24% and induced *apoptosis* (programmed cell death) in prostate tumors by 400%.[9]

Your hunter-gatherer ancestors consumed more than 1,000 mg of phytosterols from their diet. Today, you're lucky if you get 150 mg daily.[10] It's no wonder that prostrate problems have become epidemic.

One of the most potent phytosterols is *beta-sitosterol.* In one review of four separate clinical trials involving more than 500 men, beta-sitosterol helped them improve urinary flow and volume and reduce their BPH symptoms in every study.[11]

You'll want to include foods rich in beta-sitosterol in your diet. For prostate protection, I like to see my patients getting 300 mg a day. The chart on this page shows which foods have the highest amounts.

Food (200 cal serving)	Beta-sitosterol (mg)
Avacodo	91
Pistachios	77
Almonds	46
Grape leaves	43
Fava beans	41
Macadamia nuts	30
Lentils	27
Pecans	27

I always recommend food as your first best source of nutrients. But you probably don't want to eat only avocadoes and pistachios all day long.

To ensure you get enough beta-sitosterol, as well as other vital phytosterols, supplements are a good way to go.

But beware, most commercial prostate formulas contain far too small an amount of phytosterols. Look for one that has at least 300 mg of beta-sitosterol in each capsule.

Here are some other powerful prostate boosters that I use at the **Sears Institute for Anti-Aging Medicine**.

5 proven prostate boosters

1. Maca Root: The Inca civilization prized the root of the Peruvian *mashua* plant for its astonishing virility-giving powers. And it's a powerhouse when it comes to prostate health.[12]

Maca is rich in the phytosterols your prostate craves, including *stigmasterol... brassicasterol... ergosterol... campesterol...* and of course, *beta-sitosterol.*

You can get raw, organic maca root at specialty stores and on the Internet. Be sure to get Peruvian maca, grown in the Andes. You can also buy maca powder extract.

My favorite way to use maca is in a smoothie. Frozen bananas, strawberries, ice, a little freshly squeezed orange juice and some maca powder makes an incredible morning drink.

Maca supplements are also available as liquid extracts.

2. Saw Palmetto: Its therapeutic properties come from the saw palmetto tree's berries. The plant grows naturally in Florida, where I live and practice medicine, and provides around 80% of the world's supply.

It's been used as a prostate treatment by mainstream medicine in Europe and Asia for decades. But because of Big Pharma's dominance, we use only a small percentage here.

In my clinic, I use saw palmetto as the first natural line of defense against any prostate issues. It's also loaded with the phytosterols: campesterol, stigmasterol and the powerhouse beta-sitosterol.

In one study of 33 men, those who got 320 mg a day of saw palmetto extract had a 50% reduction in prostate DHT, the chemical that causes your prostate to swell — compared with the prostate drug *flutamide,* or with no treatment.

I recommend at least 300 mg of high-quality saw palmetto berry extract daily.

You can also find straight *beta-sitosterol supplements*. Make sure to look for natural sources. Some brands use synthetic, lab-designed forms, which you should avoid.

3. Pygeum Africanum: This is better known as the African plum tree and the extract from the bark has shown impressive results in prostate sufferers. Like saw palmetto, it has been used in Europe as a prevention and treatment of prostate disorders, including BPH, for years.

All of the four main groups of phytochemicals found in pygeum have been shown to be beneficial to prostate health. All four naturally reduce the conversion of testosterone to DHT.

Studies show pygeum bark extract also improves urinary flow and sexual performance, and also reduces late-night bathroom trips.[13]

One review of 18 studies confirmed dramatic improvements in urinary health. In one of the studies, men described having healthy urinary flow in just 60 days.[14]

And another study reported in *Endocrine* tested the anti-cancer potential of pygeum and discovered it inhibited the growth of prostate cancer cells, induced apoptisis, or cell death. Mice fed with pygeum showed a 35% reduction in prostate cancer incidence.[15]

You can buy pygeum bark extract in capsules or as a tincture at most health food stores and online. Most of the pygeum supplements out there are standardized at 13% total sterols. Look for supplements that are standardized at 14% or higher. I recommend 200 mg per day.

4. Boron: I also recommend 6 mg of a ***boron*** supplement daily. Most American men only get 10% of what they need. Studies show that boron significantly reduces prostate swelling and one important study revealed that the rate of prostate cancer fell by 64% for men who eat boron-rich foods.[16]

Foods with high amounts of boron include artichokes, berries, cherries, sweet potatoes, figs and prunes.

5. Concentrated pollen extract: Yes, the same stuff that bees gather to make honey has also been shown to lessen prostate swelling by reducing DHT. It also turbo-charges your peeing power.[17] I recommend 1,500 mg a day of bee pollen extract split into three doses before meals.

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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).