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

July 2017 Vol. VI Issue 7

Harness Nature's Reboot

Channel the Healing Power of Stem Cells With Nutrients

We are currently in the middle of a medical revolution. Natural medicine, at long last, is beginning to beat out big government's oppressive and outdated policies....

And the Texas legislature is leading the charge. Lawmakers in the Lone Star state just passed a historic bill that will allow clinics and doctors to offer stem cell treatments to patients.

Even though stem cell therapy has not been approved by the FDA.

For decades, the FDA has colluded with drug companies. Of course, at one point, the agency had an important purpose. Its goal was to protect you from infectious disease and inferior products — and it served its purpose for a time.

But today, the FDA has gone from policing drug manufacturers to conspiring with them.

And nowhere is this more evident than in the field of stem cell therapy. Let me explain...

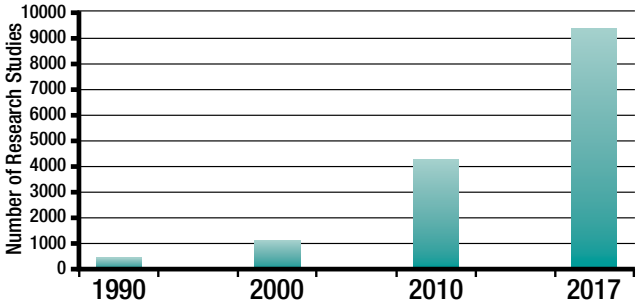
Stem cells are your body's own master cells. They're the basic building blocks of your entire body.

And they have the ability to ***cure every disease ever known***.

So the proposed bill in Texas is a giant step forward.

The bill is called the "right to try" law. It was introduced by a legislator who pleaded with his colleagues to pass the law so his paralyzed wife could have a chance to walk again.

STEM CELL RESEARCH HAS EXPLODED



There were 311 stem cell studies done by 1990. By mid-2017, there have been 9,407.

Today, more than 30 states are considering following the suit.

Of course, the medical establishment is up in arms.

Also in This Issue...

They don't want you to have access to stem cell therapy. They call it experimental and unproven and unsafe.

The FDA claims stem cells are drugs. And they want to regulate them like a drug...

Because if the FDA can't control stem cells, they can't profit from them!

The Magic of Stem Cells

Here's how stem cells work. Your body regularly assigns them to replace cells that are damaged, old or dying. You can inject them anywhere and they go wherever they are needed. And become whatever is necessary — like magic!

The problem is that you lose stem cell activity as you age (stem cell *senescence*). This weakens your immune system, making your body's recovery process longer and harder.

The good news is recent breakthroughs now mean ***your own adult stem cells*** can be reactivated.

Meanwhile, your body also stores reserve units of stem cells — just waiting to be tapped and stimulated.

These stem cells have the ability to grow into any other kind of cell — whether it's a heart muscle cell, blood cell, retinal cell or nerve cells.

Adult stem cells, in various early stages of early "specialization," have been found in the brain, bone marrow, lungs, blood, blood vessels, skeletal muscles, skin, fat tissue and the liver.

These adult stem cells can remain in their "sleeping," non-dividing state for years, even decades, until they're called to action by disease or injury — or activated by therapy.

For example, when bone marrow stem cells are activated they become blood cells — red blood cells to carry oxygen around your body and white blood cells to bolster your immune system.

Here at the **Sears Institute for Anti-Aging Medicine**, I offer a number of treatments that can awaken stem cells in your body — including PRP and *fat-derived stem cell therapy* — for a range of conditions as varied as diabetes, chronic obstructive pulmonary disorder (COPD), arthritis, old sports injuries and skin wrinkles.

But did you know you can also awaken your stem cells at home using specific nutrient-dense food sources?

When we use foods as medicine, we call them "**nutraceuticals**." And today, I'll teach you how you can use nutraceuticals to trigger stem cells revitalize your body — from the inside out.

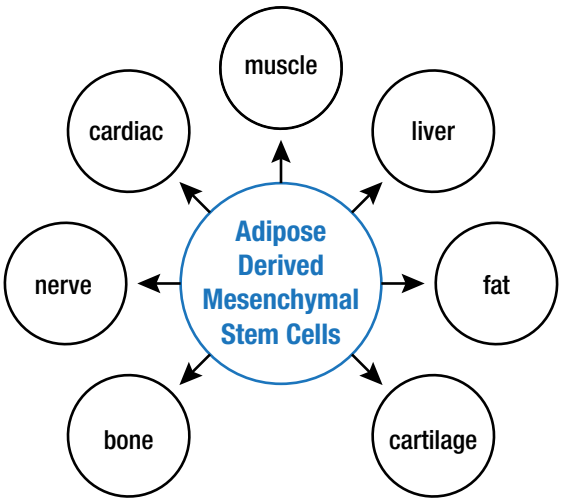
The Miracle of "Mesenchymal" Stem Cells

Here's something you'll never hear from a mainstream doctor…

Certain foods and herbal formulations have been proven in multiple studies to boost human stem cell activity. They strengthen your immune response and speed up healing and regeneration.

Most doctors know nothing about medicinal nutrition, because they didn't study it in medical school — and they know even less about their effect on stem cells.

But studies show that the nutraceutical formulations I'm talking about work by activating special kinds of stem cells called *mesenchymal stem cells*.



Scientists describe mesenchymal stem cells as "multipotent."

That means they can grow into more than one type of cell — but they are more limited than pluripotent stem cells, which can develop into any kind of cell.

Adult mesenchymal stem cells are found in bone marrow, circulating blood, the lungs and fat cells.

These cells repair and replace damaged tissue — and they have a powerful influence on your immune system. They stimulate the production of *T-cells* and *natural killer (NK)* cells.

These are key parts of your immune system's defense army that attack the bacteria, viruses, fungi and cancer cells and prevent their growth.[1]

And they inhibit inflammation — the root cause of all modern chronic diseases — through the modulation of pro-inflammatory *cytokines*, *chemokines* and other biochemicals.

Treatment with mesenchymal stem cells can reduce disease progression in many conditions, including:

- Inflammatory bowel disease
- Lupus
- Multiple sclerosis
- Rheumatoid arthritis
- Inflammation of the brain and spinal cord
- Colitis
- Blood poisoning

Studies now recognize that a reduction in the number and function of mesenchymal stem cells is one of the chief causes of aging.[2]

In other words, your immune system gets slower and less effective as you age, because you have fewer active mesenchymal stem cells to regulate it or handle regeneration and repair.[3,4,5]

5 Ways To Boost Your Stem Cells at Home

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

By making adjustments to your diet, you can give your body the natural boost it needs to maintain youthful stem cell production and a powerful immune system.

1. My 4-Nutrient Cocktail. Researchers found that a cocktail containing *polyphenols* from *blueberry* and *green tea*, as well as *carnosine* and *vitamin D,* increased mesenchymal bone marrow stem cells by a staggering 68%.[6]

Research also reveals this combination boosts the activity of blood stem cells, which develop into immune system cells.

The cocktail can also protect stem cells from the destructive effects of oxidative stress, and improve thinking and memory, as well as vision, joint and urinary tract function.[7]

- **Fresh Blueberries:** Blueberries have an especially powerful affect on stem cell proliferation and the growth of new adult brain cells in the hippocampal region, boosting cognitive performance and also counteracting cognitive decline. If you can't get organic blueberries, supplement with 500 mg of organic whole blueberry extract per day.

- **Green Tea:** The active ingredient in green tea, EGCG, can prevent and repair stem cell damage. Studies show that blueberry and green tea extract increased bone marrow stem cell proliferation by 70%. I recommend 200 mg to 350 mg of green tea extract twice a day.[8]

- **Carnosine:** This molecule has a remarkable ability to wake up stem cells that are deteriorating with age. When carnosine was combined with blueberry, stem cell activity increased 83%. I recommend 1,000 mg every day. A typical seven-ounce serving of beef has about 250 mg of carnosine. Or you can supplement with natural L-carnosine. Take 500 mg twice a day.[9]

- **Vitamin D:** This "super nutrient" stimulates the production and activity of stem cells that differentiate into mature oxygen-carrying red blood cells and white blood cells that bolster your immune system. Getting 15-20 minutes of unprotected sun each day is safe and will provide roughly 5,000 IUs of vitamin D. If that's not an option, take a vitamin D3 supplement of at least 5,000 IUs. [10]

2. Java Plum. This tropical tree, also called Jamun tree, is native to Southeast Asia, but is now grown in many parts of the world. It has been used for millennia to treat diarrhea, skin and digestive system ailments, and to control blood pressure and blood glucose levels. Java plum also has strong antibiotic properties.

Recent research reveals that it also has a remarkable affect on your immune system's ability to suppress colon cancer and other tumors.[11]

Java plum contains powerful flavonoids called *glucosides*. These interact with blood stem cells and guide their differentiation toward the production of red blood cells, while inhibiting the production of *myelomonocytic* cells that grow into leukemia.[12]

In animal studies, glucosides stimulated the production of heart muscle stem cells. This helps protect your heart and repair damage after a heart attack.[13]

Java plum has no known toxic side effects. I recommend 10-20 ml of Jamun juice per day, but you should take it after a meal. You can also buy java plum seed powder. Take 1-3 grams.

3. Spirulina. This single-celled, blue-green algae is the original superfood. It's been around for more than 3.5 billion years.

And 30 years of clinical research reveals that it's probably the most nutritious food source on the planet. In fact, it's so dense with nutrients, you could survive on spirulina and water alone.

Recent research has also revealed its impact on stem cells and the immune system. Studies show that spirulina protects brain stem cells from having their growth inhibited by inflammation and triggers *neurogenesis*, the formation of new neurons.[14]

At the same time, spirulina activates immune system cells by increasing the production of infection- and cancer-fighting immune cells like natural killer cells, T cells and B cells.[15] And boosts your immune system with its potent antioxidant properties.

Spirulina is usually sold as a deep green-colored powder at most health food stores. Stir a teaspoonful into a glass of water or juice, or add it to a smoothie.

It's also available in capsules or as 500 mg tablets. I recommend 4-6 tablets spread throughout the day.

4. Undaria Pinnatifida Seaweed. Seaweed also promotes stem cell activity.

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

Fucoidan is found mostly in brown seaweeds and is common in sushi. But wakame is especially effective.

Studies show that fucoidan has a remarkable ability to promote tissue regeneration, immune function, and improving cell-to-cell communication.

Not only is fucoidan known for its anti-aging affects, it is also believed to combat cancer, metabolic syndrome and other degenerative disorders.

And researchers stimulated mesenchymal stem cells to grow new blood vessels by combining fucoidan with standard stem cell therapy. This opens an exciting new treatment pathway for strokes and other vascular conditions that arise from blockages in blood supply to tissues.[16]

Other studies show the same combination can boost bone regeneration and the suppression of colon cancer cells.[17, 18]

5. B Vitamins. Vitamin B12 and iron are required for bone marrow stem cells to become mature red blood cells. And a recent study from the University of Georgia and Tufts University discovered that vitamin B9 — also called *folate* — stimulates stem cell activity.

Folate has been shown to directly activate the proliferation of neural stem cells that grow into brain cells and *glia* in the nervous system.

I recommend getting 800 mcg of folate each day. Grass-fed calf's liver is one of your best sources, along with dairy, poultry, meat, eggs, seafood and dark leafy greens. If you choose to supplement, avoid the synthetic "folic acid" form of B9. Look for products that say "5-MTHF." That's the active form of B9.

B12 is produced in the gut of animals and found almost exclusively in foods like beef, liver, lamb, salmon, shrimp, poultry and eggs.

You can also take a B12 supplement. I recommend at least 100 mcg per day. But I advise many of my patients to take as much as 2,000 mcg per day to improve nerve function.

If you are interested in learning more about the stem cell therapies we offer at the ***Sears Institute for Anti-Aging Medicine****, please call and speak to my staff at 561-784-7852.*

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New Study: Cholesterol Is Good for You!

High Cholesterol Helps People Live LONGER

One of the worst things you can do is worry about high cholesterol. I know that's counterintuitive to everything you've ever heard. But high cholesterol won't cut your life short.

In fact, a long-term study proves LOW cholesterol is really the enemy.

The findings come from an international team of respected scientists, doctors, and researchers from 17 countries. They followed nearly 70,000 people — all 60 years or older — and came to these shocking conclusions:

- There is **no link** between high cholesterol and heart disease.
- There is **no link** between high cholesterol and stroke.
- And despite all the warnings about so-called "bad" LDL cholesterol… they found **no link** between high levels of LDL cholesterol and heart disease or stroke.

On the contrary…

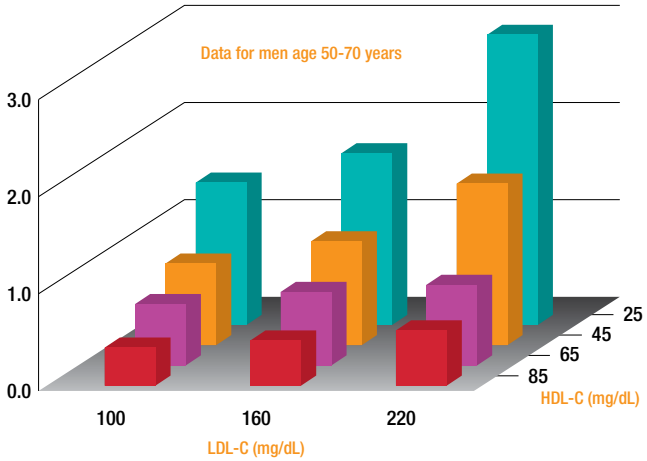
People in the study with high cholesterol actually lived ***longer!***

So this whole business about high cholesterol being dangerous is a complete lie. But here's what really got under my skin.

With a mountain of evidence proving high cholesterol is healthier, you'd think someone would have some harsh words about Big Pharma and their cholesterol lowering statin drugs.

After all, for over 80 years Big Pharma painted high cholesterol as the devil. They told you that if you didn't keep cholesterol in check, you'd develop cardiovascular disease.

Low HDL-C Predicts Coronary Heart Disease Risk Independent of LDL-C: The Framingham Heart Study



This chart shows that your risk of heart disease increases the lower your HDL levels are. As long as your HDL is at least 85, your risk level is low... no matter how high your LDL or total cholesterol levels are.

And that if you didn't want to drop dead from a heart attack, well, you *had* to take cholesterol-lowering statin drugs.

And as a result, statin use skyrocketed. In fact, the best-selling drug of all-time — Lipitor — is a statin. At one point, Lipitor sales brought in more than $10 billion a year… for 7 years straight![1]

Ten billion! That's more than the annual gross domestic product of some countries in a year!

So what did the authors of this study have to say? Did they sound the alarm on the dangers of statins? Call for an outright ban on them?

Or call-out Big Pharma for laughing all the way to the bank while putting your life at risk?

No. In the final report, cholesterol-lowering drugs practically got a pass.

I need you to understand something. Big Pharma has declared war on cholesterol NOT because it's bad for your heart. But because it puts billions in their coffers.

Now, there is a very accurate way to predict your risk of a heart attack. But high cholesterol isn't it. I'll circle back to that in a moment (and give you six ways to reverse heart disease if you are at risk).

But first let me explain…

Why Your Body Needs Cholesterol

The whole world has been terrified into thinking that high cholesterol means you have one foot in the grave. It couldn't be further from the truth.

The problem with blaming cholesterol for heart disease — apart from the fact it's not true — is that when you follow mainstream medical advice and lower your cholesterol levels, you're actually damaging your body.

Cholesterol is one of your body's most vital substances. It enables your liver to synthesize acids, hormones and vitamins that are utterly essential to a happy and healthy life.

It's also what gives life its gusto:

- Your brain is made of it;
- Your sex and adrenal hormones are made of it;
- Your body can't digest fat without it;
- Your cells walls are made of it;
- Your body can't produce vitamin D without it.

Cholesterol also protects every nerve in your body, so you can move quickly and react fast. It's essential for remaining vibrant and independent throughout your life.

Your cholesterol levels are supposed to be high — despite the highly profitable war Big Pharma and mainstream medicine have waged against it.

Why High Cholesterol Is Good

Contrary to what you may have heard, there's no such thing as "good HDL" or "bad LDL" cholesterol. Cardiologists like to throw these terms around, but they're very misleading.

For a start, HDL isn't even cholesterol. And neither is LDL, let alone a bad one. Cholesterol is cholesterol. Let me explain…

Because cholesterol isn't water-soluble, it has to travel through your bloodstream in little packets called lipoproteins — low-density lipoproteins, or LDL, and high-density lipoproteins, or HDL. (There are three other lipoproteins, by the way, chylomicrons, VLDL and IDL.)

LDL is present in plaque build-up in your arteries. That's why it's called "bad" cholesterol.

Cardiologists like to measure your "bad" cholesterol to assess your risk of developing heart disease. And Big Pharma makes billions of dollars every year hawking cholesterol-busting statin drugs like *Lipitor*, *Lovastatin* and *Fluvastatin*.

To make their case and keep the drug dollars rolling in, Big Pharma runs multimillion-dollar marketing campaigns to convince you that you need statins to live a longer and healthier life. They've bamboozled the public and even the medical profession into buying their hype.

But they couldn't be more off-target. The recent big study I told you about earlier concluded that, "the benefits from statin treatment have been exaggerated."

Multiple studies confirm it — low cholesterol is worse for you than high cholesterol.[2]

And, ironically, by lowering your cholesterol levels, you're destroying a part of your body that's there to protect you from heart disease.

You see, HDL is actually a heart protector. The higher your HDL number, the better. It doesn't matter how high your LDL is.

If your HDL is above 85, you are at no greater risk of heart disease if your total cholesterol is 350 or 150.

It's true LDL particles oxidize in your bloodstream and are found in the plaque build-up in your arteries — and modern medicine has jumped to the conclusion that this is the cause of heart disease.

The truth is that inflammation causes heart disease. Inflammation acts on cholesterol, but isn't caused by it. Cholesterol is only guilty by association.

Inflammation damages the blood-vessel walls in the first place. When LDL patches the wall, it's just doing its job.

And besides, your body already has its own mechanism for clearing away that excess. That's what your HDL is for.

High HDL trumps other cholesterol concerns.

So you see that using a cholesterol measurement to reduce your risk of a heart attack or stroke is more about making money for Big Pharma than saving your life.

Here's a better way…

The Best Heart Attack Risk Signal

Telomeres are your biological clock.

Each time your cells divide, a tiny bit of each telomere gets used up. This process happens slowly during your life, but it makes your cells act older and weaker.

Critically short telomeres set in motion what Harvard researchers have called a "death spiral" in your cells.[3,4]

The shorter your telomeres, the more prone you are to "old age," and chronic conditions — especially heart disease, the number one cause of death in America.

You see, the inflammation at the root of heart disease grinds and wears down your telomeres.[5]

At the same time, inflammation sabotages *telomerase*, the enzyme that rebuilds your telomeres.

This has a horrible affect on your immune system, because telomerase is more active in immune cells than in any other cell in your body.

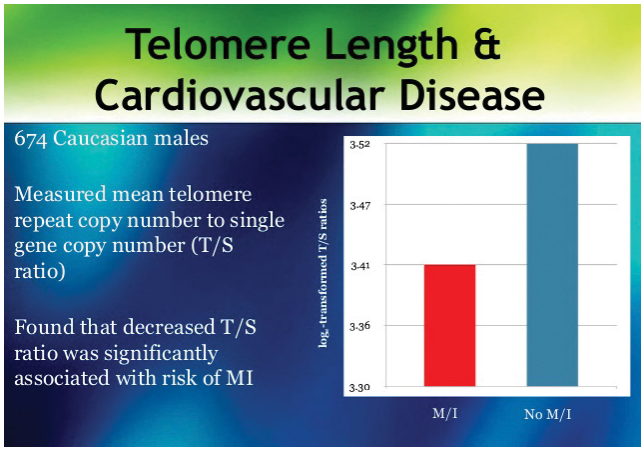
Less telomerase means short telomeres in your immune cells and that sets off a further inflammatory cascade in your body, which accelerates chronic conditions like heart disease.[6]

Studies have revealed that short telomeres are linked to a 300% increased rate of death from heart disease.[7]

In another recent study, researchers measured the telomere lengths of nearly 4,000 heart attack patients within 24 hours of their attacks. They all had shorter telomere lengths when compared to a healthy control group.

In fact, every time their telomere length dropped by one unit, their ***heart attack risk more than doubled***.[8]

And another study measured the telomeres of 337 people who had a heart attack. They also measured 337 people who did not. The slide from my Anti-Aging Seminar in Palm Beach, Florida, shows the results.



Shorter telomeres increased the risk of heart attack by 62%.

The blue bar represents the average telomere length of people who did not have a heart attack (myocardial infarction, or MI). The red bar shows the much shorter telomere length in people who did have a heart attack.

You can see that heart attack victims had much shorter telomeres than healthy people. For those with shorter telomeres, ***the risk of heart attack went up by 62%***.

You see, the only accurate way to assess your risk of having a heart attack or a stroke is to know what's going on with you at the cellular level.

Getting the length of your telomeres measured is probably the most important test your doctor will never order.

Here at the **Sears Institute for Anti-Aging Medicine**, I use a telomere test from a company called Life Length. Its Telomere Analysis Technology (TAT) is the best telomere test on the market. And it's been proven accurate in clinical studies.[9]

And only the TAT test tells you how many "*critically short*" telomeres you have.

Once I know what's really going on at the cellular level, I help my patients prevent heart attacks and strokes by teaching them how to protect their telomeres.

5 Ways To Lengthen Your Telomeres and Reverse Heart Disease

Along with exercise, here are 5 ways to activate telomerase and grow your telomeres. In as little as a year you can modify the length of your telomeres with some simple changes to your routine.

Here's what you can do right now to activate telomerase and grow your telomeres.

1. Get More Omega-3 Fats: Omega-3 fatty acids activate telomerase and lead to longer telomeres.

One study found that people with the *lowest levels* of omega-3 fats had the fastest telomere shortening over a 5-year period. Those with the highest levels had the slowest shortening.[10]

The best animal sources of omega-3s are wild, cold-water fish like pollock, salmon, tuna, lake trout and herring. Good plant sources are raw nuts and seeds, like walnuts, Brazil nuts, almonds and pumpkin seeds.

But it's almost impossible to get enough omega-3s from your diet. You'll want to supplement. Try to get three grams of omega-3s every day. I recommend krill oil and calamari oil to my patients.

2. Eat More Fruits and Vegetables: Diets lower in refined carbohydrates and higher in fresh fruits and vegetables are linked to longer telomeres.

I recommend eating more magnesium-rich foods. Studies show that magnesium preserves and repairs DNA, and that telomerase is magnesium dependent.[11]

You can boost your magnesium levels by eating more kale, spinach, Swiss chard and seaweed. Other good choices include almonds, avocado, spirulina, and dark chocolate.

Vitamin C-rich fruits, like acerola cherries, kale, broccoli, cauliflower, Brussels sprouts, parsley, bell peppers, black currants, guava, and papaya are potent antioxidants and a great way to lengthen your telomeres.

You can also take vitamin C supplements. I recommend 5,000 mg to 8,000 mg every day. Be sure to divide that amount into multiple smaller doses throughout the day.

3. Add L-arginine and L-citrulline: Adopting a diet rich in these biochemical cousins boosts telomere length.

Studies show these amino acids team up to create *nitric oxide* in your body, which activates telomerase.[12]

Great food sources include peanuts, almonds, sunflower seeds and walnuts, tuna, chicken, salmon, lobster, shrimp, eggs, spinach and watermelon.

If you're not getting enough of these nutrients from your diet, supplement capsules are available online and at most health food stores. I recommend daily doses of 1,000 mg of L-citrulline and 6,000 mg of L-arginine.

But make sure you get the L form and not the synthetic DL forms.

4. Boost Folate: Folate or folic acid is also called vitamin B9. Studies show men with the highest folate levels have longer telomeres than those with low levels.[13]

Folate works by countering the effects of homocysteine. High levels of this amino acid can triple the speed at which your telomeres shorten.[14]

Calf's liver is one of the richest sources with 215 mcg in just three ounces. Dairy, poultry, meat, eggs and seafood are other good choices. Dark leafy greens are a good source. Try spinach, broccoli, asparagus and Brussels sprouts.

You can also take a folic acid supplement. I recommend getting 800 mcg of folic acid every day for your telomeres.

5. Practice Meditation: One of the most effective ways to switch on telomerase takes just minutes a day.

I find new patients are intimidated by the idea of meditation. But there are hundreds of ways to meditate. All it takes is 10 or 15 minutes a day. Here's a technique I recommend:

- Find a quiet space to sit.
- Sit in a comfortable position with your back straight. You can use a chair.
- Rest your hands in your lap and close your eyes.
- Let your attention focus on the movement of your breath.
- Breathe in silently to the count of four.
- Breathe out silently to the count of eight as your body relaxes.
- Whenever your mind wanders, bring your attention back to the breath.

Research proves that it works. One study out of the University of California-Davis found that people who practice meditation and other breathing exercises have longer telomeres than those who don't.[15]

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Can Your Sunscreen Weaken Your Bones, Heart and Brain?

I read about an interesting case study in the *British Medical Journal* recently. The article told the story of a 17-year-old British boy who fractured his femur. The break was not caused by trauma.

Instead, doctors blamed it on a deficiency of vitamin D.

The article went on to explain that the teen spent nearly all of his free time inside playing video games. He rarely went outdoors. And because of that, his bones became as weak as a much older person.

Stories like this are rare. But I fear they're going to become more common.

Right now, there are more than 1.6 million hip fractures worldwide every year.[1] And those numbers are expected to increase by approximately ***300%*** in the next three decades.

Most of those fractures occur in people over the age of 65.

SIGNS AND SYMPTOMS OF A VITAMIN D DEFICIENCY

Difficulty thinking clearly
Bone pain
Back pain
Frequent bone fractures
Muscle weakness
Bone loss
Unexplained fatigue
Depression
Wounds that won't heal
Hair loss
Weak immune system

Bone fractures aren't the only sign of a vitamin D deficiency

And what's not surprising is that this is the same age group that's most likely to be deficient in vitamin D.

You see, vitamin D is essential for strong healthy bones. Without proper levels of vitamin D, your bones become thin and weak. Not having enough vitamin D plays a big role in causing the bone-wasting disease osteoporosis. Studies have shown that vitamin D prevents bone loss. It also:

- Reduces your risk of breaking a bone in any part of your body by 60%.[2]
- Reduces your risk of breaking your hip by 43%.[3]
- Reduces your risk of having a painful bone-softening condition called osteomalacia.

I always test my patients' vitamin D levels. Sometimes they're surprised when I tell them they have a deficiency. They assume because we live in the Sunshine State that they get enough vitamin D just through daily exposure.

After all, they're not cooped up inside playing video games all day!

But even here in Florida, it's not uncommon for me to see levels that are far too low.

The reality is that most people don't spend enough time in the sun. And the sun is by far the greatest source of vitamin D.

But there's another problem. For years, doctors have warned you that you need to slather on sunscreen every time you go outside… even in the winter!

That's bad advice for a lot of reasons. For one, sunscreens are a toxic soup of cancer-causing and hormone-disrupting chemicals.

But now we know sunscreen is far worse for your health than anyone could have imagined.

A new study published in the May 2017 issue of *The Journal of the American Osteopathic Association* found that using a sunscreen with an SPF factor of 15 or more ***reduced vitamin D production by 99%.***[4]

What a Vitamin D Deficiency Does to Your Body

Today, more than a billion people around the world have insufficient vitamin D levels.

And it's making them sick...

Low levels cause more than just broken bones. A recent study shows that **vitamin D binds directly to your DNA**[5] and triggers a gene that stops inflammation. As you may know, inflammation is behind all the chronic diseases we see today. Diseases that include:

- **Cancer:** A four-year study conducted by researchers at Creighton University found that vitamin D can help prevent 17 types of cancer and lower your overall cancer risk by 77%.[6]

- **Coronary artery disease:** An extensive study conducted on more than 27,000 patients found those with the lowest vitamin D levels were 43% more likely to develop coronary artery disease than those with normal levels.[7]

- **Diabetes:** Vitamin D is also known to help lower the risk of type 2 diabetes, as well as prevent autoimmune disorders like multiple sclerosis and rheumatoid arthritis.

- **High blood pressure:** A large study found that people with the highest vitamin D levels have a 30% lower risk of developing hypertension compared to those with the lowest levels.

Stop Taking 'Bone-Building' Drugs

Doctors will tell you that the best way to treat and prevent osteoporosis is by taking one of Big Pharma's bisphosphonate drugs or a calcium supplement. This simply isn't true.

Bisphosphonates like Fosamax, Boniva, Actonel and Reclast are the perfect way to create brittle, crumbling bones. Taking them poisons your bones.

These drugs cause bone breaks in strange places where your bones should never break, like the jaw. One report in the *New England Journal of Medicine* looked at women taking bisphosphonates. Of those who had a fracture while on the drug, more than 65% had a very rare fracture in the middle of their thigh.[10]

And a study from Finland found that you are over 90 times more likely to have a rare bone break if you take bone drugs than if you don't.[11]

And osteoporosis isn't caused by a lack of calcium. And numerous studies come to the same conclusion: calcium intake does not prevent fractures due to bone loss.

- The Harvard Nurses' Health Study is one of the most well-conducted studies in science. The study followed 77,761 nurses. For 12 years, researchers examined the association between dietary calcium and bone fractures. Results showed there was no protection from fractures with any dose of calcium intake. Nurses who had the highest calcium intakes actually had an increased risk of bone fracture.[12]

- An Australian study confirms the result of the Harvard Nurses' Health Study. This study also looked at the association between calcium and fracture risk. The study looked at lifetime calcium consumption in more than 400 elderly participants. The study concluded that calcium consumption in early adulthood actually increased the risk of bone fractures as the person aged.[13]

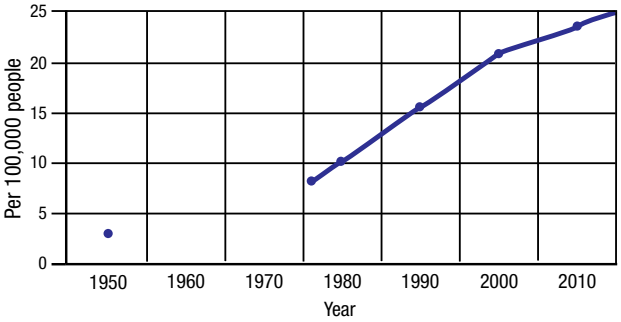
The same study showed that for every 10 ng/ml increase in a patient's vitamin D levels, they had a 12% lower risk of developing hypertension.[8]

- **Alzheimer's:** In 2015, researchers followed almost 400 patients in their 70s. They found they were three times more likely to develop Alzheimer's over a five-year period when their vitamin D levels were low.[9]

But What About Skin Cancer?

The rate of deadly melanoma cases has risen dramatically in the last three decades. And if the numbers continue to increase at the current pace, 112,000 new cases will be diagnosed by 2030.[14]

U.S. MELANOMA INCIDENCE



Skin cancer rates have increased dramatically in the last 40 years.

Mainstream medicine says it's because you get *too much* sun exposure.

Nothing could be further from the truth. But people believe it…

Sales of sun care products have grown substantially in the past 40-plus years. The global market for sun care products is expected to reach $1.1 billion by 2020.[15]

Yet the cases of deadly skin cancer continue to grow. And the overuse of sunscreen is largely to blame.

The truth is that when you avoid the sun — either by slathering on sunscreen or by staying indoors — your chance of getting skin cancers is significantly higher than those who soak up its rays. And the experts know it.

The British medical journal *The Lancet* reported on this over a decade ago:

> *"It has long been realized that indoor workers have an increased risk for melanoma, compared with those who work outdoors, indicating ultraviolet radiation is in some way protective against this cancer."*

Humans were born to live outdoors... Our ancestors did for millions of years. We were built to bask in the sunshine. When the sun's rays reach your skin, your body starts to produce vitamin D.

I get that no one wants a sunburn. They're painful. And too many can leave you vulnerable to leathery skin, wrinkles and age spots — a condition known as photo-aging.

But when you expose your skin to the sun, your skin adapts and builds a natural immunity that protects you from a damaging sunburn. And protects your health...

Bask, Don't Burn

By now, you know how important it is to get enough of the sunshine vitamin. Here are 2 ways to make sure you get all the benefits of the sun without the burn.

1. Practice Gentle Tanning. Soak up some rays for about 15 to 20 minutes at least a few times a week. I call this "gentle tanning." This allows your body to build up melanin.

That's the pigment that causes your skin to tan. It's your built-in sunscreen. By developing a base tan, you can stay in the sun without burning.

Remember to expose parts of your body usually covered by clothing. Roll up your sleeves and pant legs. But do wear a hat. Your face gets enough natural sun exposure every day.

2. Try Nature's Gentle Sunscreen Plant. When I was in South America, I found an amazing tropical fern plant that can protect your skin from too much sun. It's called ***Polypodium leucotomos***.

Research shows *Polypodium leucotomos* extract (PLE) is a powerful antioxidant. It acts as a scavenger to mop up free radicals. It even works on superoxide anions.Those are high-energy molecules that cause direct cell damage and are linked with all types of cancer.[16]

PLE also protects against UV radiation from the sun. It protects DNA by slowing down the formation of cancer-causing cells resulting from UVB radiation. This natural plant extract also preserves healthy skin tissue. It inhibits mast cells from infiltrating the skin. Mast cells release chemicals that cause inflammation, redness, and itching — the same symptoms you get with sunburn.

I recommend PLE for all my patients. It's the easiest way to make sure you're protecting every inch of your skin from the sun without toxic sunscreens. And it works by protecting skin at a deep cellular level where topical creams and lotions can't reach.

You can take PLE capsules. They have been used safely for 20 years in Europe. In this country, you can find PLE in products sold under the names Heliocare® and Antioxidine®.

PLE is absorbed quickly. Take it before going outside. It lasts for up to 2 hours after you take it to protect against sunburn.

3 More Ways To Get D

Making sure you are getting enough vitamin D is one of the most important things you can do for your health. So ask your doctor for a simple blood test so you know your levels.

I encourage my patients to keep their levels in the range of 40 to 60 ng/mL.

Even for people who try to get enough sun, it can be tough. We lead very busy lives and it can be difficult to make the time to enjoy the sunshine. Here's what I recommend to my patients at the ***Sears institute for Anti-Aging Medicine.***

1. Eat Foods Rich in Vitamin D. The best way to get vitamin D from foods is to include organ meat in your diet. These include small fish like herring, sardines and anchovies. Organic milk from grass-fed cows is also an excellent source, as are egg yolks, cooked salmon and mackerel and tuna fish.

2. Try Some Cod Liver Oil. Next to sunlight, this is the best source of vitamin D, providing 1,360 IUs in just a single teaspoon per day. Since cod liver oil is whole-food based and easily digested, you can take it any time of day — though many people prefer a spoonful in the morning as it helps with energy regulation throughout the day.

FOOD	Vitamin D (IU)
Herring, Atlantic	2061
Oysters, wild raw	941
Wild-caught salmon	400
Mackerel	400
Wild portobello mushroom	375
Tuna	228
Sardines	164
Milk, raw 1 cup	98
Liver, beef, grass-fed	50
Eggs, 1 large	45

3. Take a Good-Quality Vitamin D Supplement. Your food probably won't give you all the vitamin D you need. I recommend taking a supplement of vitamin D called cholecalciferol. It's the same vitamin D your body produces. Just be sure to avoid the synthetic form of vitamin D2 in most multivitamins because it is less potent and less absorbable.

For years, the Food and Drug Administration recommended 400 IU of vitamin D a day.

Then last year, the FDA doubled their decades-old Daily Value to 800 IU.[17] That's still far too low.

I recommend 2,000 IUs via supplement daily, preferably in the morning but never at night. That's because vitamin D is inversely related to melatonin, your sleep hormone, and may keep you awake.

You want your vitamin D supplement to include **vitamin K2**, which helps activate and improve absorption of vitamin D. You can also take a vitamin K2 supplement separately. Vitamin K2 "activates" vitamin D, so it's critical you include this nutrient in your regimen.

And One More Thing...

It's a good idea to take a **magnesium** supplement with your vitamin D. Magnesium is a mineral involved in more than 300 different processes in the body, including the ability to make and use ATP, the body's main form of energy. Because your magnesium levels can fall when boosting your vitamin D intake, make sure to supplement your diet with between 600 and 1,000 mg of magnesium per day.

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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).