

The Lost Art Of “Cooperative” Medicine

Don't Let Doctors Deliver Medicine By Force

Doctors don't carry out “raids” in the name of medicine anymore. But there was a time when you — and hundreds of other men and women — might have been handcuffed to a fence and vaccinated at gunpoint.

The problem is, the medical establishment still hasn't gotten over that militaristic mindset.

Back around the turn of the last century, heavy-handed tactics were used commonly across America in the war against infectious diseases. Scourges like tuberculosis, pneumonia, diphtheria, measles, tetanus, polio, influenza, dysentery and smallpox killed millions a century ago.¹

These days, the war against infectious disease has largely been won. But traditional doctors are now trying to fight a new war — the war against chronic disease — with strategies from the last war.

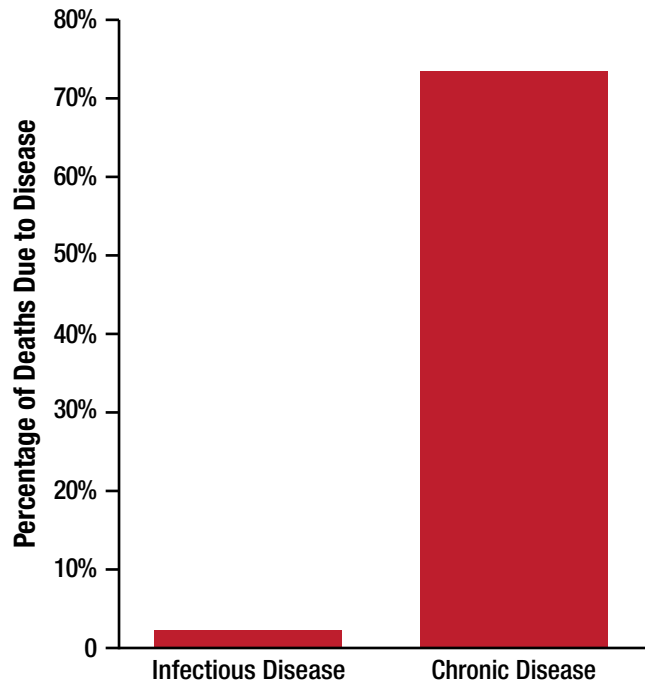
And it's not working...

Chronic diseases now afflict around *120 million Americans* and cause at least 75% of all U.S. deaths today.² And it's getting worse every year.

But doctors still want to *deliver medicine by force*.

You still even hear the term, “doctor's orders” today — and they mean it. Many doctors try to scare or bully their patients into undergoing surgery or taking Big Pharma medications.

Infectious Diseases Are No Longer America's Number One Killer



Infectious diseases like pneumonia, measles and flu are responsible for 5% of deaths in the United States.¹ Chronic diseases like heart disease, diabetes and cancer make up 75% of mortality rates.

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Our Toxic World Causes The Inflammation That Results In Today's Chronic Diseases

Grains and other Refined Carbohydrates	Sugar	So-called "Vegetable Oils"
Conventional Meat	Pasteurized Dairy	Hypoxia (Low Oxygen Levels)
Outdoor Air Pollution	Indoor Air Pollution	Heavy Metals
Pesticides	Endocrine-Disrupting Chemicals	Gut Bacteria Imbalance

These tactics will never work in the new war. The facts speak for themselves:^{3,4,5}

- Every 60 seconds, someone in America dies from heart disease.
- One in nine people aged 65 and older has Alzheimer's disease.
- Every 30 seconds a lower limb is amputated because of diabetes.
- Every three seconds, osteoporosis causes a bone fracture.
- More than 53 million have now been diagnosed with arthritis.

You see, you can't cure conditions like heart disease, cancer, diabetes, Alzheimer's and obesity with police raids, vaccination injections and doses of antibiotics.

And in almost every case, there are natural and safe alternatives to Big Pharma's dangerous medications and surgeries, but most doctors won't tell you about them.

In this article, you'll learn about an alternative — ancient — way medicine should be practiced. I'm talking about a health system that's focused entirely on reversing the root causes of almost every chronic disease. You'll also learn a few easy steps that not only helps prevent chronic disease, but puts you back on the road to lifelong health.

Medicine Should Be A Partnership

As you learned in my previous *Confidential Cures*, chronic diseases are not the result of your genes, despite what you may have heard from your doctor.

Today's epidemic of diseases are what I've named **Syndrome Zero**. These diseases are a consequence of our modern world. They are the result of your

body reacting to our polluted environment, sedentary lifestyle and our industrialized, processed diet that lacks even the basic nutrients your body needs to survive.

In every case, that reaction is *chronic inflammation*.

Unlike the infectious diseases of the past, chronic inflammation causes conditions that develop slowly and almost unnoticeably as you age. But during this whole time, changes are going on inside your body that aren't spotted until a doctor can label your condition as a disease.

But by then, the damage has often already been done and will be extremely hard to reverse.

Almost all of today's chronic diseases are inflammatory diseases — including cancer, heart disease, arthritis, Alzheimer's, arteriosclerosis and diabetes.

Inflammation is your body's effort to heal itself. But too much inflammation, over a long period of time, triggers disease.

In our modern world, your body is constantly inflamed. Industrial pollution and an unnatural, modern diet overloaded with inflammation-friendly ingredients like refined sugar, cheap so-called vegetable oils and refined grains results in oxidative stress in cells throughout your body. That produces a pro-inflammatory response.⁶

Chronic inflammation causes the gradual destruction of your tissues and causes your organ systems to malfunction — which then brings on chronic diseases.

But in most cases, your doctor won't treat you until you're diseased. You can't give a "doctor's order" when the patient has no disease.

*The only way to successfully treat — and cure — any chronic disease is to intervene **before** the disease has fully developed.*

Here at the **Sears Institute of Anti-Aging Medicine**, I use a much older method of delivering health to my patients. It's called *cooperative medicine*.

You see, defeating chronic disease — whether its heart disease, Alzheimer's, arthritis or diabetes — requires patient participation.

That means doctors need to go back to the roots of medicine — when they were teachers and coaches, and patients were partners in their own health solution.

Three Steps To Prevent And Reverse Inflammation

One of the first and most important things I do with my patients is work with them to naturally and safely reduce their inflammation levels. Big Pharma meds can't do that. Many are downright dangerous and cause more harm than good.

Take steroids, for example. More than 2.5 million adults in the U.S. take steroids like prednisone for conditions like arthritis and inflammation. But they're not safe.

We've known for a while that long-term steroid use was dangerous. They turn off your body's repair and rejuvenation function. They cause you to age more quickly.

Doctors don't think twice about writing these prescriptions. Prescribing drugs is not something anyone should take lightly. I only write prescriptions for steroids as a last resort. Mother Nature has so many other effective inflammation reducers that I don't find them necessary for most people.

And I don't like the idea of putting alien chemicals in my patients' bodies when there are natural solutions available.

I'm glad I've always taken that approach. Especially now that new research shows that even short-term steroid use poses a serious risk to your health.

A big study from the University of Michigan looked at medical records for 1.5 million Americans. Over three years, 20% of them took steroids for less than 30 days.

The results were striking...

Compared to people who did not take steroids, those who took the drugs for less than 30 days had:

- Five times the rate of sepsis.
- Three times the rate of serious blood clots called venous thromboembolisms (VTE).
- Twice the rate of fractures.

The risks were highest in the first 30 days after taking steroids. But they stayed high even three months later.

These drugs are grossly overused. In one study, researchers found 38% of patients with COPD were over-treated with steroid inhalers.⁷

Another showed that for the past 30 years doctors have been over-prescribing steroids for young children with asthma.⁸

Forcing medicines on people may have been useful strategy in the war against infectious diseases — but it simply doesn't work against chronic disease.

I use a natural drug- and surgery-free remedy that will reduce your risk of inflammation and chronic disease better than Big Pharma meds ever will.

Here's what I recommend in three steps:

Step 1. Eat An Anti-Inflammatory Diet

Chronic inflammation has its roots in the massive overload of refined sugar, carbohydrates and starches in our industrialized, processed, grain-based modern American diet. This causes insulin resistance in your cells, as well as widespread oxidation and inflammation.

I've been recommending an anti-inflammatory diet to my patients as an anti-aging strategy. And the very latest research backs me up.

An anti-inflammatory diet can help counteract chronic inflammation that is a root cause of many serious diseases.

In one study, adults over the age of 65 with low levels of vitamin D3 in their blood were shown to have *twice the risk* of developing an inflammatory disease as

those with higher levels. And the risk for these diseases increased with the degree of vitamin D deficiency.⁹

Multiple studies over the years have shown that vitamin D3 inhibits inflammation.

In another study, researchers bred mice to develop a specific inflammatory disease. The mice that were then given a diet rich in inflammation-busting *omega-3 fatty acids (specifically DHA)* had *less inflammation*.¹⁰

I recommend my patients cut out all processed foods, vegetable oils and refined sugars from their diet, and dramatically reduce their carbohydrate intake. Your body wasn't designed to eat these foods. Removing them will dramatically reduce the inflammatory reactions in your body.

Your meals should be planned around protein — free-range chicken, eggs, grass-fed red meat and wild-caught fish — with plenty of colorful vegetables. Brightly colored plants, like peppers, sweet potatoes and red onions, contain flavonoids, which have extraordinary natural anti-inflammatory and antioxidant powers.



Cutting out starches and carbs is key to reducing inflammation.

And doctors still will tell you that red meat is inflammatory. But that's only true of meat from feedlot cattle, which are fed grains like soy and corn. These crops are all high in inflammatory omega-6 fatty acids, but low in anti-inflammatory omega-3s. Grass-fed red meat is a different story. It's loaded with omega 3s, as are wild-caught fish, especially salmon.

Step 2. Take These Three Herbs To Cool The Fire Of Inflammation

These ancient herbs have been known for thousands of years for their medicinal properties. Science is only just beginning to understand why they're so powerful.

Turmeric: This ancient Asian root spice has been used for at least 6,000 years as both a spice and medicine. Its active ingredient is *curcumin*, one of the most powerful anti-inflammatories.¹¹ It works by knocking out your body's inflammatory "command center." You see, your body has a "switch" that activates more than 400 pro-inflammatory genes. It's a molecule called *nuclear factor-kappa B (NF-kB)*. Nearly 98% of all diseases are controlled by this one molecule. But it can't stand up to curcumin. Studies show curcumin deactivates NF-kB.



I grow curcumin plants in my backyard. It produces a showy pale pink flower when the weather really heats up.

One of the best ways to start experiencing the benefits of turmeric is to cook with curcumin. You can find turmeric in conventional ground form in the spices section of most major supermarkets, or you can buy whole turmeric roots in many supermarkets and health food stores. At home, I like to thinly slice the fresh roots and throw them in stir-fry dishes and stews.

Turmeric is also available as a supplement. Most studies use up to 3 grams of extracted root daily. But according to some researchers, your body doesn't absorb turmeric supplements as well as the fresh root itself. So if you want to take a supplement,

I recommend a curcumin supplement. Be sure it contains *piperine*, a black pepper extract that supercharges curcumin's absorbency.

Garlic: Garlic has amazing anti-inflammatory properties. Its secret lies in the high sulfur contents that prevent the activation of inflammatory enzymes in your body. Multiple studies have also shown that garlic raises your HDL "good" cholesterol, which tames the inflammation at the root heart disease.¹²

I recommend at least two or three cloves a day. I chew on a few cloves and then brush my teeth with peppermint (another heart-healthy herb).

You can also take garlic as a supplement, if you prefer not to eat it. The odor comes from heart-healthy sulfur compounds it contains. When you choose a supplement, make sure it has an odor and that it has at least 3,600 mg of *allicin* (garlic's active ingredient) per dose.

Holy Basil: This herb has dozens of inflammation-reducing nutrients, including one called *ursolic acid*. This nutrient inhibits the inflammatory COX-2 enzyme, but without the nasty side effects of pharmaceutical drugs.¹³ It also inhibits the 5-lox enzyme, which converts *arachidonic acid* in your body into highly inflammatory and cartilage-degrading enzymes called *leukotrienes*.

Holy basil has a long and ancient history as a treatment for arthritis in Ayurvedic medicine, the world's oldest health system.



I first learned about holy basil in 1997 when I went to India to visit one of the oldest natural healing schools in the world.



I recently demonstrated a PACE exercise routine at the Mar-a-Lago Club in Palm Beach.

Holy basil capsules are available online. Make sure the product you're buying has at least 2.5% ursolic acid to get the anti-inflammatory effect. I suggest 150 mg three times a day.

Step 3. Exercise Away Chronic Inflammation

One of the best ways to reduce inflammation is to exercise. Studies prove that people who go from couch slouching to exercising lower their inflammation levels by as much as 30%.³

To get the most benefit in the least amount of time, *exercise efficiently*. If you're familiar with my PACE program, you know that traditional cardio exercises aren't the most effective.

To lower your body's inflammation levels in the shortest amount of time, try this simple PACE-style workout. Start slowly. It will take a few sessions to build up your **stamina and strength**.

Aim for...

Instead of a slow, steady pace on a bicycle or treadmill, try going 80% of your maximum for 2 minutes.

- Rest for 1 minute.
- Go at 90% for another two minutes.
- Rest for 1 minute.
- Go at 100% for 1 minute.
- Recover.

If you want to learn some other good PACE exercises, go to [my YouTube channel](#). I have more than 30 different exercises and a complete workout to help you get started.

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Would You Like A Side Of Plastic With Your Fish?

Today's Oceans Are Wreaking Havoc With Your Hormones

I love traveling to the Caribbean. From where I live in South Florida, I can get there in under an hour or two, depending on where I go. One of my favorite destinations is Jamaica. I travel there to visit Ivey Harris. Ivey is a traditional Maroon herbal healer. We worked together on a book named *Healing Herbs of Jamaica*.

When you think of the Caribbean, I bet you picture pristine sand and clear aqua waters. That was true 20 and even 10 years ago. But today, the sad truth is that some areas of the Caribbean are a shocking sea of plastic and Styrofoam.

In some places, it seems to get worse every time I go back.

And it's not just the Caribbean.

Today, plastic trash covers about **88% of the world's ocean surfaces**.¹

These plastics are on almost every beach in the world. They're even at the polar icecaps. And they've been found in deep-sea sediments more than two miles below sea level.

Every year, billions of pounds of plastic waste pour into our oceans and rivers. It's now estimated that up to **51 trillion** pieces of plastic contaminate our rivers, lakes and oceans.

Soon there will be more plastic than fish in the oceans.

The most plastics are virtually invisible. These "**microbeads**" are the gritty specks added to face and body scrubs, shower gels, toothpaste and other products. These little plastic beads make you think the product has real scrubbing power.



Today, plastic trash covers about 88% of the world's ocean surfaces.

When you rinse microbeads off your face and body, they flow into your local sewer system. But they are too small to get filtered out of the water supply. The largest microbeads are only about the size of a pinhead. The smallest ones are not even visible to the naked eye.

By escaping filters, microbeads continue pouring into rivers, lakes and oceans and build up there. It's estimated that one shower results in 100,000 plastic particles going into the ocean.

Sadly, fish mistake those bits of plastic for food. They gorge themselves on this junk.² Much of it ends up in their guts.

And by entering fish, these plastics enter our food supply.³ In a recent study, 25% of the fish sampled in markets in California had large amounts of plastics in their guts.⁴

These plastics act like a sponge. They pick up pollution, pesticides, bacteria, chemicals, flame retardants and heavy metals — and have been linked to thyroid dysfunction, weight gain and cancer, among other diseases.

In this article, you'll learn how you can protect yourself from the dangers of these plastics — as well as the diseases they bring. And I'm going to show you how you can cleanse your body of their toxins.

But first, let's take a look at what really happens to all that plastic.

Are You Eating Plastic Trash?

Microplastics act like sponges. They pick up pollution, pesticides, bacteria, chemicals, flame retardants and heavy metals. They also pick up algae and bacteria.

And fish aren't the only ocean animal to be affected.

It's also in shellfish. In a 2014 study, researchers found microplastics in oysters and mussels sold in supermarkets. They estimated that the average person who eats shellfish may consume 11,000 microplastics per year.⁵

And it doesn't stop with seafood. These plastics have also been found in drinking water, beer, honey and sugar.⁶

Even sea salt is now contaminated with plastics. New studies show that tiny particles from microfibers and water bottles have been found in sea salt in the U.K., France and Spain, as well as China.

Meanwhile, researchers from New York University examined microplastics in 12 different kinds of salt — including 10 sea salts — from U.S. grocery stores. They found that Americans could be eating 660 or more particles of plastic each year just from salt.⁷

And those pieces of plastic are far from harmless...

Plastics Wreak Havoc With Your Hormones

You may already know that some of the chemicals in these plastics — like bisphenol A and phthalates — disrupt hormones. They lead to estrogen overload in men and women alike. They lower a man's testosterone. They disrupt thyroid function to make you gain weight.

They bring on extreme symptoms of PMS and menopause. They can also lead to diabetes,

Plastic Pollution By Numbers

300 million
tons of plastic produced globally every year

12%
amount of plastics that go into recycling

5 trillion
pieces of microplastic in the oceans, with one garbage truck load added each minute

11,000
pieces of microplastic ingested by humans each year from seafood

From: "Shocking Photo Shows Caribbean Sea Choked Death Human Waste," *The Telegraph*, October 26, 2017

neurological problems, heart disease and infertility.⁸ And they've been linked to breast and other hormone-related cancers.

These microplastics can also cause lung and gut injury in people. The tiniest particles can cross cell membranes, the blood brain-barrier and a mother's placenta. They can cause oxidative stress, cell damage and inflammation.⁹

Dentists are finding microbeads from toothpaste stuck between the teeth and gums of their patients. The beads trap harmful bacteria that can lead to gingivitis and other gum infections.

But the good news is that you don't have to give up eating fish. You just have to be a little careful when you're buying it.

How To Avoid The Most Polluted Fish

Our primal ancestors caught fish with their bare hands and ate it fresh from a pristine river or sea. It was a pure source of protein and healthy fats.

But as our oceans have become more and more polluted so has our seafood. But farm-raised fish is not the answer...

Farmed fish is crowded into tanks or net pens where disease spreads quickly. It is fed genetically modified corn, soy and canola oil. Some even get pellets of chicken feces, pig and duck waste.

They're also fed antibiotics, chemicals and growth hormones to speed up production. And they have high levels of PCBs, dioxins, mercury and other toxins.

In a minute, I'll share with you my short list of healthy fish. But first here are seven of the worst polluted fish. Avoid these in your market and on the menu.

1. Swordfish. Mercury in this fish is so high women and children should avoid it altogether. Men should limit it to one serving a month at the most.

2. Chilean Sea Bass. The real name of this fish is the Patagonian toothfish. You should never eat this fish because of its high mercury levels.

3. Farmed or Atlantic Salmon. Most salmon marketed as "Atlantic" salmon is farmed. It is ridden with pesticides, feces, bacteria and parasites. And don't buy anything labeled "wild" Atlantic salmon. It is illegal to catch Atlantic salmon because they are an endangered species.

4. Imported Catfish. This is a trendy new menu item that is really named *pangasius*. Studies show 70% to 80% of these fish are contaminated with *vibrio bacteria* — the same microbes that cause shellfish poisoning. They are raised in fish factories where fish swim in waste and sludge and are treated with high doses of antibiotics, pesticides and disinfectants.

5. Atlantic Bluefin Tuna. Often found on sushi menus as Hon Maguro, this is also a fish high in mercury. Instead, look for katsuo or wild-caught skipjack tuna.

6. King Mackerel. Some types of mackerel are safe. But avoid King and Spanish mackerel. They harbor high levels of mercury.

7. Grouper. This fish is also very high in mercury. Try not to eat more than three times a month.

When choosing safe seafood, I advise my patients to use Monterey Bay Aquarium's Seafood Watch list. Click the link to see their "[Super Green List](#)" of the healthiest fish. My favorite seven are:

Monterey Bay Aquarium Seafood Watch



Seafood Watch from Monterey Bay Aquarium is your best guide for finding ocean-friendly seafood.

1. Wild-Caught Alaskan Salmon. Wild-Caught fish in general have lower levels of dangerous toxins than farm-raised fish.

2. Pacific Sardines. They're not just canned. Look for these little fish fresh or marinated in garlic and olive oil.

3. Atlantic Mackerel. Don't confuse this with King or Spanish mackerel.

4. Sablefish/Black Cod. (from Alaska and Canadian Pacific).

5. Albacore Tuna. (troll- or pole-caught, from the U.S. or British Columbia). Wild Planet is a good brand to look for in the canned versions.

6. Wild-Caught West Coast Dungeness Crab.

7. Squid. Many people enjoy squid as calamari. And it's a healthy choice.

My 3-Step Plan To Rid Your Body Of Plastic Pollution

It's also important to cleanse your body of the plastic toxins that have built up over years. These hormone disruptors are mostly fat-soluble, so they accumulate for years in your fat cells. They've been linked hormone-dependent cancers, like breast, ovarian, testicular, lung, liver and prostate cancers.¹⁰

I help my patients cleanse and detox naturally from the chemicals and toxins in plastics. Here are three different ways that are proven to work wonders.

Step 1. Claw Away Toxins In Under 2 Hours

I offer safe intravenous (IV) chelation to just about every patient I see here at the **Sears Institute for Anti-Aging Medicine**.

“Chelate” comes from the Greek word meaning “claw.” Chelation grabs toxins from the body and drags them out.

For IV chelation I inject calcium disodium EDTA directly into your bloodstream. It’s painless. And in 90 minutes, EDTA grabs heavy metals and toxins and pulls them out.

And it’s proven to work on mercury, one of the biggest dangers of polluted fish. Studies show chelation restores brain function lost from mercury poisoning.¹¹

Step 2. Clear Out Toxins With Oral Chelation

I’ve found that patients get the best results when we combine IV chelation with oral chelation. But even if you don’t do the IV chelation, you can still get great results. And you can do oral chelation right in your own home.

Here’s what I recommend for my own patients:

- **Activated Charcoal.** Hospitals have been using this form of charcoal for many years as an antidote for drugs, poisons and medicinal overdoses. It’s also a good way to neutralize dental amalgams that contain mercury.

Activated charcoal is extremely effective and inexpensive. It takes only a small amount of charcoal to safely wash away heavy metal build-up.

Look for activated charcoal as a very fine, black powder at your local health food store or online. Take 20 grams to 30 grams of powdered activated charcoal mixed with water once a day for one to two weeks.

- **Modified Citrus Pectin.** The inner peel of citrus fruits contains one of the most potent detox substances I’ve found. In one USDA study, people taking modified citrus pectin for six days were able to excrete 150% more mercury... 230% more cadmium and... 560% more lead.¹²



The white pithy part of citrus fruit and peel is one of the most potent detox agents I’ve found.

But make sure you get the right kind. The citrus pectin used in clinical studies is specially formulated for absorption, so it can easily find and bind to toxins. Look for “**modified**” citrus pectin.

- **Spirulina.** Ancient Mayans and Aztecs considered spirulina a superfood. It is also rich in cleansing nutrients. Studies show it’s a powerful blood detoxifier.¹³

Its blue color comes from a compound called **phycocyanin**. This pigment stores nitrogen atoms. These atoms bond with heavy metals, toxins and radioactive substances. Once the nitrogen grabs a toxin, the spirulina sweeps it safely out of your body.

You can buy spirulina supplements in pill or powder form at health food stores or online. Start with 500 mg and work up to 3,000 mg per day.

Step 3. Eliminate Harmful Hormones Easily

Your body can’t keep up with all the fake estrogens from plastics in our modern environment. I recommend you use a few simple supplements to help metabolize excess estrogen and eliminate it from your body.

Hormonal Influence Of Plastic Pollutants From Oceans

Weight gain	Hair loss	Mood swings
Low libido	Erectile dysfunction	Swollen breasts
Foggy memory	Trouble sleeping	Fatigue
Headaches	Fat gain around middle	Loss of muscle tone
Stroke	Heart disease	Enlarged prostate

- **SAME-e:** Promotes the excretion of estrogen while negating the effects of estrogen toxicity. Take 200 mg a day to start. But you can take up to 800 mg twice a day if a blood test reveals that you have extremely high levels of estrogen.
- **Alpha-lipoic Acid:** Stops estrogen damage in cells and protects reproductive organs from excess estrogen. Start with 250 mg a day. But you can take up to 600 mg a day.
- **DIM:** You can get this natural estrogen cleanser from cruciferous vegetables like kale and broccoli. But you can't eat enough of these veggies to cleanse your body well enough. So start with a 100 mg capsule a day. Two capsules provide as much DIM as a pound of vegetables.
- **Resveratrol:** Resveratrol, found in red wine and dark chocolate, inhibits aromatase. Aromatase is an enzyme that converts testosterone to estrogen. By stopping that process, resveratrol allows you to keep your testosterone levels high. Take 200 mg of resveratrol daily.

And whenever you are detoxing or cleansing, don't forget to drink plenty of water to help wash everything away.

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Stem Cell Trick To Regrow Your Hair

Pretty much every doctor in the world will tell you that going bald is genetic. And while your genes can play a part, losing your hair is not necessarily your parents' or grandparents' fault.

Balding is often a direct result of our toxic environment.

Forty years ago, only about half of men in their 50s experienced hair loss. Today, that figure has jumped up to 85%.¹ That's a 70% increase!

And while male pattern baldness affects mainly older men, it actually starts much earlier. About 25% of men first start to experience hair loss before the age of 21.²

Just a few decades ago, that was almost unheard of.

These days, I get a lot of male patients who come to me full of frustration. They've tried everything... spent hundreds, or thousands of dollars on hair thickening products. They spray paint balding patches and wear hats when they go out. No wonder they're frustrated.

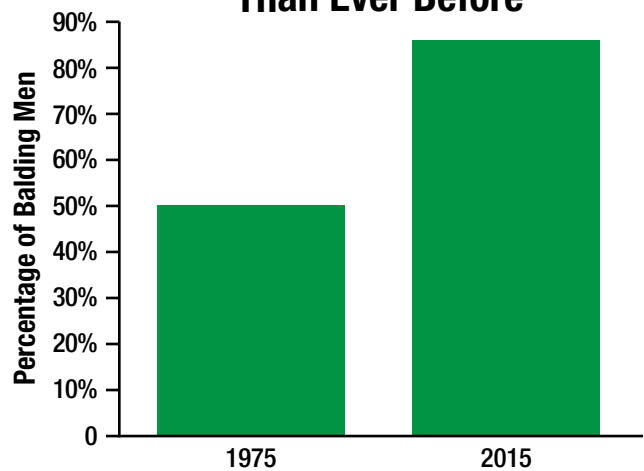
And as for Big Pharma's "cures," they create more serious problems than they solve...

Topical meds like *minoxidil* — you might know it under the brand name *Rogaine* — only work for about 35% of people. And it can have serious side effects like numbness, headaches, skin rashes, chest pains, dizziness, fainting and trouble breathing. Other side effects can include weight gain, swollen feet and much worse!

Oral drugs like *finasteride* — brand names *Proscar* and *Propecia* — cause loss of libido. But you shouldn't have to pay for a healthy head of hair with your sex life.

In a minute, I'll show you what you can do to stop this from happening to you. I'll show you how you can recapture that look and vibrant feeling of thick, luxurious hair you had in your 20s.

More Men Are Balding Today Than Ever Before



There has been a dramatic 70% increase in hair loss in the last four decades.

But first, let me explain a little about why hair loss is happening to you...

The Balding Hormone That Signals Your Hair To Fall Out

The medical term for male-pattern hair loss is "*Androgenetic Alopecia*." It makes your hairline recede. Your hair thins out at the temples and the crown of the head. But the hair at the sides and back of the scalp stays dense.

Turns out, in most cases, there's a hormone culprit at the root of the problem. Most doctors think that hormone is testosterone. But it's not.

Let me explain...

There is another male sex hormone that causes balding. It's called dihydrotestosterone (DHT). DHT is a powerful hormone that causes a boy's body to mature during puberty. It gives men the "manly" traits associated with adult males. But it's also responsible for male pattern baldness.

You see, DHT promotes growth of armpit hair, pubic hair and beards. But here's the thing... high levels of DHT inhibit the growth of hair on your head.

You see, DHT collects in the sebum glands in the scalp. It attaches to receptors on your hair follicles, which slowly shrink. As the follicles become smaller, the shaft of the hair becomes thinner. Eventually, instead of thick hair you have light downy hair that won't cover your scalp.

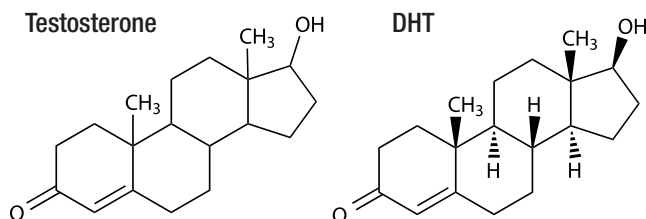
The growing phase of your hair's life cycle also becomes shorter with DHT. Over time the growing cycle shortens so much hair doesn't even break through the surface of your skin.

And it gets worse...

High DHT also causes a man's estrogen to rise. That leads to increased belly fat, an enlarged prostate, increased risk of heart disease and a decline in energy and brain function.

Your body converts testosterone to DHT. It uses an enzyme called 5-alpha-reductase (5-AR) to make that conversion. With high levels of 5-AR more testosterone gets converted into DHT and you lose more hair.

Testosterone Is Converted To DHT Within The Body



Testosterone converts to DHT in your body. High levels of DHT lead to a shorter growing phase in your hair's life cycle.

When I check the hormone levels of men with male pattern baldness, I almost always find they have a high level of DHT in their blood.

I help these men recapture the look and vibrant feeling of thick, luxurious hair by keeping their DHT levels in check. I'll share with you four ways you can lower your DHT levels naturally right at home.

But first I want to tell you about a therapy I use right here at the Sears Institute for Anti-Aging Medicine to restore healthy hair... in both men and women.

Reverse Balding With This Cutting-Edge Therapy

I'm talking about a new technology called ***platelet-rich plasma, or PRP, therapy.***

If you're a regular reader, you'll know how enthusiastic I am about PRP. It's a life-saver for many people suffering from debilitating spine, neck and joint pain. And it's a powerhouse for reviving old, tired skin and building new collagen.³

New research shows that PRP can also reverse balding.

In one study, researchers recruited 11 patients with male-pattern baldness. The patients had been on Big Pharma's hair drugs for six months with poor results. In fact, when researchers pulled gently on their hair, an average of 10 hairs fell loose.

Each patient received PRP therapy every two weeks for two months. Their hair loss slowed significantly. Hair thickness increased by 31%. And nine of the 11 patients lost no hair at all on the pull test.⁴

For PRP, a doctor draws a small amount of your blood and runs it through a centrifuge. The machine separates out red blood cells. It leaves behind plasma with a high concentration of platelets.

PRP can be injected into your scalp or sprayed on. The platelets — or what I call the first responders — rush in and attract stem cells to your damaged and dying hair follicles. This stimulates your scalp to grow new hair follicles. And more hair follicles leads to new hair growth.

Platelets also contain hundreds of growth factors that aid in growing hair faster. These **natural growth factors** also stimulate your hair follicles' growth.

PRP can also be used during and after a hair transplant. It can promote the healing of the transplanted grafts. And it can stimulate the stem cells of the new hair follicles.

I'm helping my patients restore their hair with PRP at my Sears Institute for Anti-Aging Medicine. This amazing therapy is fast and relatively painless.

If you're interested in learning more about PRP, please call 561-784-7852. My staff will be happy to answer all your questions.

Natural Plant Compounds That Block Hair-Destroying DHT

But if you can't make it to my clinic in South Florida you can also restore lost hair and block the DHT that's attacking your hair. And the key to doing that is to stop the conversion of testosterone to DHT. Here's my 4-step solution...

Step 1. Block DHT With Beta-Sitosterol

This powerful nutrient inhibits the enzyme *5-alpha-reductase* that converts your body's natural testosterone into DHT.

A study published by the *Journal of Alternative and Complementary Medicine* examined beta-sitosterol's effectiveness in blocking the production of DHT. The study analyzed people between the ages of 23 and 64 with hair loss.

The participants either received beta-sitosterol or a placebo. The researchers found that 60% of the men receiving beta-sitosterol had improved hair growth. They also lost less hair than the placebo group.⁵

Avocados and pistachios are two good food sources of beta-sitosterol. Every 200-calorie serving of avocado has about 90 mg of beta-sitosterol in it. And a few handfuls of pistachios will have about 70 mg. You can also find beta-sitosterol in a few herbs at health food stores including saw palmetto and pygeum bark extract.

But for hair growth, I recommend getting at least 300 mg of beta-sitosterol every day. That means you'll probably want to supplement. Look for supplements made with saw palmetto, pumpkin seed extract or maca root.

You should notice new hair growth within five months. Some of my patients have gotten even faster results.



The beta-sitosterol in maca root slows down the conversion of testosterone into DHT.

Step 2. Stop Conversion Of Testosterone To DHT

This B vitamin helps block the conversion of testosterone to DHT. In addition, biotin (also known as vitamin B7 or vitamin H) has been used traditionally to promote healthy hair, strength and manageability. It increases hair elasticity and thickens hair strands. It works by helping your system produce natural keratin, the protein responsible for keeping hair healthy and shiny.

Biotin gets used up growing and building healthy hair, so it's important to replace it each day. The most effective way to boost this vital vitamin is to eat foods that are biotin-rich, such as the organs of animals. And back when your ancestors ate all parts of the animal, biotin deficiencies weren't a problem.

While grass-fed organ meat is the best source of biotin, it's also found in pastured eggs and almonds. But it's hard to get what you need from food alone. Most of my patients these days prefer using a biotin supplement either orally or topically.

If you decide to take an oral biotin supplement, I suggest 5,000 mcg a day.

If you choose a topical formula, it works especially well when combined with niacinamide, another B vitamin. Together they help prevent cholesterol from collecting on the scalp — which can trigger the formation DHT.

Step 3. Reduce Further Hair Loss With Gamma-Linolenic Acid (GLA)

GLA is one of the omega-6 fats. Research shows it is a potent inhibitor of the 5-alpha-reductase enzyme that converts testosterone to DHT.⁶ In one study

from the University of California at Davis, GLA was shown to reduce DHT from 5-AR by 80%.⁷

Animal studies show that when applied topically GLA works locally. So unlike Big Pharma's hair loss drugs, it won't cause side effects in the rest of the body like loss of libido.⁸

Like other omega-6 fats, GLA is called an "essential" fatty acids. That means your body cannot make it. You have to get it from your food. But GLA is found in very few foods. The best sources are borage oil, black currant (cassis) seed oil and evening primrose oil. Spirulina (often called blue green algae) also contains GLA.



Oil from black currants is one of your best sources of gamma-linolenic acid.

To supplement, I recommend looking for GLA from evening primrose oil or black currant seed oil. It's available in capsules or softgels in most health food stores. Take 500 mg two or three times a day with meals. You should start to see results in six to eight weeks.

Step 4. Boost Blood Flow To Your Scalp With Panax Ginseng

One of the most effective natural remedies for thinning hair is **panax ginseng**, or "true" ginseng. Chinese herbalists have used it for centuries for a wide variety of health problems. But the power of this herb has more or less been forgotten by Western medicine.

Like beta-sitosterol, panax ginseng promotes hair regrowth when hair loss is caused by too much DHT.⁹

Panax ginseng also boosts blood supply to the scalp. Korean researchers have proved this can regrow hair.¹⁰ In one study, volunteers using ginseng regrew more and thicker hair than those using a standard treatment alone.¹¹

Massaging panax ginseng into your scalp twice a day delivers ginseng directly to your follicles and can produce a thick, full head of hair.

You can also buy panax ginseng supplements. But make sure you get **panax** ginseng. Don't confuse it with American or Siberian ginseng. I advise my patients to take 200 mg to 500 mg of Panax ginseng daily.

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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).