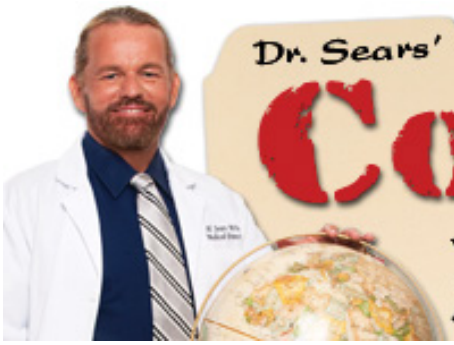


Dr. Sears'
Confidential Cures
Your Guide to Truth and Lies in Medicine from Around the World

May 2019 **Vol. VIII Issue 5**

Dear Friend,

Diabetes...

This disease is skyrocketing. And it's the No. 1 reason new patients walk through my clinic doors.

These patients are desperate for a cure — one that doesn't involve dangerous drugs or daily injections of insulin.

This natural cure exists. And I've successfully used in on my patients.

But you won't hear about it from your government, your physician or the mainstream media.

You see, our government dictocrats are working feverishly behind locked doors to keep this cure in the dark. But they recently were exposed for their dishonesty. Let me explain...

Not long ago, during a private meeting with stem cell researchers, an FDA insider shocked them all by admitting that his own agency was secretly roadblocking the most effective healing therapy ever developed.

In off-the-cuff remarks at the annual World Stem Cell Summit, Dr. Peter Marks — director of the FDA's Center for Biologics Evaluation and Research — acknowledged that stem cell therapies have been overwhelmingly proven, even though the agency is publicly denying it.

Here's what Dr. Marks was overheard revealing:

"We're at a point now where advances in stem cell biology... can truly benefit those with a variety of conditions that really aren't addressed by conventional drug therapies."

I've seen the most remarkable results of this cutting-edge therapy with diabetes.

Stem cell therapy restores your body's natural ability to produce and use insulin.

The evidence that stem cell therapy can reverse diabetes is overwhelming. Unfortunately, it's being kept off the front page of the papers, off the nightly news — and hidden from you...

But not any longer. In fact, that's why I've dedicated this month's Confidential Cures to shedding light on this diabetes cure.

In this special issue, you'll hear about patients who have kicked diabetes to the curb using the latest breakthrough treatments. You'll learn about the research that proves — beyond a shadow of a doubt — how scientists are cracking the diabetes code.

And most importantly, you'll discover how you can cure yourself — or a loved one — of this deadly disease.

To Your Good Health,

Al Sears, MD, CNS

The Stem Cell DIABETES CURE

Make the Most of the Biggest Breakthrough in Medical History

Not long ago, a new patient drove down from Alabama to see me at my South Florida clinic. He had read about the work we were doing with diabetes patients and he was desperate to be cured. I took him into my office to talk.

He pointed to the lady sitting in the chair next to him.

"This is Pearl," he said. "I fell in love with her the moment I saw her. That was 18 years ago…

"And I want to live with her for a lot more years."

But he was worried that his deteriorating health would cut short the rest of their lives together.

Leonard A. is 75 years old. When I first met him, he was suffering from insulin resistance, elevated glucose levels, chronic inflammation and high blood pressure.

He was also 70 pounds overweight and tired all the time. He barely got out of his easy chair and he felt he was missing out on the things he loved most. Like climbing on his tractor and turning the grounds for his gardens.

Just getting around was hard. His left foot had been partially amputated and he could only walk by leaning heavily on his cane.

Leonard had been diagnosed with diabetes 25 years earlier.

When I first met Leonard, he was seeing two physicians. And following their advice to a T. But like a lot of patients in his position, Leonard was getting the wrong medical advice…

And it sent his A1C levels soaring.

Then every time his blood sugar levels got out of whack, his doctor increased his insulin. And the more insulin he took, the more weight he gained.

I see this happen all the time in my diabetic patients. Leonard even had his own way of describing it — a merry-go-round with a rollercoaster in the middle, surrounded by a Ferris wheel!

But the worst part was his doctors told him he'd never be cured. Luckily, Leonard refused to believe this and took the drive down to my clinic.

I've heard stories like Leonard's hundreds of times since the beginning of my career.

So I told him he wasn't broken. That there is no gene for type 2 diabetes. What we've been telling people about diabetes being genetic is just dead wrong.

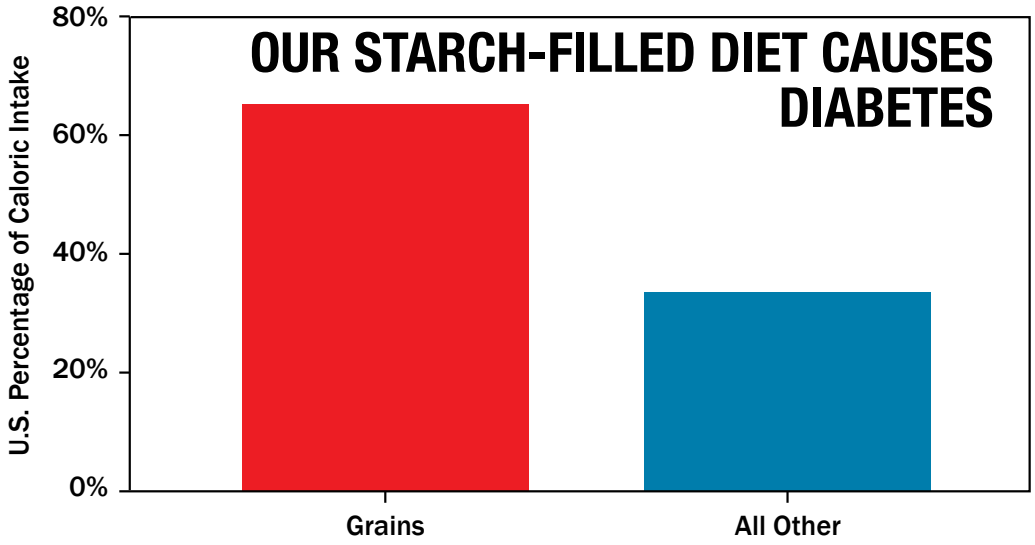
Research has shown that genetic predispositions for most chronic diseases explain very little about disease. [1]

That's because the cause of these chronic diseases is environmental. Let me explain...

You were designed perfectly. Your body has amazing abilities to heal itself and nature did a perfect job providing you with what you need to survive.

The problem is the world we live in is not natural. Everything from the polluted air we breathe, the toxic chemicals we use, and especially the overly processed, grain-based foods we eat have created the biggest health crisis we've ever seen.

Our bodies have reacted to this unnatural environment in an unhealthy way. More and more people are getting sick every year. I've seen it in my clinic.



The rates for chronic diseases like diabetes – as well as heart disease, cancer, Alzheimer's and more – are skyrocketing.

And when you get sick with one of these chronic diseases, traditional doctors blame your genes. If you're fat, they tell you to eat a low-fat diet. If you need exercise, they tell you to do cardio.

And they would NEVER admit that you already hold the cure for today's modern diseases inside your body. That wouldn't be profitable for them pushing Big Pharma's drugs.

You see, your body wasn't designed to handle the kind of food we eat today. It reacts by massively overproducing insulin. Silently, over time, these chronic insulin spikes cause insulin resistance in your cells, which then causes widespread oxidation and inflammation.

With all of these starches, your pancreas has gone into overdrive, pumping out more and more insulin to keep up with this unnatural food intake.

But too much insulin production overwhelms the insulin receptors in your cells and makes them insulin-resistant.

And instead of transporting glucose to your cells for energy, the glucose stays in your blood — causing high blood sugar levels. This leads to type 2 diabetes and a mountain of other diseases.

There's no Big Pharma prescription drug that can cure diabetes. But it is reversible.

That's exactly why I wrote this report. To shed light on the best way to avoid and treat this condition. It's something you definitely won't hear from other doctors: **Your body already has the power to heal itself.**

I'm talking about stem cells. And in this report, I'm going to tell you exactly what these miracle cells do and how they can be your best weapon against diabetes, as well as a whole host of other chronic conditions.

In the future, historians will conclude that this "next" great era of medical achievement had just begun. Just as the 20th century was the era of the antibiotic, this is the century of the stem cell.

Therapies using these "master cells" are curing diabetes and will continue to completely transform modern medicine. I want to share a few examples of lives that were changed thanks to this life-saving therapy.

Case #1: Leonard A.

I told you about Leonard earlier. After about four months into his treatment, he is well on his way to being cured. He's lost more than 30 pounds — and counting. He feels better and more energized than he has in years. He's also walking more easily and threw away his cane.

Not only is Leonard **off three of his four medications**, but his lab work improved considerably.

- Within weeks, his high blood sugar levels dropped dramatically
- His CRP (inflammation) levels are way down
- He lowered his triglycerides and raised his HDL
- His blood pressure is back to normal and he's off his medication

Leonard stopped his downward spiral of diabetes in its tracks.

Case #2: Kenneth O.

Kenneth also used to suffer from diabetes. But he doesn't anymore. Like Leonard, his doctors told him it was hereditary. He came to my clinic all the way from Ireland. 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. Despite taking 10 medications a day, his blood sugar levels were sky high and his blood pressure was out of control. His kidneys were failing and it was only a matter of time before he had to start dialysis.

I started Kenneth on stem cell therapy immediately. After just 10 days, his results were jaw-dropping. First, we tested Kenneth's hemoglobin A1c, a critical measure of long-term blood-sugar levels. I wasn't sure who was more shocked... Kenneth or me. His blood glucose levels had fallen by a remarkable 15%.

Today Kenneth is back home in Ireland. His diabetes remains well under control and he no longer needs dialysis.

Case #3: Alberto B.

Alberto was diagnosed with type 2 diabetes and lived with it for two years. His doctors put him on metformin and gradually increased the doses following every doctor appointment.

But his condition continued to worsen. Desperate for a cure, he flew to India for stem cell therapy.

Ten weeks later, he stopped taking his medication completely. His A1C went from 11 to 6.5. and continues to fall. His fasting blood sugar is 96, and his blood pressure fell to a healthy 107/60.

As Alberto says: "It's hard to imagine that a few short months ago, I was a diabetic. My doctor didn't believe, but blood tests confirm it. Hurray!"

The Healing Power of Stem Cell Therapy

Looking back to the early 21st century, medical historians are going to be shocked that, despite all of the breathtaking advances, stem cell therapies are still not widely available.

Sadly, mainstream medicine still knows very little about these "miracle" cells you carry in your body.

Some doctors still believe stem cell procedures are controversial. Other doctors will tell you stem cell "cures" are still experimental and something your children or grandchildren may be able to look forward to in the future.

The truth is, the stem cell revolution is already happening — and there is no longer anything controversial about it.

These therapies are scientifically proven. And the stem cells used today are NOT the "embryonic" stem cells used years ago in research.

Stem cell treatments are already available for a variety of conditions including:

Diabetes	Autoimmune diseases
Cancer	Joint pain
Heart disease	Wrinkled skin
Alzheimer's	Autoimmune diseases
Arthritis	Joint pain
Blindness	Wrinkled skin

They just haven't reached mainstream medicine yet.

In this special report, you'll learn about the exciting new science behind the incredible healing power of adipose, skin and bone marrow stem cells.

That means using stem cells harvested from your own body. You'll also learn about many of the treatments available NOW.

In the following pages of this newsletter, you'll discover:

- ✓ How to tap into your body's ultimate natural healer
- ✓ The amazing "healing factors" flowing through your blood right now
- ✓ Where stem cells come from
- ✓ The most powerful anti-aging weapon known
- ✓ How stem cell therapy is already being used to cure cancer, heart disease and many other conditions
- ✓ Your body's best ally against ANY disease

By accessing these new therapies, you can feel younger, act younger and look younger — no matter what your age.

Where Stem Cells Come From and What They Can Do

First, what are stem cells?

Stem cells are the "parent" cells of almost every other kind of cell in your body — the cells that make up your tissues, organs, bones, skin and everything else.

They are the basic building blocks of your entire body.

And they are unlike any other cells because they can transform themselves into any kind of human cell. First, a little bit of biology...

Your stem cells began life as a tiny zygote — or fertilized egg. It then divided into two cells, then four, and on — until it grew into a blastocyst. A human blastocyst is about the size of the dot above this "i."

This tiny cluster of cells eventually formed into an embryo that ultimately became YOU. Blastocysts contain a special type of stem cell called a pluripotent stem cell.

This means they have the power to grow, regrow, repair, regenerate and replace any of the more than 220 different kinds of cells in your body.

In other words, you already have the tools you need to heal yourself.

That's why the anti-aging possibilities of stem cell therapy are virtually limitless.

Stem cells are the supply of healthy "replacement cells" you were born with.

And until recently, it was thought that these stem cells could only be harvested from embryos, umbilical cords and bone marrow.

But that all changed in 2013...

Pluripotent Adult Stem Cells are Ethical

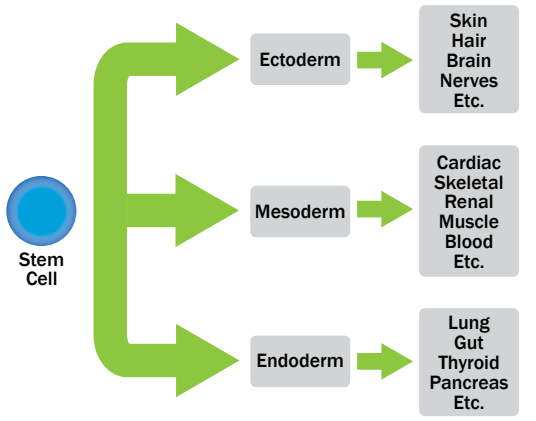
The use of embryonic stem cells has been a highly controversial issue since it was first even thought about. These cells must be harvested from embryos that are less than one week old — and the embryos can't survive.

Endorsed By The Vatican

In 2006, the Pope declared that adult stem cell research should be "encouraged and supported."

In 2011, he called it a "significant step forward in medical science."

YOUTHFUL PLURIPOTENT STEM CELLS



Pluripotent stem cells are master cells that can make cells from all three basic body layers. This way, they can potentially produce any cell the body needs to repair itself.

The stem cells are developed from eggs that were fertilized "artificially" in a lab and donated for research with the consent of donors. They are not derived from eggs fertilized in a woman's body.

Still, many people are uncomfortable with the idea, and to date no treatment exists that uses embryonic stem cells.

The same goes for induced pluripotent stem (iPS) cells. These kinds of cells — usually skin or blood cells — are genetically reprogrammed back into their embryonic-like pluripotent state.

Japanese researchers recently reported in The New England Journal of Medicine the first use of iPS cells in a human. The trial not only proved safe, it halted the progression of age-related macular degeneration (AMD) in the patient.[5]

But while no embryos are involved in iPS cells, ethical concerns have been raised because of the genetic modification of human cells.

Adult pluripotent stem cells, like those found in your fat tissue, bypass both of these concerns because they come from your own body — no embryos are destroyed and no human cells are genetically manipulated.

Stem Cells Solve Blood Sugar Problems

You likely know a handful of people with diabetes, if you haven't been diagnosed yourself…

More than 450 million people worldwide have diabetes and more than 500 million have prediabetes. That's around a billion people on the planet – and the numbers keep skyrocketing every year.

The disease is classified into type 1 and type 2 diabetes.

People with type 1 diabetes don't make insulin. People with type 2 diabetes make insulin, but they don't effectively use the insulin they produce.

Big Pharma's drugs have done NOTHING to stop this global epidemic — because they focus on the high blood sugar, not the real problem which is too much insulin production.

And it's not just diabetes. New science shows that excess insulin is also behind the chronic diseases of today including obesity, fatty liver disease, hypertension, Alzheimer's and even cancer. 2

By 2050, an estimated 60 million Americans will have the disease. That's a 900% increase..

Both mainstream medicine and the pharmaceutical industry are focused almost entirely on lowering blood sugar levels with potentially dangerous medications, like metformin.

A recent study of 9,300 diabetics found this drug increased:

- Parkinson's by 127%
- Alzheimer's dementia by 113%
- Vascular dementia by 130%

But the biggest problem is that metformin increases deadly cardiac events like heart attack and stroke.

Big Pharma has a number of other treatment drugs — like proglycem, an oral diazoxide, as well as octreotide and somatostatin — which inhibit pancreatic secretion of insulin. But they also stimulate glucose release from the liver and elevate blood glucose levels.

And one of these diabetes drug – Invokana – ***increases leg and foot amputations.***

But stem cells have been used as a treatment for severe autoimmune diseases since the 1990s.

Human trials have consistently shown the effectiveness of stem cell treatments in the fight against type 1 and 2 diabetes.[3]

One of these long-term clinical trials was done at Harvard Medical School. In this study, 65 individuals with type 1 diabetes were treated with stem cell therapy. By the end of the study, almost a third of the participants were able to stop taking their insulin injections.[4]

And in a recent Chinese study, researchers found stem cells were able to reprogram liver cells — instead of the pancreas cells — allowing the body to produce enough insulin to lower blood sugar levels.[5]

Stem cells have also been shown to dramatically lower blood sugar levels in people with type 2 diabetes.

The stem cells help to make your body more receptive to insulin. This allows your body to become more efficient at transporting glucose to your cells and reduce blood sugar levels.

According to a series of new breakthrough studies by Harvard and MIT, a single stem cell boost takes worn-down, beat-up and aging cells... and turns them into entirely "brand new" ones that generate insulin and devour blood sugar — permanently.

That's the healing power of stem cells!

They literally reprogram your cells to become blood sugar burning machines.

You see, runaway blood sugar starts with insulin-generating cells known as beta cells.

These are like "smart cells" for blood sugar.

When our blood sugar rises, they release insulin in response. But when our blood sugar drops, they stop. This how our blood sugar levels stay normal.

We're born with all the beta cells we need... and then some. Plus our body produces new ones to replace the old. However, as you get older, everything changes. Your body stops generating new beta cells. And that's when the glucose overload kicks in.

The food we eat... the surgery drinks... the toxic environment full of pollutants... It all wreaks havoc on your body, releasing oxidative stress that weakens and kills your beta cells.

Plus, the massive overload of glucose in your bloodstream weakens your cells' ability to respond to insulin.

This means your beta cells have to work overtime, producing more and more. This exhausts and eventually destroys these insulin-creating cells.

With no replacements, your body is drained of the ability to produce the insulin it needs. This is how you get runaway blood sugar.

And blood sugar is just the beginning...

The failure of your body's insulin response system directly causes a cluster of serious health concerns, including...

- Fat gain around the abdomen
- A weaker, aging heart
- Fatigue, loss of energy
- Memory loss and weaker focus
- Sleeplessness
- A wreaked metabolism
- Worse digestion
- And more

This process, until now, was considered irreversible.

But thanks to stem cells, that's all about to change. A new breakthrough study from Harvard and MIT used human stem cells to create billions of glucose-responsive pancreatic beta cells — the kind that function normally to balance blood sugar.[6]

And the research keeps piling up. It all confirms what my patients and I have known for years...

Stem cells are the perfect solution for blood sugar.

The miracle cells in your body can take you from endless abdominal weight gain, sugar swings, fatigue and brain fog to an energized, younger, fit body and a healthier you.

- Another study from MIT and Boston Children's Hospital treated animals with blood sugar problems using stem cells. After just one treatment, the animals saw perfectly normal blood sugar for the equivalent of 10 human years... Plus these new beta cells were impervious to the body's immune response.[7]
- Northwestern University researchers cured diabetes in 87% of people using the patients' own stem cells. The patients continue to remain disease-free 5 years later. [8]
- Following stem cell therapy, researchers at Swiss Medical Clinic were able to abolish or reduce the need for insulin by 80% or more over a 6-month period. [9]

Brand new research from a team at the University of Miami Diabetes Research Institute found that stem cells exist in the human pancreas. They can now stimulate these adult pancreatic stem cells to develop into the insulin-releasing beta cells that get destroyed by diabetes. These new beta cells can sense blood sugar levels and react as needed and restore insulin production. [10]

This is just a small sample of the studies that prove one conclusion: Stem cells are a blood sugar "miracle."

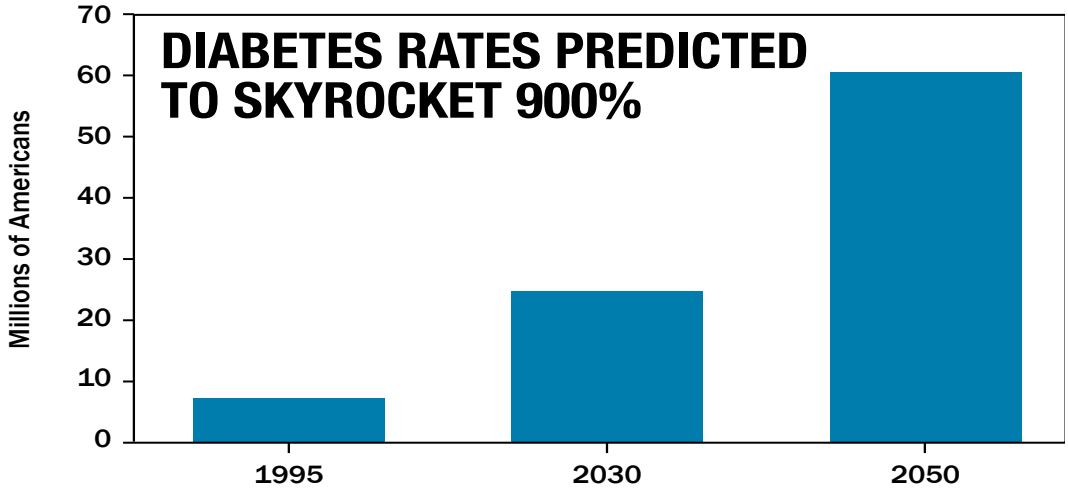
With all of the remarkable science behind stem cells, Big Pharma is scrambling to get their hands on stem cells before you do. They've even spent a $3 billion to create stem cell drugs.

Think about that. To create a drug, you need to first invent a formula. And then patent it. But stem cells are natural. They are your cells. They exist in you.

In other words, the big drug conglomerates are working to patent our own bodies!

You see, the market for blood sugar medications is huge. Market estimates put it at $137 billion. And it's growing fast...

Due to the toxins in our food, beverages and everyday environment, three million new people suffer with runaway blood sugar every year.



There were only 6 million diagnosed diabetes cases in 1980. That will increase by 900% in just over 30 years.

And Big Pharma wants to keep the money flowing into their pockets by selling you these drugs.

But here's the thing...

You do not need Big Pharma.

You can harness the power of your body's stem cells to normalize your blood sugar and insulin levels WITHOUT dangerous drugs, surgeries, or even a doctor's visit.

The solution for your blood sugar, abdominal weight gain, heart concerns, low energy, brain fog is already inside you.

"Incurable" Conditions Can Now Be Reversed

Only recently have scientists started to understand the true potential of using stem cells that come from your own fat.

Not only is there zero chance of rejection or an immune system reaction — because they come from your own body — fat tissue is a much richer source of stem cells than bone marrow.

It's not uncommon to harvest hundreds of millions of dormant stem cells from a tiny 120-200 cubic centimeters of fat tissue. By comparison, the same amount of bone marrow usually yields tens of thousands of cells.

There are currently around 250 clinical trials being conducted into therapies using adipose stem cells, according to the National Institutes of Health. And the results have been overwhelmingly positive.[11]

Adipose-derived stem cells have already been shown to be effective treatments for multiple diseases. Here are just a few:

- **Stroke and "Brain Bleed":** Multiple studies have shown the remarkable healing power of adipose stem cell therapy on stroke patients.

  Strokes occur after a failure of blood supply to the brain.

  This starves your brain of oxygen and other nutrients, which causes brain cells and tissue to die.

  Conventional doctors will tell you that it's pointless to continue therapy on stroke patients if there hasn't been any progress by the six-month point.

  But researchers are helping stroke victims make remarkable recoveries using stem cells. Like this case of a 71-year-old California woman. She suffered a devastating stroke, and only part of her body she was able to move was her left thumb.

  Now, most doctors dismiss a stroke patient's chances of recovery after they have passed the crucial six-month mark. But this patient made the decision to join a stem cell clinical trial being conducted at Stanford University.

  Today, this stroke victim is once again walking. She can move her arms and perform everyday tasks. Even the researcher who ran the study admits he is stunned by her results.

  Researchers have discovered that adipose stem cells can coax areas of dead brain tissue back to life, dramatically reducing the size of the "dead zone" and halting any further degeneration.[12]

  Stroke patients given adipose stem cell therapy have also shown vastly improved neurological function and reduced brain inflammation, including patients whose stroke had caused severe disability.

  Certain types of strokes produce intracerebral hemorrhage, or "brain bleed." This happens when blood suddenly bursts into cerebral tissue, causing damage to the brain. Although "brain bleed" accounts for around 10-15% of all strokes, it is far more deadly that ischemic strokes. Animal models have revealed adipose stem cell therapy is highly effective at repairing the brain damage done by "brain-bleed" strokes.[13]

- **Heart Attack and Heart Disease:** Congestive heart failure (CHF) is a deadly form of heart disease.

  It means your heart can't pump enough blood for your body's needs. This leads to fluid congestion that can cause your vital organs like your lungs, brain and kidneys to shut down.

  Every year, more than 5.1 million Americans are diagnosed with CHF and about half die within five years.[14,15]

  Most doctors will tell you there's no cure.

  But just down the road from the Sears Institute for Anti-Aging Medicine — at the Bethesda Heart Hospital in Boynton Beach, Florida — researchers are conducting a stem cell clinical trial to treat CHF. This is just one of the 150 sites working on a stem cell cure for heart patients.

  This exciting five-year DREAM-HF-1 study involving 1,165 patients is now using stem cells to regenerate heart tissue and build strength in the heart muscle.

  Multiple preclinical and clinical trials also show a significant reduction in scar tissue around the heart in patients who underwent adipose stem cell therapy after their heart attacks. [16]

  These cells have also been shown to improve overall heart function in patients with heart disease and can reverse remodeling in the injured hearts.[17]

- **Blood Disorders:** The use of stem cells from bone marrow and umbilical cord blood stem cells can now treat many blood diseases and disorders that were once considered fatal. These include blood cancers like leukemia, Hodgkin's and non-Hodgkin's lymphoma and multiple myeloma.

  Thanks to the stem cell therapy, thousands of patients every year are now able to replace their entire diseased blood system forever.

  Like Susan. Almost a decade ago, Susan F. had a bruise that would not heal.

  She went to the doctor with complaints of constant fatigue and her body aches. The young mother quickly learned she had blood cancer.

  Two bone marrow transplants failed to save Susan's life. As she says, "I was literally on death's bed."

  But Susan's doctor suggested what was then considered a radical and experimental procedure — an adult stem cell transplant. Susan agreed to try this new therapy.

  Afterward, Susan's blood counts immediately started to improve. And three months later, the cancer was gone. She was thrilled to hear that her cancer only had a 1% chance of returning.

  Many inherited blood disorders, like thalassemia and sickle cell disease, can also be cured with cord and bone marrow stem cells.

  In a person with sickle cell disease, the bone marrow produces red blood cells that contain hemoglobin S, which causes them to become sickle or crescent shape. These abnormally shaped cells prevent normal flow of oxygen to tissues.

  But with cord and bone marrow stem cell transplants, the defective bone marrow is replaced with healthy bone marrow, which then produce red blood cells that are healthy and don't contain a lot of hemoglobin S.

  Exciting new research now also shows that stem cells from skin and adipose tissue may also soon be an effective treatment for inherited blood diseases.[18]

- **Macular Degeneration and Other Eye Diseases:** Age-related macular degeneration (AMD) is a common and devastating eye problem related to age.

It's the leading cause of blindness in older people.

The use of stem cells to treat macular degeneration is one of the newest and most exciting areas of research.

In March 2017, the New England Journal of Medicine published the results of experimental stem cell treatment.

In the trial, researchers were able to halt the progression of AMD in patients.

Stem cells have also been used to combat other eye diseases, like glaucoma, diabetic retinopathy and cataracts.

Hospitals in China have already carried out numerous stem cell operations on babies with childhood cataracts — a condition where a baby is born with clouded lenses in their eyes, blocking vision. With the use of stem cell therapy, Chinese doctors now create new working lenses in the babies' eyes.[19]

- **Autoimmune diseases, like Rheumatoid Arthritis and Multiple Sclerosis:** Stem cells have been used as a treatment for severe autoimmune diseases since the 1990s.

  But stem cells that come from your fat tissue have distinct functional properties — including immunomodulatory and anti-inflammatory properties — that can repair and regenerate tissue and cells that have been damaged from an autoimmune disorder.

  Stem cell treatments have been effective against rheumatoid arthritis.

  A recent Australian study revealed that just one stem cell injection produced a 70% improvement in symptoms. Some of the responses occurred in as little as one week.

  And, in what may be the most dramatic of recent results, a study published in The Lancet last year showed that stem cell transplants stopped the progress of multiple sclerosis, a disease marked by damage to the myelin that coats nerve fibers. Patients were followed for four to 13 years.

  And in all cases, damage to the nerve fibers was halted.[20]

  Stem cells have also been effective at treating other autoimmune disorders like lupus, Crohn's disease, scleroderma and psoriasis.

- **Repairing the damage of Breast Cancer Surgery:** In a Japanese study, 21 women had adipose stem cells implanted after a partial mastectomy. This procedure was followed by radiation treatment, which then caused tissue loss and skin damage.

  Within one month, breast tissue thickness increased significantly in all 21 women. And follow up studies 12 months later showed that the tissue continued to recover.[21]

- **Breakthrough "skin gun" for healing burns:** A revolutionary "gun" that can spray a patient's own stem cells on second- and third-degree burn wounds is now being used to rapidly grow new skin.

  If you suffer extensive burns, you usually have to endure weeks or even months of treatment. Surgeons remove large sheets of skin from elsewhere on your body and then graft them on to the wounds. It's a painful process that can leave you with permanent, unsightly scars.

  The latest in stem cell technology involves removing a tiny patch of skin. The harvested stem cells from this postage stamp-size skin are then e sprayed on the wound. The entire procedure takes just 90 minutes.

  Within a matter of days, new skin grows over the wound. In 4-6 weeks, burn victims have seen wounds completely heal.

- **Hair loss:** I've been using stem cell therapy in my clinic for the last few years to help my patients regrow hair naturally.

Studies prove stem cell therapy is effective for baldness.

In one study, 11 patients with male pattern baldness had no luck with hair loss drugs. In fact, if you pulled gently on their hair, an average of 10 hairs fell loose. Their hair loss really slowed down. Hair thickness increased by 31%. After just four sessions, nine of the 11 patients lost no hair at all on the pull test.[22]

I combine stem cell therapy with PRP.

PRP uses platelets and growth factors to heal every part of your body. I use it to help my patients heal from surgery, relieve back and joint pain, and revive old, tired skin. I inject stem cells into the scalp with two to six PRP injections. Right away, the stem cells start waking up hair follicles. They start regenerating. Soon they are producing healthy, strong hair.

The whole session from harvesting stem cells to injecting the PRP takes just a few hours. You only need a local anesthetic where I take the stem cells. You have no downtime. There's no risk of rejection because we use your own stem cells. And the effects are fast and lasting.

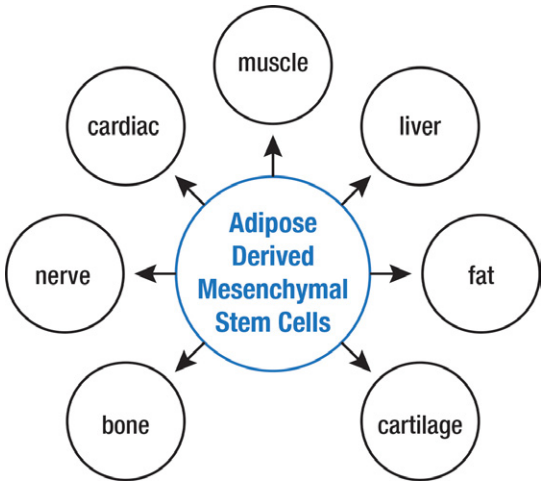
Meanwhile, stem cells have also shown tantalizing promise for treating Alzheimer's and Parkinson's disease, and are already being used commonly as therapies outside the U.S. — for example, in Germany, Peru, India and China.

Clinical trials and treatments have also shown adipose stem cells to be powerful healing therapies for nerve damage from toxins and cartilage damage.[23,24]

The Key to Restoring Your Immune System

One of the most surprising discoveries about harvesting stems cells from fat tissue is that they contain large numbers of mesenchymal stem cells.

Until recently, scientists thought these "multipotent" stem cells could only be obtained from bone marrow and that they were simply precursors to a variety of specific cell types — like bone, blood, cartilage, muscle and fat cells.



These powerful stem cells have a wondrous regenerative affect on tissue damage. And researchers are now studying their ability to hone in on tumors.

But mesenchymal stem cells are also the key to restoring your immune system, giving your body the ability to reverse chronic diseases — and even ward them off before they develop.

Have you ever wondered why some people get chronic diseases and others don't?

One reason is this: When chronic disease strikes, it means your immune system has broken down.

The problem is that you lose stem cells as you age, and the ones you still have become less active, making your body's recovery process longer and harder. Injuries don't heal as fast. Illnesses linger. Chronic problems develop.

But hiding in your fat tissue is the solution to reversing your aging immune system.

Scientists are just beginning to understand that mesenchymal stem cells interact with key immune system cells, like T-cells and natural killer (NK) cells — types of white blood cells.

They are part of your internal defense army that attacks the bacteria, viruses, fungi, cancer cells and other toxins that cause chronic inflammation, damaging your health and bringing on chronic disease.

Mesenchymal stem cells tell your immune system to ramp up its defenses or stand down, as necessary.

But the role of these cells is even more complex. Mesenchymal stem cells are immune system cells in their own right. Not only do they modulate T-cells and NK cells, they also secrete blasts of anti-inflammatory growth factors, like interleukin, which can turbo charge your immune response.[25,26,27]

You see, your immune system is fighting a constant war against inflammation.

Of course, all inflammation isn't bad. You need it when you have a nasty cut or a broken bone. Without inflammation your body would never heal, because no white blood cells would ever rush to the rescue and fight off those foreign bodies.

It's not this kind of "acute" inflammation you have to worry about. The real problem is the low-level inflammation you can't see.

In fact, your body has been under a steady attack from inflammation-causing irritants for years and you've been unaware of it. And they are slowly killing you.

These include:

Environmental toxins and pollutants

- Poor diet
- Excess weight
- Cigarette smoke
- Stress

Chronic stress has an extremely damaging effect on your immune system, and has been linked to the inflammation at the root of heart disease, high blood pressure and cancer.

Numerous studies reveal that the overall response to chronic stress by the cells that make up the immune system is inflammation.[28]

Mesenchymal stem cells may be able to turn it all around.

A number of clinical trials and research studies now reveal how treatments with mesenchymal stem cells can reduce disease progression and the severity of immune disorders, like arthritis, autoimmune

encephalomyelitis (inflammation of the brain and spinal cord), colitis and septicemia (blood poisoning).[29,30,31]

Mesenchymal stem cells also hold the promise of reversing many autoimmune disorders, like inflammatory bowel disease, lupus, multiple sclerosis and rheumatoid arthritis.[32,33,34,35]

Why Stem Cells Are An Anti-Aging Double Whammy

Stem cells do a lot more than replace dying cells with new ones. They strengthen and boost the entire system of whatever part of your body they go to.

That's because stem cells are telomerase-positive. Let me explain...

Telomeres are little tails at the end of each strand of DNA in every one of yours cells.

They're like ticking biological clocks, because every time your cells divide, a tiny bit of each telomere gets used up. Over time, your telomeres get shorter and shorter, until your DNA can no longer make correct copies, and the cells stops working.

That's how you age. The length of your telomeres is directly related to whether or not you fall victim to diabetes, arthritis, heart disease, Alzheimer's or any number of chronic diseases and autoimmune disorders.

Telomerase is the enzyme that rebuilds telomeres. It determines whether you'll grow old before your years or live as long as you can with all the powers and privileges of youth intact.

In recent years, all of the astonishing breakthroughs in stem cell science and telomere research have advanced on separate paths — but they are intrinsically connected.

You see, most of the adult human cells in your body don't produce active telomerase.

They develop into differentiated cells. These cells eventually become mortal and lose their ability to divide.

But pluripotent stem cells — even those stored in your adult body — need to activate telomerase continually to keep their telomeres long and youthful.[36,37]

In one recent study, scientists in Vietnam revealed that by injecting patients' own stem cells into their bloodstream — a common technique I'll tell you about in a minute — they could significantly boost telomerase activity and telomere length in blood cells.[38]

It's Not Science Fiction: You Have the Power to Reverse Aging

Your body assigns stem cells regularly to replace cells that are damaged, old or dying.

The problem is that you lose stem cell activity as you age. This makes your body's recovery process longer and harder.

And as traumas and illnesses strike, your body loses its ability to heal. But your stem cells aren't dead they're sleeping. Stem cell therapy wakes up your sleeping stem cells — and calls them to action.

Some anti-aging doctors like to think of the human body as an automobile. And they think that if you have a high enough maintenance program, your car will run forever. They don't understand.

The human body is far more resilient than any automobile. Not only can you give it a high maintenance program, but it also has stem cells built into its fabric so it can keep repairing and regenerating itself.

That means the power to reverse aging is inside your own body. This isn't science fiction or something from Greek mythology... Real science has now begun to harness that power.

What Happens When You Get Adipose-Derived Stem Cell Therapy

Getting adipose stem cell therapy is a simple outpatient procedure. There are now more than 500 stem cell clinics in the U.S. — but if you are interested in adipose stem cell therapy, I recommend making sure the clinic you choose is operated by board-certified physicians with a full clinical and nursing staff.

The procedure is minimally invasive and is done in a matter of hours. Here's the simple four-step protocol we use at the **Sears Institute for Anti-Aging Medicine**:

1. **Harvest:** Using a painless liposuction procedure, 50-100 cubic centimeters of adipose tissue is taken from the patient's abdomen or just above the superior iliac spine (aka love handles). This is a much easier process, and far less invasive, than a bone-marrow extraction. And because the stem cells are taken from your own fat tissue, you've completely removed any risk of rejection.

2. **Isolate:** a high-speed stem cell centrifuge machine separates your stem cells from your fat cells.

3. **Infuse:** The stem cells that have been hiding in pockets in your fat tissue are then administered intravenously into your body.

The stem cells are attracted to signals from areas of inflammation. Various biochemical distress signals trigger the stem cells to integrate with target tissues and organs so your immune system can mount a strong defense and regeneration can begin.

If you're interested in adipose stem cell therapies and are in the South Florida area — or are 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.

Boost Stem Cell Activity With the Right Exercise

One of the easiest ways to stimulate the healing power of stem cells is exercise. A recent study in the European Heart Journal showed that vigorous exercise in mice activated 60% of their cardiac stem cells. After just two weeks of exercise the mice showed increased cardiomyocytes, the "beating" cells in heart tissue.[39]

It works for humans, too. In another study, a simple exercise program made dormant stem cells become active. And amazingly, these new stem cells could help remodel the heart in a group of heart failure patients.[40]

Italian researchers also recently proved that strenuous exercise can lead to high levels of stem cells in bone, liver, and other organs.[41]

Exercise has also been shown to activate stem cells in bone marrow and get them circulating in the blood. They've been called "circulating paramedics." Once in the bloodstream, they patrol tissues to halt infections and repair muscle and tissue damage.[42]

But before you set out for a walk, it's important to know that not all exercise will activate stem cells.

You have to do a program like my PACE anti-aging system.

Just walking, running, cycling, or swimming for 30 minutes won't get you the results I'm talking about. You have to reach a high enough intensity to work up a sweat.

With PACE, your goal is to hit a peak of intensity in a short timeframe and then rest. You don't have to do hours of cardio.

You'll be done in 20 minutes or less.

And it doesn't matter what shape you're in when you start. You can start with the level that's right for you and slowly progress to more intensity.

But PACE isn't about going all out as hard as you can. You always leave yourself a little bit of room in your workout where you could have gone harder. As you get closer to your peak, you control it so you have room to improve the next day.

To start optimizing your body's stem cell production today, I recommend trying this classic PACE exercise at home. It's a simple crunch.

- Lie on the floor face up with knees bent and feet flat on the floor about hip-width apart.
- Place your hands behind your head to support your neck.
- Lift both your head and your feet at the same time and crunch together squeezing both the upper and lower abdominal muscles.
- Release head and feet to the floor.
- Repeat for three or four minutes at a speed and level of intensity you're comfortable with.
- Rest and recover.

Aim for three sets like this. To make it a true PACE workout, increase the challenge when you're ready. For instance, instead of bending your knees, straighten your legs and stretch your hands toward your feet. Now lift your head and legs at the same time crunching your abdominal muscles together.

Start slowly. It will take a few sessions to build up your stamina, strength, and balance.

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.

Stem Cells Produce "Secret Weapons"

The real power of stem cells lies in their ability to spawn tiny polypeptides (proteins) called human growth factors. These turbo charge your body's recovery process.

Human growth factors are essentially small pieces of protein that make up an amino acid chain. They are cellular messengers that send signals to activate the production of new cells, or instruct a cell to create new cells with different functions.

This special signaling mechanism is the secret weapon behind the wondrous healing power of stem cells.

Stem cells and human growth factors have been shown to stimulate your skin's natural healing response and are widely used in dermatology and the cosmetic skincare industry. Researchers have also revealed that growth factors have a key role in speeding up wound healing.

Scientists are just beginning to understand that if stem cells and human growth factors can reach target cells in your skin, they can stimulate other types of cells to regenerate.

A Powerful Dietary Combo That Boosts Stem Cells

I've been working with patients for many years to reverse diabetes. And I don't focus on lowering blood sugar. Instead, I help my patients improve insulin receptors that have been overwhelmed with a bad diet.

An insulin lowering diet is one of the most important factors in beating diabetes. For that I recommend my Primal Power Eating Plan.

This diet is moderate in protein, high in fat and very low in carbohydrates. When you eat this way carbs don't trigger insulin. And since your body doesn't have carbs to burn for energy, you burn body fat instead.

A Primal Power diet focuses on zero glycemic index scores.

The Glycemic Index (GI) is one the best tools for fat loss. It measures how quickly foods breakdown into sugar in your bloodstream. High glycemic foods turn into blood sugar very quickly. Starchy foods like potatoes are a good example. Potatoes have such a high GI rating; it's almost the same as eating table sugar.

The GI tells you how fast foods spike your blood sugar. But the GI won't tell you how much carbohydrate per serving you're getting. That's where the Glycemic Load is a great help. It measures the amount of carbohydrate in each service of food.

Foods with a glycemic load under 10 are good choices — these foods should be your first choice for carbs. Foods that fall between 10 and 20 on the glycemic load scale have a moderate effect on your blood sugar. Foods with a glycemic load above 20 will cause blood sugar and insulin spikes. Try to eat those foods sparingly.

Eat as much as you want of the foods with a zero GI score.

Some of those foods include:

Eggplant	Snow peas	Artichokes
Peppers	Spinach	Mushroom
Summer squash	Broccoli	Asparagus
Cabbage	Cucumber	Cauliflower
Zucchini	Celery	Lettuce

On top of a Primal Power diet, you also have to work toward replenishing your body's natural immunities and stem cells.

There's a novel nutritional approach you can take to boost the blood and immune system stem cells found in your bone marrow right now.

Two Extra Steps for Waking Up Your Stem Cells

1. Get eight hours of sleep each night: Your stem cells and immune system need sleep. This is when your body's maintenance work takes place. When you're deprived of sleep, your immune system suffers and your body becomes vulnerable to illnesses and infections.

   Here's why...

   In 2013, Swiss researchers discovered that a disruption of normal sleep rhythms disrupted stem cell functioning. And last year, German researchers found that a good night's sleep protects stem cells from DNA damage, which keeps them "young."[43,44]

2. Take B Vitamins: Vitamin B12 and iron are required for bone marrow stem cells to differentiate into mature red blood cells. And a recent study from the University of Georgia and Tufts 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. Meanwhile, researchers are also currently testing a combination of stem cells and B9 to regenerate the spinal cords of injured animals.[45]

   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.

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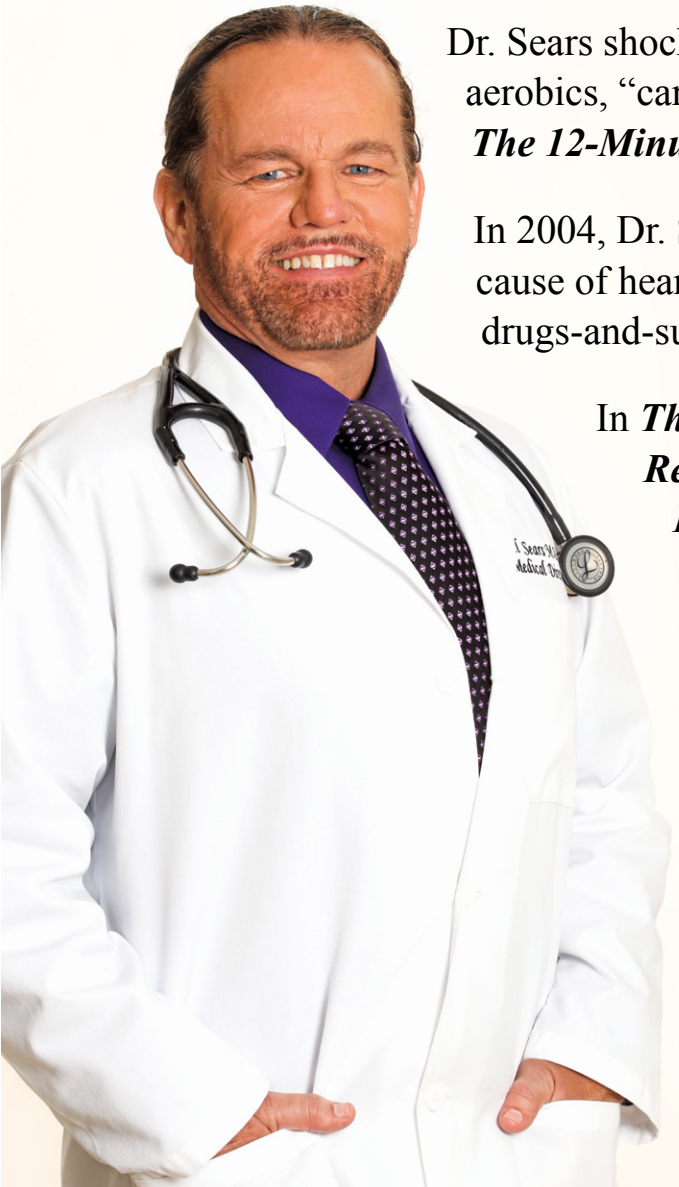
AL SEARS, MD

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).