



Dr. Sears'

CONFIDENTIAL CURES

Your Guide to Truth and Lies in
Medicine from Around the World

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Dear Friend,

I'd like to talk about the role of nutrition on good health.

It's a hard subject to master because there is so much that we know... and don't know.

But sometimes the people who know the least are in the medical field.

I had dinner one night with a physician. He banged his fist on the table and told me that "there's no evidence whatsoever that anyone needs to take supplements." I continue to be amazed at such ignorance.

You see, your food today doesn't have the nutrients it used to. Commercial farming and processing strips your food of the nutritional value it had even a decade ago.

But the ignorance about supplements keeps getting published and repeated... especially from some of the most respected institutes of learning and medicine in the country.

Nobel laureate Linus Pauling was right when he said: "Recommended daily allowances only give levels of vitamins and minerals that will prevent death or serious illness from vitamin deficiency.

"To get real health benefits from vitamins, you need to get more than just the minimal recommended amounts."

And a study published in the *Western Journal of Medicine* found that \$20 billion in hospital charges could have been prevented simply by taking vitamins and minerals. Another study found that a

staggering 67 million Americans fail to meet their most basic nutritional needs.

In your February issue of *Confidential Cures*, you will discover...

- **Why today's food is so nutritionally bankrupt.** But more importantly, you will how to get the most vitamins and minerals from the foods you eat — and the supplements you must take to meet, and exceed, your basic nutritional needs.
- **How inflamm-aging is the leading cause of Alzheimer's** — and all chronic diseases of our time. I'll share the top causes — and what you can do right now to protect your brain — and prevent this dreaded disease.
- **That losing muscle mass opens a Pandora's box of health problems** — including chronic illnesses like heart disease and diabetes, weight gain, brain fog, brittle bones, and even loss of your sex drive. I'll share the simple steps you can take now to reverse this loss — and build new life-saving muscle in no time.

To Your Good Health,

Al Sears, MD, CNS

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Lies, Damn Lies, And Supplements

(Or At Least The 7 Biggest Biggest Ones)

What are the biggest lies about supplements? Let's start with the biggest one of all...

That there is that there's no evidence that supplements do anything for anyone. If you're not aware, that's what the "experts" have been shouting from the high towers of their Ivy League institutions for more than 50 years.

But do they have any evidence? Let's look at what they're saying...

Not long ago, researchers at Johns Hopkins published a paper titled: "Vast Majority Of Dietary Supplements Don't Improve...Health Or Put Off Death."¹

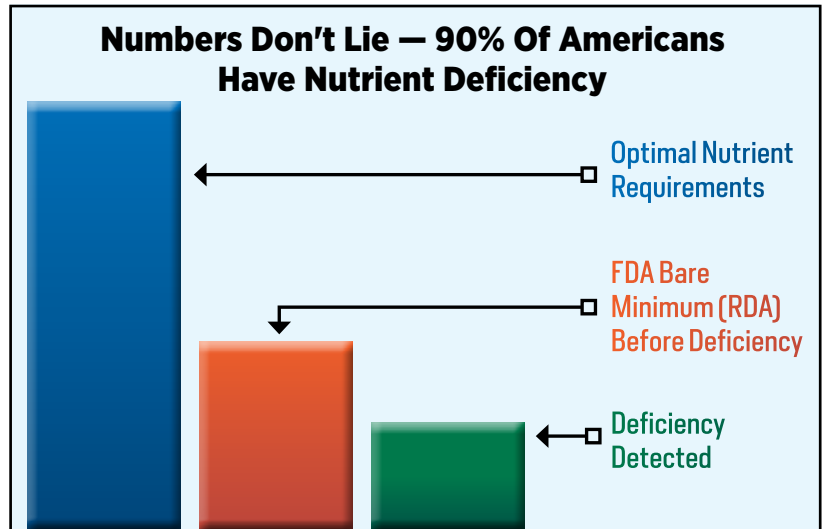
And the executive editor of the Harvard Heart Letter wrote a paper asking: "Are you wasting money on supplements?"

It only took him a couple of sentences before he (wrongly) answered his own question with a resounding "yes."²

He went on to say that "the take-home message on multivitamins... remains the same: these supplements do not lower the risk of heart attack, stroke, or death over-all."

And a study funded by the National Institutes of Health and published in the *Annals of Internal Medicine* declared: "Study Finds No Benefit for Dietary Supplements." It even went on to say that taking supplements can even be "harmful in some cases."³

But the evidence that we need to supplement our nutrient-poor diet continues to mount. We could fill entire libraries with the evidence.



Surveys reveal that nine out of 10 Americans aren't even meeting the most basic level of nutrient intake.

So when people read and hear this stuff, they get confused.

They come to me as if there's this great controversy about whether they should take a supplement or not.

I am going to tell you what I always tell them: There is no controversy. It is virtually impossible to get optimal nutrients for optimum health from your diet.

Here's how I'm so certain that almost everyone needs to supplement...

I measure the blood vitamin levels of most patients who come to my clinic. When I get the results back, I have to break the bad news to them that they're practically malnourished.

Even the most health-conscious of my patients are incredibly deficient despite eating a diverse and balanced diet. And the problem is only getting worse. Let me explain...

Big Agra Is Robbing You Of Lifesaving Nutrients

It takes 500 years for nature to build less than one inch of living soil...

But only seconds for Big Agra to destroy it.

Over the past 40 years, about 2 billion hectares of soil — that's an area bigger than America and Mexico combined — have been stripped of lifesaving nutrients.

And thanks to Big Agra's profit-driven modern farming techniques, 30% of the world's cropland is now unproductive.⁴

It's a stark contrast from what the very first farmers found...

While following the animals they hunted, our primal ancestors found themselves in a place where wild plants grew in abundance.

With such a rich bounty, they decided to set up camp. Eventually, they noticed that if they threw the seeds of plants on the ground, over time they grew.

And so, around 12,000 years ago, the Agricultural Revolution began. The first plants our ancestors harvested were packed with nutrients.

Those are the minerals, vitamins and other plant compounds that have the power to combat today's diseases like cancer, heart disease, Alzheimer's, osteoporosis, and diabetes.

But Big Agra's focus is on reaping the maximum number of crops at the cheapest cost. Nutrition has nothing to do with it.

And the result is that you are being robbed of the lifesaving nutrients you need.

Today you have to eat 10 servings of vegetables or more to equal the nutrition of one serving from 50 years ago!

Even the USDA admits nutrient levels have fallen by 80% in the last 30 years. For example, you'd have to eat 10 servings of spinach to get the same level of minerals from just one serving about 50 years ago.⁵

Producers create "hybrid" forms of your fruits and vegetables — not for their ability to store nutrients

— but for their color, weight and shelf life. Why? So they'll look nice and pretty when they sit under the fluorescent lights of your supermarket.



Today's produce is bred to look good and last longer, not deliver maximum nutrition.

You may think they look nutritious, but "under the hood," they contain little more than indigestible cellulose, sugar, and water.

Growers call this the "dilution effect." For them, more water and more pith helps their produce ship well, look good, and weigh a lot. But it virtually wipes out their vitamin and mineral content.

Congress Knew We Had A Nutrients Problem 90 Years Ago

The plunge in nutrients in your produce over the last 30 to 50 years is bad enough. But it is rapidly getting much worse. Genetic hybrids are pushing nutrient values even lower.

We first began to know that there was a problem back in 1936. A group of doctors introduced Document No. 264 to the floor of the United States Senate. It was a dire warning that the mineral content of the soil was eroding. Vegetables were losing their power and people were at risk.

Unfortunately Congress did nothing. So today, we're feeling the effects...

For instance, just look at the U.S. Department of Agriculture's (USDA) nutritional values for fruits and vegetables today compared to 1975.⁶

Here's the loss of vitamins and minerals:

- Apples: Vitamin A is down 41%
- Sweet peppers: Vitamin C is down 31%
- Watercress: Iron is down 88%
- Broccoli: Calcium and vitamin A are down 50%
- Cauliflower: Vitamin C is down 45%, vitamin B1 is down 48%, and vitamin B2 is down 47%
- Collard greens: Vitamin A is down 45%, potassium is down 60%, and magnesium is down 85%

According to USDA's own numbers, the vitamin and mineral content has dramatically plummeted — in just 30 years!

Notice minerals like iron and magnesium have dropped by more than 80 percent. That's from commercial farming technology and powerful fertilizers that practically sterilize the soil — leaving it with little to no mineral content.

If the soil doesn't have minerals, there's no way for vegetables to absorb them.

I wasn't the only one to realize your fruits and vegetables don't pack the nutritional punch they used to. A report from the University of Texas in Austin, also tracked the decline of nutrients in produce.

They reported findings at a meeting of the American Association for the Advancement of Science in St. Louis. They found significant drops in a wide range of produce across the board, including a 20% decline in vitamin C and a 38% plunge in vitamin B2.

It's causing us to become nutritionally bankrupt. This lack of nutritious foods is causing a health crisis in the U.S. Modern diseases that never affected our ancestors — chronic conditions like diabetes, heart disease, cancer and dementia — are directly linked to low nutrient levels.

A 2017 study found that 90% of Americans fail to meet the most basic recommendations of plant nutrients⁷ — and 30% are at risk of at least one vitamin deficiency.

And a staggering 303,600,000 Americans — 92% — fail to meet their most basic nutritional needs.⁸

- Recent studies have found that worldwide, a lack of vegetable-based nutrients leads to almost 800,000 deaths from heart disease and 200,000 deaths from stroke each year.
- Too little fruit nutrients results in 500,000 deaths from heart disease every year and over one million stroke deaths.⁹
- Additional studies indicate that even a modest increase in consumption of plant nutrients could help prevent type II diabetes.¹⁰

Get More Nutrients From Your Produce In 3 Easy Steps

When it comes to getting the most nutrients out of your fruits and vegetables, this is what I do for myself and my family — and what I recommend for my patients:

1. **Pick locally grown organic produce from a family farm.** Food that's grown close by has more nutrients than foods that have to be transported

The Numbers Don't Lie

According to the Centers for Disease Control and the U.S. Department of Agriculture, 303,600,000 Americans aren't meeting even the most basic nutritional needs...



- » **9 out of 10** Americans are deficient in potassium
- » **7 out of 10** are deficient in calcium
- » **8 out of 10** are deficient in vitamin E
- » **50%** of Americans are deficient in vitamin A, vitamin C, and magnesium
- » More than **50%** of the general population is vitamin D deficient, regardless of age
- » **90%** of Americans of color are vitamin D deficient

long distances. Local produce is allowed to ripen naturally, while food that travels long distances is picked before it's ripe.

Big Agra's mega farms harvest their crops before they've ripened. But allowing produce to ripen naturally — while it's still in the dirt — allows more nutrients to develop. And further studies have shown that vitamins, phytochemicals, antioxidants, and many other important nutrients decrease as fresh food ages.

Today, it's easier than ever to get food fresh from a small farm delivered right to your door — within hours of being picked.

Farmers' markets continue to grow in popularity and numbers, making it easier than ever to find and purchase locally grown foods. If there's none nearby, look for Community Supported Agriculture (CSA) programs in your area.

I belong to one, and I can honestly say the food that's delivered to my house is almost as good as what I grew up eating on my grandparent's farm.

2. Add healthy fats. If you don't add a little healthy fat to your salad or side of broccoli, your body can't absorb all the nutrients it would otherwise.

Researchers at Iowa State University proved this point... They had students eat greens and tomatoes with low-fat dressing, fat-free dressing, or olive oil. Blood samples were taken before and after each meal.

The bloodwork revealed that people who ate the fat-free or low-fat dressings didn't absorb the beneficial carotenoids from the salad. Only when they had eaten the oil-based dressing did they get the nutrients.¹¹

In addition to olive oil, I recommend coconut oil, walnut oil and grape seed oil.

3. Don't overcook — or undercook — your veggies. It's a myth that eating raw vegetables is always healthier. It depends on the food. Some produce is most nutritious uncooked, while other

“Recommended daily allowances only give levels of vitamins and minerals that will prevent death or serious illness from vitamin deficiency. To get real health benefits from vitamins, you need to get more than just the minimal recommended amounts.”

kinds need heat to bring out their nutrients. For example, to release the antioxidant lycopene, tomatoes need to be heated. But steaming and boiling destroys vitamins B and C in foods like collard greens and kale.

Vegetables that are best cooked include asparagus, carrots, mushrooms, spinach, and tomatoes. Those best eaten raw include onions, and red peppers.

Supplement To Meet — And Exceed — Your Basic Nutritional Needs

As I mentioned earlier, only 8% of Americans meet the minimum recommended daily allowances of their essential nutrients.

But... It's important to note that the RDA is only the minimum, not the amount of a nutrient you need for your best health.

Nobel laureate Linus Pauling said, “Recommended daily allowances only give levels of vitamins and minerals that will prevent death or serious illness from vitamin deficiency. To get real health benefits from vitamins, you need to get more than just the minimal recommended amounts.”

I have taken a multivitamin nearly every day for 30 years and you should too. Many multivitamin manufacturers now have formulas that include a wide range of anti-oxidants, which can simplify your routine.

I have supplemented every day for 40 years. These are the supplements I think everyone should take:

■ **CoQ10.** This is one of the most important supplements you can take. Benefits of this antioxidant include treating and preventing heart failure and diabetes; protection against certain kinds of cancer; strengthening mitochondria; protecting the brain against oxidative damage; slowing the progression of Alzheimer's and Parkinson's; and protecting lungs and increasing pulmonary function. Take 50 to 100 mg a day of the ubiquinol form. It's eight times more powerful.

■ **DHA.** This omega-3 fat can prevent or improve chronic conditions associated with aging, including: heart disease, cancer, Alzheimer's, depression, arthritis, and inflammation. You need between 600 and 1,000 mg of DHA daily. I recommend getting DHA from squid. Sometimes called calamari oil, it contains more DHA than fish oil alone.

■ **Vitamin D3.** The sunshine vitamin helps prevent heart disease, autoimmune diseases like MS, depression, diabetes, cancer, and other chronic illness. It also strengthens your bones, boosts immunity, reduces inflammation, and helps with weight loss. I recommend at least 1,000 IUs a day, but it's likely you will need 5,000 IUs or more. Take the form of vitamin D3 called cholecalciferol. It's the same vitamin D3 that your body produces.

■ **Vitamin C.** Humans used to make this nutrient, but we no longer do. Yet it helps manage high blood pressure, protects your heart, reduces cancer risk, prevents anemia, protects your memory, and boosts immunity. You need at least 5,000 mg a day. Today, we're lucky if we get 200 mg to 300 mg. I recommend you take liposomal-encapsulated vitamin C. Liposomal is a technique that wraps the vitamin C molecule in a thin layer of phospholipid fat to boost absorption 98%.

■ **B vitamin complex.** There are typically eight B vitamins in a B-vitamin complex. These vitamins convert nutrients into energy, protect and repair DNA, produce hormones, regulate fat and carbohydrate metabolism, produce red and white blood cells, promote normal brain function and prevent Alzheimer's, improve immunity, balance blood sugar, lower stroke and heart disease risk, and protect telomeres. Look for a high-quality B complex.

■ **Magnesium.** I call this mineral the "missing link" to good health. It's a potent weapon that prevents — and treats — more than 20 diseases of the modern world. Diseases like high blood pressure, heart disease, depression, Parkinson's, fatigue, osteoporosis, migraines and thyroid disease.

I recommend taking between 600 mg and 1,000 mg a day.

■ **Vitamin K2.** This vitamin helps skin and bone health, improves brain function, boosts immunity, fights inflammation, and reduces your risk of heart disease. But studies now show that K2 is a powerful stem cell regulator that supercharges mesenchymal bone marrow stem cells. Look for vitamin K2 in the form of menaquinone-7. It's much more bioactive than menaquinone-4. I recommend up to 90 mcg a day taken with your meal.

Finally, choose a quality multivitamin: I say this because there are a lot of bad multivitamins out there.

The most popular one in the world — I won't mention the name — is the worst one I've ever found. It's pure junk. It's just chemicals and minimal doses.

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The REAL Global Pandemic

Researchers From UCLA, Yale, and Harvard FINALLY Admit That Reducing Inflammation Beats Alzheimer's

While politicians and so-called healthcare “experts” in the U.S. and around the world continue to obsess over mask mandates and Covid vaccines, a real epidemic is sweeping across the globe.

But neither the media nor Big Tech are paying attention. And in the meantime, almost 50 million people continue to suffer from one of the deadliest — and most devastating — diseases of modern times.

I'm talking about the chronic inflammation that leads to diseases of aging like Alzheimer's.

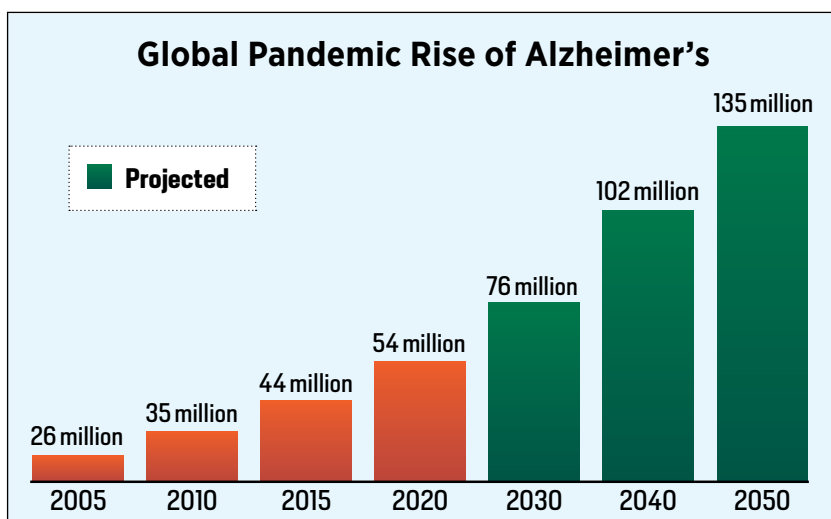
A team of international researchers from 22 of the world's most respected medical institutions – including Harvard Medical School, UCLA, and University College London — have declared “inflamm-aging” the leading cause of death worldwide.¹

So why are they finally admitting it now?

It could be because Big Pharma has recently introduced a brand-new crop of anti-inflammatory drugs that they're hoping to cash in on. And it's working. The new pills are expected to pull in \$4.6 billion this year alone.

Overall, the global market size for these drugs is \$94 billion. Treating inflammation has become big business.

Back in 2002, I showed compelling evidence in my book *The Doctor's Heart Cure*, that



The global rise of Alzheimer's disease is terrifying. Today, around 44 million people worldwide suffer from Alzheimer's, with the vast majority of them in Western Europe and America.

chronic inflammation is the number one cause of accelerated aging and the diseases related to it... like Alzheimer's, atherosclerosis, cardiovascular disease, type 2 diabetes, and cancer.

Unlike acute inflammation where your body responds immediately to a specific injury, chronic inflammation can be more subtle, creeping up on you over a period of several months, or even years.

And it will continue forever... *unless you take action.*

New research by Tufts University confirms what I've been saying for decades: There's a natural solution to chronic inflammation — especially the inflammation that leads to Alzheimer's. More on this in a moment. First let me explain the connection between inflammation and your brain...

I don't have to tell you that Alzheimer's disease is one of the cruelest and most debilitating diseases out there. Most of the patients I see at the *Sears Institute for Anti-Aging Medicine* are more worried about getting this mind-wasting condition than cancer.

Making matters worse, mainstream medicine has no clue where Alzheimer's comes from, why some people get it and others don't, and — most importantly — how you can protect yourself from this terrifying brain disorder.

Conventional wisdom has it all wrong. Advice about consuming a low-fat diet or doing daily cardio doesn't work.

But new, groundbreaking studies not only reveal the root of Alzheimer's, but exactly what you can do to avoid it. It will likely be years before this research trickles down into the knowledge base of mainstream medicine.

The key is the curse of every modern chronic disease. I'm talking about inflammation.

Studies now show that your body's natural mechanism for controlling inflammation — called immunomodulation — goes haywire with Alzheimer's disease. That means regaining power over your immunomodulation systems could ensure that you never become a victim.²

The problem is, as you age, you face a high risk of *inflamm-aging*, a condition characterized by high levels of inflammatory markers. Studies show that inflamm-aging leads to a number of conditions — like heart disease, diabetes, obesity, and sarcopenia — which make you highly vulnerable to inflammation of the brain, or *neuroinflammation*, and Alzheimer's.

Today, almost everyone on the planet is inflamed, thanks to high pollution levels and a modern diet packed with pro-inflammation ingredients like sugar, grains, and cheap vegetable oils.

It's hardly surprising that today, around 5.7 million Americans have Alzheimer's and around 44 million people suffer worldwide — the vast majority of them in Western Europe and America. And that number is projected to more than triple by 2050.

In this *Confidential Cures* article, you'll learn about the astonishing new research that pinpoints exactly how you can protect yourself and your loved ones from Alzheimer's. I'm also going to show you three strategies you can use to avoid this dreadful condition.

You CAN Stop The Ravages of Alzheimer's

You may already know that late-onset, or “sporadic” Alzheimer's is a dreadful progressive brain disorder that largely strikes after age 60. This is the most common form of the disease. You absolutely cannot inherit it from your parents or grandparents.

If doctors tell you that Alzheimer's and other forms of dementia are genetic or the “normal” consequences of aging, they don't know what they're talking about. It's their code for telling you they have no clue where Alzheimer's comes from.

The only exception is *early-onset Alzheimer's*, which is genetic and occurs *before* the age of 60 — but it accounts for less than 10% of all cases.

In its advanced stages, both forms of Alzheimer's:

- Rob you of your memories
- Destroy your language skills
- Take away your ability to recognize faces
- Turn your closest loved ones, family, and friends into total strangers
- Shatter entire families
- End your ability to function in your own home
- Make your behavior erratic and unpredictable

Alzheimer's transforms the most capable, independent adult into a helpless infant. In short, it steals your dignity. And mainstream medicine offers NO hope. *But now, the latest research tells a completely different story...*

Control Immunity To Defeat Alzheimer's

The link between Alzheimer's and the immune system — more specially, a type of immune system defender cell called *interleukin-6* — first came to light in a large meta analysis by Chinese scientists back in 2012.³

The researchers looked at more than 3,000 cases of Alzheimer's and found increased levels of pro-inflammatory interleukin-6 circulating in the blood streams of every subject.

More recently, American scientists also discovered high levels of interleukin-6, as well as *interferon*, another type of immune defender cell, in the brains of people with Alzheimer's.⁴

Importantly, interleukin-6 and interferon aren't just defender cells. They're also key elements of the *immunomodulation system*, the signaling mechanism that regulates your body's immune responses.

Studies now show that *inflamm-aging* causes interleukin-6 and interferon to malfunction, which in turn results in your entire immunomodulation system becoming dysfunctional.^{5,6}

This means your body doesn't know how to respond correctly to infections and germ threats. In the brain, this can result in a massive buildup of inflammation, as well as the devastating inability of your immune system to clear away the rogue protein *amyloid* before it turns into the sticky plaques that are a classic hallmark of Alzheimer's.⁷

Is This The Link Between Inflammation And Amyloid Plaque?

Important breakthrough research now confirms that *amyloid plaques* are caused by dysfunctional immune system regulation, triggered by widespread inflamm-aging and, ultimately, neuroinflammation.

Amyloid plaques prevent neurons from working properly. When your brain is inflamed and your immune system can no longer clear away these rogue proteins, they cluster together and gum up the signaling networks between your neurons, causing memory loss and confusion.

At the same time, the inflammation squeezes the blood vessels in your brain, restricting oxygen supply, causing cell damage, loss of brain tissue, and cell death.

A recent study by biologists at the Sloan Kettering Institute in New York revealed that amyloid plaques

“Inflammation squeezes the blood vessels in your brain, restricting oxygen supply, causing cell damage, loss of brain tissue, and cell death.”

contain antiviral and antimicrobial cells — revealing the clear link between inflammation, a malfunctioning immune response in the brain and Alzheimer's.

The New York scientists also discovered high levels of an interferon-secreted protein called *IFITM3* — already known for its inflammatory immune response in cancer cells — in the brains of Alzheimer's patients.⁸

They were shocked to discover that IFITM3 played a key role in both brain inflammation and the accumulation of amyloid plaques.

So, what's behind this chronic state of inflamm-aging — and what can you do about it to prevent the development of Alzheimer's?

Discover The Primary Causes Of “Inflamm-Aging”

The origin of inflamm-aging can be sourced to a number of key factors — chief among them smoking, environmental pollution and our modern diet.

The nicotine and tar in cigarette smoke has long been known to activate pro-inflammatory immune cells throughout your body.

Pollution, mostly in the form of fine *particulate matter* released by factories, power plants and fossil fuel combustion, is also closely linked to inflamm-aging.⁹

These tiny, toxic, heavy metal-laden particles penetrate deep into your lungs and bloodstream. they circulate to different organs and tissues, causing rampant inflammation.

At the same time, our lack of a natural diet — high consumption of sugar, carbohydrates, processed foods and cheap vegetable oils, as well as not enough high-quality protein — also causes relentless inflammation.

That's why *obesity* and *frailty* are among the prime contributors to inflamm-aging — both of which can lead to an out-of-whack immune system and Alzheimer's.

Let me explain...

Frailty: Recent research published in *The Lancet Neurology* journal shows that frailty — a condition common among seniors and characterized by muscle loss, weakness, and weight loss — makes older adults extremely susceptible to Alzheimer’s.¹⁰

Another study published in *The Lancet* in 2020 looked at data from more 196,000 UK adults aged over 60, and found that the risk of dementia was a jaw-dropping 268% higher among those with frailty.¹¹

One of the main drivers of frailty is a condition called *sarcopenia*, which is characterized by extreme muscle loss and lack of energy.

Conventional doctors may tell you that frailty and sarcopenia are the natural conditions of aging — but they’re wrong.

Sarcopenia is caused by a lifetime of eating an unnatural diet and often too little exercise.

Importantly, multiple studies reveal that people who suffer from sarcopenia and frailty also have significantly higher levels of inflammation markers in their blood.^{12,13} And that also means a much higher susceptibility to Alzheimer’s.

Obesity: This increasingly common modern condition also puts you at a risk of inflamm-aging . **And, like frailty, obesity is also closely related to our toxic modern diet.**

Multiple studies show that obesity is strongly associated with a pro-inflammatory state.¹⁴

The condition has been shown to trigger the release of high levels of interleukin-6, along with many other pro-inflammatory compounds, such as *chemokines* and *tumor necrosis factor* (TNF), which also promotes insulin resistance.

At the same time, hormones that help modulate inflammation, such as *adiponectin* and *leptin*, are also knocked out of balance by obesity, causing **inflamm-aging to run wild.**¹⁵

Feed Your Brain The #1 Nutrient It Needs To Beat Alzheimer’s-Related Inflammation

New research by Tufts University confirms what I’ve been saying for decades: **There’s a natural solution to chronic inflammation.**

Identify Frailty Early

You or a loved one may be considered frail if three or more of these criteria, developed by Johns Hopkins, apply to you:

- **You’re shrinking.** You’ve unintentionally lost 10 or more pounds in the past year.
- **You feel weak.** You have trouble standing without assistance or have reduced grip strength.
- **You feel exhausted.** Everything you do takes a big effort, or you just can’t get going three or more days most weeks.
- **Your activity level is low.** This includes formal exercise plus household chores and activities you do for fun.
- **You walk slowly.** Your pace is considered slow if it takes you more than six or seven seconds to walk 15 feet.

Caused largely by overly processed foods loaded with sugar and starchy grains, the solution to chronic inflammation is the same nutrient that allowed humans to evolve into the people we are today.

I’m talking about docosahexaenoic acid — or **DHA.**

In our ancient ancestors’ time, the best source of DHA was red meat, specifically *organ meat*. But when we started feeding cattle an unnatural grain-based diet, we destroyed their fat content...

And today’s meat is loaded with omega-6s — and almost no DHA.

Studies show excessive omega-6 fatty acids and the out-of-balance omega-6 to omega-3 ratio in today’s Western diet triggers the COX-2 enzyme.¹⁶ That’s an enzyme that increases inflammation, resulting in premature aging, heart disease, arthritis, diabetes, Alzheimer’s, and autoimmune diseases.

Unfortunately, today’s fish are *also* full of pro-inflammatory omega-6s and little DHA. Like beef, the majority of fish are farm-raised on a grain diet and have less than half the overall fatty acids they had just a few decades ago.¹⁷

And as a new study shows, DHA is vital in suppressing the slow-burning fire of chronic inflammation.

Important New Study Confirms DHA Lowers Inflammation

In a recent clinical trial, Tufts University researchers followed a group of adults with chronic inflammation. The participants were randomly assigned to receive either EPA or DHA supplements twice a day.

After 34 weeks, the researchers discovered:

- DHA lowered the genetic expression of four types of pro-inflammatory proteins
- DHA lowered white blood cell secretion of three types of pro-inflammatory proteins
- DHA also reduced levels of a specific anti-inflammatory protein

To reduce the inflammation that causes premature aging, you need between 600 mg and 1,000 mg of DHA daily. It's impossible to get what you need from our food today. So you'll need to supplement.

But as you may know, most fish oils don't have nearly enough DHA.

I recommend getting DHA from krill. These shrimp-like animals don't live long enough to absorb large amounts of toxins — so they don't get contaminated. And their omega-3s are stored in phospholipid form instead of triglyceride. This helps it pass through cell membranes better.

And combine your krill with calamari oil. Calamari, or squid, has one of the highest concentrations of DHA of any food.

But be sure your oil comes from squid that live in the pure water off the South America coast.

3 Simple Steps To Mega DHA Power

1. Take it at the right time. Standard advice is to take your DHA first thing in the morning. I disagree — especially if you practice intermittent fasting. I suggest taking it with your meal that has the most amount of healthy fats. This increases absorption.



The omega-3s in krill are stored in phospholipid form allowing it to pass through cell membranes in the brain.

2. Store your soft gels in the freezer. By the time the supplement starts to break down and release its liquid, it's further down in the gastrointestinal tract, which aids digestion and absorption.

3. Take your DHA with vitamin E and astaxanthin. Taking vitamin E protects the oil from undergoing potentially damaging oxidation in the body. Astaxanthin also helps the oils permeate your tissues where it's needed, including crossing the blood-brain barrier where the DHA can benefit you.

Three More Ways To Beat Inflamm-Aging — And Prevent Alzheimer's

You won't hear this from your doctor — but there are a number of tried and tested ways to reduce inflamm-aging, restore your body's immunomodulation powers and dramatically cut your risk of ever developing Alzheimer's.

Controlling inflammation is the single most important thing you can do to stop this dreaded disease from taking hold. I recommend three powerful therapies to my patients...

1. Change Your Diet: This is always the first line of attack against the widespread inflammation that has probably been rampaging in your body and brain for years. Decades of consuming a typical modern American diet is one of the chief causes of inflamm-aging. It's also a sign that your body is crying out for real nutrition.

My advice is to avoid processed foods and diets that contain high carbohydrate and starch content as much as possible. Instead, eat whole foods, and high-quality, organic protein — like pastured beef, lamb, chicken and other properly raised, meats, vegetables and fruit.

Protein is the wisdom of our ancestors, backed up by multiple scientific studies. A protein-rich diet builds muscle mass that helps you stay mobile, healthy and independent far into old age. Regularly consuming high-quality animal protein is also the best way to avoid the perils of frailty.^{18,19}

Unless you know the source of the food, and the practices of the ranch or farm, the safest foods are USDA-certified-organic foods. If your grocer doesn't carry them, let them know you'll shop elsewhere.

2. Get Stem Cell Therapy: If you're a regular reader, you'll know that stem cells are master cells that allow your body to regenerate damaged tissue in any organ — but they are also an extremely powerful weapon against inflamm-aging.

Especially *mesenchymal* stem cells... which have special immunomodulatory and anti-inflammatory properties.

The problem is that you lose stem cell activity as you age — which is why your body loses its ability to fight as you get older.

As you age, some stem cells die — but others fall into a state of stem cell *senescence*, a kind of cellular deep sleep.

Getting stem cell therapy can reawaken these senescent cells, helping to keep your body strong, potent, and free from the dangers of inflamm-aging.

Stem cell therapy has been shown in multiple studies to have an impressive ability to reduce inflammation.^{20,21}

The good news is that one of the best sources of mesenchymal stem cells is your own bone marrow, which can be extracted, processed, and injected back into your body in an amazingly simple procedure. Stay tuned for more on this.

Knocking out inflammation with stem cells has been done for more than a decade, and treating

Alzheimer's itself with stem cell therapy is common practice outside the U.S. — for example, in Germany, Peru, India, and China.

3. Use The Power Of Oxygen: An all-natural therapy called *hyperbaric oxygen therapy*, or *HBOT*, has extraordinary power to battle body-wide inflammation.

Studies show that oxygen is the mortal enemy of inflammation. It increases blood flow and brings much needed oxygen and nutrient-rich blood to inflamed tissues.²²

Sadly, most doctors still believe HBOT works by creating a placebo effect. But that's an enormous misconception. The fact is that HBOT activates 8,100 genes — including many involved in anti-inflammatory process.²³ Placebos don't activate genes.

The treatment itself is easy and painless. You just lie down in an oxygen chamber and breathe. You can watch TV, read, or even take a nap. The only difference is that you're breathing pure oxygen at 1.5 times normal atmospheric pressure.

If you're interested in getting more information about on HBOT treatment or stem cell therapy at the Sears Institute for Anti-Aging Medicine, or making an appointment, just call at 561-784-7852. Or you can visit www.SearsInstitute.com.



HBOT floods your body with oxygen, which is the mortal enemy of inflammation.

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Muscle Up Or Die

Avoid Life-Threatening Falls and Regain Your Independence

My patients tell me that the number-one fear they have about aging is losing their independence and having to move into a nursing home or becoming a burden to their children.

You probably know that falls and fractures are a major reason for hospitalization and death in older people. We see evidence of it all around us.

But what you may not know is that there is an underlying, correctable problem that has been going on in your body for years — maybe even decades — before that fall. But you can stop it in its tracks — and even reverse it.

Every year, one in four Americans — both men and women — 65 or older suffer a fall. Last year alone, seniors reported nearly 36 million falls, and 8.4 million resulted in injuries like hip fractures, repeat falls, long hospital stays, and even death.¹

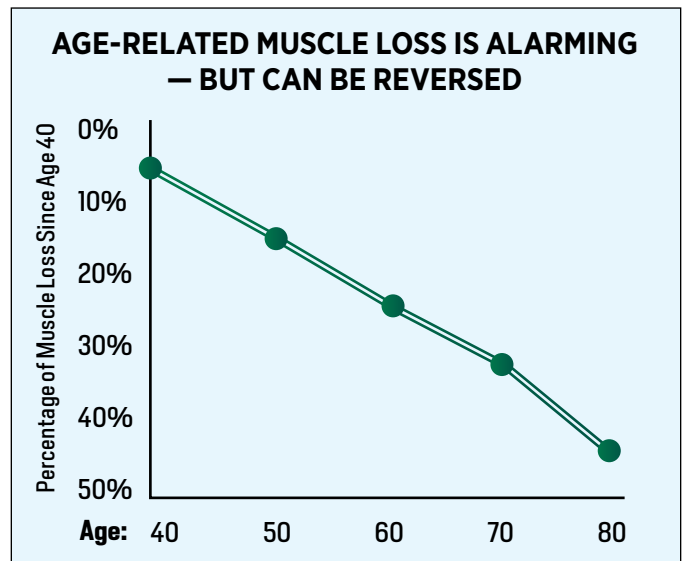
Mainstream doctors rarely, if ever, bring it up with their patients... even though it affects around 45% of the older population. You won't see any TV ads about it either.

You see, there's no drug to treat it — so there's no profit for Big Pharma. More on this in a moment...

At the Sears Institute for Anti-Aging, we work to specifically address the problems that lead to falling. Our goal is reversing the signs of physical aging to keep patients active and independent for as long as they live. I want to tell you about one of our patients...

Her name was Diane. When she first came to the clinic, she couldn't stand for more than a few minutes. In fact, she needed the support of a chair or counter as she stood. Letting go caused her to stagger. She was terrified of falling.

But Diane was also angry. Her fear of falling was keeping her from the activities she loved — and that



By age 65, the average patient has lost 27% of their muscle mass. By age 80, it increases to 40%.

were such an important part of her retirement. She couldn't golf, go on evening walks — or even play with her grandkids.

Diane felt forced to stay home, and it was leading to extreme feelings of depression.

I gave her a series of physical tests to measure balance, gait, and speed.

Diane earned a score 1 on the GARS (Gait Abnormality Rating Scale) assessment. That's the lowest score you can get — and it indicated that she was at a very high risk for falling.

Diane had a severe case of sarcopenia. But no doctor had ever diagnosed her. In fact, she had never heard the word before.

Sarcopenia is the degenerative loss of skeletal muscle mass and strength associated with aging.

Diane isn't alone in not knowing about it. A lot of people haven't heard it. Mainstream doctors rarely,

if ever, bring it up with their patients... even though it affects around 45% of the older population. You won't see any TV ads about it either.

You see, there's no drug to treat it — so there's no profit for Big Pharma.

And while some Big Pharma giants are currently looking for ways to make a buck off sarcopenia, it's not currently classified as a "disease." And without that classification, there's no hope of getting a drug to "cure" it approved by the FDA.

If you do nothing to stop sarcopenia, you will lose about three pounds of muscle every decade. At 65, you've potentially lost between 8% and 27% of your muscle mass. By the time you're 80 you could drop 35% to 40% of your muscle mass.²

But there's good news. Not only can sarcopenia be stopped in its tracks — it can be reversed.

Diane was determined to get her life — and her independence — back. I started her on a protocol to stop muscle loss and rebuild strength and agility.

After four weeks, Diane retook the GARS test. The difference in results was dramatic. She went from the lowest score of 1 all the way to a score of 4 — the highest score possible! She's thrilled with how much better she feels.

Your Muscles:

You or a loved one may be considered frail if three or more of these criteria, developed by Johns Hopkins, apply to you:

- ✓ **Keep you trim** by boosting your metabolic rate.
- ✓ **Improve sexual health** by stimulating sexual hormone production.
- ✓ **Reduce risk of bone fractures** by supporting bones.
- ✓ **Decrease risk of disease** by strengthening your immune system.
- ✓ **Preserve youth** by stimulating human growth hormone.
- ✓ **Give you more energy** by storing more glycogen.

"I'm 72 going on 52...I feel rejuvenated," she says.

Many patients who come to my clinic don't even realize what's going on with their bodies. They don't notice they're losing muscle because it's replaced by fat.

So they may not see a drastic change in their physical appearance, but they definitely know they're getting weaker and that they fatigue more easily.

The effects of sarcopenia go beyond decreased muscle strength. It can lead to mobility problems and frailty, falls and fractures, diabetes, weight gain, and a loss of physical function and independence.

You see, losing your muscle mass opens a Pandora's box of new problems:

- Weakness
- Fatigue
- Chronic illness
- Diminished sex drive
- Weight gain
- Wrinkled, sagging skin
- Brain fog
- Forgetfulness
- Depression
- Brittle bones

And because no one really talks about sarcopenia, many have come to accept that there's nothing they can do when their strength decreases as they get older. So they do nothing...

But as an anti-aging doctor, I can tell you that you DON'T have to accept muscle loss as a part of aging. You can stop it — and even reverse it.

Here at the **Sears Institute for Anti-Aging Medicine**, I test my patients regularly for muscle loss. I've helped thousands of patients prevent sarcopenia and gain muscle mass... no matter their age. In fact, studies show that people as old as 100 can still build muscle. If they can, so can you.

Because not only can sarcopenia be stopped in its tracks — it can be reversed. And research proves it.

In a ground-breaking study, researchers took muscle samples from young adults and older adults. The older adults were 59% weaker than the younger

ones. Then the older group did exercises three times per week.

After just six months, the older group improved their muscle strength by about 50%. But there was an even more remarkable side effect. Their muscle tissue was rejuvenated. In fact, most of the genes that express aging were reversed back to younger levels!³

In other words, building muscle also reversed the aging process. And it's never too late to build muscle. In one study, 21 frail, older people took part in a strength program for 11 weeks. Their muscle mass increased by up to 60%. In addition, they had better balance, strength, and physical ability, making them less likely to fall.⁴

I've seen frail 80-year-olds double their muscle mass in just a couple of months.

Muscle = Power, Strength and Anti-aging

Muscle loss is just as threatening as osteoporosis. Maybe even more so... but you won't see any TV commercials telling you to take a drug for it. (There aren't any.) Osteoporosis is a serious problem and you shouldn't ignore it. But drugs aren't always the best answer.

Ironically, it's the loss of muscle that causes your bones to weaken. In a young adult, the stress and pull your muscles put on your bones help them stay dense and strong. But when you lose that muscle power, your bones become light and brittle.

Your dwindling muscle mass also dramatically increases your chances of falling down and breaking a bone. This happens to be the leading cause of injury and death in older adults.

Muscles do much more than help you move around and lift things. They are responsible for many aspects of your health.

How Your Muscles Affect Overall Health

Muscle mass plays a huge role in your health. So much so that sarcopenia is associated with a wide range of health conditions, from heart disease and diabetes to frailty and dementia.

“Not only can sarcopenia be stopped in its tracks — it can be reversed. And research proves it.”

Heart disease: In fact, research reveals that in people with heart disease, those with the highest levels of muscle mass have the greatest chance of living longer.

On the other hand, people with the lowest muscle mass are at the greatest risk of dying prematurely from all causes.

This tells us that muscle plays a protective role in heart health. Why this happens, we don't yet know — but it may have something to do with chemical messengers (myokines) produced by healthy muscles, which can help reduce inflammation throughout the body.

Diabetes: Strong, healthy muscles can lower your risk factor of developing diabetes. When you eat carbohydrates, glucose enters the bloodstream and is sent to your muscles. Your muscles will either use this sugar immediately for energy or store it in a different form called glycogen.

And glycogen helps your body maintain stable blood sugar levels. This process is an important part of blood sugar control and helps explain why people with less muscle mass are more likely to develop diabetes.

Dementia: Studies show that low muscle strength is linked with Alzheimer's disease-related brain changes and an increased risk of cognitive decline.^{5,6} Sarcopenia is often seen even in the early stages of dementia, and a recent study found a link between low muscle mass and poor memory, depression, and apathy in people with mild cognitive impairment and early Alzheimer's disease. Another study reported sarcopenia in 45% of females with mild Alzheimer's disease.⁷

Osteoporosis: People with sarcopenia who lead sedentary lives are also at greater risk of osteoporosis. This is because active muscles send signals to bones that help them stay strong. The drop in strength from sarcopenia means people may be more prone to falls and bone fractures. Again, this fear of falling may make some people more sedentary, which may reduce quality of life and put them at a greater risk of depression.

But there's good news. Not only can sarcopenia be stopped in its tracks — it can be reversed. And research proves it.

I've helped thousands of patients prevent sarcopenia and gain muscle mass. I've seen frail 80-year-olds double their muscle mass in just a couple of months.

You can do it, too.

The Best Ways To Build Muscle Right Now

1. Eat More Protein. Protein provides the basic building blocks for your muscles. But as most people get older, they tend to eat less protein. I advise my patients to eat one gram of protein for every pound of lean body mass.

If you weigh 200 pounds and have 20% body fat, you're carrying 40 pounds of fat. And you have 160 pounds of lean body mass. So you would eat 160 grams of protein each day. If you don't have any way to measure your body fat, then use an estimate. For men, the average is 15-17%. For women, the average is 18-22%.

The best sources of protein are grass-fed red meat, fish, poultry, eggs, cheese, and nuts. Protein powders can be a big help. A protein smoothie every day is a reliable way to boost your protein intake and help build new muscle. Look for whey protein from grass-fed animals.

2. Use Muscle To Build Muscle. Exercise is the most powerful tool for building muscle. For the biggest impact I recommend starting with the largest muscles in the body. Those are the quadriceps on the front of your thighs.

In one study, researchers had older men do exercises similar to what I recommend in my PACE program. They worked three times per week on their lower body. And their quad strength increased as much as 226%.⁸

Here's a PACE move to increase the strength in your quads. It's called alternating lunges.

- Place your hands on your hips. Keep your back straight and hold your head high.
- Take a step forward with your right leg until your front knee is bent 90 degrees and your back knee almost touches the ground.
- Use your quad muscle to push back off your leading leg and return to starting position.
- Repeat with your left leg. Alternate until you are slightly out of breath.

To make it truly PACE, increase the challenge slightly with each set. I call that "progressivity." Also, to get stronger quads and more muscle strength even faster, use "acceleration." That means shorten your recovery time between sets, or get up to your desired intensity faster.

Muscle Secret #3: Power Your Muscles With Nutrients

There are a number of supplements that will keep your muscles strong and powerful. Here are the top five I always recommend:



1. **L-Carnitine:** This supplement plays an essential role in maintaining a healthy body. In addition to increasing muscle mass, it also converts fatty acids into energy, helps you lose weight, increases mental alertness, protects your heart and improves insulin sensibility. It is important that you choose naturally occurring L-carnitine and not synthetic D, L-carnitine. The D-form interferes with the natural action of the L-carnitine. I suggest taking 500 mg of the L-carnitine form on an empty stomach.

2. **Carnosine:** This is a multi-functional compound made from two amino acids. It's naturally present in your nerve and muscle cells. It protects the integrity of the muscle you have, and will help ensure that the muscle you are building will be healthy and last. I recommend taking 500 mg of carnosine, twice a day.

3. **Creatine:** This is one of the safest and best-researched supplements to increase muscle mass and strength. It enhances performance, endurance, strength, and speed and will boost the amount of muscle you pack on during PACE. I recommend 5 grams of creatine daily until you build the muscle you need.

4. **L-Arginine:** This is another supplement for muscle building. One double-blind study measured the change in muscle strength and lean muscle mass in those taking L-arginine.⁹ Twenty-two people on a strength-training program took either the L-arginine supplement or a placebo. Those taking the arginine supplement showed a significant increase in muscle strength and lean muscle mass after only five weeks. I recommend supplementing with 5,000 mg of L-arginine a day.

5. **Glutamine:** This amino acid is an important muscle-building supplement for a couple of reasons. For starters, glutamine helps stabilize your energy levels. More importantly, it actually boosts the natural growth hormone in your body. Growth hormone tells your body to shed fat and build muscle. In addition, I routinely use glutamine in athletes to prevent muscle breakdown. For maximum muscle growth, take glutamine as a powder at 5 grams per day. You can dissolve it in water or put it in a protein shake.

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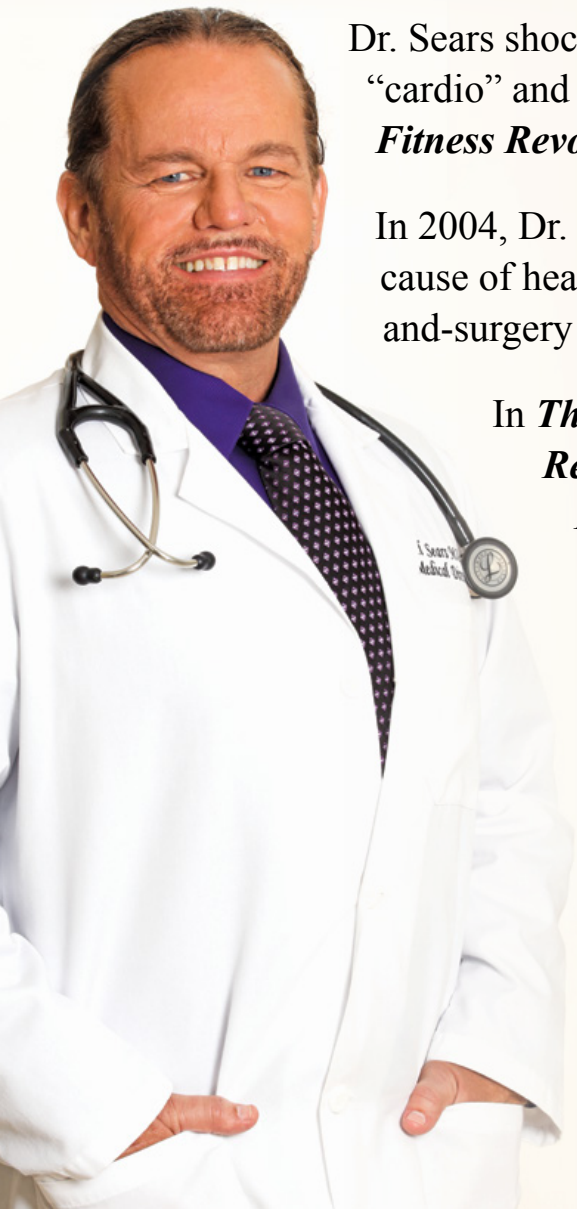
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The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.
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Al Sears, MD, CNS, is a medical doctor and one of the nation's first board-certified anti-aging physicians.

As a board-certified clinical nutritionist, strength coach, ACE-certified fitness trainer and author, Dr. Sears enjoys a worldwide readership and has appeared on more than 50 national radio programs, ABC News, CNN and ESPN.

In 2010, Dr. Sears unveiled his proven anti-aging strategies in ***Reset Your Biological Clock***. As the first U.S. doctor licensed to administer a groundbreaking DNA therapy that activates the gene that regulates telomerase, Dr. Sears made history by bringing telomere biology to the general public.



Dr. Sears shocked the fitness world by revealing the dangers of aerobics, “cardio” and long-distance running in his book, ***PACE: The 12-Minute Fitness Revolution***.

In 2004, Dr. Sears was one of the first doctors to document the true cause of heart disease and expose the misguided and often fatal drugs-and-surgery approach to heart health.

In ***The Ageless Heart Manual: Advanced Strategies to Reverse Heart Disease and Restore Your Heart's Pumping Power***, Dr. Sears outlines the easy-to-follow solution that effectively eliminates your risk of heart disease, high blood pressure and stroke.

An avid lecturer, Dr. Sears regularly speaks at conferences sponsored by the American Academy of Anti-Aging Medicine (A4M), the American College for the Advancement of Medicine (ACAM) and the Age Management Medicine Group (AMMG).