

PURE RADIANCE

UNLOCK THE GENETIC SECRET OF AGING



# Meet Al Sears, M.D.

## Uniquely Qualified to Keep You Healthier for Life



**D**r. Sears is a medical doctor and one of the nation's first board-certified anti-aging physicians. Dr. Sears is also a board-certified clinical nutritionist, strength coach and ACE-certified fitness trainer. He enjoys a worldwide readership and has appeared on more than 50 national radio programs, ABC News, CNN and ESPN.

In his first book, ***The T-Factor, King of Hormones***, Dr. Sears perfected the use of natural and bio-identical testosterone boosters to help men restore the drive, ambition, muscle strength, vitality and sexual performance of their youth.

Dr. Sears followed up with ***12 Secrets to Virility***, a full-blown strategy for male performance that includes his own patient-tested protocols for successfully dealing with men's health concerns like fighting excess estrogen, protecting the prostate, eliminating fat gain and keeping a sharp mind and memory.

In 2004, Dr. Sears was one of the first to fight against the conventional belief that cholesterol causes heart disease, proving that cholesterol is not the cause, but the part of the body that heart disease acts upon. In ***The Doctor's Heart Cure***, Dr. Sears offers an easy-to-follow solution that effectively eliminates your risk of heart disease, high blood pressure and stroke.

In 2006, Dr. Sears shocked the fitness world by revealing the dangers of aerobics, "cardio" and long-distance running in his book, ***PACE: Rediscover Your Native Fitness***. (2nd edition published in 2010 as ***PACE: The 12-Minute Fitness Revolution***.)

Expanding on the fitness principles in ***The Doctor's Heart Cure***, he developed a fast, simple solution to restore muscle strength, guard against heart attack and burn excess fat. Today, PACE is practiced by thousands of people worldwide.

In 2010, Dr. Sears made history by bringing telomere biology to the general public. As the first U.S. doctor licensed to administer a groundbreaking DNA therapy that activates the gene that regulates telomerase, his breakthrough ***Reset Your Biological Clock*** shows how anyone can preserve the energy of youth by controlling the length of your telomere, the true marker of aging.

By exposing the flaws of mainstream medicine and pioneering new solutions through innovative approaches to exercise, nutrition and aging, Dr. Sears continues to

empower the lives of his patients and readers through his books, newsletters and regular media appearances.

Dr. Sears owns and operates a successful integrative medicine and anti-aging wellness center in Royal Palm Beach, Fla., and has seen more than 25,000 patients. Dr. Sears also publishes a monthly e-newsletter – ***Confidential Cures*** – and daily e-mail broadcast – ***Doctor's House Call***.

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).

As part of his ongoing research, Dr. Sears travels the world in search of herbs, novel cures and traditional remedies. Meeting with doctors and healers, Dr. Sears has brought back and revitalized much of the traditional knowledge considered endangered in today's modern world.

During an expedition to the Peruvian Andes, Dr. Sears brought back nutrient-dense oil made from the Sacha Inchi nut, containing the highest plant source of heart and brain boosting omega-3 fatty acids.

In India, Dr. Sears studied at the oldest existing school of Ayurvedic medicine, the ancient Indian healing tradition, and was tutored by Ayurvedic doctors on the use of potent Indian herbs used to treat heart disease, cancer and Alzheimer's disease.

While trekking through the Amazon Rainforest in Brazil, Dr. Sears lived among the native Ashaninka Indians, incorporating their ancient knowledge of healing herbs into his own nutritional supplement formulas.

In Jamaica, Dr. Sears met with the last living healer from the ancient and forgotten lineage known as the Maroons. Coming from West Africa 500 years ago, their knowledge was on the brink of extinction until Dr. Sears published a book showcasing their unique herbs and healing formulas.

With a life-long interest in botany, herbology, physiology and anthropology, Dr. Sears has a unique capacity to investigate the evidence behind the stories and claims of traditional medicine from native cultures around the world.

As a graduate from the University of South Florida College of Medicine, Dr. Sears scored in the 99th percentile on his MCAT and graduated with honors in Internal Medicine, Neurology, Psychiatry and Physical Medicine.

# Unlock the Genetic Secret of Aging

By Dr. Al Sears, MD

Most of the women I know get a big thrill when somebody pegs their age as much younger than it truly is. A single 5-year deduction in age can put a smile on their face for days. After all, who doesn't like to find themselves on the receiving end of a compliment like that?

But did you know that people who look younger than their age also live a longer and healthier life than those who look older than their years?

It's true!

In a long-term study involving 913 pairs of twins, Danish researchers discovered that the twins who looked younger than their true age had better health and longer survival rates than their older-looking sibling. And the larger the difference in perceived age, the more likely it was that the older-looking twin died first.<sup>1</sup>

What's the secret?

The people who looked younger had longer telomeres – a key part of your DNA linked to aging. The shorter your telomeres, the faster you age.

You see, as telomeres shorten, it changes the behavior of your cells. Cells with shorter telomeres begin to slow down and act old. Eventually, the damage makes you age more quickly. So you look older, feel older, and are more open to age-related disease and death.

But what if you could tinker with this process... live to be over 100 years old while keeping all the strength, vitality, and youth you had when you were in your 30s?

Just imagine it. You would be able to lead a long, rich, and active life enjoying new hobbies and pursuits or playing outdoors with your great-grandchildren. All without having to worry about age-related conditions like heart disease, chronic illness, fading mental powers, impotence, poor eyesight, hearing loss, low energy, weak, inflexible muscles, and joint pain.

It's not just fantasy. Today, telomeres research has made it a reality. And in this report, I'll show you strategies that you can put into play that will help slow the shortening of your telomeres... and slow down the aging process.

## The Key to Anti-Aging

In case you haven't been following the story on the amazing advances in telomere biology, telomeres can be found in every cell in your body, and are critical to youthful cell function.

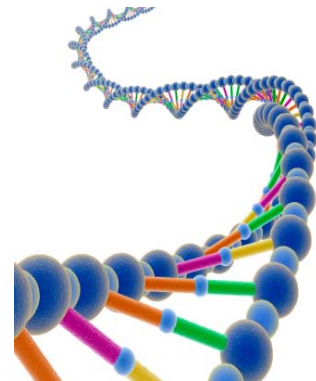
But as your cells divide, your telomeres get shorter. That's bad news, because shortened telomeres dramatically boost your risk of serious diseases. One study of 60 to 75 year olds showed those with short telomeres had a 300% higher death rate

from heart disease. They also had an 800% higher death rate from infectious diseases.<sup>2</sup>

Worse, when your telomeres completely run down, cell division stops. And that's even more disastrous. Because when new cells no longer replace damaged ones, you die.

But if you can lengthen your telomeres, you'll be healthier and live better longer.

It's a fact. Research shows that people who live to a very old age have inherited genes that allow them to maintain telomere length more effectively. At the same time, they experience fewer age-related diseases, like cardiovascular problems and diabetes. These are two of the leading causes of death among older individuals.<sup>3</sup>



But you don't have to inherit good genes to maintain telomere length. Now there's a new study that shows how you can take a significant step toward doing just that with vitamin supplements. But you can't take just any kind of supplement. There are specific vitamins that lengthen telomeres that your formula needs to have.

The study was published in the *American Journal of Clinical Nutrition* and found that multivitamins can keep you younger, longer. It shows that people who take a daily multivitamin had younger DNA and had 5.1 percent longer telomeres than non-users.<sup>4</sup>

## How to Keep Your Telomeres Longer With Nutrients

The study was full of good news. It turns out that vitamin B12 supplements increase telomere length. And vitamins C and E prevent telomere shortening, which increases the life span of cells.

Why are B12, C, and E so effective at maintaining telomere length?

It's their powerful antioxidant activity. Your telomeres are extremely vulnerable to oxidative stress. That's exactly what antioxidants protect you against. This helps keep your telomeres long. And that, in turn, will help you live a longer and healthier life.

These vitamins can be easily and inexpensively added to your supplement regimen. Plus, it's always a good idea to start with a diet full of foods that give you as many of the vitamins and minerals that keep you healthy. Here's a list of good food sources of telomere-supporting vitamins B12, C, and E:

### **Food Sources of Vitamins B12, C, and E**

Vitamin B12	Vitamin C	Vitamin E
Beef (Grass-fed)	Kiwi	Turnip Greens
Beef Liver	Strawberry	Spinach
Salmon	Orange	Broccoli

Haddock	Grapefruit	Almonds
Tuna	Mango	Peanuts
Trout	Red & Green Bell Peppers	Olive Oil
Milk	Raspberries	Kiwi

But diet alone won't give you the level of vitamins that you need to prevent your telomeres from shortening and to maintain health and longevity. That's why you need to supplement your diet.

## Get Your Vitamins From the Best Sources

Before rushing out to buy these supplements, here's some information to help you make the best buying decision:

**Vitamin B12** – I recommend taking at least 100 mcg per day. Although, I have advised my patients to take as much as 500 mcg per day or more for improving things like brain function and energy levels.

**Vitamin C** – Based on my own experience, taking up to 3,000 mg per day is a good amount if you're currently in good health. I always recommend pregnant women get at least 6,000 mg per day. And in times of stress or sickness, you can take up to 20,000 mg.

You also want to make sure that you get the natural form of vitamin C and not the synthetic form. In one particular study, natural vitamin C was 148% more effective than the synthetic form. And it stayed in the test participants' systems longer.<sup>5</sup>

**Vitamin E** – You want your vitamin E to be "mixed tocopherols." It's also important to watch out for the kinds of tocopherols that are in it. Your body is better able to absorb them in their organic "d" form.

But many vitamin manufacturers use the inferior synthetic "dl" form. Studies show that natural vitamin E has twice the bioavailability of the synthetic form.<sup>6</sup> That means your body is able to absorb more of the vitamin. So be sure to get the natural "d" form.

I recommend 200 to 400 IU of mixed tocopherols a day. Unlike vitamins B12 and C, vitamin E is a fat-soluble vitamin. That means it needs fat to get absorbed in your body. So be sure to take it with food.

You can take each of your supplements separately. Or you can take a multivitamin that combines all of these vitamins at these levels.

But if you want to use a multi-vitamin, shop with caution.

The study revealed that iron supplements have a negative effect on telomeres. It causes them to shorten. So you'll want to stay away from any multivitamin that contains iron.

While you're shopping, keep in mind that most brands usually don't contain more

than 100% of the RDA for most nutrients. The RDA is the minimum you need to prevent nutrient deficiencies. But it's not usually enough to lower your risk of serious disease or have a positive impact on your telomeres.

For vitamins B12, C, and E, the RDA for adult males is 2.4 mcg, 90 mg, and 22.5 IU, respectively. These numbers are well below the levels that were found to be beneficial in the study. So you'll need to be a smart shopper when it comes to selecting the right multivitamin.

When looking for a superior multivitamin, you want it to have at least 500 mg of vitamin C. It should also contain 200 IU of vitamin E and 100 mcg of B12. This will give you much more than the RDA amounts.

The multivitamins on drugstore and supermarket shelves may not be the best choice for you. They often fall short of the vitamins and minerals you need most. They can also fall short in terms of quality, since many of them are synthetic instead of natural. You can check out my formula that has just the right dose of anti-aging nutrients.

I always say that taking a multivitamin is the first step to better health for everybody. It's inexpensive and easy to add to your daily routine. And now, we have proof that taking one can actually help you change your genetic age.

### **Stay Young With a Nutrient Even More Powerful Than Vitamins**

Vitamins are vital to include in your arsenal of weapons for fighting disease and aging. But now something much more powerful is available. It involves the enzyme telomerase. And it just happens to be the most exciting advancement in anti-aging medicine ever. In fact, the scientists who uncovered it were recently awarded the 2009 Nobel Prize in Physiology and Medicine.

Here's what they discovered: There's a gene in your body that activates your telomerase enzyme. It acts like a genetic switch. It can stop the shortening of telomeres and even re-grow them. But this genetic switch turns off when you're born.

Now for the first time, the emerging science of telomere biology has found a way to turn this genetic switch back *on*.

#### **Keep Your Homocysteine Levels in Check for Longer Telomeres**

Homocysteine is an amino acid that accumulates in your tissues. It's a natural byproduct of cell metabolism—think of it as a “waste product.” If your homocysteine levels are high, you're at greater risk for Alzheimer's, Parkinson's, heart disease, and impotence.

There's a reason why: **Researchers have found that people with high homocysteine levels *tripled the amount of telomere length that was lost during cell division.***<sup>8</sup> No wonder it's linked to so many age-related diseases!

You can measure your homocysteine levels with a simple blood test. And you can lower homocysteine naturally, without drugs. Here's what you should take to keep it in check... you can find these nutrients at most health-food stores.

(Amounts are daily)

**Vitamin B12** – 500 mcg

**Folic Acid** – 800 mcg

**Vitamin B6** – 25 mg

**Riboflavin (B2)** – 25 mg

**TMG (trimethylglycine)** – 500 mg

Not long ago, people from all over the country flew into West Palm Beach to attend my first conference on telomere biology. Surrounded by some of the world's most recognized, cutting-edge researchers in the field, we shared this newest and most dramatic technology in the world of life extension.

It's a ground-breaking new therapy called TA-65. It's a natural extract that comes from the Astragalus plant that activates your telomerase gene.

That means you can actually stop, and even reverse, your body's aging process!

I'm very excited about TA-65. Over the past several months I've been spreading the word as much as possible. The implications are enormous, because now...

## **Growing Old Is Becoming an Option, Not an Inevitability**

Most people only think of genes as components that determine basic body features like hair, skin, and eye color. But they also play a role in your health and chronic disease.

How your genes express themselves has a profound effect on your future. If you control how your genes express themselves then, in theory, you can turn on genes that lengthen your life and turn off genes that lead to chronic diseases.

TA-65 affects genes related to aging and cell division, keeping your telomeres from shortening, so you can live a longer and healthier life.

However, TA-65 is only available through licensed practitioners like myself. People fly in from all over the world to visit my clinic, so they can benefit through younger expression of their genes.

But if you don't have the ability to visit my office or one of the very few other doctors licensed to practice TA-65 therapy, you still have the opportunity to influence gene expression.

## **Activate Your Anti-Aging Genes**

The supplement resveratrol also influences the way genes are expressed. Resveratrol has the ability to activate anti-aging genes called sirtuins.

Sirtuins transmit signals to every cell in your body that literally cancel out the effects of aging. They bring the processes that lead cell death to a crawl, buying your body more time to repair the DNA damage that brings life to an end.

For years we've been looking for another way to turn on these "longevity genes," and now we've found a way to do it.

Resveratrol has been shown to extend the life span of yeast and mice.<sup>7</sup> In other animal studies it was found to fight cancer, inflammation, and several cardiovascular ailments, and to lower blood sugar.

You can benefit from the gene expression power of resveratrol right away. The problem is how to get enough of it.

I recommend adding foods rich in resveratrol to your diet. It's found in plums, grapes, blueberries, cranberries, and other plants. Wine and related beverages are a particularly good source of it.

Here's a list of high-content wines:

Beverage	Total Resveratrol (mg/L)	Total Resveratrol in a 5 oz glass (mg)
Muscadine wines	14.1–40	2.12–6
Red wines (global)	1.98–7.13	0.30–1.07
Red wines (Spanish)	1.92–12.59	0.29–1.89
Red grape juice (Spanish)	1.14–8.69	0.17–1.30
Rose wines (Spanish)	0.43–3.52	0.06–0.53
Pinot Noir	0.40–2.0	0.06–0.30
White wines (Spanish)	0.05–1.80	0.01–0.27

Foods, wines, and juices will help get resveratrol into your system. But as you can see from the chart above, you'd need to drink 1,000 to 3,000 glasses of wine to experience the life-extending benefits of it.

Resveratrol supplements are a better option. They're inexpensive and completely safe. You can find them in health-food stores or online. I recommend taking around 10 mg per day.

Keep in mind that telomeres and gene expression play a crucial role in aging, disease prevention, and other biological processes. They keep your skin young and healthy, your organs functioning properly, and your body strong and active.

The most important thing you can do to extend your health and longevity is use the information in this report to start protecting your telomeres today.

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<sup>1</sup> Kaare Christensen, et al. Perceived age as clinically useful biomarker of ageing: cohort study, BMJ 2009;339:b5262

<sup>2</sup> Cawthon RM, Smith KR, O'Brien E, Sivatchenko A, Kerber RA, "Association between telomere length in blood and mortality in people aged 60 years or older," Lancet 2003, 361(9355):393-395

<sup>3</sup> Genetic Variation in Human Telomerase is Associated with Telomere Length in Ashkenazi Centenarians Proceedings of the National Academy of Sciences, November 9, 2009

<sup>4</sup> Xu et al. "Multivitamin use and telomere length in women," Am J Clin Nutr (March 11, 2009)

<sup>5</sup> J.A. Vinson and P. Bose. Comparative Bioavailability of Synthetic and Natural Vitamin C in Guinea Pigs. Nutrition Reports International, 27, no. 4, 1983.

<sup>6</sup> W Burton, et. Al. "Human plasma and tissue alpha-tocopherol concentrations in response to supplementation..." Amer J of Clin Nutr, Vol 67, 669-

<sup>7</sup> "Potentially Universal Mechanism Of Aging Identified". www.sciencedaily.com. Retrieved on 2008-11-28

<sup>8</sup> Xu et al. "Homocysteine accelerates endothelial cell senescence." FEBS Letters. 2000. 470:20-24.

