



Dr. Sears'

# CONFIDENTIAL CURES

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

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## The Truth About Stem Cells Six Ways to Boost Your Immune System

**Y**ou are born with all the defenses your body will ever need – and if you keep them strong, you never have to worry about ANY disease.

That’s exactly what I tell my patients.

I’m talking about your immune system. But here’s the problem: Each day, your immune system faces a double attack.

The first attack comes from outside – the deadly toxins and pollutants in your air, water and food steadily weaken your immune system.

The second attack comes from inside your body. As you age, your immune system gets slower and less effective – because you have fewer immune cells to heal you.

In fact, because our modern lifestyle is so toxic, cancer cells are forming constantly in your body.

But if your immune system is strong, it will swat those cancer cells like flies, along with every other disease going.

*Today, I’m going to show that it’s never too late to build your body’s defenses back into peak shape – no matter what your age or state of health.*

I’ll also reveal a medical breakthrough using stem cells that can give you back your “younger” immune system – the same one that kept you disease-free for decades.

This is one of the revolutionary stem-cell therapies being presented at my Palm Beach Anti-Aging Summit on October 8-9 at the Palm Beach icon Mar-a-Lago, the stunning 1920s estate of socialite Marjorie Merriweather Post.

Without giving too much away, I can tell you one of the guest speakers is hemotologist-oncologist and stem-cell pioneer Dr. Dipnarine Maharaj, who is based right here in South Florida.

Dr. Maharaj has treated multiple diseases – including cancer – with this breakthrough technology that uses the power of your own stem cells to power up your immune system.

And as an exclusive *Confidential Cures* member, I’m pleased to give you a special preview of this incredible treatment here.

I can also reveal that I’m planning to offer my own immune system-boosting stem-cell treatment in conjunction with Dr. Maharaj at my new Palm Beach Institute for Anti-Aging Medicine, which will have its grand opening in October to coincide with my anti-aging summit.

But first, I’m going to show you why stem cells

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are important and how they can treat disease by giving you back the immune system of your old, healthy self. I'll also reveal six easy ways that you can boost your immune system you'll never hear about from your doctor.

## Your Body's Master Cells

Stem cells are master cells and they are the basic building blocks of your entire body. Researchers describe them as “unspecialized” cells that can become any other kind of cell – whether it's a heart muscle cell, blood cell or nerve cells.

You've probably heard about stem cells on the news and wondered if they can help you or a loved one with a chronic or autoimmune disease.

The answer to your question is YES.

Stem cells are also special because – unlike heart or brain cells, for example – they can keep replicating into the same “unspecialized” stem cell types for a long time. A small stem-cell population can reproduce many times to produce billions of cells.

I have no doubt that one day stem cells will offer us a renewable source of replacement cells to regenerate damaged organs and tissues to cure every disease.

So we have already seen the beginning of the end of most diseases... because stem cells will one day cure them all. And I believe that soon every area of medicine will use them.

You may have also heard of embryonic stem cells, and the ethical issues around them (see next page).

Although the medical potential of embryonic stem cells is huge, no treatment has been developed to use them so far.

But deep in your bones, there is a special reserve of adult stem cells that have already been used to treat more than 130 autoimmune and chronic diseases – even cancer.

A spongy tissue in your bones called bone marrow

is one of your body's main sources of adult stem cells. And millions of them are destined to become vital parts of your immune system.

That's because adult stem cells transform themselves into special killer cells known as Natural Killer (NK) cells, a type of white blood cell that targets cancer and infected cells.

Only adult stem cells in your bone marrow can form NK cells. From your bone marrow they travel to your tonsils, spleen and lymph nodes, where they are “nurtured” and trained to kill the “enemy.”

And there they remain, like soldiers waiting for battle.

Then, at the first sign of trouble, your NK cells charge into your blood stream to attack and infiltrate tumors and infections.

But there is a problem. The number and strength of your stem cells decreases as you get older, which means your body can't make enough NK cells to beat back the disease.

Studies show us that cancer patients have less NK cell activity. In other words, cancer and other diseases will flourish in your body when your immune system is not up to par.<sup>1</sup>

But the opposite is also true. A study published in the *American Society of Hematology* reveals healthy seniors and centenarians have thriving populations of NK cells in their bodies.<sup>2</sup>

You need your stem cells to produce NK cells. They are part of your internal army and can obliterate bacteria, viruses, fungi and cancer cells when working at peak efficiency.

Unfortunately, your immune system reaches its peak at the age of 30, and gradually depletes as the years pass.

What's really happening here is that your bone marrow is not producing the number and quality of stem cells it once did to keep your immune system

And when you add in poor nutrition, stress and environmental toxins, your immune system is almost certainly failing at its job.

## Identifying the Real Enemy

Think of your immune system as your body's continuing war against inflammation.

Of course, all inflammation isn't bad. You need it when you have a cut or a broken bone. Without inflammation your body would never heal, because no white blood cells can ride to the rescue.

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.

But there is one irritant that is worse than all of the above...

I'm talking about 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.<sup>3</sup>

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

What's worse is that this chronic inflammation also damages and reduces the number of stem cells in your bone marrow. So your body no longer produces enough NK cells.



## What's All The Fuss?

The controversy surrounding embryonic stem cells started in the 1990s, when scientists discovered how to extract stem cells from human embryos.

But the media storm over the "ethical concerns" was largely overblown, and distracted attention from the fact that stem cells come in many forms, and from many sources.

To date, no treatment exists that uses human embryonic stem cells, but the stigma remains. And that's too bad, because it taints the public's perception of stem cells and their enormous potential.

As you'll discover in this article, you can use your own stem cells to reverse chronic diseases like cancer.

Mainstream medicine resists this new technology because they can't charge you for something already inside your body.

Like telomeres, the healing potential is nearly limitless, and using your own stem cells will become one of the most powerful regenerative and anti-aging tools in medical history.

strong enough to fight back the ravages of modern disease.

That's why chronic disease, with few exceptions, always strike later in life.

In fact, studies show that the stress hormone cortisol directly suppresses the production of NK cells.<sup>4</sup>

And that means diseases – especially cancer – can now run riot through your body.

But inflammation has long been known to be the root cause of numerous modern diseases, including Alzheimer's, arthritis, asthma, cancer, COPD, Crohn's, cystic fibrosis, diabetes, emphysema, fibromyalgia, heart disease and strokes, high blood pressure, obesity, osteoporosis and depression – to name just a few.

In fact, according to the Centers For Disease Control, seven out of every 10 Americans die of a chronic disease.

Now imagine a seesaw...

On one side is your immune system and on the other is inflammation. The tipping point comes when this low-level inflammation outweighs the power of your immune system.

This is usually also the point when you are diagnosed with a devastating chronic disease that's been building for years.

In a moment, I'm going to show you how to activate your stem cells to boost your immune system. But what if you are already sick? How do you build up your immune system if cancer and underlying inflammation is already busy destroying your stem cells.

What I'm about to show you is not magic or science fiction. And it's something that most doctors have either never heard of or regard as "experimental" and "preventative" and will almost never recommend it. But what if I showed you a way to get your "younger" and "healthier" immune system back?

Let me explain how you can do this...

## **The Ultimate in Bio-Insurance**

As an exclusive *Confidential Cures* member, I want you to know that I will be working with Dr. Maharaj in the future to develop an immune system protocol

## **Saving Your Stem Cells For a Rainy Day**

**Step 1:** Your stem cells are stimulated and mobilized with a special protein so they leave your bone marrow and enter the bloodstream.

**Step 2:** Now your stem cells are collected with blood and plasma. It feels no different to giving blood at the blood bank.

**Step 3:** Your stem cells are harvested using a process called "apheresis." During this process, you are connected to a special cell-separation machine, which removes the stem cells from the collected blood and plasma.

**Step 4:** Now your stem cells are stored in infusion bags and placed in a nitrogen-cooled tank at a temperature below -150 degrees Celsius.

**Step 5:** Sometime in the future... Your frozen stem cells are retrieved and reintroduced into your bloodstream when you really need them.

using stem cells at my new Palm Beach Institute for Anti-Aging Medicine.

The secret to this ultimate in "bio-insurance" is adult stem-cell banking. That means storing today's healthy immune system until you need it to fight the inflammation and diseases of tomorrow.

While the technology has been available for some time – usually for bone marrow transplants for leukemia patients – it has only recently become available to individuals who want to preserve their healthy immune system for a wider range of issues that may arise in the future.

**Check out the five-step protocol, above.**

Even if you already have a serious health problem, like cancer, you can beat the disease by transplanting and activating your healthy stem cells and boosting your NK cell count.

Dr. Maharaj treats cancer patients by harvesting their stem cells before they undergo chemotherapy.

Although chemotherapy is extremely effective at killing cancer cells, it also weakens your immune system by damaging stem cells. And this reduces the number of NK cells you have to fight the cancer.

But by collecting his patients' stem cells before chemotherapy, he boosts their immune system stem cells before they're damaged by the treatment.

His successes include:

- Blood cancers, such as leukemia, germ cell tumors, multiple myeloma, non-Hodgkin's lymphoma and Hodgkin's lymphoma;
- Metabolic disorders like type 2 diabetes;
- Autoimmune disorders, like rheumatoid arthritis, the tissue-hardening disease scleroderma and type 1 diabetes.

This is why I'm working with Dr. Maharaj to bring stem-cell therapy to my anti-aging clinic. No matter what your age, you can reverse the damage to your immune system.

## Six "Musts" for Your Immune System

At my anti-aging summit, you'll learn new techniques to boost your immune system and how stem cells can work for you or your loved one. But if you want a jumpstart on optimizing your immune system, here are six "musts" you can do right away.

- 1. Measure your immune system.** You're probably used to having blood work done – but most likely your immune system is not on the radar. This is a great starting point and it lets you know exactly where your immune system stands. You should have your inflammation levels checked, as well as your body's defense against viruses, toxins, and infections. Most doctors don't offer this service, but Dr. Maharaj and I do.
- 2. Change your diet.** Our modern diet has replaced nutritious, healthy protein and fats with

"empty" calories like grains and carbs. Eat plenty of greens and grass-fed meats. And you should avoid high fructose corn syrup. Studies show that HFCS causes inflammation.<sup>5</sup>

**3. Sleep well.** Your stem cells and immune system need sleep. When you're deprived of sleep, your immune system suffers and your body becomes vulnerable to illnesses and infections.

**4. Cut your stress.** Stress creates a hormone called cortisol. A little cortisol can help. But a steady stream of it is toxic to your immune system. You should banish stress for at least 10 minutes every day. meditation, yoga and exercise are great stress busters.

**5. Exercise with PACE.** Studies show that vigorous exercise four to six times a week boosts your immune system. My PACE program is a great way to do it. Your goal is to hit a peak of intensity. Then, in future workouts, gradually raise that peak as your fitness level improves. Recent studies prove vigorous exercise can increase the number of your adult stem cells.<sup>6</sup>

**6. Take cat's claw.** There are a number of immune-system boosting herbs, and one of my favorites is cat's claw. It stimulates T-cells to boost the immune system.<sup>7</sup> You can find it in health food stores. Look for a supplement made from the inner bark and take 500 mg per day.

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# New Study Supports my Push for Higher Doses of Vitamin D3

A recent study by the University of California, San Diego School of Medicine and Creighton University School of Medicine in Omaha, Nebraska reveals that the typical adult needs between 4,000 and 8,000 international units (IUs) of vitamin D3 per day to prevent cancer, multiple sclerosis, and type 1 diabetes.<sup>1</sup>

Finally, mainstream medicine is starting to catch up with me...

The therapeutic levels of vitamin D3 in the new study are right in line with the 5,000 to 8,000 IU daily allowance I've been recommending to my patients in order to fight debilitating disease.

And it reinforces the research I shared back in 2006 when scientists discovered that high doses of vitamin D3 prevented 17 types of cancer by a staggering 77%.

This latest study is published proof that the average person needs at least 10 to 20 times more vitamin D3 than the paltry 400 IU daily allowance that has been recommended by the U.S. Food and Drug Administration (FDA).

If you take a vitamin D3 supplement, you may think you're fine. But I'm here to tell you that you probably aren't...

Startling research shows that an overwhelming majority of people are deficient in vitamin D3 without even knowing it. And the results can be deadly.

In this report, I reveal the eye-opening research on the life-saving power of high doses of vitamin D. Plus, I show you how to get the right kind of vitamin D3 in

the right amounts needed to help your body wage war on age-related disease.

## Vitamin D3 Plummets in Our Modern World

Our native ancestors never had to worry about getting enough vitamin D3. They got all they needed from sun exposure, and their native diet.

Our ancestors lived outdoors every moment of their lives... and they didn't use sunscreen. (Thirty minutes of unprotected midday sun will naturally produce roughly 10,000 IUs of vitamin D3 in the average person.) Plus, they lived off a diet filled with the vitamin D-rich organ meat of animals.

But our modern society does neither...

Most people now work indoors. And many people avoid the sun completely because an alarmist media and misinformed doctors have scared us to death about the effects of sun exposure, such as skin cancer and premature aging.

Plus, most modern diets don't contain vitamin D-rich animal organs. And the animal meat we do eat is mostly factory-farmed and missing critical nutrients. It's not the same meat that our ancestors ate.

Our ancestors ate animals that survived by grazing on grasslands, prairies and hillsides. Their diet consisted of high-quality, nutrient-filled grasses, plants and legumes.

Today's animals are raised on cheap grains instead of organic greens. They don't get enough natural

compounds in their diet to keep them (and eventually us) healthy.

And they're pumped up with hormones and antibiotics that get transferred into your system when you eat them.

In short, we've changed how we live and the nature of the meat we eat... and it's caused an epidemic of vitamin D3 deficiency.

### **But What If I Already Take Vitamin D3?**

During my own research, I found that most of my patients had low levels of vitamin D3 in their blood even when they were already taking a vitamin D3 supplement.

This is supported by a recent National Health and Nutrition Examination Survey that found only 10% of the U.S. population had therapeutic levels of vitamin D3 in their systems.

And that 10% only had healthy amounts because their careers involved working outdoors in the sunshine! <sup>2</sup>

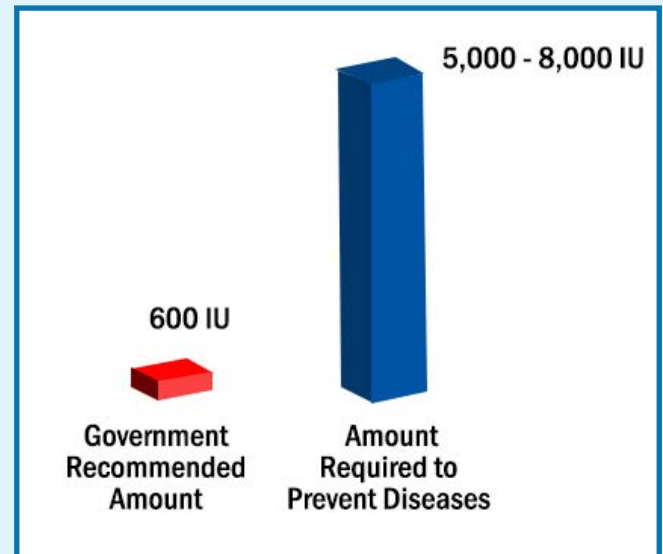
I've seen this firsthand at my wellness clinic. Blood tests of my patients who have been supplementing with 2,000 to 3,000 IUs per day have revealed serious deficiencies.

A healthy human body uses between 3,000 and 5,000 IUs of the vitamin daily.<sup>3</sup> But most people aren't getting anywhere near those replacement amounts – never mind the more elevated levels needed to prevent disease.

Some people are deficient because they've heard that getting too much vitamin D3 can be "dangerous." But it's time to set that unfounded fear aside...

Research shows that an intake of as much as 40,000 IUs per day does not cause toxicity.<sup>4</sup> I know of doctors who give their patients as much as 50,000 IUs per day when treating extreme cases of cancer, with no trace of toxicity.

## **Dangerous Deficiency**



The chart above exposes the difference between how much vitamin D3 the government says you should take each day and how much I recommend to my patients, based on numerous studies. The government's recommended daily intake has resulted in dangerous deficiencies.

And as the most recent vitamin D3 study confirms, high doses are not only safe, they're required to prevent a number of serious illnesses.

The fact is, if you're not getting enough vitamin D3, you're putting yourself at risk.

### **Deficiency Can Be Deadly**

Every cell in your body needs vitamin D3 to survive. And when you don't get enough of it, your body doesn't function properly.

Vitamin D3 regulates things like immune function, nerve and skeletal development, blood sugar, inflammation, thyroid function, cell growth and tumor development.

When your body doesn't get enough vitamin D3, it's serious business...

Low levels of vitamin D3 are closely linked to the development of colon cancer.<sup>5</sup> And men with the least sun exposure have higher rates of prostate cancer. <sup>6</sup>

But when we do get enough vitamin D3, the benefits are great...

Women with the highest levels of vitamin D3 have a much lower risk of breast cancer.<sup>7</sup> A University of South Florida study found increased intake of vitamin D3 suppresses the growth of a number of estrogen-based cancers, including breast, ovarian and endometrial cancers.<sup>8</sup>

But this nutrient's importance in combating dangerous diseases goes far beyond cancer...

Research shows that if you have even a minor vitamin D3 deficiency, the risk of developing type 2 diabetes increases by 91%.<sup>9</sup>

In another study, researchers identified a direct link between low vitamin D3 levels and insulin resistance, pre-diabetes and full-blown type 2 diabetes.<sup>10</sup>

Vitamin D3 deficiency is also a serious problem for chronic obstructive pulmonary disease (COPD) patients. Increasing vitamin D3 intake has been shown to reduce the suffocating flare-ups common to the illness.

In one study, 240 COPD patients took vitamin D3 daily and experienced a 40% reduction in flare-ups.<sup>11</sup>

You also need vitamin D3 to keep your brain sharp. Without it, you're at an increased risk for memory loss, dementia and Alzheimer's disease.

Men in the U.S. with low vitamin D3 have a 41% higher risk of cognitive decline than those who are not deficient.<sup>12</sup>

And women suffering from Alzheimer's disease consistently show lower levels of vitamin D3 than normal.<sup>13</sup>

That's just a brief sampling of the studies on the potency of vitamin D3. The volume of research is far too vast to include in one report.

## How to Protect Yourself

Don't hesitate to get your blood tested to check your

### Best Vitamin D3 Food Sources

Source	Amount	IUs
Cod liver oil	1 Tbsp	1360
Herring	3 Oz	1383
Wild Catfish	3 Oz	425
Wild Salmon, cooked	3.5 Oz	360
Mackerel, cooked	3.5 Oz	345
Sardines, canned in oil, drained	1.75 Oz	250
Tuna, canned in oil	3 Oz	200
Beef liver, pan-fried	3 Oz	42
Egg, whole	One	25

vitamin D3 serum levels.

Research shows that a therapeutic serum level is between 40 and 60 ng/ml. To obtain that level, I recommend a daily intake of 8,000 IUs of vitamin D3 per day. Here are the easiest and most affordable ways to get therapeutic levels in your body...

✓ **Get some sun.** Forget what the fear merchants say about the dangers of sun exposure. As long as you avoid sunburn, getting out in the midday sun unprotected for 10 to 15 minutes a day is good for you. It will give you between 3,000 and 5,000 IUs of vitamin D3 – *and it's free.*

✓ **Eat the right foods.** The best food sources of vitamin D3 are small fish like herring, sardines and anchovies. Other great food sources of vitamin D3 include organic eggs and cheese. You can also take cod liver oil; just a single teaspoon contains about 1,400 IU of vitamin D3. (Levels of D3 in cod liver oil will vary depending on the manufacturer.)

✓ **Take a supplement.** It's unlikely that you'll get enough vitamin D3 from your food alone. That's why I tell my patients to take a soft gel or liquid supplement of vitamin D3 called cholecalciferol, which is identical to the vitamin D3 that your body produces. Just make sure that you avoid the synthetic, less potent and less absorbable vitamin D2 form you find in many multivitamins.



## Two Important Things to Remember...

1. Always take a magnesium supplement with your vitamin D3. Magnesium is a mineral involved in over 300 different processes in the body, including the ability to make and use ATP, the body's main form of energy. Because your magnesium levels can fall when boosting your vitamin D3 intake, make sure to supplement your diet with between 600 and 1,000 mg of magnesium per day.

2. You want your vitamin D3 supplement to include vitamin K2, which helps activate and improve absorption of vitamin D3. You can also take a vitamin K2 supplement separately. Vitamin K2 "activates" vitamin D3, so it's critical you include this nutrient in your regimen. Vitamin K2 is also essential to preventing cancer, promoting brain health, regulating blood clotting, building strong bones and preventing plaque buildup in your arteries.

By including vitamin K2 in your supplement, you're getting two powerful disease-fighting agents in one pill.

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# CoQ10's More Powerful Sister

## The Most Potent Cancer Fighter in Years

I discovered the wonders of coenzyme Q10 (CoQ10) more than two decades ago. At the time, very few knew of its extraordinary ability to protect every organ in your body, reverse the effects of aging, and even extend your life.

In the mid-1990s, I was one of the few doctors in America testing CoQ10 levels in my patients. I remember the day my first batch of samples came back from the lab. The results were stunning. More than 80% of my patients were CoQ10-deficient.

My research showed that CoQ10 was critical for the proper functioning of your mitochondria, the tiny power plants inside your cells that provide the energy for all vital processes in your body.

When CoQ10 levels drop, mitochondrial damage follows... and aging is accelerated.

Most doctors now recognize this, which explains why CoQ10 has become one of the most popular nutritional supplements in recent years. But it's not perfect.

While CoQ10 works wonders protecting the health of your mitochondria, its power is limited to how many you have left in your body. And you don't have nearly as many mitochondria as you did when you were young.

But now there's a way to change that...

There's a new "super nutrient" called **pyrroloquinoline quinone (PQQ)** that's the first to actually *increase* the number of mitochondria in your body.

The more healthy mitochondria there are in your cells, the better your overall health and vitality... and the more youthful you look and feel.

Like CoQ10 more than a decade ago, PQQ is still flying underneath the radar. But you can be one of the

first to add it to your wellness program today.

In this report, I show you precisely how PQQ works, where to get it and how to take it. And I reveal the research on its ability to fight a host of age-related diseases, including cancer.

### A Perfect Pair to Power up Your Cells

CoQ10 is a naturally occurring enzyme that exists in the inner membranes of your mitochondria. It supplies your cells with ATP, the energy required by every cell in your body for metabolism, energy production and life itself.

The energy-hungry organs in your body – like your heart and brain – have as many as 2,500 mitochondria in every cell.

But those numbers decline with age.

As you get older, changes within your cells cause mitochondrial destruction – leading to a number of degenerative illnesses, including heart failure, diabetes and neurological disorders.

But even if you supplement with CoQ10, you won't get the full anti-aging effect if your "power plants" start dying off. That's exactly where pyrroloquinoline quinone comes in.

PQQ triggers what's called "mitochondrial biogenesis."

That's a fancy way of saying that you're naturally growing more energy-producing power plants in your cells to feed your critical organs, like your heart and brain.

PQQ acts as the "spark plug" inside your cells helping you make new mitochondria.

And the key to keeping your vital organs young is having more healthy mitochondria providing them with abundant energy.

In a number of clinical studies, PQQ has been shown to:

- Protect heart tissue from cellular damage. <sup>1</sup>
- Protect nerves from damage and promote the growth of healthy nerves. <sup>2</sup>
- Protect brain cells from damage by toxic chemicals. <sup>3</sup>
- Protect the brain from Parkinson's and Alzheimer's. <sup>4,5</sup>
- Protect the brain from stroke and stroke damage. <sup>6,7</sup>

When taken with CoQ10, PQQ packs an even greater punch...

While PQQ helps your body create new mitochondria, CoQ10 then steps in to block any damage to these new mitochondria.

It's a potent one-two combo that reverses the root cause of aging.

And now, more recent research suggests that PQQ even has the power to fight cancer...

## A Powerful New Weapon Against Cancer

PQQ fights cancer in three distinct ways...

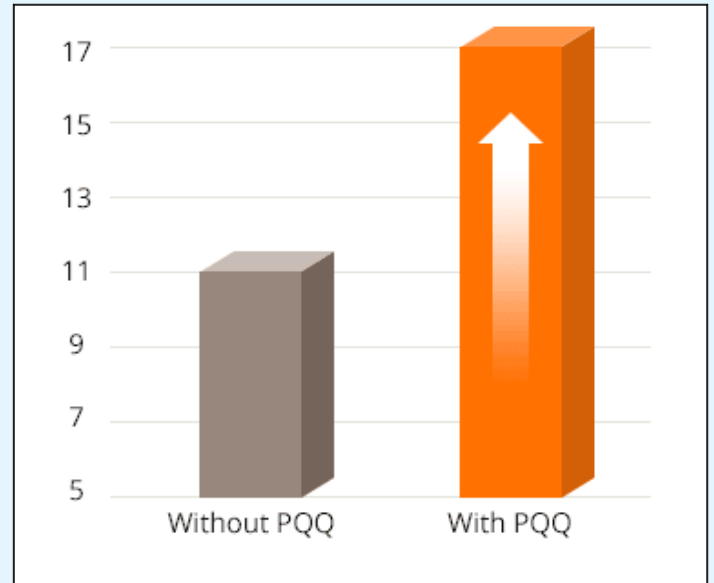
First, it creates a hostile environment for cancer cells.

Second, PQQ works to reduce the inflammation that is essential for helping cancerous tumors to develop and grow.

And most important, PQQ has the ability to kill cancer cells by tricking them into "self-destructing."

**Cancer Attack #1:** Regeneration – By causing

## Mitochondria Explosion



Researchers at the University of California, Davis, fed mice a diet supplemented with PQQ. These lucky mice grew a staggering number of new mitochondria in just 8 weeks. On the left of the graph you can see the number of mitochondria BEFORE the mice were fed PQQ. And on the right, you can see what happened AFTER the mice started taking PQQ.

the generation of new mitochondria, PQQ thereby increases their number within each cell. The more mitochondria there are, the more difficult it is for cancer to survive.

That's because cancer prefers to convert sugar into energy in a cell's cytoplasm by a process called glycolysis, which doesn't require oxygen.

Healthy cells prefer to convert sugar into energy in mitochondria by a process called glucose oxidation, which requires oxygen.

So the cancer attacks weak mitochondria and biochemically sabotages their ability to perform glucose oxidation.

As a result, healthy cells turn to glycolysis, which causes them to become weaker as cancer cells become stronger. But PQQ can turn the tables on cancer by growing more mitochondria, as well as more powerful mitochondria.

These reinforcements can force cancer cells to live on glucose oxidation.

**Cancer Attack #2:** Inflammation – Attacking on another front, PQQ also subdues a major ally of cancer: inflammation.

Inflammation is your body's natural reaction to harmful stimuli, such as bacteria, toxins or injured cells from a cut on the skin.

Every injury to the body triggers the immune system to launch an inflammatory response.

White blood cells and inflammatory chemicals speed up the healing process in the injured area by attacking the invading pathogens and clearing away damaged cells.

But a malignant tumor hijacks inflammation. The tumor actually sends biochemical signals that lure white blood cells to it.<sup>8,9</sup>

The tumor then tricks the white blood cells into helping it grow new blood vessels so it can grow stronger and faster.

It also tricks the cells into damaging more DNA. The resulting inflammation attracts even more white cells and the process snowballs as the tumor grows.

Numerous PQQ studies have been conducted on animals, but human tests have also been carried out over the last few years that reveal PQQ's effects on people.

In a study published in 2013, scientists gave a sample group of people a single 10-15 mg dose of PQQ, depending on their body weight.

In just two days, it significantly slashed the body's inflammation levels.<sup>10</sup>

As an added bonus, after only three days, tests showed the people had increases in metabolites, a key indicator that their mitochondria were working more efficiently.

**Cancer Attack #3:** Tumor Death – So little is still

known about the power of PQQ – and its most powerful anti-cancer weapon was only discovered recently.

In a study published just last year, Chinese scientists revealed how PQQ can literally kill cancer cells by tricking them into “self-destructing.”

This process is called apoptosis.<sup>11</sup>

Apoptosis has nothing to do with traumatic cell death from an injury or disease, which ruptures cells and causes inflammation.

Most of the time, apoptosis is vital for your health.<sup>12</sup> When cells become too sick or too old to do their jobs, they commit a sort of “cell suicide” to make way for new, healthy cells.

When the time is right, a genetically controlled mechanism inside the cell triggers its self-destruction.

It's a delicate balancing act... a kind of choreographed dance between life and death.

If your cells self-destruct faster than they can be replaced, your body starts to break down.

This can result in a stroke, heart attack, neurological disease or many other medical disorders.

If your cells self-destruct too slowly, then your excess new cells form tumors – sometimes benign, sometimes malignant.

The Chinese study, which was conducted at a university in Shanghai, showed how many cancer cells imploded when they were doctored with PQQ. And it worked so well, the researchers recommended the use of PQQ for widespread use as a non-toxic, anti-cancer therapy.

Like a Trojan horse, PQQ acts just like ordinary nutrients and slips into the mitochondria of cancer cells.

Once inside, the PQQ turns the mitochondria against the cancer cells. It tricks the mitochondria into sending self-destruct signals, which cause the cells to disintegrate.

It remains unclear exactly how, but PQQ knows the difference between cancer cells and non-cancerous cells – so it doesn't destroy healthy cells.

## How to Take PQQ...

I recommend that my patients get PQQ both from food sources and supplements, because it is so important for cell health.

Here's a rundown of common PQQ-rich foods, based on a 100-gram (3.5 ounce) serving:

- ✓ Kiwi fruit, 2.74 mcg
- ✓ Sweet green peppers, 2.8 mcg
- ✓ Tofu, 2.44 mcg
- ✓ Carrots, 1.68 mcg
- ✓ Irish potatoes, 1.66 mcg
- ✓ Cabbage, 1.63 mcg
- ✓ Sweet potatoes, 1.33 mcg
- ✓ Bananas, 1.26 mcg

You should try to get as many of these foods into your diet as possible. But when push comes to shove, you really need to take a good PQQ supplement to ensure your optimum health.

For the best results, I suggest that you take your PQQ with CoQ10.

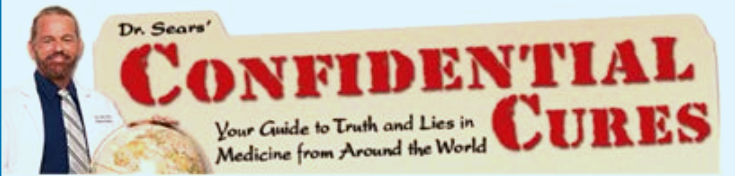
I recommend 10 mg of PQQ daily with a 50 mg supplement of ubiquinol, a far more powerful form of CoQ10 that's much easier for your body to absorb.

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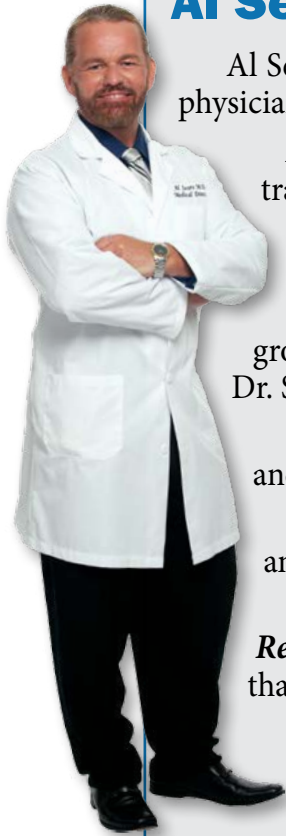
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Inside next month's issue, you'll discover:

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- **An exclusive interview with one of America's top "anti-aging" dentist and how oral health can give you longer telomeres.**
- **The safe and surprising substance that banishes chronic pain better than any Big Pharma med.**

The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.

## Al Sears, M.D.



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).

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I look forward to you joining me.

Al Sears, MD, CNS

