



Dr. Sears'

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Lost African Secrets Reignite Your Sexual Desire

Sex is an emotional issue. But it's more than just simply getting an erection. It's also about libido, or the natural desire for the pleasure of sex.

I get asked about this all the time by both men and women. Because western drugs can help with the mechanics of an erection. But loss of desire is not something western science is equipped to deal with.

During my first trip to Africa, the healers there revealed to me a wide variety of herbs and plants they use as aphrodisiacs – something that increases your libido. They've been using them since antiquity, and I knew I wanted to investigate further. This is an area where modern medical science either has its head buried in the sand, or is hopelessly clueless about.

Today I want to show you some of what I found on my most recent trip, how drug companies have tried to mimic these natural plants with their ED drugs, and how I'm going to help you reignite the passion you want but that may be going or gone completely naturally.

The Sex "Act"

Drug companies want you to think they have it all covered. Just look at their commercials. They show men and women having fun together as couples and looking longingly at each other. Then your brain associates their drug with this environment of "desire." But it's a sham.

The drugs don't create desire. Those are actors.

In reality, ED drugs do nothing to increase desire. Even the components that in nature do stimulate desire for sex are only mimicked by the drugs ... to no effect. What good is the ability to have sex without the "feel good" part?

Modern medicine knows their drugs come up short. But it shouldn't surprise you that their solution to this shortcoming is another drug.

I just read an article in *The New York Times Magazine* about a new drug they're developing that they hope will boost your libido. ¹

It includes a bit of synthetic testosterone and a synthetic molecule that will artificially increase certain chemicals in your brain to help you relax.



This *hoslundia opposita* plant I found in Uganda, which has many medicinal uses, wasn't in season yet, so it didn't have its tasty little red-orange berries. But the leaves are really what I was researching... a natural, native African aphrodisiac.

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We've known for years that less anxiety and stress help your libido. That's why, if you've lost some of your libido, your doctor may give you an anti-depressant to try and lift your spirits.

This only makes the problem worse. Many of the active ingredients in popular anti-depressants suppress libido. Some even make it impossible to get an erection.

Fortunately, nature has provided us with effective, natural solutions to the problem of lost desire and lower libido.

But there seemed to be so many that I decided to find out which are the ones known to work and which are old wives tales. I set out to talk to herbalists, pore over the available research, and ask all the questions I could while I was in Africa.

I was happy to find that many of the herbs I heard about really do increase sexual desire. Soon I'll be putting a few of them together in a new formula I'm creating that could restore the kind of drive and potency you may have lost over the years.

Doing What The Drugs Do... Naturally

The herb *Hoslundia opposita* is one of the first I looked into. In Uganda they call it kamunye. It's a member of an elite group of herbs that make up the family lamiaceae. You probably know them better as mints.

But hoslundia is no ordinary mint. The roots and leaves of this plant act as a powerful aphrodisiac. They can also eliminate fatigue and help you to handle stress,² which makes it even easier to perform in the bedroom.

In many clinical trials that have looked at many different animals, one of hoslundia's components, eugenol, is known to increase sexual and mating activity.³

And the essential oils and other components of hoslundia, like eugenol, but also limonene, cineole and beta caryophyllene, are what give you an uplifting and refreshing effect⁴ when you take hoslundia. This helps put you "in the mood," which no modern drug can do.

In Africa, it is well-established through generations of healing knowledge that boiling the stems, roots, flowers and leaves (called a decoction) make a formula that treats

vaginal dryness in women. Sometimes, this dryness can cause women to avoid sex, and hoslundia helps restore a woman's body processes that help create a healthy, normal sex drive.

Dr. Mawanda, the doctor I've written to you about who has a degree in Traditional Chinese Medicine and Nutrition from the University of Beijing, and who also formed a natural medicine development organization in Africa called NAMEDO, is also a traditional African healer. He tells me that this science I've referenced proves why Africans have used hoslundia since ancient times to help women relieve their painful menstruation, headache, and dizziness. For men, besides being a libido booster, hoslundia acts as a natural corticosteroid, relieving pain, stress and anxiety, which all interfere with the natural desire for sex.

Magic Herb

The roots and leaves of the *Carissa spinarum* plant are so useful to Ugandans that they call it "magic herb."

It's also a strong aphrodisiac.

Herbal healers use it to lower blood pressure, reduce fever, and treat asthma, arthritis, allergies, and diabetes.

Carissa usually grows as a thick shrub, but it can become dense and climb up to almost 25 feet tall. Many people in



Carissa – the magic herb – grows in many places in Africa but is not grown commercially, so there is no place you can get a reliable supply. I am trying to change that so I can bring this aphrodisiac and immune booster into the States.

Africa plant it as a privacy hedge and then eat the fruit called bush plums right from their yard.

They also make a refreshing pink wine with them. And if you leave that to ferment a little longer, it turns into a very useful vinegar.

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But it's the root of this member of the dogbane family that's made into a decoction and used as an aphrodisiac and sexual stimulant.

In Ghana, the root sap is used to restore a man's virility.⁵ In South Africa, they make a stimulating and aphrodisiac tea from the stem.

The components are a good diuretic. That means it lowers blood pressure, which helps relieve symptoms of erectile dysfunction. You see, when your blood flows more easily, it makes it easier to get an erection when you're aroused.

Carissa also has components called indole alkaloids. These are present in many of the known aphrodisiac plants... and they're what the ED drugs like Sildenafil citrate are based on. You might know that one better as Viagra.

The "magic herb" isn't grown commercially, only locally at this point. But one of the things I've been doing with SEFA Organic, an organic and natural health products company in Kampala, Uganda, is to try and help them, as well as local growers, to cultivate some of the powerful herbs I've found so that we have a source of them to bring back to you in the States.

However, one herb that is available but that almost no one in the West knows about is the sacred blue lotus...

The "Nymph" Lily

When archaeologists opened the tomb of King Tut in 1922, they found him covered in *Nymphaea caerulea* – sacred blue lily.

The blue lotus or blue water lily was used in ancient Egypt as a key to good health, sex and rebirth. It gives you a relaxing, euphoric sensation. It puts the good in "feel good."

It's been known as an aphrodisiac for so long that the word "nymph" is in its scientific name.

The sacred blue lotus has quite a few components that give your body a boost. It had quercetin, a known performance enhancer, and beta-sitosterol,⁶ which improves a decreased desire for sex.

And, even if you have heard of the sacred blue lily, here's something almost no one knows, and that the drug companies would prefer I kept quiet...



The chemical makeup of the Sacred Blue Lily hides a secret the drug companies would prefer I not tell you...

The chemical makeup of the blue lotus is what many of today's ED drugs are based on.

You see, the lotus' chemical structure involves phosphodiester bonds. Synthetic phosphodiesterases are the active ingredients in ED drugs.

You can get the dried stamens, the most prized part of the lotus, from specialty shops and from online herb suppliers like alibaba.com, but many people try to pass off *Nelumbo nucifera* as sacred blue lily, but don't be fooled: *Nymphaea caerulea* is what you are looking for.

It's so good at reigniting sexual desire, that I've already put the purest extract form of the sacred blue lily into a formula I use with my patients right now. And I'll also include it in my upcoming African aphrodisiac formula that will be available soon.

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Unleash Your Inner Gorilla

How close was I?

Closer than I was supposed to be. You aren't supposed to get within 30 feet ... but you know I always live on the edge.

All it would have taken was for him to swat me and it would have been devastating.

Gorillas have so much power. And they're really massive. Seeing them in the zoo doesn't quite give you the same feeling as seeing them in the wild.

You see them just grab a tree as big around as my leg and bend it down so they can eat. You see how massive their hands are and their heads and their necks.

Gorillas are immensely strong, but did you know that they rarely stress their muscles and spend most of their time relaxing? And did you know that they are also amazingly healthy? That they almost never get sick? Not colds, not flu, not even cancer....

Gorillas and humans are more than 98% the same from a DNA perspective.

So what accounts for their incredible strength and good health?

I took the opportunity to study them during my most recent trip to Africa, in the same way I wanted to learn from other cultures. I consider them a primal connection to the ancient world. And we might be the last generation of humans to see them in the wild.

Here are the two secrets I believe are the keys to the gorilla's immense strength and amazing good health. You can use them to unleash your inner gorilla and be strong, potent and healthy for life:

1) Eat your native foods for a powerful, healthy

body: Gorillas in the wild rarely get sick, and are very active at every age. But when you take gorillas out of their native environment and away from their native diet, they get weaker, old before their time, and develop the same chronic diseases humans get.

We don't live in our native environment any longer, and we don't eat our native diet. Corn and grains have migrated into modern culture, and now we have chronic diseases that never existed before.



I'm glad he decided I wasn't a threat and walked away. But with one swat, he could have devastated me!



I guess I had the camera pointed at this gorilla too long because it started toward me. I had to freeze in the middle of this photo, like they tell you to do, so it came out blurry... but you can see how close I was to this giant!

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But if you switch back to your native diet, which was full of protein and healthy fats, you can regain your potency and power, and stay active and healthy. Here are three easy rules of thumb we can take from gorillas and other powerful animals that they use to keep their powerful, healthy bodies for life:

First: Focus all your meals around high-quality protein. You should eat a large variety, and plan your meals around which kind of protein you'll be eating.

Second: Fruits and vegetables, not grains, should make up your carbohydrates. And the more variety you can get the better. Eating seasonally grown produce is a good idea, because it'll be local and not frozen or imported from long distances. Look for fresh seasonal produce at local farmers markets and natural food stores like Whole Foods.

Third: Watch what you snack on. Make your snacks natural. Stay away from:

- **high-fructose corn syrup**
- **trans fats**
- **gluten**
- **processed soy protein**
- **aspartame and artificial sweeteners**

Instead, snack on seeds, nuts, and other foods in as close to their natural state as possible. These are high energy foods that help not only fill you up so you don't get hungry, but give you quick energy without sugar spikes and crashes.

2) Imitate nature for power on demand: Gorillas are almost 10 times as strong as even the strongest human, and they can run at 25 miles an hour. They're designed for high-capacity bursts of speed and strength.

And so are you.

Problem is, modern exercises train you for endurance. That makes you age faster and saps your power.

To regain your power, all you have to do is physically challenge your muscles with very brief and increasingly intense periods of exertion ... and then rest.

What do I mean by power?

It's the amount of energy you have available to do everything you want to do.

I've never heard anyone else use power in quite the same way. Usually, power is used to mean overall strength. But I'm thinking of it in terms of the energy you need to do work.

To get more energy and power, all you have to do is continually challenge your peak of intensity, never quite reaching it... and keep the duration of the challenge brief.

Your body will start to use the food you eat better. Your newly powerful muscles will become giant engines of transformation and you'll start to favor building muscles over storing fat.

To help you do this, you can build up a part of your body that is one of the gorilla's great secrets to strength and power. The gluteus ... or your rear end.



I took this with my little Nikon pocket camera on the Uganda Congo border last year...

Here's a great set of movements that will help you build incredible power in the large muscles of your lower body, and especially your gluteus.

My favorite way to build power in the lower half of your body is with the squat thrust. They're great because you can modify them for any level of fitness or capacity.

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To do a regular squat thrust:

1. Stand straight with your arms at your sides.
2. Squat down.
3. Lean forward and place your hands on the floor.
4. Kick your legs backward so that you're in push-up or "plank" position.
5. Keeping your upper body in place, pull your legs forward (back into squat position).
6. Stand back up into starting position.

To do the advanced military-style squat thrust:

1. Stand straight with your arms at your sides.
2. Squat down.
3. Lean forward and place your hands on the floor.
4. Kick your legs backward so that you're in push-up or "plank" position.
5. Perform a push-up by lowering your body to the ground and back up.
6. Keeping your upper body in place, pull your legs forward (back into squat position).
7. Jump up and throw your arms in the air.

If you're just beginning, or very de-conditioned, after you squat, simply stand back up and raise your arms in the air. They try it again. After you're progressed, then try and do movements #3, 4, and 5.

Do three sets, and don't let any set go more than three minutes. Build intensity by squatting faster, or doing more reps. Accelerate the challenge by resting for less time between reps and sets.

This will really build your glutes and legs, and give you "gorilla strength" that will keep you moving and active for life. And as you train for power, something surprising will also start to happen... as you're able to get energy from your muscles fast, you'll start to feel energetic all the time.

It's one of the things we discovered by accident with

patients at my Center for Health and Wellness. Acceleration is so beneficial because you can feel the increase in metabolic power and you have it at your fingertips all the time.

You'll jump out of bed with more energy than you've ever had. You'll have a sense of real hope. You'll feel good all the time. All because of building up your "gorilla strength." ■

Ancient Tree Is An Overlooked Cancer Killer

"Are you serious, "Dad?"

I shaved off the rest of the bark, chopped a good piece off, washed it and handed it to my son Dylan.

"Chew on that. Your sore throat will be gone in a little while."

The gummy acacia root I had just dug up from my yard is a traditional African cure for a sore throat or cough. And it works fast.



On the hunt: There are over 40,000 medicinal plants in Africa, and Western medicine has only explored a few thousand. That's why I spend so much time traveling and researching there. My main purpose? Finding natural cures and remedies to bring back to you.

I've been doing a lot of research on acacia since I got back from Africa. Seems like every animal there eats it, especially giraffes and elephants.

And acacia kept coming up in conversations with my doctor and herbalist friends there.

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Richard Othieno, an incredibly knowledgeable herbalist and botanist, showed me how the locals use acacia to treat tonsillitis, skin diseases, headache, malaria, ulcers ... **and against cancer.**

Richard works with Dr. Kiwalabye, the doctor who I've written to you about who is so talented at curing all kinds of cancers naturally. Richard and Dr. Kiwalabye are working together to help establish herbal gardens in Uganda that can be harvested for medicinal purposes.

Western Doctors Clueless On Acacia

There are more than a thousand different kinds of acacia trees. Most grow in a more arid environment than Western Uganda where there are mountains and the Bwindi Impenetrable Forest, which is really a rainy jungle.

As you go east and get into Tanzania, Kenya and Sudan, you have dry plains. So the acacias there are more thorny. They have fewer leaves and don't have the eye-popping white or yellow flowers. The wildlife live on them wherever they grow, and the people in these different areas have all found different medicinal uses for them.

Of course you'd never catch a standard U.S. doctor giving their son some root from the *Acacia farnesiana*, or sweet acacia. They'd be horrified if they saw me do it.

But it's only because most doctors were never taught anything about herbal medicine.

Shortly after medical school I went back and did post-graduate research on healing plants and herbal medicine. I read over 100 books on the subject and have made it my career to go to every area of the world and seek out their healing traditions and find and bring back forgotten secrets of how these plants can heal.

One of the first books I read is Dr. Leland Hartwell's *Plants Used Against Cancer*. Hartwell wasn't as well-known at the time, but now he's famous.

He's a professor of genetics and medicine and the former president of the Fred Hutchinson Cancer Research Center in Seattle. But you might know him better as the 2001 Nobel Prize winner who helped explain how cells divide.

Professor Hartwell mentioned different species of acacia many times in his book. So I've always been interested in



When I was in Ngorongoro Park in Africa I caught this guy checking me out while I was snapping a picture of him... I guess I interrupted his afternoon snack of those acacia trees behind him.

acacia trees because of their power to kill cancer cells.

Only two acacia species that I know of grow in the U.S., and I have a few small ones in my yard. Western medicine doesn't know much about acacia. But they're everywhere in Africa.

With my interest renewed, I started looking into acacias again. I found that most of the research has been done in places where the tree is common, like India, Egypt and China, but little in the West.

But that research gives us plenty of evidence for their effectiveness against cancer.

For instance, the *Acacia nilotica* is common in Asia and India. And Ayurvedic and Traditional Chinese Medicine doctors often use it as an anti-inflammatory, antioxidant, and to heal cancers and kill off tumors.

When a group of cancer researchers at the School of Life Sciences at Bharathiar University in India combined an acacia leaf extract with gamma sitosterol, it stopped over 54% of breast cancer cells and over 58% of lung cancer cells from multiplying. And the acacia extract killed off 42% of breast cancer cells and almost 37% of lung cancer cells.¹

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Nature's Cancer-Killing Compounds

The key to the anti-cancer power of the acacia seems to be its triterpene saponins, and catechins. Triterpene saponins are compounds that help give plants their medicinal power, and catechins are powerful antioxidants produced by plants. You may know EGCG, the catechin from green tea. And acacia has compounds very similar.

In Egypt, they used an extract of the pods from the acacia similar to EGCG, the active compound in green tea, to kill cancerous cells from a rare cancer of the eye, uvea melanoma.²

A study from Greece also found acacia extracts with these components can kill off different kinds of lung cancer cells.³

I discovered an overlooked study from the M.D. Anderson Cancer Center in Houston, Texas, where they now describe acacia as a “novel anticancer agent.” When they tested acacia, they found that it stopped the growth of several tumor cell lines, killed off breast cancer cells, and eradicated a kind of cancer that attacks your t-cells (immune cells).⁴

A study from Mexico reveals that acacia is effective against colon and cervical cancer.⁵

Liver cancer isn't as rare as it used to be, and researchers around the world have been looking into ways to beat it. An animal study from the Institute of Agricultural Sciences, Banaras Hindu University in India shows the potential for acacia to treat liver cancer.

The study took an extract of acacia bark and treated rats with liver cancer. In just a little over three months, signs of cancer had all but disappeared. Their liver injuries had been reduced, and the markers for cancer had all returned to normal.⁶

As I read through the study, I found that not only had the acacia bark extract erased the cancer, but it had increased the activities of the powerful antioxidant enzymes catalase, superoxide dismutase, glutathione peroxidase, and glutathione-S-transferase in the liver of the animals.

Acacia is also an effective antioxidant against toxins that can cause brain diseases like Alzheimer's.

Acrolein is one of them. It's a chemical we're exposed to all the time. It's used as a pesticide, it's a product of cigarette smoke, and it's so toxic that it may cause cancer and Alzheimer's.

A team at the Department of Integrated Traditional Chinese and Western Medicine at Sichuan University in China were looking into the antioxidant strength of acacia extract. And when they treated brain cells with it, they found that a compound from the extract of acacia, called REO can protect brain cells from free radical damage and cell death.⁷

Other recent studies from researchers worldwide have also found that acacia extracts are powerful antioxidants and have a lot of promise as antioxidant supplements.^{8,9}

My Home Brew

In addition to acacia's other powerful medicinal uses, the gum of the acacia will also kill bacteria that cause gum disease, and as my son found out, it also helps cure a cough or sore throat. And the gum will soothe scratches and rashes, too.



Acacia trees have beautiful, very fragrant yellow and sometimes white flowers.

You can also grow your own acacia tree, either outdoors (if you live in a very warm climate) or in a pot that you can bring indoors (they don't like it to get below 60 degrees). You'll love the way the yellow flowers smell.

If you want to get acacia's antioxidant and cancer-prevention in a supplement, several companies like Now Foods, Heather's

and Renew Life make supplements from the gum powder they call “acacia fiber.” Look for pure, organic gum powder. You can find these supplements in many specialty shops and online stores.

Swanson’s also makes an acacia extract from the wood of the tree, and not the gum, and TerraVita makes an extract of the flowers as a supplement.

You can buy the shredded root bark to use as a liver tonic, too, to use the way they do in Africa. But the way I use acacia is to take some of the dried gum, flowers and leaves and make a tea.

I make my own recipe I call Acacia Ginger Tea. You’ll need:

- **1 tablespoon dried acacia gum**
- **Several fresh acacia flowers**
- **A few acacia leaves**
- **1 tablespoon fresh grated ginger root**
- **4 cups of water**

All you have to do is to pour boiling water over the blend of acacia and ginger and let it steep for 10 to 15 minutes. The infusion will turn a light brownish-orange color.

You can drink it hot, or cold over ice with a sprig of mint. But I like to put in a little stevia for a bit of sweetness and drink it that way.

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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.

In 2006, 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 Doctor’s Heart Cure***, 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).

The information and material provided in this letter are 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 competent medical professional before acting on any recommendations in this publication.