



September 2014

Vol. III Issue VIII

## Paleo Pure

It shouldn't be this way for us, and it wasn't for our Paleo ancestors. Up until recently, we enjoyed pure, clean food and water just like they did.

But changes over the last 100 years are threatening to take that from us. We don't evolve fast enough for how much our environment is changing ... so it's affecting our bodies.

We're inflamed, overly acidic, nutritionally deprived, excessively oxidized and polluted.

In fact, we weren't designed to live in our current world of man-made toxicants.

But I want to reassure you that it's not impossible to overcome their effects.

For the past 20 years, I've been studying this troubling trend and how it can affect you. That's why I developed a simple plan I use with my patients to help purify and protect your body from these dangers so you don't have to worry about this exposure threatening your health.

And since you're a **Confidential Cures** member, I'm going to give you the steps I use with patients in my practice that rid the body of these toxins and help keep them from returning – no matter how contaminated our environment becomes.

The farther we get from what's natural to us, the more mismatched we become for our current environment. Which means that today, even if you want to go back to the way our Paleo ancestors ate and moved, you won't be able to. Not without doing a lot of "clean up."

To benefit from Paleo, you first have to get your body back to where they started from and get rid of the toxic burden first.

Then you can begin to have the health and fitness of our paleo ancestors.

Getting rid of these toxins will help you live a longer, disease-free life. You can reduce or eliminate numerous problems such as chronic pain, digestive troubles, depression, and even poor eyesight. Detoxifying your body can boost your immune system, clear your mind, balance your hormones, and much more.

### New Toxic Burden

My favorite breakfast is an omelet with a side of grass-fed steak strips.

I coat the pan with butter and let it melt just a little. Then I pour in the eggs and let the low heat fluff up the eggs until I can flip them. Then I fry up some steak in the leftover butter. Plenty of protein and omega-3s.

My family wakes up to the delicious smell, and you can't beat the taste...

But as convenient as they are, I won't go anywhere near non-stick pans for cooking. I stick with the good old-fashioned cast-iron pots and pans my grandmother used to use.

The chemical that manufacturers use to prevent food from sticking is called perfluorooctanoate acid (PFOA).

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This substance is highly toxic to the environment and to the human body.

It gets in your food, and the toxic fumes are released into the air. You don't smell a thing. But anyone within breathing distance is in danger.

PFOA is used in other slippery products as well. Things like cleaners, polishes, and shampoo.

PFOA gets in your liver, kidneys, and thyroid gland. It can get in the testes. It compromises your immune system. It causes infertility, birth defects, and cancer. And it's not like washing germs off your hands. It stays in your body for decades.



**Cleansing the liver and kidneys is one of the best ways to reset your body back to its naturally clean, pure state.**

We're exposed to these kinds of pollutants, chemicals and toxins on a daily basis. They're in so many products we use, it's difficult to escape their influence.

The way most people talk about this problem is that these things are poison. And there's a truth to that. But far more serious is that your body has an immune reaction to this toxic burden.

Mainstream medicine continues to say that the liver does the detox work, and that you don't have to worry.

But what they don't realize is that these pollutants are causing our bodies to react with inflammatory diseases.

- You produce an inflammatory response to that abnormal environment that is the cause of the cells dying off in the pancreas. Maturity onset **diabetes** can be viewed as an "end-target organ inflammatory compromise." That means inflammation caused by eating foods foreign to our bodies is compromising the cells in the pancreas that should produce enough insulin but can't.

- Same with **heart disease**. The cardiovascular lining becomes inflamed, and that's the real disease. Cholesterol is normal, but inflamed cholesterol is a problem.

- **Alzheimer's** disease affects the glial cells. What's their purpose? They're like T-cells in your blood. They're a starting point for your immune system, and they clean up junk and take it away. But due to the inflammatory process, they become dysfunctional and can't get rid of the junk ... and white matter like tau and beta-amyloid build up and you have the symptoms Alzheimer's.

- **Cancer** has an inflammatory component. Cells become dysfunctional, they have to divide to try and replace themselves – replace the cells damaged by pollutants – and that division itself is an opportunity for error when you have it occur in a polluted environment.

Some of those pollutants are also carcinogens themselves, making it worse. And, as I mentioned to you last month, add a lack of oxygen to those cells and it can cause them to express genes that say, "We don't have the ideally oxygenated environment, here, so please use sugar for energy instead of oxygen." Cells that do that are cancerous tumor cells.

So your back hurts this morning, and you feel blasé, and you can't concentrate... you have a headache, chronic pain, and constant fatigue through no fault of your own. You've been put in an environment that no one has told you is polluted and no one has fixed yet.

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Even the place you would think is completely clean and free of impurities is affected. The Environmental Working Group looked at the cord blood from newborns and discovered 287 toxins were found in the blood of newborns.<sup>1</sup>

One of them was DDT, a pesticide that hasn't been used in for over 40 years. Yet it's still there, lurking, waiting to get inside you.

The purest places on earth are affected, too. A study published in *Marine Pollution Bulletin* reveals that the amount of plastic debris on the Arctic Ocean's floor has doubled in the past 10 years.<sup>2</sup>

In the Antarctic, marine researchers aboard the French schooner *Tara* found 50,000 fragments of plastic per square kilometer, ten times more than what they expected.<sup>3</sup>

Why should you care? Plastics diffuse toxins like PCBs, and it gets into marine plants and fish that we consume.

## Problems Associated with Toxicity

*When the toxicity builds up, the body loses its natural defence system and becomes overloaded. This sets off a domino effect for all kinds of subtle and not so subtle health conditions. If you have any of the following issues, a good cleanse can support you in feeling better again.*

Allergies	Memory Impairment
Arthritis	Sluggish Elimination
Immune/Autoimmune Deficiencies	Irritated Skin/Eczema/Psoriasis
Frequent Headaches	Low Grade Infections
Unexplained Fatigue	Bloating
Decreased Muscle Function	Brain Fog
Loss of Flexibility	Body Odor
Joint Pain	Respiratory Congestion/Asthma
Circulatory Problems	Frequent Colds

Fortunately, things haven't gotten so far out of hand that there's simply nothing you can do.

Let me assure you there's quite a lot you can do, and I help my patients cleanse their systems of pollutants every day.

These are the reliable detoxifiers that can reset your metabolism, squelch inflammation and put your body back in a pristine state that will allow your paleo lifestyle to have the effect you want.

### Step 1) Telomere Secret to Detox

Maintaining and lengthening telomeres isn't just about getting biologically younger. It can also help fight disease, rejuvenate eyesight and tissue, and help detoxify your body.

It's no coincidence that one of the best detoxifying nutrients also detoxifies tissue.

It's **glutathione**, one of your body's strongest protectors and a primary antioxidant ... and it detoxifies your cells.

Glutathione is so good at detoxification that there are over 5,300 clinical trials showing its effect just in the National Library of Medical Archives alone.

But not having enough glutathione doesn't only mean that your cells might be polluted... low glutathione is associated with shorter telomeres.

For instance, did you know that women have longer telomeres than men? It's not because of "good genes." Women have much less oxidative stress than men because they produce more glutathione. And as it turns out, telomeres are VERY sensitive to oxidative stress. Studies show that oxidative damage to mitochondrial DNA is four times higher in men than in women.<sup>4</sup>

The most natural way to build more glutathione in your body is eating foods high in glycine and cysteine, two of the three amino acids that make glutathione. Meat, eggs and fish are your best sources. But you can also get glycine and cysteine from yogurt and sunflower seeds. Also, asparagus, horseradish, broccoli, cauliflower, cabbage, red peppers and Brussels sprouts increase glutathione levels.

I recommend you help your body build its glutathione levels up naturally with food and amino acids. But if you can't get enough of those, you can take glutathione supplements. You will need from 1 to 2 grams per day. About 80 percent of most glutathione supplements are absorbed and used by your body.

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## Step 2) Ridding Your Body of Heavy Metals – The Natural Way

Let's start with something it may amaze you to learn you've been exposed to time and time again – toxic, heavy metals, including arsenic and lead.

Because they are used in the manufacture of everything from pesticides, fertilizers, and paint to batteries, plumbing, and ink – to say nothing of hair coloring and cosmetics – exposure to them is hard to escape.

### Eat the “Super Foods” that Cleanse Your Body

Did you know there are everyday foods that act as detoxifiers to help your body discard built-up toxins?

- Foods rich in **vitamin C** like fruits, berries and fresh vegetables will help do the trick, along with fiber-rich nuts, seeds and grains.
- **Grapefruit** is another food that binds to toxins and helps flush them from your body. It contains a flavonoid called naringenin, a potent antioxidant that decreases your body's insulin resistance to help prevent diabetes, and reprogram your liver to melt excess fat, instead of storing it.

Why is this important to detoxification? Because toxins tend to collect in the fat around your tissues, like your liver, and eating grapefruit will help you stop this process.

- Another food that can help clean out your body is **garlic**. Garlic increases *phagocytosis*. This boosts the ability of your white blood cells to fight the effects of toxins in your body.

Eating three cloves of fresh garlic per day will help you detox. If you don't like the smell of garlic, you can get odorless aged garlic supplements at any health food store.

You can also use green “super foods” to rid your body of toxins.

They bind on to chemicals, metals and toxins and drag them out of your system safely and easily.

The three I use in my practice are like having your own clean-up crew specially trained to find, isolate and clear out harmful poisons.

- **Spirulina** is the oldest food on earth. It's a kind of blue-green algae. It's the world's richest source of vitamins, minerals, iron, protein and a host of other nutrients.

Studies show that spirulina is a powerful detoxifier:

*“Not only has spirulina been shown to improve circulation and maintain healthy blood pressure, but Japanese scientists have discovered that it can also help detoxify the blood and maintain energy levels...”*<sup>5</sup>

*“Important to note in the area of prevention, spirulina is richly supplied with the blue pigment phycocyanin, a biliprotein which has been shown to support normal cell growth...”*<sup>6</sup>

- **Barley grass** is made up of unique amino acids. They create a type of cage around deadly toxins and carry them out of your body.

Barley grass is a well-balanced food. It has the exact blend of amino acids, proteins, enzymes, vitamins and minerals that you need for optimum health. Its healing powers are so historic, you find it mentioned in the Bible.

- **Chlorophyll** connects to toxins in the gut and prevents them from being absorbed. And it sweeps free radicals and chemicals out of your system:

*“In an Oregon State University study, lab animals were exposed to a poisonous substance. The animals given a chlorophyll supplement prior to exposure maintained normal tissue mass more than the animals who were not given the supplement. The researchers believe that chlorophyll may help to remove free radicals and other chemicals that may cause DNA damage...”*<sup>7</sup>

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Most people can tolerate high doses of these green foods with great success. Start by taking 1 gram with breakfast, lunch, and dinner. You can increase the dose to up to 3 grams 3 to 4 times a day.

Another option is fresh **cilantro**, one of the best detoxifiers for your central nervous system. It mobilizes so much mercury, it can't always carry it out of the body fast enough. So use it in combination with chlorella.

Eat organic cilantro, make a pesto or tea, or buy a tincture. Take 2 drops 2 times a day before meals or 30 minutes after taking chlorella. Increase your dose to up to 10 drops three times a day.

## Step 2) Wash Yourself Clean of Waste

The processed foods that crowd grocery shelves today are packed with artificial ingredients and toxins your body was never designed to handle. Very often, in fact, they go completely undigested, leaving your colon packed with pounds of unwanted waste.

And when toxins overload the liver, it stores the toxins instead of processing them out of the system. Over time, this can cause liver damage and a host of other health problems.

These systems need detoxifying in order to get your body back to the level of health and cleanliness it was designed for – and was used to for thousands of years.

There is a class of natural ingredients missing entirely from most diets that specifically targets the colon and promotes maximum digestive tract function and health. My Wellness Research team has completed some research on colonic health. Here are the natural healers that detox you safely and effectively:

- **Cascara Sagrada** – it tones and strengthens the smooth muscles of the colon. This will normalize bowel function. In a word, it makes you more “regular.”
- **Aloe ferox latex** – this stimulates the colon and improves the consistency of stool. Aloe not only stimulates the muscle of the colon to contract; it exerts a soothing effect on the lining of the gastrointestinal tract.

- **Flax seed** – Flax is not a food, but it is rich in alpha linolenic acid – the plant-based form of omega-3. That means it reduces gastrointestinal inflammation and, as a source of fiber and lignans, promotes overall intestinal health.

- **Rhubarb** – this humble, everyday vegetable has the power to tone and tighten the muscles of the intestinal wall, adding strength and improving your gut's function. As an astringent, it also neutralizes the effects of toxic build-up in your gut.

Once your colon is clear, your digestive system regains its lost efficiency. You'll not only be free of toxins, you might even find yourself 5 to 10 pounds lighter.

As for your liver, it's also a vital for the metabolism of your hormones. If it is not functioning properly, your hormones go out of whack. For instance, in women, an imbalance can cause infertility, PMS, irregular periods, headaches, migraines, and more.

The liver also plays a part in eye health. Your eyes get nourishment from your blood in order to see properly. If the liver fails to do its job of filtering toxins out of your blood, your eyes feel the effects.

Detoxify your liver a couple of times a year. You can find many products. Here's a list of what I use in my wellness center:

- **Milk Thistle** – For liver detox, milk thistle is my first choice. Milk thistle is the plant *Silybum marianum*. I have been able to document its capacity to heal damaged livers by measuring serum liver enzymes. I recommend 200 mg in capsule form twice a day. Look for dried extract with a minimum of 80% silymarin, the active ingredient for liver cleansing.
- **Alfalfa** – This herb cleanses the blood and liver. It can also lower cholesterol. It's a good source of protein, vitamins A, D, E, B-6, and K, calcium, magnesium, chlorophyll, phosphorus, iron, potassium, trace minerals, and several digestive enzymes.

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- **Dandelion** – This root stimulates bile production and acts as a diuretic for excess water produced by a diseased liver. Asian and Western physicians alike use dandelion to treat hepatitis, jaundice, swelling of the liver, and deficient bile secretion.

- **Burdock Root** – This ancient remedy is a diuretic and a diaphoretic. This means it increases urine and perspiration production. These actions exercise and strengthen these natural purging systems.

- **Sarsaparilla** – This is one of my favorite teas. Its benefits are many, including blood detox, and it tastes great. Native Americans cherish it as a restorative tonic.



**Sarsaparilla is made from the roots and leaves of the woody Smilax plant which are detoxifying.**

Try mixing your own blend of these herbs. You can also look for a premixed blend with as many of these ingredients as you can find on the label.

### **Step 3) Take The Fast Lane to Detox**

Working out helps your blood and lymphatic circulation do its job or removing toxins from your body. The critical issue when using exertion for detoxification is to work up a good sweat. Working up a sweat will rid your body of many toxins. **P.A.C.E.** works very well for this.

The principles of short duration and progressively

increasing intensity allows for quickly adapting to high levels of exertion.

I have never perspired so quickly and heavily as when I condition myself with **P.A.C.E.**

That's important because sweating is faster than any other natural method of detox since it opens pores, so you can flush out impurities more efficiently.

Hundreds of my patients are using **P.A.C.E.** with great results. T.D., a subscriber to our newsletter recently wrote me thanking me for the program. He said he wouldn't mind if I passed his words on to you:

*"Got the chance to do my first P.A.C.E. workout on the elliptical cross trainer. WOW! I have never achieved that kind of workout before! Heart rate was the highest I have ever seen. Calorie meter was incinerated, and the distance was more than I ever achieved before. I have never worked up a sweat like that ever."*

In your third article, I'll give you exclusive access to my **PACE Express** workout video so you can use it to work up a sweat, detox your body and flush it with oxygen, your most important healer... But first, let me show you how to make getting that exertion much easier than you thought possible... ■

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# Paleo M.O.V.E.

**M**ovement, exertion and a motivated attitude were all natural parts of life for our Paleo ancestors. In fact, they were necessary. Unfortunately today, you don't have the environment your Paleo ancestors had that forced you to stay fit, strong, healthy, lean and muscular.



**We used to have to exert ourselves intensely for our food and lifestyle. Today, our food acquisition is driving the car to our food, where they hand it to us in a bag.**

You don't have the benefit of knowing that you have to stay on guard when you're hiking through the woods with your family because the leopards are behind you...

The big difference between exertion now and exertion in Paleo times is that in that primal environment, the exertion is prompted by the environment. And it often has extreme urgency with dire consequences if you don't exert yourself.

You had no choice but to run fast and work hard. You had to run hard to catch your game. You had to run from a predator. You must fight off attackers from the clan that lives over the next hill.

That pushed us all the time. It was its own motivation.

Today, the environment is doing the opposite to you. It's trying to take away all your motivation.

***"Success is the sum of small efforts, repeated day-in and day-out." --Robert Collier***

Our food acquisition is answering the doorbell when the pizza comes. And if commercial interests get their way, you'll have drones flying to your door so you don't even have to go out of the house anymore.

To offset this problem of the modern world and help my patients regain a naturally lean body and fast metabolism, I've come up with a solution.

It's a system I devised that lets them automatically challenge themselves enough that they recondition their muscles, blood vessels, hormones and all those things that are built to respond to intense challenges.

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Those are the body systems that become the most dysfunctional when there's no challenge available, and this system reverses the risk for those diseases.

My system helps you start to make very small, incremental changes that are very easy to do, individually.

But when you are finished, you'll have the tools and the motivation to automatically exert yourself the way your body has evolved to expect.

### **“Desire is the Starting Point of All Achievement” – Napoleon Hill**

I'm going to help you wrestle your health back from the corporate entities and TV advertisers, and resist the bad habits of your neighbors ... the habits we've been tricked into adopting through no fault of our own.

**“If you do what you always did, you will get what you always got.” -- Anonymous**

Because let's be honest. In the modern world, you don't have to do a thing. Your exertion is almost entirely voluntary. And that's the problem. How are you going to make yourself do something hard when the environment's not making you do it anymore? We all want to live the way our genes have evolved to live, which means only doing the things we desire to do, and only exerting ourselves when we have to.

The truth is, you don't actually have to anymore. At least not in any immediate sense. You can pay someone to mow the lawn. You can drive your car to work. You don't need to forage for food, work the farm (for most people) or even walk to work.

**“If it doesn't challenge you, it doesn't change you.” --Fred Devito**

How is a poor guy or girl supposed to overcome all that? How can you make yourself *desire* the right kind of exertion ... the kind your body expects and is designed for you to get?

The answer I discovered is something I've used with patients at my wellness center that lets them self-motivate.

It's one of the reasons my wellness center isn't a typical doctor's office. I'm designing it to be a truly holistic natural health center, bringing together the best of fitness, anti-aging, and total body wellness.

That includes helping to motivate you.

As a **Confidential Cures** member, I'm going to show you this exclusive plan that I use with my patients so you can get the benefits without having to come all the way to South Florida.

It's exciting because this is the way I always wanted to be able to talk to you ... with total freedom. But I can't always say what I want to say in my free e-letter because the powers that be make it difficult for doctors like me to tell you about all the cures for diseases and health problems that I find.

But with your help, I've changed all that. Now I can give you the exclusive inside scoop on what I do with my patients to help them live younger healthier lives well into their golden years.

I want my wellness center and **Confidential Cures** to be places where you feel inspired to take control of your health, to stay young and vibrant.

**“Real difficulties can be overcome; it is only the imaginary ones that are unconquerable.” --Theodore N. Vail**

One of the programs I use to help motivate my patients and overcome the pressure that the modern world puts on them in the other direction is my MOVE program.

**Motivating Optional Voluntary Exertion.**

Think of it as a personal health coaching system.

This principle behind it is so simple that most people overlook it or ignore it. It's **success from within.**

You see, I've discovered that those who strive to achieve fitness success on the outside without preparing themselves sufficiently on the inside will usually fail, or at least go back to the way they were when they were unmotivated and unhappy with their fitness.

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Instead, when you make a few, small, incremental changes in your day-to-day habits – like the small incremental changes I recommend with my PACE program – you get an entirely new outlook and attitude toward each day.

**“Motivation is what gets you started. Habit is what keeps you going.” --Jim Ryun**

It’s incremental positive thinking. You make a small choice to think positively about each choice you have each day, and your fitness and health will change dramatically.

Check out the table below with solutions on how to overcome some of the most typical obstacles:

<b>Use Positive Thinking Habits for Automatic Motivation</b>	
<b>Negative Thinking</b>	<b>Successful Thinking</b>
I don’t want to work out today.	I’ll just do a warm up. If I still don’t want to exercise, I’ll stop.
This workout is boring.	Maybe I’ll try a new activity—like jump squats.
I’m too stressed out to exercise.	I’ll feel more relaxed if I get in a quick workout.
I missed my last few workouts	I’ve gotten off track, but I’m ready to get started again. I’ll be back to where I was in no time.
I haven’t lost a single pound.	If I quit now, I’ll never see long-term results.
I don’t have time.	I’ll do what I can until things slow down. Something is always better than nothing.

And, there are a lot simple things you can do on a daily basis to become more physical. A big part of it is simply changing your at-home (and at-work) activities.

It may seem like a big step at first, but after a week or two it will turn into a healthy routine that will help you feel more energetic, less stressed, happier and more confident with yourself.

1. Use the stairs instead of the elevator
2. Take a walk during your breaks at work
3. Sign up for dance classes
4. Take up a hobby you love that gets you moving... gardening, woodworking or another hobby that requires a physical challenge
5. Go bicycling with your kids or neighbors
6. Take the dog out for a jog
7. Become involved in local sports league and make new friends while you exercise
8. Join in on local charity walks

**“If you focus on results, you will never change. If you focus on change, you will get results.” --Jack Dixon**

The possibilities are endless. Of course, doing ALL of them would be hard. Doing just one you love, and then adding another, and another, can be fun, and do-able.

### **The Key To A Better Life Starts With MOVE...**

When Teri stepped into my office, she was exhausted. “I’m 250 pounds and it’s ruining me,” she said. “I don’t know what happened. I guess I got pretty inactive.”

At 55, Teri was a beautiful woman who was dangerously overweight. It was limiting almost every aspect of her life.



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A few weeks later, I had another patient visit my offices all the way from California. Dijon was a young man who wanted to be out chasing the ladies. At 383 lbs., he was barely able to get off the couch. He had no confidence and his self-esteem was at an all-time low.



Both Teri and Dijon were hopeless, depressed, and frustrated. They had tried all sorts of fad diets, weight-loss pills, and infomercial “miracles” but they were missing the most important key to having a lean, healthy body.

For Teri, her MOVE program started with walking. She enjoyed walking, but could only go for 45 seconds at a time. That was fine. I asked her to just walk for 45 seconds whenever she could.

Take a break at work. Do a lap around the house. Make the choice to walk whenever the opportunity presents itself.

Every day we increased her activity.

***“You’ve got to get up every morning with determination if you’re going to go to bed with satisfaction.” --George Lorimer***

It was just about the same for Dijon. We took a look at his day-to-day life and where we could get him to make better choices that were easy to do. Dijon decided to walk to work. He found he enjoyed the warm California sunshine.

These small steps led to a huge transition.

Teri lost 98 pounds of fat, and Dijon nearly doubled that. He dropped 186 pounds and went from 383 lbs. to 197 lbs.

Suddenly, they could move without pain. They could shop for normal clothes in regular stores. Their confidence and self-esteem soared.

Now they look better, feel better, and have tons more energy.

Even better, they’re both healthy and self-motivated ... not because I told them to do something and they did it. They made the choices, and I simply cheered them on.

***“Good things come to people who wait, but better things come to those who go out and get them.” --Anonymous***

What motivates you? Are you searching for that carrot-on-the-stick that will get you moving again?

Today, I am going to give you some techniques that will help motivate you to take the first step and get the exertion that is necessary for you to regain your native fitness and the body you were meant to have.

You won’t have to be stuck going from the desk chair to the driver’s seat to the easy chair in front of the TV and then off to bed.

Here’s the first thing you need to know: You don’t have to run for hours!

One of the things that makes people want to curl up and hide from exercise is the misguided notion that it’s only running until you’re exhausted and completely worn out that gets you fitness and health results.

You only have to exert yourself for a few minutes at a time to get results.

Going for a run becomes much easier, more fun, and more enjoyable when you know it’s not going to make you miserable. A new study from The Stanford University School of Medicine is right in line with this principle of my PACE program. Researchers followed 500 runners for more than 20 years.

They found that shorter periods of exercise can have the same body-shaping results AND slow the effects of aging. All it takes for you to get the benefits of running is to do it for *5 minutes a day*.

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You'll have fewer disabilities, a longer active life span, and will be half as likely to die early.<sup>1</sup>

The *Journal of the American College of Cardiology* also found similar results for very short periods of exertion. All you had to do was do some kind of running for only 7 minutes a day on average and you'll have 30% lower risk of death and a 45% lower risk of cardiovascular death.

All it takes is a small choice to spend five minutes challenging your lungs and heart just a little more each time, and you'll see even more dramatic results than the studies.

You can do a workout inside, in your yard, or up and down the block.

You don't need thousands of dollars of exercise machines, tons of free weights and barbells, and a wardrobe from the latest fashion designers.

***"Strength does not come from physical capacity. It comes from an indomitable will." --Mahatma Gandhi***

Wind sprints, jumping jacks, squats, dancing, leg lifts and other exercises can give you the exertion you need and you don't have to waste one minute driving to a gym.

If you want some good ideas and guidance for doing exercises, [click here](#) to go to my YouTube Channel. I have video instructions for over 30 different exercises you can do right in your home.

Also, here are four other pieces of my MOVE program that I want to reveal to you today.

**1) Write It Down On Your Schedule.** This sounds simple but it works. When you write a goal or a task down, you're more likely to do it, even though it was YOU who wrote it down. Write down the five minutes you plan to set aside for a quick set of exertion and you will be half way there. This gives you the mental commitment to get it done, and it also allows you to visualize where and when you will do it.

When you are done with your workout, check it off your list. That little check mark can feel like a big reward for your accomplishment.

**2) Find A Partner.** When you make a commitment to someone else, it is easier to keep that commitment to yourself. A workout partner is a great motivator for you and you will be a great motivator to them as well.

**3) Make It Fun.** Fun releases endorphins and is addictive. So if you are having fun while exercising, you'll focus less on your tired arms and heavy breathing, and associate the exertion with having a good time. And that makes it more likely that you'll go back and do that activity again.

When I was a kid, I ran races against my friends. I ran really hard, but I was eager to do it again because it was fun. Maybe there's something that gives you a sense of accomplishment? If so, then do that, because you're more likely to go back to it routinely.

That's what makes miles of jogging such a chore. No one does that for fun. Let the dog off the leash and have a little race? I'll do that every day.

Whatever you like doing, do that. Do you like to swim? Do it like you did when you were a kid and make believe you're in the Olympics. Join a club that does a different activity each week. You'll exert yourself with more intensity than you otherwise would, putting you on a path towards the benefits of PACE.

On Okinawa in Japan, where the people renowned for staying slim, healthy and living long lives, they socialize constantly, and people come from all over the island to be a part of the world's largest tug of war every year. And it's been going on since the 1600s! Sounds like fun to me.

And, when you're enjoying what you're doing, you'll not only regain your native fitness, but you'll be happier too, releasing more of those endorphins and giving yourself positive feedback and positive thoughts.

***"Energy and persistence conquer all things." --Benjamin Franklin***

**4) Get Into a Routine.** Here's another excellent way to motivate yourself to get back in regular habits of the right kind of exertion that will keep your lungs powerful and your body detoxified.

*Continued on the next page...*

In ancient life there were routines. No one sat around and wondered what they were going to do all day.

In fact, we had that all the way up until just a generations or two ago. We still had physical work in most of the cultures on the planet. I wrote to you recently in a Doctor's House Call about my trip to India and how hard those people still have to work to get their food. It's only recently for us that there hasn't been some foraging going on.

Even when I was a kid we would go and pick blackberries and apples. Sometimes even just harvesting stuff from the farm was no simple work. Just going in the woods to hunt rabbits and I'd be walking all day.

So part of MOVE is that you have to make routines for yourself that restore our primal way of living.

A good example is snacking. You just regiment yourself to say, "before I have that snack, I'm going to do this little PACE workout. Then once I do that I'll drink some water, wait a few minutes, and if I'm hungry then I eat."

Plus you feel a lot better when you eat after you exert yourself. If you eat first, it seems like your belly fills up and it just sits there. Our ancestors exerted themselves, then ate afterwards.

**4) Dance Like No One's Watching.** Put yourself with the music and dance to the beat. It's almost universal. In many other cultures, they get a lot of exercise dancing.

All over Africa, South America and Central America where I travel, they still have dance rituals.

The Ugandans dance for a long time. Go to one of their native dance festivals and you can't keep up. They dance all night long. Even in the Caribbean their festivals go until daylight.

**"The secret of getting ahead is getting started." --Mark Twain**

In Icaria, Greece, where people live longer and stay happy and independent longer than almost anywhere else on Earth, they have three-day parties.

On another island where the people live long, healthy and happy lives, Sardinia, off the coast of Italy, there's a community festival called *Sa Sartiglia*. Masked riders gallop through the main streets of the town of Orisanto and people come from all over the island to dance and participate.

You can join a dance class. Even dancing at a club is OK. You just can't drink too much alcohol because the added calories offset the dancing. But even that's better than sitting on a barstool and drinking.

Your body is an intelligent system. I think of changing my body as a coaching job. I don't try to force it. I try to get it to cooperate.

You see, when I work with patients, I use MOVE to help them figure out what to do first, and then what to do next. The order you do things in matters if you want to coach your body to make changes you need to maintain your ideal body weight and shape.

Doing things in order lets what you do first have its effect, and sets up the environment so that what you do next can benefit you more.

This is where making some better choices, self-motivating and seeing the results come afterwards makes all the difference. Then, when you start to apply the concepts of my PACE program to your workouts, it will multiply your results even more, which I'll show you in your next article...

**4) Easily drop the bad habits.** Advertisers and the habits of your neighbors and friends can be enticing to copy, and even downright hard to avoid copying. But, if you follow these three easy steps, you can change your habits forever:

**A) Remove the triggers:** There are some visual or behavioral cues that may "trigger" an action on your part even if you don't want them to. That's why it's easy to get up and go when you're on vacation ... you have none of the comfortable cues of home that allow you to just do what you habitually might do.

To counter that, change up the cues and try to give yourself new ones that get you to take a different action.

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Put the remote control up on a high shelf so it's not so easy to just sit down and watch TV. Put a workout mat in a place where you'll see it all the time. Put some workout shoes by the door to make it easy to put them on and get your 10 minutes worth of PACE in. Leave your copy of PACE Express in the DVD player so it's ready to go.

**B) Identify the healthy activities you like most:** As I mentioned, since we don't HAVE to work out, we often don't. Then, it becomes a major source of stress when you think you should get fit, but you don't know how, or what to do, or where to start.

Simply identifying which activities you want to do, and when, removes the stress and lets you structure your day so you can get to your workout and stay away from your bad triggers.

**C) Use new cues:** Keep your new habits and behavior going by repeating them during the regular routine of your day. That way, when you're in those situations, the new behavior will be your new habit.

If you always used to have a soda and a snack at 2 p.m., take a walk instead, and save a healthy snack for that time. If you usually come home and relax for a few minutes and then often don't get back up, make a deal with yourself that for just two weeks, you'll do 10 minutes of a PACE workout first. You'll be well on your way to forming a solid new habit, according to research at University College London. ■

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## Paleo Power

Today, we have succeeded in completely removing ourselves from our native world.

What's worse is our own powerful ability to adapt – our natural adaptive response to our surroundings – has got us into big trouble because we're longer faced with the same physical and metabolic challenges.

You see, we are still perfectly adapted for a life and death struggle between predator and prey. Yet we no longer have to hunt for our food. We grow it. And we no longer have to chase our food, or fight off predators, so we've become more sedentary.

This has had a disastrous effect on our bodies not only because they're not as lean and strong, but also because **we don't get enough oxygen to our tissues.**

If you recall, last month I told you about how a lack of oxygen can cause cells to become cancerous, and how to prevent that.

This month, I want to take a bigger view and show you how oxygenating your tissues and increasing your lungpower can help you get all the way back to your native level of strength, immune health, low inflammation, high performance brain power and fit state. I want to help bring you back up to that baseline of good health where you were designed to be.

This is the kind of thing I can't mention in my daily e-mails. Talking about oxygenation and cancer, Alzheimer's, and other diseases when I also offer you advice on how to fight them naturally is a big no-no with the powers that be.

But now that you're a subscriber to *Confidential Cures* I can tell you frankly that when a gym used to be a gymnasium, and we got a huge oxygen boost from those strenuous but fun exercises, we were healthier and had less chronic disease.

*Continued on the next page...*

Then modern diet and fitness advice got us off on this wrong track. It's a combination of a well-intentioned person who comes up with a theory that becomes accepted as fact, and the continuation of the theory because of financial incentive.

In this case, "aerobics" and cardio training instruction became accepted fact, and the gym industry has become come a \$200 billion business.

Any activity beats no activity, but that's not a reason to *do* the activity. Having cardiovascular endurance through "cardio" should never have been recommended as a health goal.

In fact, if you do these exercises for long enough, it makes your lungs weak and old before their time ... and wipes out your capacity to deliver enough oxygen to your tissues.

What they should have recommended was training for cardiopulmonary capacity.

## **Challenge Your Lungs to Grow Stronger**

When I was a kid, there weren't gyms you could join and become a member like there are now. We had YMCAs and old-style gymnasiums where people went to play basketball. There were boxing gyms, athletic clubs and tennis clubs and that sort of thing.

My uncle taught a class to children where they would learn to walk on their hands and do handstands and other body weight movements.

The interesting thing is these old-style gyms were healthier. The things they told you to do back then were good. The instructors looked good and stayed fit into their later years. They were the "health nuts" who did lots of sit-ups and pushups and chin-ups.

They mimicked the natural movements our ancestors used to have to do out of necessity each day, and it kept them fit and strong.

Those movements gave our Paleo ancestors strength, power and reserve capacity ... exactly what your heart and lungs need most to deliver oxygen for real world demands.

Yet for years, trainers and so-called "experts" have been advising you that to become fitter, you need to do

increasingly longer and more regimented workouts, instead of the healthy, intense exertion we evolved to need.

The truth is, there's a role for endurance, but training for it is not only not enjoyable, it's not health enhancing. Endurance exercises make your body think the environment is bad. That it's stressful. So you start to break things down, becoming injured and inflamed.

We've traded bursts of intense exertion and the oxygen boost that goes along with it for long-form exercise that zaps our ability to deliver oxygen.

To make matters worse, without an understanding of the cause of problem, pundits have advocated the wrong solutions. Many only take you further from your natural challenges and aggravate the situation.

The good news is that reversing this problem is easier than you might think.

You can re-oxygenate your bone marrow, cartilage, brain, heart, muscles and organs with physical challenges that are much shorter, but more intense – the same way our ancestors did.

You'll feel energized, motivated and ready to take on any challenge. The key is to build back the reserve capacity our modern world has taken away. You do this by incrementally challenging your heart and lungs, and then accelerating the challenge.

## **Maximum Oxygen Capacity Is the Key**

All of our power for healthy living starts with how we breathe. Think about it: Our lives begin and end with a single breath. The problem is that as you age, your ability to breathe gradually decreases. If you don't do anything about it, you'll lose 45% of lung capacity by age 75.<sup>1</sup>

This has serious implications for your overall health. Less oxygen makes its way to all your vital organs, your muscles, and over time, this can lead to potentially deadly health problems.

A study published in the European Society of Cardiology reported that even a moderate decline of lung volume increases your risk of heart disease by 200%. This is true even for those who have no family history of heart disease.

The Copenhagen City Heart Study found that a loss of lung volume raises the risk of first-time stroke by over 30 percent and boosts the risk of fatal stroke by 200 percent. <sup>2</sup>

The way I help my patients reverse this loss of lungpower and raise their ability to deliver oxygen is by increasing their VO2 max.

VO2 max measures the amount of oxygen your lungs can use while you're exercising at your maximum capacity. And the more oxygen you can get to your body, the better your body works.

VO2 max is usually written in milliliters of volume per kilograms of body weight (ml/kg) because oxygen and energy needs are different depending on how big you are.

The chart below shows typical VO2 max measurements for non-athletes.

Age	Male	Female
10-19	47-56	38-46
20-29	43-52	33-42
30-39	39-48	30-38
40-49	36-44	26-35
50-59	34-41	24-33
60-69	31-38	22-30
70-79	28-35	20-27

Notice that VO2 max typically declines with age.

But here's something that's news to most doctors: you don't have to let it.

Modern medicine always believed that VO2 max was unchangeable. But that's because they were looking at the wrong thing. The endurance exercises they've recommended for 50 years don't increase it.

So of course you can't improve oxygenation with cardio. You need *power*, not endurance.

Studies show your risk of death from disease gets lower and lower for those who exercise for lungpower, not endurance. That's the key to increasing VO2 max and improving lung power for better health.

You remember those powerfully-built Nordic skiers we saw at the winter Olympics?

They have much higher VO2 max than the skinny endurance runners you'll see at the summer Olympics.

Why? Because Nordic skiing is much more intense. Skiers expend huge amounts of energy pumping their legs and arms for power. Like sprinters do. This kind of exertion builds real power and increases your lungpower and how much oxygen you can deliver to your body.

Meanwhile, if you want to know how powerful your lungs are, that's something else you won't find out from most doctors. They aren't aware that you can improve lungpower, so they don't bother to measure it during a doctor visit.

Yet it's easy to do, and I measure it at my clinic. And the prescription I give to improve lungpower is my Paleo PowerFit program.

It's the next evolution of PACE, and it's helped me tremendously. I recently measured my lung strength with a "VO2 max" test at my clinic. I scored better than what an 18-year-old is expected to do. Not bad for someone in their late 50s.

The secret is to exert yourself with intensity. One study found that during the months when runners ran faster – when they increased the challenge to their lungs – their VO2 max went up. When they just jogged at low intensity, their lungpower shrank. <sup>3</sup>

Another study divided 36 people into three groups. One trained for intensity, one for duration (like jogging) and the other for strength. The intensity group had the most significant fitness improvement. It was the only group that had their lungs grow stronger.

Their VO2 max improved by an average of 14%.<sup>4</sup>

## Become Paleo PowerFit

When I go to Africa, I sometimes have to climb all day depending on whether or not I'm on a gorilla trek, mountain hiking or trekking through the jungle. Sometimes the high altitudes are a real challenge. But my lungs are up for it because of Paleo PowerFit.

When I play tennis, I play for two hours. But it's fun because I'm running all over the place in lots of different positions. I'm competing with another person, and I'm fully engaged and focused.

If you're doing something you don't enjoy for that long – more than about 30 minutes – your body considers it stressful.

That's when you start to produce the stress hormone cortisol, you burn yourself out with adrenaline, and your capacity actually shrinks instead of increasing.

That's where Paleo PowerFit comes in. With Paleo PowerFit I show you how to build back your reserve in only 12 minutes. Then your workout is done and you have plenty of time left over to enjoy yourself.

Because it makes sense to work out. But you want to use your workouts to build lung capacity. Then you'll have more fun during recreational activities when you play a sport or do something fun.

## Build The Heart Of A Champion

To return a healthy reserve capacity to your heart, you want to train for lungpower. That means changing your focus. Instead of working out longer and longer, you fix your intent on increasing the challenge to your lungs a little bit more each time, and your lungs will respond to the challenge.

You continually challenge your peak of intensity, never quite reaching it. Those small increases in intensity are called progressivity. It's what makes Paleo PowerFit so effective for increasing your ability to deliver oxygen.

Jogging or exercising for long periods of time is not progressive. Those kinds of long-term, low-power exercises wipe out your ability to deliver great amounts of oxygen, because they don't challenge your current capacity.

With Paleo PowerFit, you challenge that capacity with each period of exertion. As you raise your level of intensity, you up the challenge, and grow your lungpower.

This gives you the extra capacity your lungs need to do the things you want to in your everyday life. Like take a long walk with your dog. Roughhouse with the kids. Have an intense session in the bedroom with your partner.

The secret is pushing yourself in your workouts so that you have to catch your breath.

When you breathe hard, your body is trying to get more oxygen faster. By increasing the intensity of your workouts, your body responds. Your lungs get stronger and your capacity increases so that you can be ready for the next challenge.

If all you ever do is “aerobics,” you work out for longer, but you never challenge your heart and lungs, and your oxygen delivery disappears.

Having greater lung capacity means you have the ability to get more oxygenated blood faster to the tissues that need it the most, and deliver life-giving oxygen to your whole body. Having that kind of renewed strength and stamina will:

- **Keep You Active All Day Long:** Imagine doing all the “big” chores like doing all the yard work, cleaning out your garage and still having plenty of energy for a night out.
- **Stop You From Getting Sick:** Super-sized lungpower fights infection and keeps you disease resistant – even the common cold is no match for blood that's full of fresh oxygen.
- **Stop You From Getting Tired:** When your lungs shrink, your oxygen supply plummets. This makes you tired, sluggish and ready for a nap. With a robust set of lungs, you'll make it through your day without a single break.

You can choose any exercise that will make you stop and pant for breath. It could be as simple as going up and down the stairs, jumping rope, or performing traditional body weight exertion.

I design conditioning programs for my patients with this goal in mind. And it's how I designed Paleo PowerFit.

Let me show you how using its principles can get you noticeable results by doing the opposite of what all the fitness “gurus” have been saying for years.

**First, keep your total exertion time to no more than 12 minutes.** Endurance exercises that last for an hour at a time or more mimic stress. In your native environment, this would signal your body that times are not good, and you have to conserve energy, store fat and slow your metabolism.



By keeping the challenge brief, you tell your body that the environment is healthy, and it's OK to melt off the fat and build lean muscle.

**Second, copy natural movement as much as possible.** Forced, man-made exercises like training for endurance or individually training one muscle at a time with weights won't rebuild your heart and lung capacity. They rob you of it.

And running on a treadmill is worse. It undoes your neuromuscular wiring because you're not moving, it's moving under you. It's not natural. Instead, use body weight movements, sprints, or swimming to exert yourself. Even an elliptical machine is better than a treadmill. It more closely resembles sprinting or climbing.

Exercises that put your body through natural patterns of movement train your body from thought to action. This is essential if you want that new muscle to be capable of doing anything. When you call on your muscles in real life, they move against the resistance of your own body weight. They are the best way to build functional strength.

Body weight exertion is also much more effective in strengthening ligaments and tendons. Bottom line – nature didn't build your muscles to lift weights or run for hours. To build strength that you can use, work against your own body weight.

**Third, incrementally increase the intensity of the challenge.** When you focus on how intensely you're exerting yourself, and increase it bit by bit, you're forcing your heart and lungs to adapt to what you're asking of them. You're using your body's natural adaptive response to boost oxygen delivery.

Just like our bodies adapted – for the worse – to an environment without predators, you can change it back by mimicking the challenge our predators presented. Brief periods of exertion followed by rest. We've discovered that three sets of exertion is best.

As you get more fit, your ability to deliver oxygen will increase. What felt like moderate intensity for your first set a little while ago will become easy fairly soon. So you have to be progressive with your intensity to keep building lungpower.

**Fourth, accelerate the changes.** When you've regained your native capacity, it's time to get more energy and retrain your metabolism so you melt fat off naturally.

You can accelerate in a few ways. You might rest and recover between exertion sets for 30 seconds less than you're used to. Then a minute less. Eventually, you'll need little recovery time as your heart and lungs regain their power.

And when you accelerate and get to your target level of intensity faster, you send your body the signal to store energy in your muscles for quick use. Especially in your heart. It's energy you can feel – horsepower on demand.

Even if your current lifestyle is relatively inactive, Paleo PowerFit will help you dramatically reverse the effects of our modern environment.

Just use these simple techniques and the workouts that follow, you'll recreate the naturally fit and lean state of health you were designed for and give yourself the ability to drive oxygen to all your cells and beat inflammation and modern disease.



In fact, as a *Confidential Cures* subscriber, [here's a link](#) to the entire first day workout from my *PACE Express* fitness program. It's a total of 21 minutes of exertion sets for you. Each can be broken into smaller workouts that you can just click on each day and do for 2, 3, or 5 minutes at a time. You'll be amazed at how far they take you.■

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## Al Sears, M.D.

Al Sears, M.D., 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 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).

## Share Your Story With Me

I've made it my personal mission to bring you back hidden and forgotten cures from around the world, and return to your body what's missing from our modern environment so you can live a full life without worry.

I often hear great things about my books, special reports, and products from patients who come in to my clinic.

But I'd love to hear from you, too.

[Click here to take a moment below to share your thoughts with me.](#)

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.