

DR. SEARS'

TELOMERE SECRETS

Volume 5:

Erase Wrinkles and Turn
Graying Hair Back to Its Original Color



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Uniquely Qualified to Keep You Healthier For Life



Al Sears, M.D. currently owns and operates a successful integrative medicine and anti-aging clinic in Royal Palm Beach, Florida, with over 25,000 patients. His cutting-edge therapies and reputation for solving some of the most difficult-to-diagnose cases attract patients from around the world.

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

After entering private practice, Dr. Sears was one of the first to be board-certified in anti-aging medicine. As a pioneer in this new field of medicine, he is an avid researcher, published author, and enthusiastic lecturer. He is the first doctor licensed in the U.S. to administer TA-65, the most important breakthrough in anti-aging medicine today.

Dr. Sears is board-certified as a clinical nutrition specialist and a member of the American College of Sports Medicine (ACSM), the American College for the Advancement in Medicine (ACAM), the American Medical Association (AMA), the Southern Medical Association (SMA), the American Academy of Anti-Aging Medicine (A4M), and the Herb Research Foundation, (HRF). Dr. Sears is also an ACE-certified fitness trainer.

Dr. Sears currently writes and publishes the daily email broadcast, *Doctor's House Call*, and contributes to a host of other publications in the field. He has appeared on over 50 national radio programs, *ABC News*, *CNN*, and *ESPN*.

Since 1999, Dr. Sears has published 14 books and over 100 reports on health and wellness with a readership of millions spread over 163 countries.

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

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

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

In 2009, 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*. Expanding on the fitness principles in *The Doctor's Heart Cure*, he developed a fast, simple solution to restore muscle strength, guard against heart attack and burn excess fat. Today, PACE is practiced by thousands of people worldwide.

In 2010, Dr. Sears made history by bringing telomere biology to the general public. As the first U.S. doctor

licensed to administer a groundbreaking DNA therapy that activates the gene that regulates telomerase, his breakthrough book ***Reset Your Biological Clock*** shows how anyone can preserve the energy of youth by controlling the length of your telomere, the true marker of aging.

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), the Age Management Medicine Group (AMMG), and the Society for Anti-Aging, Aesthetic and Regenerative Medicine Malaysia (SAAARMM).

As the founder and director of Wellness Research Foundation, a non-profit research organization, Dr. Sears has made it his life's work to bring his patients the latest breakthroughs in natural therapies. As part of his ongoing research, Dr. Sears travels the world in search of herbs, novel cures and traditional remedies. Meeting with doctors and healers, Dr. Sears has brought back and revitalized much of the traditional knowledge considered endangered in today's modern world.

- During an expedition to the Peruvian Andes, Dr. Sears brought back a nutrient-dense oil made from the Sacha Inchi nut, containing the highest plant source of heart and brain boosting omega-3 fatty acids.
- In India, Dr. Sears studied at the oldest existing school of Ayurvedic medicine, the ancient Indian healing tradition, and was tutored by Ayurvedic doctors on the use of potent Indian herbs used to treat heart disease, cancer and Alzheimer's disease.
- While trekking through the Amazon rainforest in Brazil, Dr. Sears lived among the native Ashaninka Indians, incorporating their ancient knowledge of healing herbs into his own nutritional supplement formulas.
- In Jamaica, Dr. Sears met with the last living healer from the ancient and forgotten lineage known as the Maroons. Coming from West Africa 500 years ago, their knowledge was on the brink of extinction until Dr. Sears published a book showcasing their unique herbs and healing formulas.
- On the island of Bali, Dr. Sears had a meeting with the most famous of the ancient healers known as "Balians," – Ketut Leyir – and also met two of the country's foremost herbalists. Dr. Sears is publishing a book showing how to use Balinese herbs and make unique healing mixtures for the skin and body.

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

By exposing the flaws of mainstream medicine and pioneering new solutions through innovative approaches to exercise, nutrition and aging, Dr. Sears continues to empower the lives of his patients and readers through his books, newsletters and regular media appearances.

Dr. Sears' Telomere Secrets:

Volume 5: Erase Wrinkles and Turn Graying Hair Back to Its Original Color

You are genetically programmed to wilt like a flower.

That's the reality.

Every time your cells divide, your body sends a new command that causes your skin to become progressively dryer, droopier and full of new lines and wrinkles.

Same with your hair and nails. They are programmed to lose their shine and luster. Over time, your hair thins and turns gray while your nails become brittle and cracked.

It seems like an "act of fate," but your body is simply following a script. Like actors reciting lines, your cells have no choice but to lose their power and good looks as they age. *That's the only storyline they know.*

But new discoveries show you can CHANGE the story... and CHANGE the script.

By "writing" a new program, you can tell the cells in your skin, hair and nails to stop older and more decrepit. So instead of getting lines on your forehead and bags under your eyes, you can keep and maintain a fresh, radiant look as you age.

You can even make repairs to your skin, which can make you look years younger. And in some cases, you can even "go back in time" and revive the genetic coding you had when you were in your twenties.

In this special report, you'll discover the NEW research behind the telomere and how it controls the way you look... from your hair, skin and nails, down to the way you appear older and less attractive as you age.

You'll find out how this breakthrough technology can increase skin tone and firmness, restore natural skin moisture, reduce the appearance of fine lines, wrinkles, age spots and large pores... and even turn your graying hair back to its original color.

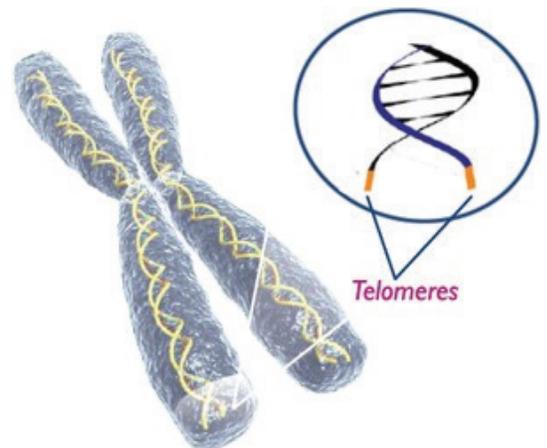
You'll also find new ways of "reprogramming" your genetic code so you can keep that younger-looking version of yourself to star in your own life drama for years to come.

Your Cells Hold the Secret of Life-Long Sex Appeal

Telomeres are the "time keepers" attached to every strand of your DNA. Each time your cells divide, your telomeres get shorter. When your telomeres run down, cell division stops and your life ends.

By slowing down the loss of your telomeres, you not only extend your lifespan, you stay younger longer.

That's what I do for my patients. And it's important you know how this works.



Telomeres are the caps at the end of each chromosome.

As the telomere gets shorter, your body produces cells that are older, weaker and more decrepit.

This speeding up of telomere loss actually causes your body to transcribe an older, more dysfunctional part of your genome.

That means your body becomes weaker, more frail and open to all the pitfalls of aging.

That includes your appearance too... your skin, face and hair are EXTREMELY sensitive to telomere loss.

One study found that people who look younger than their actual ages live longer than those who look older.

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

And the reason for this difference?

The people who looked younger had longer telomeres.

Longer telomeres not only help you look better, but it increases your chances of living longer... and decreases your risk of chronic disease.

But that's not all.

The twins with longer telomeres also had:

- **Stronger Grip Strength:** Measuring the strength of your grip correlates to overall muscle power and ability to perform daily activities.
- **Greater Physical Function:** As measured by an 11-point strength scale, like walking up two flights of stairs.
- **Better Cognitive Ability:** Compared to the twins with shorter telomeres, the twins with longer telomeres had better memories with faster recall.
- **Longer Life Spans:** The twins with longer telomeres lived longer than and had better survival rates than their twins with shorter telomeres. They were also less likely to suffer from chronic diseases, like cancer, obesity and heart disease.

The message here is clear. When you preserve telomere length, you preserve life and youth.

It means we now understand the very mechanism by which you age. And we've found a ***simple system*** that helps you preserve your telomeres and extend your lifespan.

And when you preserve your telomeres, you LOOK younger and more attractive.

Studies suggest that too much sun and UV exposure has a dramatic and debilitating effect on your telomeres. And these shrinking telomeres are the primary cause of "photo aging," the damage caused by the sun's rays.

But when you PROTECT your telomeres from sun damage and REPAIR your DNA, you can reverse some of



These two women are twins, yet the twin on the left was perceived to be 64-years old, while the twin on the right was perceived to be 74-years old.

the damage and maintain younger-looking skin and hair.

Let me explain.

Shrinking Telomeres Cause Your Skin to Get Old Before Its Time

Dermatologists along with the cosmetic industry spend millions of dollars a year trying to convince you the sun is somehow “bad” for you. Their answer, of course, is to slather on layer after layer of sunscreens and tanning lotions.

As you’ll discover later in this report, many of these products contain toxins that cause cancer and block your body’s ability to create vitamin D.

But the sun is not your real enemy. Moderate sun exposure is essential for healthy skin and hair.

The real problem is what **overexposure** does to the telomeres in your skin cells.

A study published in the journal *Micron* found telomere shortening was the real culprit behind skin aging... and overexposure to the sun **accelerated telomere shortening**.¹

By measuring telomere loss and sun exposure, researchers were able to show how telomere loss is the mechanism that creates the thick, coarse skin that comes from too much direct sun exposure. Dermatologists call this “photo aging.”

In the study, researchers from the Department of Dermatology at the Boston University School of Medicine concluded that UV rays damage telomeres in two ways: 1) By creating proteins that directly damage the cells’ DNA where telomeres are located, and 2) by generating free radicals that attack and further degrade telomere length.

To compare telomere length and the quality of skin, the team looked at the skin of a 91-year-old woman.

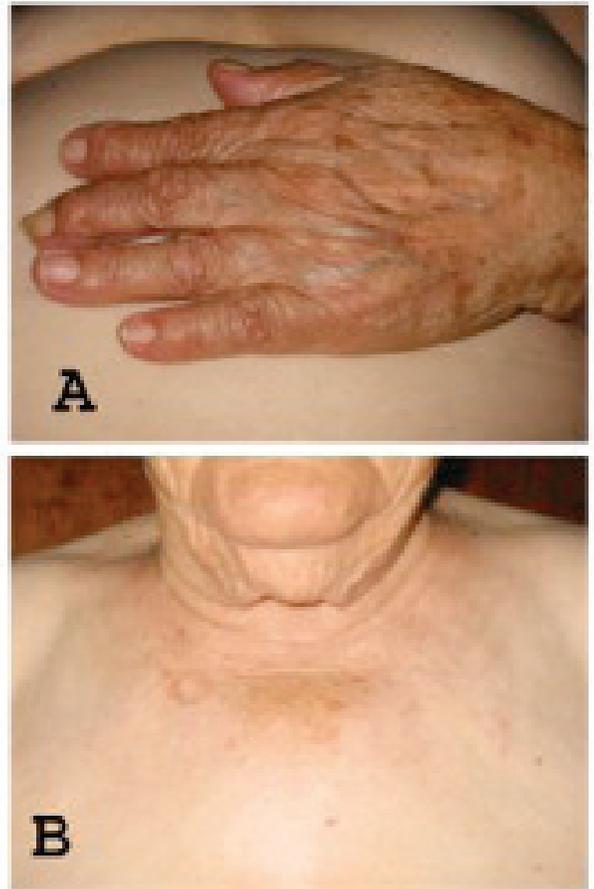
Have a look at the pictures to the right.

In photo A, you can see the effect of photo aging. The skin is darker, drier, heavier and marked by blemishes and age spots.

And most notably, the photo-aged skin has **shorter telomeres**.

Compare that to the woman’s “chronologically aged” skin in photo B. Without sun exposure, her skin remained softer, with more moisture and fewer lines, wrinkles and age spots.

Why? Because the skin cells not exposed to the sun have



Telomere loss caused by photo aging created the thick, dry skin along with blemishes and age spots (photo A). The woman’s skin NOT exposed to the sun had longer telomeres and remained softer with fewer blemishes and wrinkles (photo B).

longer telomeres.

For the first time, we have conclusive evidence that telomere length is the true measure of how your skin ages.

And it's not hard to understand why.

Your skin cells are the fastest-dividing cells in the human body. They have to be to withstand the wear-and-tear of threats from our environment.

When you consider our skin is under constant attack, it's not surprising to find out that our skin cells are one of the few regenerative tissues to express *telomerase*, the enzyme that rebuilds your telomeres.

That fact that our skin cells get some protection from telomere loss is encouraging. But the real question is whether our skin can hold on to this supply of telomerase in the face of environmental threats our ancient ancestors never had to worry about.

Back when our ancestors were hunter/gatherers, they faced "organic" threats from their environment like wind, rain and climate changes, as well as cuts and lacerations they suffered during their walks and/or hunts.

Today we face "inorganic" threats in the form of chemicals, drugs and other toxins that attack our skin and shorten our telomeres.

In spite of our cosmetics, day spas and various treatments, it's harder to maintain your natural beauty in the modern world than it was centuries ago.

And that's why you must do SOMETHING to stop the loss of telomere length in your skin, hair and nails. If you don't, you will age faster and accelerate your built-in genetic program that's designed to make you less attractive as you age.

Fortunately, there are simple strategies I give my patients to help protect their telomeres, and in some cases, even lengthen them.

And that's good news, because overexposure to sun light is NOT the only threat to your telomeres.

What Else is Accelerating Loss of Skin Tone?

It is worth knowing the factors that can damage your skin causing it to lose its tone and wrinkle earlier than you'd like. Then, you'll know exactly how you can keep your skin taut and healthy, while still taking advantage of the benefits of sunlight.

Aside from overexposure to sunlight, some of the big contributors to damaged skin include:

- Nutritional deficiencies...
- Over consumption of artificial polyunsaturated fats...
- Not getting enough omega-3 fats...
- Exposure to toxins and allergens in our food and water...
- Air pollution...
- Chemical lotions and creams...

- **And smoking.**

Let's take a closer look at each of these factors.

Sunscreens Don't Protect Against Photo Aging

People slather up with sunscreen and head into intense sun for hours thinking they're safe from overexposure to the sun. Nothing could be further from the truth.

Most sunscreens block UV-B light, the light that causes sunburn. But most do NOT block UV-A light, and it is overexposure to UV-A light which accelerates photo aging of your skin.

When you spend a long time in the sun, unprotected from UV-A, this type of radiation can chemically transform and excite certain acids in your skin that then contribute to photo aging pigmentation changes and wrinkles.²

Even worse, many sunscreens still use a compound called PABA. This chemical actually *increases photo aging* because it inhibits your skin's ability to repair cellular damage. And there is another reason you should avoid PABA: Many people are allergic and get a rash which looks like a sunburn and further inflames and damages skin.

As the Boston University study showed, overexposure to sunlight can also *generate free radicals*. And that can damage skin cells and reduce the amount of antioxidants present in your skin, specifically vitamin C, vitamin E, and CoQ10.³

The effect of sunlight on the antioxidants present in the skin is important.

While moderate sun exposure actually helps to increase antioxidants present in the skin, inappropriate ratios of UV-A radiation or overexposure consumes and lowers antioxidant levels in your skin.

This tells us in part how sunlight can damage your skin... and it helps us find ways to counteract the process.

Your body uses vitamin C to make collagen. Collagen forms a kind of latticework or scaffolding as the basis of your skin's structure. When you have healthy collagen, you have taut, smooth and toned skin.

But when any factor damages your skin's collagen, your skin loses its scaffolding, sags and begins to wrinkle. With a deficiency of vitamin C, this process goes on unchecked without repair.

Additionally, vitamin C is critical to many of your skin's other maintenance and repair processes. When your skin lacks adequate vitamin C, these processes are retarded, slowing repair and contributing to aging of your skin.

In other words, if you don't get enough vitamin C, your skin suffers. But when you get plenty of vitamin C, research shows it does more than just the basics.

British researchers examined the skin of more than 4,000 American women between the ages of 40 and 74. *The women who got more vitamin C showed fewer wrinkles and less dryness.*⁴

As we age, our body's ability to make collagen decreases. But a team at Duke University discovered that vitamin C reverses this trend.

They took skin cells from both newborns and retirees and added vitamin C. When they did, the cells divided

much faster... even cells from 93-year-olds.

The researchers concluded that vitamin C helps your body beat the drop in collagen production.⁵

Studies also show that vitamin C supports an important immune system function.

Your skin is your immune system's first line of defense. A strong skin barrier keeps attacking microbes out. But it can also help keep healthy moisture in.

And a study from *The British Journal of Nutrition* shows that vitamin C supports a healthier skin barrier.⁶

So taking vitamin C is a great way to promote healthier, younger-looking skin. But it's not the only nutrient that can help your skin shrug off UV damage.

Safeguard Your Skin with the Right Fats

Omega-3 fatty acids are a group of healthy unsaturated fats. They're essential for your good health, but your body can't make them on its own... so you **MUST** get them from your diet.

Omega-3's are great for your heart, support a strong immune system and may even help with "brain fog" and forgetfulness.

But Omega-3's also support healthy skin. In fact, researchers at Germany's Heinrich-Heine University say they can be "**part of lifelong protection**" for your skin.⁷

More than 15 years of studies from around the world show that the Omega-3 fatty acids found in fish oil support your skin's UV defenses.

One of many studies I've found comes from the University of Liverpool.

Scientists there found that fish oil, rich in Omega-3's, "markedly reduced" sunburn response.⁸ In other words, subjects experienced less skin damage. The kind of damage that makes your skin look older than its years.

And fish oil may promote younger looking skin in another way.

Most of us think of limp, droopy skin as a sign of age. Skin elasticity, the ability of skin to "snap back" when stretched, is seen as a sign of youth.

So a nutrient that could improve your skin elasticity by 10% in just 3 months would be terrific, wouldn't it? Well that's exactly what happened when German researchers gave a supplement rich in fish oil to a group of 24 women.⁹

And these women weren't teenagers. This study worked with women as old as 60. It appears as though fish oil may work at nearly any age.

And there's good news for rough, scaly skin, too.

I've come across several studies that show fish oil promotes improvement of dry, scaly skin. After taking fish oil for just a few weeks, the subjects' skin was smoother and healthier looking... while those taking a placebo showed no improvement at all.^{10 11}

A report in the journal *Circulation* says it promotes better blood flow in small arteries.¹² Since these same

small arteries nourish your skin, this is another way fish oil supports better skin health, and that youthful appearance you desire.

Fish oil is great. But I've found another supplement that works remarkably well... whether you take it internally or rub it on your skin.

But there's more to keeping your skin young. I've discovered two breakthrough ingredients that help ***stop the loss of your telomeres***, and in some cases even ***rebuild them***.

Rebuild, Repair and Restore Your Skin Cells with this DNA Breakthrough

At the beginning of this report I showed how your telomeres are the mechanism by which your skin ages. And now, I'll show you a way to apply this Nobel Prize-winning breakthrough to skin care. It virtually shuts down the aging of your skin's DNA.

By repairing your skin's DNA, you can plump up your skin and erase wrinkles, tighten up your sagging jaw line, make your crow's feet disappear, and banish sun and aging spots.

It all begins with an extract that slows the aging process and can ***extend the lifespan of your skin cells by up to 30%***.

This amazing extract, called ***teprenone***, delays the shortening of your telomeres and protects your skin's DNA so you can avoid many of the destructive effects that come with age.

That's why this compound is so exciting. It's the single best – and easiest – thing you can do for your skin to restore the youthful glow you want the world to see.

As you know, each and every day toxins bombard your skin. And when those enzymes disappear it degrades the proteins, antioxidants and oxygen your skin needs to thrive. And it damages your skin's DNA in the process.

Teprenone actively limits, even prevents, oxidative build up in your skin cells and protect your DNA by helping your skin to produce a protein that protects cells against oxidant damage. It also protects the antioxidant activity naturally produced by your skin cells.

In clinical trials of women, the results were promising:¹³

- **100% increased the level of moisture in their skin**
- **100% saw sun spots improve significantly**
- **Over 90% saw a decrease in redness and pore size**
- **75% experienced an improvement in skin tone and elasticity**
- **75% felt roughness and fine lines faded noticeably**

In a similar study, a clinical trial involving a group of mature women who were suffering from age-related skin problems experienced a ***35% increase in skin firmness... a 45% improvement in skin tone... and a restoration of natural skin moisture***.¹⁴

Teprenone protects your telomeres by activating genes involved in their regulation and elongation. And by protecting your DNA from free radical stress, teprenone supports healthy cell division. It also helps improve the

metabolism of your skin cells and *prevents the loss of cell function by up to 60%*.¹⁵

Keep the Moisture and Suppleness of Your Youth

Squalane is a naturally-occurring lipid in your skin. In fact, it accounts for about 12% of the total fat content in an area of your skin called the *sebum*.¹⁶

You had plenty of squalane during your childhood and into your teen years. The problem is, once you enter your 20s, the amount of squalane in your skin decreases rapidly.

More importantly, that loss of squalane opens you up to sunburn and damage caused by the sun's UV rays.

Squalane has a powerful hydrating action and penetrates into the deepest layer of your skin for the most protection. At the same time, it produces a barrier against water loss, restoring moisture and suppleness to your face, and reducing fine lines and wrinkles.

Squalane is easily absorbed and leaves it soft and supple with no greasy residue. It also helps prevent the growth of harmful microorganisms by creating a protective antibacterial coating on your skin.¹⁷

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