

The Melatonin Miracle

By Dr. Al Sears, MD



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This Overlooked Hormone Holds a Little-Known Secret...

It Protects You from Disease, Boosts Your Bedroom Performance and Keeps You Younger Longer

If you travel a lot on business, you've probably already discovered melatonin. It eases jet lag and lets you get some precious sleep in those cramped airplane seats. But nature's sleep regulator holds another little known secret: It can peel years off your age.

This hormone holds not one but nearly half a dozen age-fighters. They can help you look and feel younger longer. And melatonin can protect your cells against deadly diseases like cancer and Alzheimer's.

Today, I'll tell you how you can add melatonin safely and easily to your anti-aging program, and *why* you should.

The Anti-Aging Supplement that Works Wonders

Your body produces melatonin naturally. It's the main hormone made by your pineal gland. This is a tiny, pea-sized gland at the base of your brain. One of the most important jobs this gland has is regulating your sleep cycle. It works like this: The pineal gland monitors changing light levels throughout the day and when darkness falls, it excretes melatonin to bring on sleep.

For decades, travelers have used melatonin to ease the transition between time zones with great success. But melatonin holds other, more important health-enhancing secrets.

Melatonin is one of the best-studied and most effective anti-aging nutrients available today. Surprised? Don't be. For one thing, melatonin is one of the only oral supplements that stimulates your body's release of human growth hormone (HGH). This is the hormone that keeps you looking and feeling young.

When you're in your twenties, your body produces lots of HGH. But production slows down as you age. When you reverse this decline, you reverse aging. In fact, studies show improving HGH levels heightens energy, sexual performance, muscle gain, fat loss, and skin appearance.¹

And melatonin works well increasing HGH levels even at small oral doses.² What's more, when you double the dose, HGH levels *double*.³ No wonder melatonin increases lifespan in study after study.⁴

Melatonin is also one of the most potent antioxidants ever discovered. It destroys disease-causing molecules called free radicals at an incredible pace. And it does something most other antioxidants can't: It stimulates extra antioxidant enzymes that can protect against everything from wrinkles to illness.

Bring Your Dying Cells Back to Life

One thing that causes aging and the diseases of aging is the death of cells. Your cells depend on their energy powerhouses called mitochondria. If the mitochondria are damaged, you fall victim to conditions like Parkinson's disease, Alzheimer's disease, even cancer.⁵ Protect the mitochondria from damage and you keep millions more cells alive. That means you'll stay healthy and more youthful.

Melatonin is also quickly gaining a reputation as a cancer killer. In fact, it works so well at blocking tumors, doctors are already using it to treat cancer. And the results are promising. Melatonin enhances the effectiveness of other cancer treatments, reduces side effects of those treatments, and increases survival rates.⁶

Melatonin may do more than just protect your body from age. Studies show it may actually reverse it where it matters most: **Your brain.** (After all, what good is a younger looking body if you're not "all-there" to enjoy it?)

Studies have shown that melatonin can reverse aging in the brain tissues of mice.⁷ Obviously, that's not the same thing as reversing brain aging in men, but with all of its other benefits, there's no reason not to try melatonin—and if it helps keep your brain young in the process, so much the better.

As you can see, melatonin isn't something you want to lack. Trouble is, you lose it as you age.

Trouble Sleeping? Does Your Prostate Have You Getting Up in the Middle of the Night? Melatonin can Help You Too...

Like Human Growth Hormone, melatonin levels fall sharply as you age. It's a drop you can feel. For example, one of the most common complaints I hear from older patients is that they're not sleeping as well as they used to. It's often caused by a deficiency of melatonin.

And, as a side benefit, just a couple of milligrams will work wonders if you're suffering from prostate trouble. Benign prostatic hyperplasia sufferers find they don't have to get up and go as often at night when they're taking melatonin.

Putting Melatonin to Work for You

If you're over 50, you should think about taking melatonin. There is to date, no evidence to tarnish its perfect safety record.⁸

I recommend a small anti-aging dose of 0.5 mg a night. For jet lag, take 1 mg for every time zone crossed.

If you have cancer, I recommend a much higher “antioxidant dose” of 20 to 40 mg every night before bed. Of course, be sure to discuss this with your doctor first.

To Your Good Health,

Al Sears, MD

¹ Klatz, R. *Grow Young with HGH* Harper Collins, NY: 1997

² Forsling M.L., Wheeler M.J., Williams A.J., “The effect of melatonin administration on pituitary hormone secretion in man” *Clin Endocrinol (Oxf)* 1993 Aug;39(2):193-9

³ Valcavi R, Zini M, Maestroni GJ, Conti A, Portioli I. “Melatonin stimulates growth hormone secretion through pathways other than the growth hormone-releasing hormone.” *Clin Endocrinol (Oxf)* 1993 Aug;39(2):193-9.

⁴ Maestroni G.H.M., Conti A., Pierpaoli W. “Pineal melatonin, its fundamental role in aging and cancer in neuroimmunomodulation: Interventions In Aging and Cancer” *Annals of the NY Academy of Sciences* 1988 521:140-148.

⁵ Reiter RJ, Tan DX, Manchester LC, El-Sawi MR. “Melatonin reduces oxidant damage and promotes mitochondrial respiration: implications for aging.” *Ann N Y Acad Sci.* 2002 Apr;959:238-50.

⁶ Lixsoni P. Melatonin and cancer treatment, in: *Melatonin on the Promotion of Health* by R.W. Watson CRC. Boca Raton, 1999 pp. 175-190.

⁷ Okatani Y, Wakatsuki A, Reiter RJ, Miyahara Y. “Melatonin reduces oxidative damage of neural lipids and proteins in senescence-accelerated mouse.” *Neurobiol Aging.* 2002 Jul-Aug;23(4):639-44.

⁸ Dean, Ward M.D. “Melatonin: Unique, Potent Life-Extending Nutrient” *Vitamin Research News: Anti-Aging Supplement Review and Update Part 3*, August 2004, p 14.