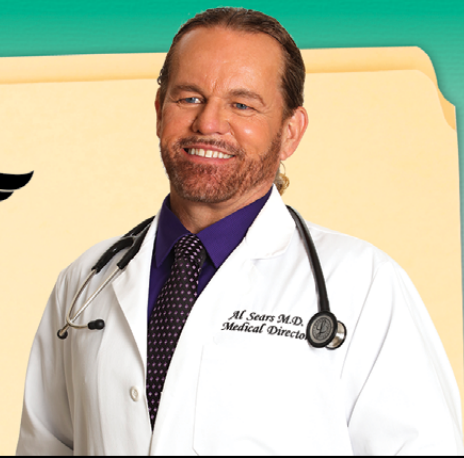


Dr. Sears'

ANTI-AGING CONFIDENTIAL for Women



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REPAIR TOXIC DAMAGE TO YOUR THYROID

Raise your hand if you haven't given your thyroid a second thought today. Sadly, most doctors don't pay much attention to it either — until it goes haywire.

Keeping this small, butterfly-shaped gland just below your voice box healthy is difficult in our modern environment. You're surrounded on a daily basis by toxic chemicals that are overwhelming your thyroid.

Maintaining thyroid health is important for everyone. Your thyroid is part of your endocrine system of glands, including your pituitary, pineal, hypothalamus, pancreas, adrenals and ovaries. It produces thyroid hormones and sets the rate at which every organ and organ system in your body functions. That's why it's often called your body's "gas pedal."

But the issue is especially important for women — not least because thyroid dysfunction in women occurs *seven times* more often than it does in men.¹

More than 21 million women in America have been diagnosed with thyroid disease — and after menopause, your risk increases dramatically. Another 13 million Americans are believed to

have a thyroid disorder, but have *no idea there's a problem*.^{2,3}

When your thyroid works well, it's taken for granted. But when it works poorly, it can really affect everything.

As we age, thyroid function declines, but particularly so for women.

An underactive thyroid, or *hypothyroidism*, means the gland isn't producing enough thyroid hormones and, as a result, many of your body's processes are forced to slow down.

The list of symptoms of an underactive thyroid is long, but you can see some of the most common ones in the chart below.

Common Symptoms of Hypothyroidism

You feel unusually tired
You sweat excessively
You get heart palpitations
You have trouble concentrating and are abnormally forgetful
Your nails become brittle
You gain weight inexplicably

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The problem is, if you go to the doctor and say, “I’m tired and I’m gaining weight,” the physician hears: “Whining woman.”

You see, most doctors wrongly attribute thyroid dysfunction to menopause, or what they call “normal aging,” because their textbooks tell them the symptoms are similar.

But it’s extremely important to heed your thyroid’s warnings.

Thyroid dysfunction doesn’t “mimic” aging — it’s actually an integral part of the aging process.

Once they figure it out, most doctors end up prescribing *Synthroid* for an underactive thyroid. But as the name implies, this Big Pharma drug is *synthetic* and potentially harmful — and it diverts treatment away from the real cause.

Mainstream medicine hasn’t caught on yet, but *the health of your thyroid is central to the rate at which you age*. Recent studies on centenarians — the vast majority of whom have extremely healthy thyroid glands — back me up.⁴

*In this **Anti-Aging Confidential for Women**, I’m going to show you that maintaining a healthy thyroid is one of the easiest and most powerful anti-aging weapons you have.*

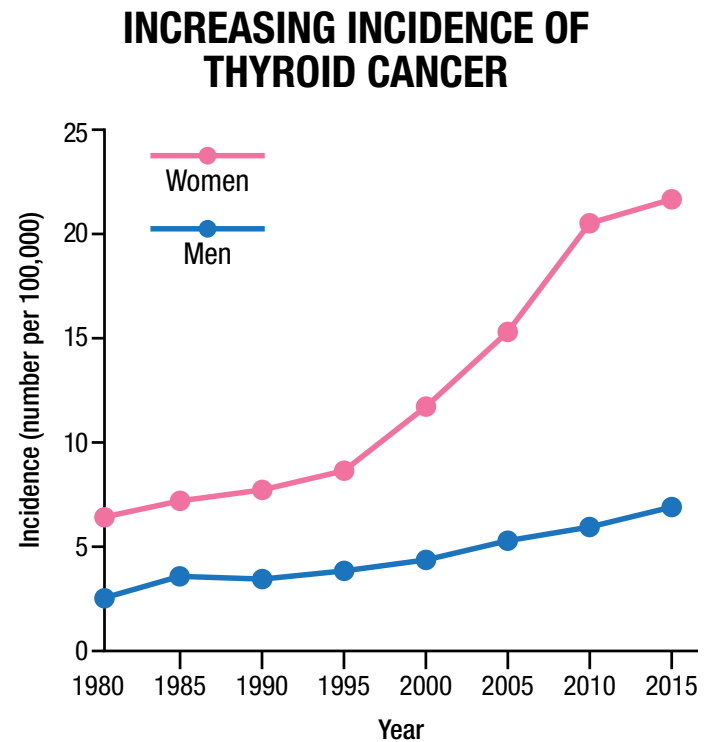
You’ll also learn why natural thyroid treatments are better than the synthetic form. And I’m also going to show you *SIX natural thyroid boosters* you can use to maintain optimal thyroid health and help you feel better starting today.

But first, let’s take a look at why your thyroid is under attack in the first place and why thyroid disorders have reached near-epidemic proportions around the world.

CHEMICALS THAT MAKE YOUR THYROID GO HAYWIRE

It’s not a coincidence that the rate of thyroid disease and thyroid cancer have more than tripled since the 1970s.⁵ And as you can

see in the chart below, the increase is more pronounced in women.



Thyroid cancer has been on the rise since the 1970s, thanks to the massive increase in environmental toxins and medical radiation.

Over the past 40 to 50 years, huge quantities of modern-day environmental toxins and hormone-disrupting chemicals have contaminated your food supply, the water you drink and the air you breathe.

As these chemicals and pollutants build up in your body, your thyroid is one of the first organs to malfunction and become diseased.

Irritants and toxins in drinking water, like chlorine and fluoride, and chemical additives like bromides, seek out and attach themselves to receptors on your thyroid.

These receptors are really intended for **thyroid stimulating hormone (TSH)**, which is produced in your pituitary gland and gives your thyroid the command to use its supply of iodine to make its two main hormones, T3 and T4. These are the hormones that regulate your body’s energy,

temperature, metabolism, heartbeat and the rate at which your body burns fat.⁶

The first best way to initially test thyroid function is to measure your TSH levels in a blood sample.

You see, when your thyroid is functioning well, TSH levels are low, because the hormone is being used to make T3 and T4. But when you have hypothyroidism, your thyroid isn't producing enough T3 and T4, and your TSH levels are high, because it can't land on the receptors and so remains in your bloodstream.

Environmental toxins — as well as medical radiation — can also trigger autoimmune thyroid disorders, like Graves' or Hashimoto's diseases, which cause your thyroid to become overactive and your TSH levels to become exceptionally low. These disorders deplete TSH levels at such a fast rate, your pituitary can't keep pace and it also gets stressed.

Here are a few of the worst toxins that attack your thyroid and can cause hyper- or hypothyroidism.

Fluoride is one of the most caustic industrial chemicals out there. Since 1962, about 75% of Americans have been getting between 0.7 and 1.2 mg of fluoride per liter of drinking water as a strategy to reduce dental cavities.

Those levels are dangerously high. A recent study by the University of Kent in the UK concluded the risk of hypothyroidism is 30% greater in places where tap water fluoride levels exceed 0.3 mg per liter.⁷

It's been known for more than 80 years that fluoride raises TSH levels and causes a deficiency in iodine, the basic building block of your T3 and T4 hormones.^{8,9,10}

It's no wonder that the incidence of thyroid disease has reached near-epidemic levels. Without your consent, you've been subjected to this thyroid-suppressing chemical in your drinking water for most of your life.

Bromides and **bromines** are well-known hormone disruptors, and they're extremely dangerous to your thyroid.

Used in everyday items like plastics, fire retardants, Big Pharma meds, bakery products, pesticides and sodas like Mountain Dew, they compete for the same receptors your thyroid gland uses to capture iodine, the building block for T3 and T4.

In 1990, the UK banned bromides in bread. And Canada did the same in 1994. But in America, the FDA continues to protect industry instead of you.

Perfluorooctanoic acid (PFOA), also known as C8, is an industrial chemical used to make nonstick products like water- and grease-resistant clothing, upholstery and Teflon cookware, as well as microwave popcorn packaging, fast-food wrappers and stain-resistant carpeting.

A federal research project in 2013 found PFOA contaminants in one-third of the water samples collected from 25 municipal utilities across the U.S.¹¹

Studies have shown the chemical to be present in the bloodstreams of 98% of the general population.¹²

*People with high levels of PFOA in their blood have been found to be twice as likely to suffer thyroid dysfunction, according to a survey of medical records of nearly 4,000 otherwise healthy American adults.*¹³

Earlier this year, elevated levels of PFOA were found in drinking water in New York, Vermont and New Hampshire, where contamination has been linked to factories that use PFOA in their manufacturing processes.

Industrial chemical manufacturer DuPont is currently facing multiple lawsuits in West Virginia, where thousands of people have been exposed over decades after PFOA was released from a local industrial plant.

The same chemicals that are destroying our planet are also destroying our bodies.

This is not what nature intended for us, and we shouldn't have to take corrective action to stay healthy — but in today's world, we MUST.

In a minute, I'm going to show you six thyroid boosters that will keep your thyroid healthy — even as it's under attack.

You see, thyroid health is a key part of anti-aging, and it's essential to a long, vibrant and disease-free life.

YOUR THYROID REGULATES LIFESPAN EXTENSION

Scientists are only just beginning to discover that something interesting happens to your thyroid as you age — and it only happens if your thyroid is healthy.

Researchers call it an “inverse correlation between the T4 hormone and TSH.”¹⁴

As you age, especially once get into your 70s and beyond, your thyroid needs subtly more TSH, but it produces less of the T4 hormone.¹⁵

The research is far from complete, but compelling evidence from recent studies reveals that healthy centenarians have higher levels of TSH along with reduced levels of T4.¹⁶

Low levels of T4 have also been linked to longevity in animals.¹⁷

But higher levels of T4 in older humans and animals have been connected to a number of health issues associated with aging — such as frailty and bone loss.¹⁸

The centenarians with higher TSH and lower T4 in the study had none of these age-related health problems.

*In other words, as you age, your thyroid function appears to slow down naturally — strongly suggesting that **a healthy thyroid naturally regulates your body for a long life.***

That's why Big Pharma drugs like Synthroid, which synthetically replace hormones T3 and T4,

do more harm than good — and may even result in premature death.

You see, the drugs Synthroid and methimazole don't maintain thyroid health. Instead, they merely treat the symptoms of a disorder brought on by our toxic environment.

You need to take corrective action that's natural, so your thyroid stays healthy and functions consistently as it's supposed to.

Here's what I recommend at the **Sears Institute for Anti-Aging Medicine...**

THE FIVE NUTRIENTS YOUR THYROID CRAVES

Nutrient #1: Iodine

This trace element is your thyroid's number one nutrient — but you don't need much. Your thyroid stores 75% of your body's iodine.

The problem is it's tougher to get it from your diet these days. Trace minerals like iodine were once plentiful in our water, soil and, therefore, food supply... *until modern industry and commercial farming made them scarce.*

Most fruits and vegetables today are grown in nutrient-depleted soil that lacks iodine. And more and more people have stopped using iodized table salt. That means you might be missing out on iodine and it may be at the root of your hypothyroidism.

Good sources include cod, shrimp, eggs and unpasteurized milk. Best of all is *seaweed*, a thyroid powerhouse that's rich in iodine.

Wakame, nori, arame, kombu, kelp and dulse are good choices. You can buy these in most Asian food markets or health stores.

Just be careful to avoid Japanese seaweed, because of the Fukushima nuclear accident. I recommend *kombu* that's been harvested in Iceland.

I also recommend **Iodoral** tablets, which contain iodine and potassium iodide, two molecules that are essential to a healthy thyroid. Take 6.25 mg per day.



Seaweed is a great natural source of iodine. I recommend “kombu” harvested in Iceland.

But iodine doesn't work alone... and keep in mind that taking iodine alone will NOT always help — especially if your thyroid is overactive.

To maintain optimal thyroid health, you need a more complete approach.

I also recommend...

Nutrient #2: Selenium

This is one of nature's best-kept secrets. You need only small amounts of this amazing mineral, but it has huge effects on your health. Selenium protects us against many health problems associated with the aging process — but, most importantly, it's vital to the normal functioning of your thyroid.

Since women are more prone to thyroid problems, selenium is especially important to you. It helps convert the thyroid hormone T4 into the active form of T3 your body needs for strong metabolism and more energy.¹⁹

Natural food sources of selenium include yellowfin tuna, halibut, sardines, grass-fed beef and beef liver. But by far, the best single source is the Brazil nut. Just one or two a day provides all the selenium your thyroid needs.

If choosing a supplement, take 200 mcg a day.

Nutrient #3: Magnesium

Your thyroid can't function without magnesium. And it also helps convert inactive T4 into the

active form of T3. This is extremely important, because the metabolism of your body's cells are improved by T3, not inactive T4.

Magnesium also helps you to make more T4 in the thyroid gland. And it helps remove toxins from your body. Deficiencies in magnesium have been linked to goiter, or an enlarged thyroid gland, and hyperthyroidism.

Certain nuts, such as almonds, as well as green leafy vegetables like spinach and chard are rich in magnesium, but it's hard to get enough of this important nutrient from your diet.

I recommend Magnesium Citrate at a dose of 600 mg a day to support your thyroid.

Nutrient #4: Manganese

This element is a vital component of the antioxidant enzyme Manganese-dependent superoxide dismutase (MnSOD) — *a primary antioxidant protector of thyroid hormone activity in your liver.*

Because most T4 to T3 conversion occurs in cell membranes in the liver, it's crucial to make sure you have enough manganese to avoid oxidant-stressed liver cell membranes, which can block the activation of T3.

Manganese is present in spices and herbs like cloves and saffron. You can also find it in pumpkin and squash seeds, oysters, mussels, clams, and nuts like pecans and hazelnuts.

But to get the right amount for thyroid support, I recommend supplementing with 200 mcg a day.

Nutrient #5: Zinc

This is another trace metal your thyroid needs to make hormones. The picolinate form of zinc is much more easily absorbed than others, like zinc sulfate.

This mineral also improves the transport and absorption of activated T3 into your cells, and helps return your metabolism back to its normal, healthy state.

You can get a good amount of zinc from grass-fed beef and lamb. But I still recommend supplementing with 30 mg a day of zinc picolinate. It should be taken one hour before meals or at least two hours after your meal.

One more thing you can do...

The ancient Indian herb ashwagandha has been used for centuries by Ayurveda healers to normalize the amount of hormones secreted by your thyroid. This keeps your levels from going too high or dropping too low.²⁰

Ashwagandha also reduces stress. You see, stress stimulates higher production of cortisol from your adrenal glands — and cortisol slows the conversion of T4 to T3.

I recommend 500 mg a day. You can buy it in capsule form.

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THE MAJOR CAUSE OF DEPRESSION THEY'RE NOT TELLING YOU — AND NATURAL WAYS TO BEAT IT

There's a reason women today have the highest depression rates in history. And it doesn't have anything to do with stress, your genetics or even a chemical imbalance in the brain.

It does have *everything* to do with the changing, toxic environment we're living in... a world that we're not designed for.

As a woman, the environment has thrown you a serious curveball. There are hundreds of "estrogen mimickers" — those alien estrogens, as I call them — that get into your system through plastic bottles, food, shampoo, cosmetics and even the air you breathe.

These alien estrogens cause a condition called estrogen dominance and it throws your hormonal balance into chaos. But it also does something else — and mainstream medicine isn't paying attention. And the effects can be devastating.

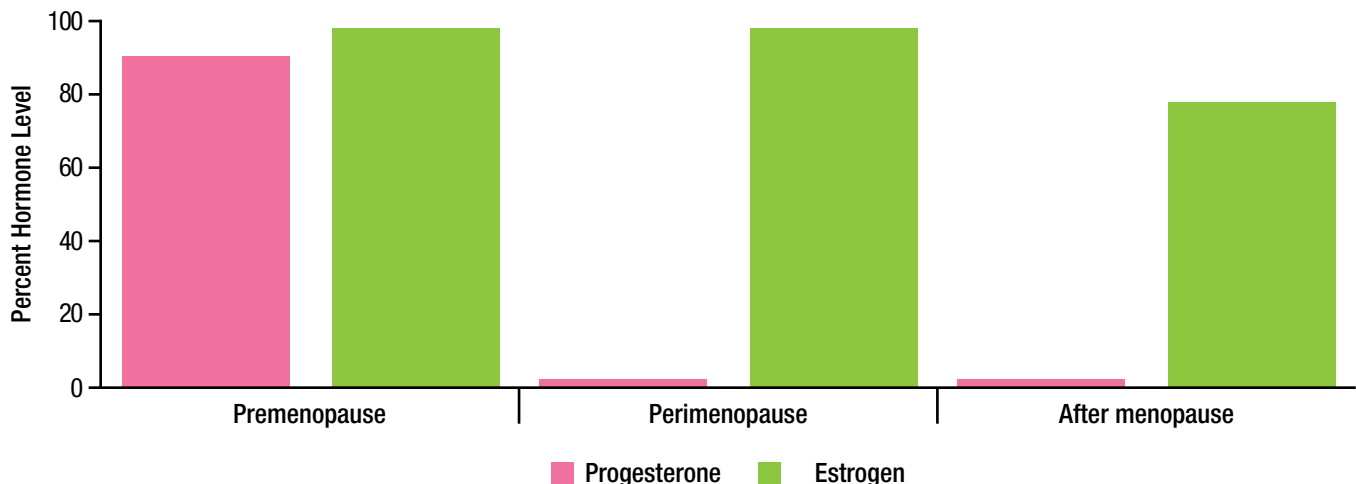
Estrogen dominance causes your progesterone levels to plummet. This is clearly illustrated in the chart below. And as you can see, your estrogen levels stay high.

But mainstream doctors are still writing out prescriptions for estrogen. They don't realize that it's the lack of progesterone that's throwing women's bodies out of balance. And their prescriptions for estrogen are only making the problem worse.

THE REAL REASON YOU'RE DEPRESSED — LOW PROGESTERONE LEVELS

Many women come to my clinic for help with depression. The first thing I do is test their hormone levels. Most of the depressed women

A TOXIC WORLD LEADS TO LOW PROGESTERONE LEVELS



Before perimenopause you have plenty of progesterone, but shortly after, it can drop to nearly undetectable levels. At the same time, your estrogen levels remain high.

I measure have progesterone levels below the lowest detectable limit of the blood test. And after menopause, these levels may be non-existent. As you can see from the chart below, symptoms of depression and low progesterone are almost identical:

The symptoms of low progesterone AND depression are similar:
Weight gain
Changes in appetite
Muscle and joint pain
Sleeping too much/sleeping too little
Irritability
Mood swings
Difficulty concentrating
Sadness
Loss of sex drive

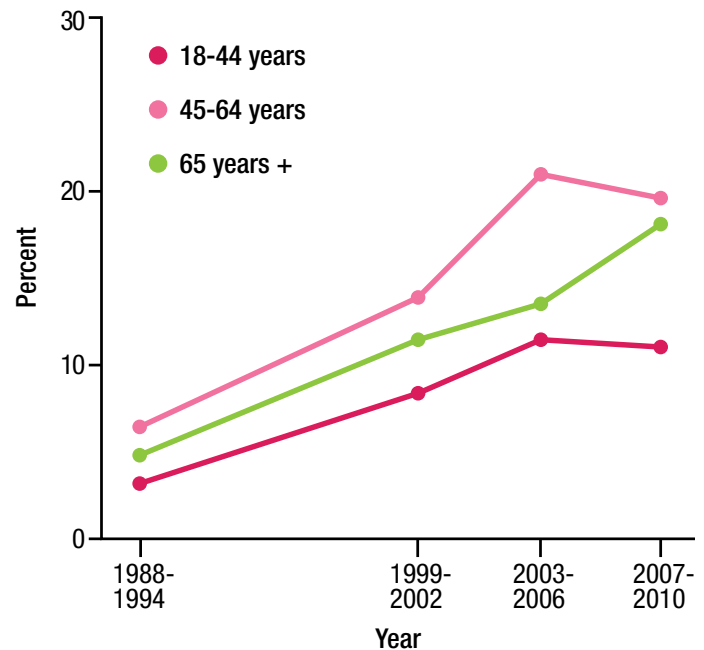
Progesterone is a feel-good hormone, and 50% of your progesterone receptors are in your brain. Progesterone helps you feel satisfied and content. It also keeps your estrogen levels balanced.

Too little progesterone equals a high risk of depression. And depression is a real and growing epidemic in America... especially for women.

Women are twice as likely to have depression as men of the same age... and 12% of women in the U.S. will experience symptoms of clinical depression at some point in their lives.¹

Getting real help is vital. But when you see a conventional doctor or psychiatrist, chances are they'll scribble off a prescription for some addictive Big Pharma opiate or a benzodiazepine, like Xanax, Ativan or Klonopin, and then move on to the next patient who needs to be "numbed."

ANTIDEPRESSANT USE AMONG WOMEN



The number of women who have been prescribed antidepressants has skyrocketed in recent years, especially among women of menopausal age.

As the above graph illustrates, these medicines are big business. In a recent study, the U.S. Centers for Disease Control and Prevention reported that antidepressants are the most prescribed drug in America. Almost 254 million prescriptions are written each year.² One out of 10 Americans takes an antidepressant. And 25% of women are on one. That's one in every four...

THE PROBLEM WITH ANTIDEPRESSANTS

Taking antidepressants alters your brain chemistry. And they can leave you feeling worse than ever...

In 2004, the FDA ordered drug manufacturers to add Black Box Warnings (the most serious warning label for a prescription medicine) to their antidepressants because they have been shown to increase suicidal thoughts, feelings and behavior in younger patients.

While the Black Box warning applied to adolescents and young people, that's not to say that these drugs don't have serious side effects for everyone who takes them, no matter their age. Here are some of the most common:³

- **Physical symptoms.** Headaches, dry mouth, nausea, blurred vision, abdominal pain, constipation or diarrhea.
- **Trouble sleeping.** Almost 25% of people on antidepressants have a hard time falling asleep. Others have medication-related sleep disturbances like nightmares and sleepwalking.
- **Daytime sleepiness.** Some patients also experience a sedation-like effect during the day. In fact, taking an antidepressant significantly increases your chances of being in a car crash due to daytime sleepiness.
- **Weight gain.** About 25% of woman gain 10 pounds or more with certain antidepressants.
- **Sexual dysfunction.** This is the most common side effect — and also the one that bothers patients the most. Almost 60% of women will suffer from a severe decrease in desire or difficulty having an orgasm.

And if that's not enough to give you pause, here are some side effects that are downright terrifying:

- **Pregnancy complications.** Pregnant women and unborn children may suffer complications and birth defects.⁴
- **Increased risk of stroke.** Antidepressant users were 45% more likely to experience strokes than women who weren't taking antidepressants.⁵
- **Increased risk of death.** A large study known as the Women's Health Initiative followed 136,000 women aged 50 to 79. Researchers found that the women taking antidepressants were 32% more likely to die overall.⁶

This list is scary enough to make you want to stop taking your pills! But stopping your medication comes with its own risks. That's because stopping causes severe withdrawal symptoms.

A report in the *Journal of Postgraduate Medicine* noted that up to a quarter of patients who stop taking their medication experienced anxiety, insomnia, irritability, mood swings, vomiting, dizziness and fatigue.

Ironically, withdrawal symptoms even include depression and anxiety. Sometimes, the depression is even worse than the original depression that brought you to a doctor in the first place!⁷

The good news is that depression is one of the most treatable illnesses. Up to 90% of people find relief with the proper treatment. But there's a lot to consider when choosing the proper treatment. There are natural alternatives for treating mild to moderate depression that are very effective. And they DON'T come with scary side effects.

5 DRUG-FREE REMEDIES TO DEFEAT DEPRESSION

I prefer natural remedies to pharmaceuticals. The following five natural therapies have been shown to be even more effective than pharmaceutical drugs in conquering your depression. And they're much, much safer.

Note: If you're on an antidepressant, talk to your doctor about weaning off them under supervision. Stopping your medication suddenly can be dangerous.

..... **1**

Boost progesterone naturally.

There are several ways to naturally restore your progesterone so you can get back your sex drive, good mood and keep a lean, trim body.

- **Use a progesterone cream.** After measuring hormone levels and discovering low

progesterone, I often prescribe a high-quality progesterone cream. It works its way through your skin into your bloodstream and gently lifts your progesterone levels. Within two weeks, my patients are back to normal.

But don't confuse natural progesterone replacement with the dangerous Hormone Replacement Therapy, or "HRT." The basic problem with HRT is that the pharmaceutical products billed as HRT aren't hormones at all. And taking them is not replacement therapy.

In my practice, I only use bioidentical hormones. Bioidentical hormones are exact replicas of your body's missing hormones. They're not synthetic imposters. Your body naturally and easily responds to them.

- **Eat progesterone-boosting foods.** Walnuts, cherries, chicken, red meat, wild yams, and spices like turmeric, oregano and thyme all help your body with the process of making progesterone.
- **Get the right nutrients.** Women who have low progesterone often have low levels of zinc, magnesium, vitamin B-6 and vitamin C. I recommend you get your nutrients through food, but if you need to supplement, get at least 500 mg of vitamin C, 40 mg of B-6, 30 mg of zinc and 400 mg of magnesium per day.
- **Try a herbal hormone balancer.** One of my favorite herbal supplements to boost progesterone is Chaste Berry. It works by regulating pituitary hormones, which regulate estrogen, progesterone and testosterone. It's a gentle hormone balancer. I recommend 300 mg in tablet form once a day.

2

Take a SAME Supplement

Although it's relatively unknown in America, SAME (S-adenosylmethionine) has been used in Europe to treat depression for decades. SAME

raises levels of the neurotransmitter dopamine. Dopamine enhances learning, memory, motivation and even helps with attention and sleep. It's also the key to experiencing pleasure and maintaining an overall sense of wellbeing and a good mood.

In 2002, *The American Journal of Clinical Nutrition* published a study that confirmed its efficacy. Researchers gave one group SAME for six weeks and the other group was given an antidepressant. Both groups reported the same amount of improvement in mood. But the SAME group had significantly fewer side effects.⁸

In another study, half the patients with severe depression were given SAME for 14 days, while the other half took an antidepressant. After the first week, the SAME group showed improvement while the second group didn't. After two weeks, 66% of the SAME group showed significant improvement, compared to only 22% taking the antidepressant.⁹

You can get SAME at your local health-food store. I recommend taking 200 mg a day to start. If after two weeks you're not seeing considerable improvement, increase to 400 mg.

3

Get More Vitamin D3

For decades, I've been on the vitamin D bandwagon. And now, there are dozens of studies that show the sunshine vitamin has the power to fight cancer, heart disease, osteoporosis, diabetes, chronic obstructive pulmonary disease, dementia and Alzheimer's.

But did you know that vitamin D3 has a mental and emotional impact as well?

Doctors in Norway discovered that taking vitamin D3, especially in large amounts, improved the symptoms of depression.¹⁰

I recommend taking a supplement of vitamin D3 called *cholecalciferol* and avoiding the synthetic form of vitamin D2 in most multivitamins. It's less potent

and less absorbable. You also want your vitamin D3 supplement to include vitamin K2, which helps activate and improve absorption of vitamin D3.

But taking a supplement isn't enough... I tell my patients to go outside — unprotected — for 10 to 15 minutes a day. This will give you between 3,000 and 10,000 IUs of vitamin D3.

But it's not enough to just take a walk. You need to expose the skin that's usually covered up. Roll up your sleeves. Let your legs get some sun. It's a good idea to wear a hat to protect your face, though. The skin on your face generally gets too much exposure.

Finally, add food sources of vitamin D3 to your daily diet. A serving of wild salmon or mackerel provides roughly 350 IU vitamin D3 each. Sardines and tuna in oil provide about 225 IUs of vitamin D3. A tablespoon of cod liver oil contains nearly 1,400 IUs of vitamin D3.

4

Determine DHEA Levels

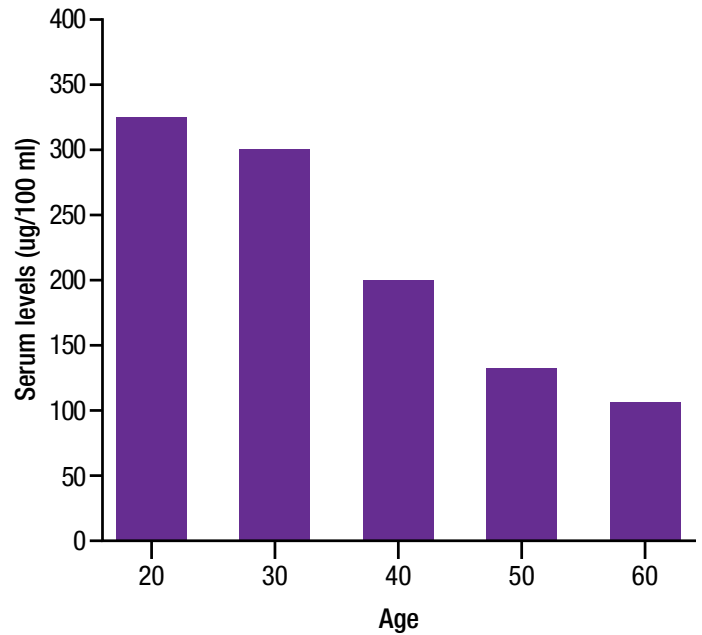
A low level of DHEA is a major cause of depression. Scientists have known this since the 1950s, but most people have never even heard of DHEA. It's the most abundant hormone in the body, but levels decline by about 2% a year. You can see the dramatic drop between the ages of 20 and 60 in the chart on the right.

Low testosterone is directly linked to increased depression. Since DHEA is a precursor to testosterone — meaning it helps your body make the hormone — it makes sense that as DHEA levels decrease, so does testosterone.

I've treated many women with testosterone deficiency, and I've seen the misery it causes through depression, lack of energy and loss of libido. But increasing DHEA levels can help.

In a study of men and women with depression, half the patients received 90 mg of DHEA a day for three weeks and 450 mg per day for an additional

DHEA LEVELS DECLINE WITH ADVANCING AGE



By the time you are 60, your DHEA levels are less than a third of what they were when you were 20.

three weeks. Compared to those who got a placebo, the DHEA patients showed dramatic gains on the standard depression rating scale. In fact, half the subjects showed improvements of 50% or more.

As a bonus, they also had significant improvements in sexual function. The researchers concluded that DHEA is effective in treating depression when used in the absence of prescription antidepressants.¹¹

I have successfully treated many of my patients who suffer from depression with DHEA therapy. Before supplementing, it's important to get your DHEA levels checked. Your doctor can perform the simple test.

Youthful levels of DHEA for women range from 300 to 400 (ug/dL). After your levels have been checked, you can determine optimal dosing. A common starting dose that I use is 25 mg daily. DHEA is absorbed well and can be taken at any time but best mimics the natural daily fluctuation when taken first thing in the morning.

Depression Causes You to Age Faster

Here's something I'm sure your doctor never told you — even though you might have suspected it: Depression doesn't just affect you mentally, it can cause physical symptoms.

In other words, it's not all in your head...

If you're battling depression, you might realize you ache all the time. The list of physical symptoms is long.

Physical Symptoms of Depression				
Fatigue	Stomach Pain	Frequent Colds	Chest Pain	Nausea
Backache	Joint Pain	Difficulty Breathing	Vomiting	Constipation
Weight Gain	Weight Loss	Headache/Migraines	Diarrhea	Ulcers

And here's something your doctor probably doesn't know: Depression is actually causing you to age faster. There's a direct link between depression and telomeres.

Telomeres are the protective end caps on your chromosomes. They get shorter and shorter every time your cells divide. When they get too short, the cell dies. Shortened telomeres equal premature aging and early death — because telomeres control how your cells age.

Research backs this up. In a recent study, telomere length was found to be significantly shorter in people with mood disorders.

In the study, published in *Molecular Psychiatry*, researchers looked at 2,407 people with and without depression. The telomeres of people who suffered from depression at some point in their lives had significantly shorter telomeres than those who were never depressed. And those who suffered most severely or for the longest time had the shortest telomeres.

The difference represents up to six years of additional aging. Some scientists say it's as much as 10 years or more.

A word of caution... Since your body converts DHEA into testosterone and estrogen, don't take it if you have a hormone-sensitive cancer (like breast or uterine cancer) without talking to your doctor first.

..... **5**

Increase Your Omega-3 Intake

For years, doctors have ignored one of the most important factors in today's depression epidemic

— our modern diet. We are starving for vital nutrients. Never before have we had so much food with so little nutrition.

One nutrient we continue to be deficient in is omega-3 fatty acids. Numerous studies indicate the rate of depression in America has *increased* as our consumption of omega-3s has *declined* over the past 50 to 100 years.

And as our consumption of omega-3s went down, the ratio between healthy omega-3s and

so-called unhealthy omega-6 fats has gotten wildly out of balance. In fact, the North American diet currently has omega-6 fats outnumbering omega-3s by a ratio of up to 20:1. It should be closer to 2:1. And the imbalance is causing a whole host of health problems, including depression.¹²

The latest research shows omega-3 is one of your most powerful allies in the fight against depression — it's as effective as antidepressants. And of course, without any nasty side effects like insomnia, sexual problems, weight gain, fatigue and suicidal thoughts.

Even better, it doesn't matter if you're already depressed or just at risk for depression. It doesn't matter how old you are — in fact, it boosts mood in children *and* in people over 50. It doesn't even matter if you're already on antidepressants. You can still get the benefits.

Replenishing omega-3s has worked wonders. And numerous studies back up the experience of the patients who come to my clinic.

But what do omega-3 fatty acids have to do with depression or brain function? A lot, in fact.

Your body needs fat to make brain and nerve cells. What's more, fat can actually put a smile on your face. It helps the membranes of your brain cells absorb the natural chemicals that put you in a good mood and keep you there. The fat that your brain craves most is omega-3.

In one study, participants took a pure omega-3 supplement. The result? Their brains started growing. In fact, the parts of their brains that grew were directly responsible for happiness.¹³ In other studies, researchers found that people suffering from major depression had very low levels of omega-3 in the areas of the brain that help with mood.¹⁴

It's great that omega-3s have finally gotten the attention they deserve. In fact, the supplement is the most used natural product on the market. Almost 20 million American adults take it.

But once again, mainstream medicine is missing the big picture...

That's because when it comes to brain health, the most important of the omega-3s is DHA. Researchers refer to this specific omega-3 as the single most important nutrient you can take for brain health throughout all stages of your life.

DHA is concentrated in your brain's gray matter, especially your "mood zone." It becomes part of the cell membranes and helps brain cells develop and communicate.

It also helps stabilize mood... and too little DHA leads to depression. An important study on U.S. veterans bears this out.

In the study, researchers tested the blood of 1,600 servicemen and women. They found that the veterans with low levels of DHA were 62% more likely to commit suicide than those with normal or high levels.¹⁵

Our ancestors got DHA omega-3s from grasses, fish and seaweed. They also ate wild animals that fed on the wild plants and grasses. Today, we're more likely to eat farm-raised, corn-fed salmon or corn-fed beef. So our vegetables and our meat end up deficient in DHA.

To get DHA from food, I recommend you eat grass-fed beef and buffalo. Buffalo naturally contain a higher percentage of omega-3s than beef, and it is the only animal that refuses to eat grain or corn. That means none of its DHA has been diluted as it has with Big Agra's commercial meats.

Organ meats — once a staple part of our ancestors' diets — and egg yolks are also good sources.

Most mainstream doctors recommend you get your omega-3s through a fish oil supplement.

I don't. You can easily start boosting your omega-3 intake today. For the full antidepressant benefit, take between 1,000 mg (1 g) and 4,000 mg (4 g) per day.

But make sure your omega-3 contains DHA. I recommend 500 mg daily.

Supplements are the easiest way to boost your omega-3 levels. But don't take just any supplement. If you use fish oil, you're likely to run into the same toxicity problems — like mercury overload — you'd face if you ate fish every day.

I recommend krill oil and squid oil to my patients. The tiny shrimp-like krill do not live long enough to absorb large amounts toxins. And squid live miles below the pollution found near the ocean's surface.

And krill oil has another advantage. Its omega-3s cross the blood-brain barrier more efficiently because they're stored as highly absorbable phospholipids, not the cheap ethyl esters you find in fish oil products.

If you want to increase your omega-3s even more through your diet, choose whole, natural food sources. And work on balancing your omega-6/omega-3 ratio by reducing or eliminating the use of corn oil, canola oil, soy oil and margarine. Instead, cook with high-quality extra virgin olive oil, coconut or avocado oil, or organic, grass-fed butter.

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SURPRISING HORMONE REIGNITES SEXUAL SPARK

The same toxic environment that causes depression by disrupting your normal hormone balance is also responsible for sabotaging your sex life.

Your lagging libido is another “side effect” of estrogen dominance. This happens when the normal estrogen-to-progesterone ratio is thrown out of whack by too much estrogen after menopause. An estrogen overload kills your sex drive when it’s not balanced by the proper level of progesterone.

But there’s another important hormone that women lack after menopause... testosterone. By the time a woman hits menopause, her levels are only a quarter of what they were when she was 20.

Bringing your testosterone level back to normal will make a dramatic difference in your love life.

In a moment, I’ll explain how you can easily and effectively bring your hormones back in balance. And bring your libido back to where it used to be...

IN MAINSTREAM MEDICINE, IT’S STILL A MAN’S WORLD

Unlike men, when it came to women and their sex drive, for decades, Big Pharma wasn’t at all interested.

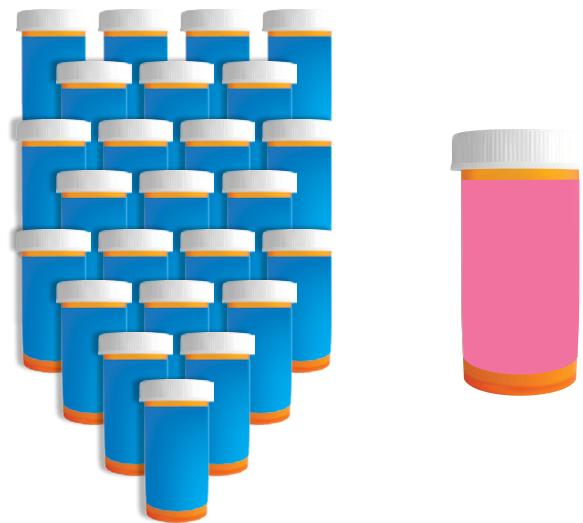
Twenty years ago, the FDA overwhelmingly approved Viagra to treat erectile dysfunction in men. Today, over 8 million prescriptions for the “little blue pill” are written every year. The cost of the drug is even covered by health insurance.

In fact, 24 different drugs to treat male sexual dysfunction have been approved over the last two decades.

WHEN IT COMES TO SEXUAL DYSFUNCTION MEDICATIONS, IT’S A MAN’S WORLD

Number of medications available for men

Number of medications available for women



There are 24 different drugs to treat male sexual dysfunction, but only one for women.

Do you know how many were approved for women in that same time period?

None.

Well, until last year, that is... when the FDA approved the sale of Addyi to treat low libido in women.

Before that, it was as if having a fulfilling sex life only mattered if you were a man. But there was more to the story...

You see, the FDA won’t approve a drug unless there’s a specific disease that can be treated.

A woman's natural loss of libido wasn't considered a "disease," so it didn't have a medical name.

But like everything else these days, mainstream medicine and Big Pharma found a way to medicalize a woman's low libido. It's now a diagnosable condition: Hypoactive Sexual Desire Disorder (HSDD).

And now that it has a name, Big Pharma has a "cure" ... Sprout Pharmaceuticals' controversial drug *flibanserin*.

The media has dubbed it the "little pink pill," but the truth is Addyi is *nothing* like Viagra.

Viagra addresses the "mechanics" of a man's erection. It works by increasing blood flow to a man's genitals.

Addyi actually affects your brain chemistry. It alters your levels of the neurotransmitters dopamine, norepinephrine and serotonin.

And unlike Viagra, which men only take when they want to have sex, you need to take Addyi every day... *for the rest of your life*.

It's also got some scary side effects... like low blood pressure, fainting, depression, dizziness, fatigue and insomnia.

In fact, 15% of women involved in the clinical trial for Addyi *dropped out* because they experienced at least one of those side effects. And the risk of fainting is so serious that the FDA requires a Black Box warning for the drug — the most severe warning they can issue.

And here's the thing... there's very little evidence that Addyi even works to improve sexual desire in the vast majority of women who take it. In one recent study, researchers concluded that taking Addyi resulted in "one-half of an additional sexually satisfying encounter per month."

I'm not even sure what "half an encounter" is, but it definitely doesn't sound like the benefits outweigh the risks!

YOU CAN REIGNITE THE SPARK — AT ANY AGE

There's no reason you shouldn't have an active and enjoyable sex life at every age. Even into your 60s, 70s and beyond. And you certainly don't need Big Pharma's dangerous pink pill to bring the spark back.

When your desire for sex diminishes, there's always a reason. And it's not because you have a "disease."

As I said earlier, most of the time, it's because of your hormones...

A loss of hormones leads to reduced sexual desire, difficulty getting aroused and the inability to have an orgasm.

But you don't have to give up on this important — and pleasurable — aspect of your life.

While it's true that treating a lack of libido in women is different — and more complex — than in men, I've helped hundreds of my female patients reignite their sex lives safely and naturally.

THE ESTROGEN/ PROGESTERONE CONNECTION

Your doctor may have told you that a lack of estrogen is causing your lagging libido and lack of energy. She also may have said estrogen replacement therapy was critical for restoring your youthful vitality. It's a message mainstream medicine and drug companies have been pushing for decades.

They couldn't be more wrong, and I've rebelled against this theory since my early days in medical school.

In fact, it's *too much estrogen* that kills your sex drive. And in today's toxic world, xenoestrogens — or "alien estrogens," as I call them — are everywhere, leading to an estrogen overload. They're in your food, your clothing, your beauty products and more. The list goes on.

Known Endocrine Disruptors/ Estrogen Mimickers ¹		
Product	Contains	Examples
Nail polish	TPHP/Phthalates	Sally Hanson, Revlon, Essie, Wet and Wild, OPI
Foods	Propyl parabens	Sara Lee Cinnamon Rolls, Weight Watchers Cakes, Newton's Naturals Trail Mix Cafe Valley Muffins, La Banderita Corn Tortillas, Little Debbie Snack Cakes
Toothpaste	Triclosan	Colgate Total
Makeup	Parabens	75-90% of all cosmetics
Deodorant and antiperspirants	Parabens	Arrid, Degree, Dove Secret
Detergent	Ammonium lauryl sulfate, nonylphenol Ethoxylate, 1,4-dioxane	20 Mule Borax, Ajax 2X Ultra, Era Active, Tide Stain Release
Sunscreen	Oxybenzone, octinoxate	Coppertone, Banana Boat, Neutrogena

This is just a small example of everyday products that can lead to estrogen overload in women.

Let me explain...

Perchlorate is an explosive chemical used in rocket fuel, fireworks and ammunition. This endocrine disruptor has contaminated

the drinking water of more than 20 million Americans! Perchlorate contamination of our water supply has been confirmed in 22 states.

And because crops are watered with this contaminated water, perchlorate then enters our food supply. It's estimated that 90% of lettuce contains perchlorate.

Phthalates are another impossible-to-avoid estrogen disruptor. They're found in everything from food packaging and cosmetics to baby care items and cleaning products. They're even found in the coating of common prescriptions! A study presented to American Society for Reproductive Medicine found that every single woman in their study had traces of phthalate in her urine. Those with the highest amounts were two and a half times as likely to have low libido.

More and more often, I see estrogen overload in patients in their 20s and 30s. A lagging sex life is becoming increasingly common among these young women. And it's all due to our toxic environment that throws your natural hormone balance out of whack.

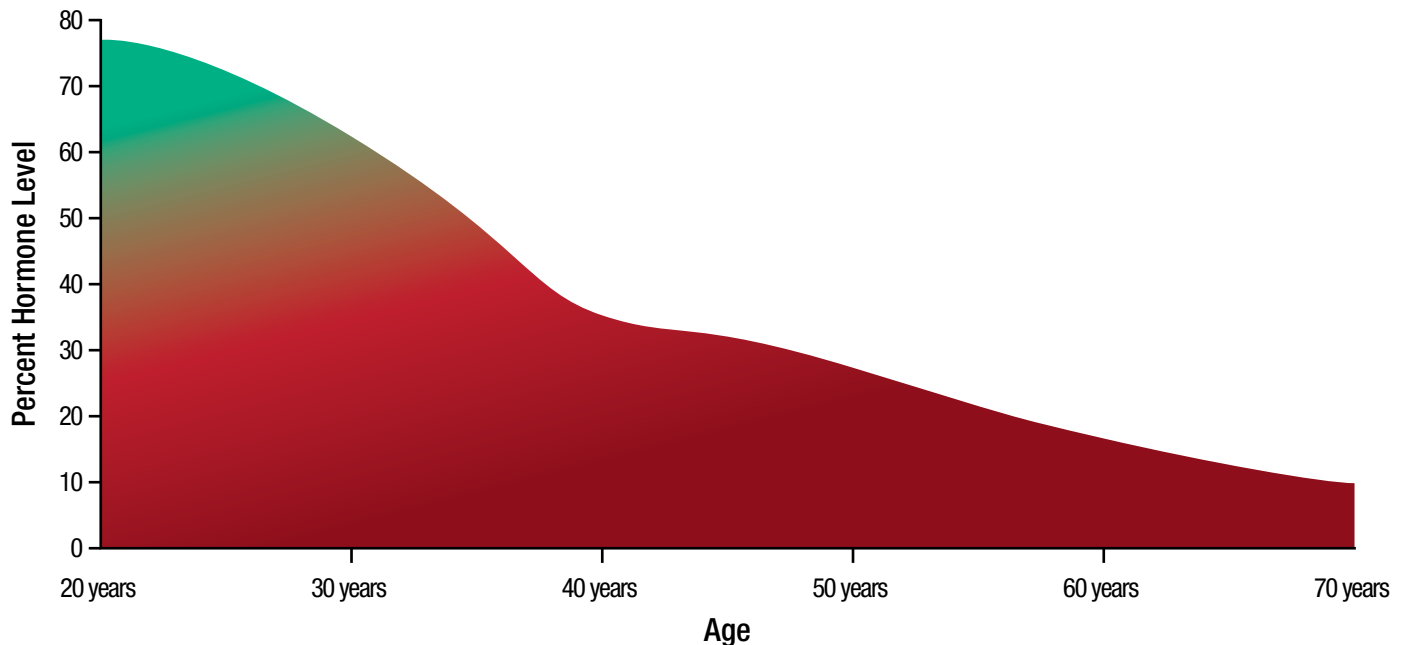
Increasing progesterone levels is the best way to eliminate estrogen overload. Progesterone is the female hormone that triggers your body to accept a fertilized egg. It also prohibits uterine muscle contractions that cause your body to reject an egg.

Most women start perimenopause in their 40s. At this time, they experience a 75% reduction in progesterone. *That means they no longer have the ability to counteract the amount of estrogen in the body.* At the onset of menopause, your body's progesterone production falls to almost zero. Many women whose progesterone I measure have levels below the lowest detectable limit of the blood test.

But bringing these two hormones — estrogen and progesterone — back in balance will restore your libido.

Luckily, there are several ways to naturally restore your progesterone. Here are four things I recommend to my patients:

FEMALE TESTOSTERONE DECLINES WITH AGE



Testosterone levels peak in a woman's 20s, then decline steadily every decade after.

- 1. Eat progesterone-boosting foods.** Walnuts, cherries, chicken, red meat, wild yams and spices like turmeric, oregano and thyme all help your body make progesterone.
- 2. Avoid foods that increase estrogen.** These include chickpeas, dried fruits, soy products, yams and non-organic, grain-fed cow's milk.
- 3. Make sure you get the right nutrients.** Women who have low progesterone often have low levels of zinc, magnesium, vitamin B6 and vitamin C. I recommend you get your nutrients through food, but if you need to supplement, get at least 500 mg of vitamin C, 40 mg of B6, 30 mg of zinc and 400 mg of magnesium per day.
- 4. Try a high-quality progesterone cream.** I encourage women to use a natural progesterone cream. It works its way through your skin into your bloodstream and gently lifts your progesterone levels.

For more serious cases, I recommend you have a complete hormonal blood panel to determine what hormones are low. Your doctor can then prescribe a blend of natural hormones, identical to your own.

A compounding pharmacist fills this prescription. The hormones are bio-identical and balanced to meet your individual needs. They're much safer and more effective than prescription drugs that only mimic hormones.

TESTOSTERONE — IT ISN'T JUST FOR MEN

There's another hormone women need in order to keep their sex lives exciting. But most mainstream doctors won't even bring it up because they have the outdated — and WRONG — belief that it's a "men only" hormone.

I'm talking about testosterone. And despite what you may have heard, it's *not* only for men. While men certainly need it, the idea that women

don't need it is not only wrong, it's dangerous.

When it comes to sexual desire, the most influential hormone is testosterone. Hundreds of women have come to my clinic feeling completely uninterested in sex. A simple blood test determined their testosterone levels were almost nonexistent.

You'll know when your levels have dropped... you'll feel it. Loss of motivation, fatigue and no desire to do the things that usually make you happy... like sex. As you can see on the chart on the previous page, levels decrease dramatically with age.

There are important studies that support what I've been saying for years.

Like this study published in the *New England Journal of Medicine*... Researchers gave supplemental testosterone to women who had undergone a hysterectomy. Testosterone dramatically drops after this operation. After 12 weeks, the women receiving testosterone showed significant improvement in mood, overall happiness and sexual function.²

But testosterone doesn't only benefit women who've had a hysterectomy. In a study across 65 women's clinics around the world, researchers gave testosterone to women ages 20 to 70 with a low libido. They found that testosterone produced "significant increases in desire, arousal, orgasm and pleasure..." in women of all ages.³

Boosting your testosterone isn't difficult or risky. And the results are dramatic. When my patients come back for a follow-up a few weeks later, they tell me they have energy, ambition... and the best sex of their lives.

I've seen it happen with women in all age groups... even those in their 60s, 70s and beyond.

4 EASY WAYS TO BOOST YOUR T LEVELS

If your testosterone is low, there are ways you can boost your levels naturally. Here's what I recommend:

1

Exercise five days a week.

An important study measured the impact of exercise on testosterone levels in women. After six weeks of doing squat exercises, women's T levels rose significantly.⁴ The lunges, squats and thrusts that I include in my [PACE](#) (Progressively Accelerating Cardiopulmonary Exertion) program are excellent ways to boost your testosterone while making your heart and lungs younger. And it only takes 12 minutes a day.

2

Eat healthy saturated fats.

Studies show saturated animal fats help maintain healthy testosterone levels.⁵ Good sources are grass-fed beef, organic eggs and milk, butter and cheese from pastured animals.

3

Try bio-identical testosterone therapy.

I use a low dose of bio-identical testosterone on my patients. It comes in creams, injectables, pills and patches. And it's just like the natural hormone your body makes.

I find women often feel better with testosterone toward the higher end of the female range. But don't overdo it. I check my patients' hormone levels every three months until they're back in balance. After that, you can get tested once a year.

4

Choose the right supplements.

Several herbs have proven to be potent testosterone boosters. A few of my favorites are:

- **Tribulus terrestris:** This herb has been shown to gently increase testosterone in women with low levels.⁶ Tribulus increases luteinizing hormone (LH). LH is your body's natural way of telling itself to produce testosterone. This means it won't force your body to make more than you need. I recommend 500 mg a day.
- **Horny goat weed:** This herb not only boosts testosterone production, it also helps ramp up nitric oxide (NO) levels. Nitric oxide relaxes and expands blood vessels to increase blood flow and circulation, two things that a woman's libido relies on. This process allows a surge of blood to flow to all the right places at the right time. I recommend taking 50 mg per day.
- **Maca root:** It was on a trek through the Amazon in Peru where I uncovered a powerful form of the ancient maca root. The ancient Incas used it for thousands of years for its energy-boosting abilities — especially in the bedroom! The Spanish conquistadors loved it so much, they shipped it back to Spain by the boatload and it soon became a highly sought-after aphrodisiac.

Researchers in Peru recently showed that maca alone has the power to increase desire, proving its potency in a series of experiments at the Universidad Peruana in Lima, Peru.⁷

- **Tongkat Ali:** This wonder worker is the root of an exotic tree that grows in the Malaysian

rainforest. And studies support what Malaysians have known for hundreds of years. Tongkat Ali boosts your libido and naturally stimulates the production of testosterone.

In one study of mice, researchers discovered that Tongkat Ali set their sex lives on fire. There were dramatic boosts in sexual activity across the board — even in mice that were middle-aged.⁸ I recommend taking 25 mg a day.

*If you're interested in boosting your hormone levels naturally, please call the **Sears Institute for Anti-Aging Medicine** at **561-784-7852**.*

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

AL SEARS, MD

Al Sears, MD is America's #1 anti-aging doctor. He's made it his life's work to challenge conventional medical beliefs and bring his patients the latest breakthroughs in natural cures and remedies to diseases once thought to be "incurable."

Dr. Sears takes a fresh, novel approach to patient health and wellness. Our environment has changed for the worse — and it's affecting your health. He helps patients escape accelerated aging caused by modern toxins, chemicals and other hormonal threats you unknowingly face every day.

Every year, he travels over 20,000 miles to the most remote regions of the world searching for natural healing secrets unknown or ignored by mainstream medicine.

Since 1999, Dr. Sears has published 35 books and reports on health and wellness. He has millions of loyal readers spread over 163 countries.

Today he writes and publishes two monthly e-Newsletters, *Confidential Cures* and *Anti-Aging Confidential for Women*, and a daily email broadcast, *Doctor's House Call*, with more than 500,000 subscribers. He has also appeared on more than 50 national radio programs, ABC News, CNN and ESPN.

Dr. Sears was one of the first to be board-certified by the American Academy of Anti-Aging Medicine (A4M). More than 25,000 patients travel from all around the world to visit him at the *Sears Institute for Anti-Aging Medicine* in beautiful Royal Palm Beach, Florida.

Recently, Dr. Sears proved you can affect the way you age by controlling the length of your telomeres. He made history as the first MD to introduce the Nobel prize-winning, anti-aging breakthrough of our time, telomere DNA therapy, to the general public. And now he's working with the leading scientists in the field of telomere biology to further define how this incredible technology will shape the future of anti-aging medicine.