



# Potency:

## How to Be More Than the Average Man

By Al Sears, MD

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## Read what people are saying about Dr. Sears...



Dr. Sears has helped over 25,000 people gain radiant, new, long-term vigor & vitality.

“

*Before I came to Dr. Sears, my testosterone levels were very low. Feeling tired was a huge problem for me. I also couldn't lose weight. My body fat percentage was very high. I didn't have the energy to do anything. And I lost energy quickly. Within about a month of seeing Dr. Sears, I got my energy back. Now I feel so much stronger and my muscle mass has increased considerably. I now feel motivated to go to the gym and work out. I lost 17 percent of my body fat and I feel much better, both mentally and physically. I feel so much stronger than I did in the past. When I go to the gym, I lift as much as kids half my age.”*

**-Louis D.**

“

*Dr. Sears helped my body naturally produce the testosterone it needed. My testosterone levels were very low and my estrogen levels were high because I had used steroids. I had a low sex drive. I was depressed. I felt tired, lazy and moody and I was easily agitated. Another doctor told me that I would have to get testosterone injections for the rest of my life to keep normal levels. But the injections didn't work. Dr. Sears measured my blood levels of testosterone and estrogen. He gave me supplements that helped to increase my body's own production of testosterone and to block estrogen production. My levels are now normal. I'm feeling much better. I've also lost half of my body fat with the help of Dr. Sears. I went from 25 percent body fat to 12 percent body fat using Dr. Sears' diet plan. I actually gained weight with other diets. Dr. Sears' approach really makes sense. Now, I have more of a sex drive, I feel better about the way I look and I'm more confident. I'm very satisfied with the results.”*

**- Chris B.**

“

*I had one testicle removed due to testicular cancer. As a result, my testosterone levels were low, my face got puffy and I got heavy. I felt like I was getting old before my time. I heard of testosterone supplements. My oncologist gave me testosterone patches, but he didn't know very much about it. That's when I came to Dr. Sears. He has worked to restore my hormones to healthy levels. He monitors my levels regularly. He looks for side effects such as a rise in DHT and estrogen levels. He has helped me to lower my DHT with phgeum and saw palmetto instead of medication like Proscar. He has helped me to block my estrogen production. It's very exciting to see how much body fat I've lost. My sexual drive is also stronger and I have powerful erections. I am 50 years old, but I feel much younger. Every day, I am in a very demanding work environment... you have to be on your toes. Other co-workers look like they are out of gas. I feel stronger in my job performance by far.”*

**-Bill G.**

## Introduction

What does the word potency mean to you?

Potency is more than just getting it up when you're in the mood. It's a combination of strength, desire, lean muscle and male confidence.

It's a feeling of extraordinary potential ... like having your foot on the accelerator of a turbo-charged sports car. Potency is power whenever you want it ... and every man wants it.

Unfortunately, many men come into my clinic and tell me that they're feeling the exact opposite.

They say things like "Dr. Sears, I'm losing it. I've got no energy or ambition. My sex drive is non-existent. And if I didn't have to get up for work in the mornings, I wouldn't even bother getting out of bed. What's wrong with me?"

These men's problems aren't just on the inside. Some have developed male "breasts," the fatty tissue that develops over the pectoral muscles. They've put on weight, lost their sex drive and don't have the same "get up and go" they're accustomed to.

And by the time they come in to my clinic, they look hopeless and depressed.

For over 20 years I've been helping men regain the physical potency that makes them feel like "real men."

Through years of research and working with patients in my clinic, I've discovered how many aspects of our modern lifestyle can sap away every ounce of a man's strength. These "trouble makers" live on store shelves and in your medicine cabinet. And I've seen these trouble makers take the strongest man and turn him into a mouse.

But you don't have to worry about this happening to you.

In the following pages, I'll expose the hidden "man haters" so you can put high-octane fuel back in your body's gas tank. I'll also share personal secrets on how you can squeeze every bit of power out of your engine and start feeling like a teenager again.



## The Underlying Source of Male Potency

As we men grow older, our production of testosterone – the most important factor in maintaining our overall strength and potency – starts to slow down.

You see, when you're in your 20s or early 30s, you have all the testosterone you need. As a result, you have strength, stamina and driving ambition.

But from age 30 onward, your testosterone levels drop 1percent to 3percent every year.

It's natural for your testosterone to decrease slowly over time. But due to influence from unnatural factors in our modern environment, testosterone in men is dropping at an alarming rate.

In fact, a recent study published in the *Journal of Clinical Endocrinology & Metabolism* found one in four men over the age of 30 have low testosterone.<sup>1</sup>

When your testosterone levels drop, you lose your ambition, your energy and your ability to think clearly. Your risk of heart disease goes up. And you can expect sleep disturbances, brittle bones, loss of muscle and physical strength – even depression.

Most doctors will never suggest a natural cure for declining masculinity.

At best, your doctor will hand you a prescription for the “little blue pill” or one of its counterpart meds. But these drugs won't permanently correct any erectile deficiency. And they do nothing to increase your testosterone.

I wouldn't recommend any of these temporary solutions to my patients.

You don't need to resort to drugs or surgery to “fix” your manhood. You can stop the cruel effects of aging as a man by keeping your natural testosterone levels high.

And you'll see ... when you boost your testosterone naturally, your bedroom performance will improve. You'll have greater strength and energy, improved mood, better memory, greater muscle mass and increased bone density.

In other words, you'll feel like you have a new lease on life. **You will be potent.**

But in order to regain your potency, there are some common items you need to avoid.

## Watch Out for Gender-Bending Chemicals That Rob Your Manhood

You probably don't realize it, but the modern world is sending feminizing signals to your body.

These signals are caused by certain toxins you come in contact with every day. And they're lurking in places you'd never expect like the deodorant in your medicine cabinet – even your garden hose!

These toxins are called “estrogen mimickers” because they look a lot like the well-known female hormone to your body. And once in your system, these estrogen mimickers start to reduce your testosterone levels.

These false female hormones eat away at your manhood. And over time can disrupt your sex life and give you feminine features. They can also cause your prostate to swell and can affect your urinary and reproductive systems.

If you don't take action, these chemicals can turn you into a weak, doughy version of your former self. In fact, one study showed a direct link between estrogen mimickers and an alteration of sex organs and sexual behavior.<sup>2</sup>

Here's the thing ...

All men have a little estrogen.

With my male patients, I generally like to see at least 5 times more testosterone than estrogen.

But as you age, your testosterone drops. And if your estrogen increases, it can create an unhealthy imbalance in your testosterone-estrogen ratio.

If this happens, then the problems start.

Unfortunately, this hormonal imbalance is not uncommon. And one of the main reasons is estrogen-mimicking toxins.

But these toxins can be difficult to avoid because you can't see, smell or taste them. And they're more common than you may think.

Here's a short list of items that can contain estrogen mimickers:

#### Products that Contain Estrogen Mimickers

Vinyl Flooring	Deodorant	Moisturizers	Pesticides
Detergents	Perfumes	Garden Hoses	Fertilizers
Industrial Chemicals	Household Detergents	Food Packing Materials	Pharmaceuticals
Shampoo	Hair Spray	Inflatable Toys	Plastics

And the list goes on...

Plastics are the worst of the culprits.

From plastic bags and water bottles to the packaging your food comes in, plastic is almost impossible to escape.

Two of the biggest hazards are **bisphenol A** and **phthalates** (pronounced THAL-ates). These man-made chemicals have structures that look strikingly similar to estrogen.

**Bisphenol A (BPA)** is used in many plastic products including toys, drinking container, water bottles, compact discs, the housing of laptop computers and eyeglass lenses. It's also found in epoxy resins used to line metal cans. Some dental sealants and composites may also contribute to BPA exposure.

The problem is, we have very little research examining BPA's long-term effects on humans. But several studies concluded that low-level, continuous exposure to BPA can be harmful to your health.<sup>3,4</sup>

**Phthalates** are found in food wraps, packaging and a wide range of other products from soap, shampoo and deodorants to paints, caulking and lubricants. You'll also find phthalates in detergents, flooring, building materials, garden hoses and more. They're hard to avoid. And that's bad news because they've been linked to smaller genitalia in boys and infertility in later years.

In a *USA Today* article, Jim Pirkle, Deputy Director for Science at the CDC's Environmental Health Laboratory, was quoted as saying, "*The big concern of the phthalates is that they have anti-androgen activity. They get rid of things that are in the testosterone line, the things that make a man a man.*"<sup>5</sup>

**Perfluorooctanoic acid (PFOA)** and **perflourooctyl sulfonates (PFOS)** are two more gender-bending chemicals that are all around us. They're used in non-stick cookware, waterproof clothing and shoes, stain-resistant fabrics, electrical wiring and food packaging. These compounds are carcinogenic and have been linked to an increased risk of testicular cancer.<sup>6</sup>

If you don't believe these chemical compounds found in everyday items are a problem, think again. Estrogen has become so dominant in our society that a disturbing new trend is on the rise. You're going to want to keep reading...

## BPA Alert!

After checking out at the store, what do you do with your cash register receipts?

Some people tuck them into their wallet or billfold where they have to repeatedly thumb through them to get to their cash and credit cards.



Others roll them into a ball and fiddle with them until they're torn to shreds.

But no matter what you do with your receipts, *every single time you touch one of them you may be transferring BPA to your skin.*

In a recent laboratory test conducted by the Environmental Working Group, it was discovered that some store receipts contain up to 41 mg. of BPA.<sup>1</sup> Other experts say these cash register receipts may hold as much as 100 mg. of this dangerous, estrogen-mimicking chemical. In comparison, a plastic water bottle contains nanograms of BPA. One milligram equals a million nanograms.<sup>2</sup>

So buyers beware. Don't hold a receipt any longer than necessary and wash your hands carefully afterwards to stop BPA from being absorbed by the skin.

<sup>1</sup>Lunder S., Andrews D., Houlihan J., "Synthetic estrogen BPA coats cash register receipts: EWG-commissioned lab tests find BPA-laden receipts from big national retailers," *Environmental Working Group*.

<sup>2</sup>Raloff J., "Concerned about BPA: Check your receipts," *Science News Web edition*, Oct. 7, 2009



## Defeat “Man-Breasts” and Infertility

While most people tend to think breast reduction surgery is reserved for women, today, more and more men are opting for surgery to get rid of their man-breasts. In fact, ***the number of male breast surgeries has risen 2,540 percent in five years!***<sup>7</sup>

But there's a problem with this.

You see, doctors often recommend surgery to male patients when it isn't necessary. These men don't need to go under the knife to get rid of excess breast tissue.

The female hormone estrogen is behind the rise in man boobs. So what they *really* need to do is reduce their estrogen levels.

All of those estrogen mimickers in the environment get into men's bodies and send the signal to become more feminine; hence the boobs. To compound the problem, male breast cancer has increased 26 percent over the past two decades.<sup>8</sup>

It's not just the chemicals in your environment causing these changes. The foods you eat may also be increasing your estrogen levels.

Farmers use estrogen in cattle, pigs and chicken to fatten them up and make them retain more water. This means increased profit for the industry ... but more estrogen for you if you eat the meat.

The pesticides used in farming are just as bad. They can cause reproductive problems. More than 15 percent of couples in the United States are unable to have a child.<sup>9</sup> And in 30- 40 percent of these cases, male infertility is the problem. But not just in America. British sperm counts and sperm density have dropped dramatically beginning way back before World War II.<sup>10</sup>

This sweeping decline in fertility has now been directly linked to HPTE, an estrogen-mimicking chemical found in pesticides. British scientists found HPTE may interfere with testosterone production in the testes.<sup>11</sup> Plus, Tufts University research shows crop dusters who handled estrogen-impersonating pesticides lost their sexual desire and developed very low sperm counts.<sup>12</sup>

But you don't have to accept these statistics as your fate. Keep reading for natural ways to rebalance your hormones.

## Simple Steps to Increase Your Testosterone

Boosting testosterone is one way to balance your testosterone-estrogen ratio.

Your doctor can test your testosterone to see if it's low. All it takes is a simple blood test. When you have your testosterone measured, ask your doctor to measure your total estrogens as well. It is optimal for a man to keep his total estrogen below 100.



In the meantime, here are some things you can do immediately to rid your body of excess estrogen and boost your testosterone levels:

### Step 1 – Reduce Your Exposure to Estrogen-Mimicking Chemicals

The first step is getting rid of extra estrogen in your blood by lowering your exposure to estrogen-like chemicals. You can do this by:

- Eliminating pesticides from water with a water purifier;
- Washing your vegetables and fruits before eating;
- Buying grass-fed or hormone-free meats. If you get meat from other sources, trim off the fat. Estrogen mimickers collect in the fat;
- Eating wild-caught fish whenever possible;
- Avoiding processed carbohydrates like bread, cereals and pasta. They cause excess insulin, which builds fat and stimulates feminizing estrogen;
- Eating vegetables high in fiber to absorb excess estrogen, but make sure to stay away from processed grains.
- Eating organic whenever you can;
- Avoiding storing food in plastic. They're full of xenoestrogens that are also estrogen mimickers. Store food in porcelain and glass dishes or use paper cups and plates.
- Using organic personal-care products. They generally do not have BPA or phthalates, but read the labels to be sure. Also look for any ingredients that end with the word "paraben." This is another gender bender;
- Working with your doctor to reduce or eliminate medications. Some medications interfere with your liver's capacity to remove excess estrogens.

### Step 2 – Eat Foods that Boost Your Testosterone

By making changes to your food, you can easily improve your testosterone to estrogen ratio. Here are my top choices for boosting testosterone and lowering estrogen:

- **Oysters.** These original testosterone boosters are packed with protein, zinc and magnesium – all three play a key role in testosterone production.
- **Lean beef.** It's one of your best choices for overall good health. When possible, eat grass-fed beef.
- **Beans.** These offer a great combination of protein and fiber with more zinc than any other vegetable. Navy, lima, kidney and green beans are good sources.
- **Eggs.** They have all the essential amino acids making them the best source of protein. And don't believe the hype, cholesterol in eggs won't hurt you.
- **Broccoli.** This is one of the best foods for eliminating estrogens in the urine.
- **Cabbage.** It's also great for reducing estrogen and a good source of fiber.
- **Brussels sprouts.** They're also estrogen-targeting fiber and nutrient-rich vegetables.
- **Garlic.** It enhances testosterone and blocks cortisol, your body's stress hormone.

### Step 3 – Flush Gender-Bending Chemicals from Your Bloodstream

These two plant compounds can drastically reduce the amount of estrogen circulating in your bloodstream. They're often found together in formulas sold in health-food stores.

- **I3C** (Indole-3-Carbinol) has the ability to rid estrogen from your body.<sup>13</sup> Vegetables like cabbage, Brussels sprouts and broccoli contain it. In your digestive tract, I3C converts into DIM. To give you an idea, 400 mg of I3C is equal to 130 raw Brussels sprouts or ¼ head of raw cabbage.<sup>14</sup>
- **DIM** (Diindolylmethane) is a plant compound that enhances estrogen elimination. It breaks down estrogen into safer compounds. DIM balances the testosterone-estrogen ratio. DIM is available in supplement form. To combat the excess estrogen that can cause BPH, take 400 mg of DIM daily.

### Shield Your Sexual Health

If you are going to remain potent as you get older, you need to take steps to care for your prostate.

Your prostate gland is responsible for controlling the flow of fluids in your reproductive organs. In other words, a healthy prostate is critical for a healthy male reproductive system.

An enlarged prostate can not only disturb your sleep and make you incontinent, it can have a major impact on your sexual health. It can leave you impotent. And over the long run, a bad prostate can send you to the bone yard.

But if you take steps to care for your prostate now, you can avoid unnecessary prescription medications or even worse... prostate surgery.

### What Harms Your Prostate Also Causes Hair Loss

You may have seen ads for the prescription drug Propecia. It has been a significant balding treatment breakthrough. Propecia has been associated with a number of side effects though. It's also very expensive, is not covered by most health insurances and has not been approved for women.

There are safer, less expensive natural alternatives that can do the same thing. In fact, they can work by exactly the same mechanism.

Propecia works by blocking the conversion of testosterone to DHT. This is the perfect point of attack. It has the effect of both decreasing DHT and increasing testosterone. Propecia inhibits the enzyme *5-alpha-reductase* necessary for this conversion. A number of plant-based nutrients also inhibit this enzyme.

A study published by the *Journal of Alternative and Complimentary Medicine* examined beta-sitosterol's effectiveness in blocking the production of DHT. The study analyzed men between the ages of 23 and 64 with hair loss.

The participants either received beta-sitosterol or a placebo. The researchers found that 60 percent of the men receiving beta-sitosterol had an improvement in hair growth. They also lost less hair than the placebo group.<sup>1</sup> A softgel containing 50 mg B-sitosterol and 200 mg of saw palmetto extract versus placebo in treating hair loss was used.

You can also find beta-sitosterol in herbs such as **saw palmetto**, **pygeum bark extract** and in **pumpkin seeds**.

1 Prager, N., et al., "A randomized, double-blind, placebo-controlled trial to determine the effectiveness of botanically derived inhibitors of 5-alpha-reductase in the treatment of androgenetic alopecia," *J. Altern. Complement. Med.* Apr. 2002;8(2):143-152

Prostate disease is not part of the “normal aging process.” And there’s a disturbing trend that causes trouble for your prostate.

If you’re thinking estrogen, you’re right. Excess estrogens and other toxins tell your prostate to grow bigger.

You need normal levels of testosterone to maintain prostate health. The primary cause of an enlarged prostate is the growth-stimulating hormone dihydrotestosterone (DHT). It’s produced by an enzyme called 5-alpha reductase, which converts testosterone into DHT. DHT is nine times more powerful at stimulating prostate growth than testosterone. It collects in prostate tissue by binding to your prostate’s cells and building up in your system. This signals your prostate to grow over time.

At the Harbor General Hospital in California, a study showed that testosterone itself competes with DHT for binding in the prostate. When testosterone levels continue to fall, as it does in older men, DHT successfully binds in the prostate. The result is prostate dysfunction and DHT accumulation.<sup>15</sup>

At the Leeds Medical School in England, human prostate BPH tissue was shown to be deficient in testosterone, yet it had excess DHT levels.<sup>16</sup>

The typical treatment for BPH is finasteride, the same drug used to prevent male balding under the name “Propecia.” It’s been proven to reduce DHT by inhibiting 5-alpha-reductase. The problem with it is a host of side effects, from impotence to rash, swelling and pain in the testes.

You don’t have to risk your potency by taking drugs like finasteride. Instead, there are plenty of natural solutions for reducing DHT.

## Get Relief with a Strong Urine Flow

Forget about the days when you would stand in front of the toilet waiting for a urine stream or stopping at every rest-stop bathroom during your road trips.

I’ve had great success in treating my BPH patients with a plant sterol called **beta-sitosterol (SIT)**. It’s one of the most effective and trustworthy treatments for an enlarged prostate. And pages and pages of clinical trials support it.

One of the best studies followed hundreds of men with BPH over the course of 18 months. Half of the men took a placebo and the other half took SIT. The men who took the SIT supplement found that their symptoms of BPH significantly declined.

The men taking SIT experienced:

- Increased “quality of life”
- Better urinary flow rate
- Less urine left in the bladder after voiding
- Less frequent urge to urinate<sup>17</sup>

You can take a pure SIT supplement. I start my male patients at 100 mg per day. And if you're over the age of 50, you might want to think about taking SIT – even if you don't have any symptoms of BPH yet.

Aside from supplementation, SIT can be found naturally in **saw palmetto, pygeum, maca root and pumpkin seeds.**

Other natural supplements to improve prostate health include:

**Bee pollen.** Studies show bee pollen reduces DHT, which starts to ramp up as you age. Low levels of DHT are critical for a healthy-sized prostate. Researchers in England gave it to men who were going to the bathroom a little too often and had a hard time peeing. After six months, 79 percent of them showed real improvement and 36 percent felt fully satisfied with the results.<sup>18</sup>

Bee pollen also helps relax the smooth muscles lining your urinary tract. That means when you have to pee, you can relax and let it flow with ease.

When Japanese researchers ran studies, they found these remarkable results:<sup>19</sup>

- Residual urine decreased by 92 percent
- Urine force and flow improved by 86 percent
- Need to urinate at night dropped by 85 percent
- The feeling of strain during urination dropped by 56 percent

**5-Loxin.** 5-Loxin is one of the best ways to FULLY support your prostate. This powerful extract supports your prostate on a *cellular level*. It goes above and beyond the traditional herbs used for prostate health.

Keeping good urinary flow and a healthy prostate starts at the most basic level: the prostate cell. And 5-Loxin has a remarkable way of nourishing the cells in your prostate. 5-Loxin is one of the most promising advances in prostate health I've seen in 15 years. I recommend it to any man who will listen.

### Tips for Keeping a Full Head of Youthful Hair

Most men watch their hair slowly thin with age. But you may be in the first generation of men that can actually do something about it.

Gamma linolenic acid (GLA) is a proven 5-alpha-reductase inhibitor. It's an essential fatty acid found in natural plant oils, however it is difficult to obtain healthy amounts through diet alone.

The *Journal of Investigative Dermatology* published a well-known study where researchers tested GLA's efficacy on hamsters. GLA successfully inhibited the 5-alpha-reductase converting testosterone into DHT.<sup>1</sup>

Like most health issues, good nutrition serves as the foundation. Stress, drug abuse, bad health habits and prescription drugs aggravate the problem and can accelerate the loss of hair.

- Eat a healthy, high protein diet.
- Avoid too much stress.
- Do not use illegal drugs.
- Avoid prescription drugs.
- Limit hat wearing.
- Take a multivitamin.

Growing real hair takes time. There are no immediate solutions for a return of natural hair growth. But if you have patience, you can expect to make a difference by sticking to a well thought out strategy.

1 Liang, T., et al., "Growth suppression of hamster flank organs by topical application of gamma-linolenic and other fatty acid inhibitors of 5 alpha-reductase," J. Inv. Derm. Aug. 1997; 109(2): 152-157



**Nettle root.** The root extract and leaf powder of the stinging nettle has been a widely used, effective treatment for years – overseas. A double-blind placebo-controlled trial in Germany studied 41 men with enlarged prostates. After three months, those taking nettle extract reported twice the progress as the placebo group and experienced an improved urinary flow. I recommend 50 mg nettle root extract and 5 mg of nettle leaf powder daily.

## Switch Open the Floodgates to Potency

When men come into my clinic saying they can't go the distance in the bedroom, I'm not surprised when they tell me how many male enhancement products they've tried ... and discarded.

The fact is, one out of every three men who try prescription erectile dysfunction drugs have zero reaction or benefit.<sup>20</sup> And most of these male potency drugs lose their punch over time. Plus, more than half the men who have a good initial reaction stop using the "cures" within a year or two because they stop working.

Potency in the bedroom isn't about popping a pill. It's all about **circulation**. It's about getting oxygen-rich blood to the right part of your body at a moment's notice.

It's easy for young people, because their veins and arteries easily expand to handle the extra flow. But as you age, things start to change.

The secret to naturally increasing circulation is nitric oxide (NO). It's the switch from the lining of your blood vessels that makes them open up.

You see, blood vessels are elastic-like balloons. With the right signal, they can expand rapidly. When they're open full throttle, they can move tremendous amounts of blood.

As you get older, your supply of NO drops off. Your body just doesn't make as much as it used to. And it makes it much harder for your arteries to expand. But if you turn on NO, blood can get to the place where it counts.

You just have to know how to "flip the switch" to get these floodgates to open up.

NO relaxes the smooth muscle of your arteries. It literally opens the floodgates to firmer and harder erections.<sup>21,22</sup> That means you can enjoy more sexual power and potency.

Here are two supplements that have been shown to increase NO – and get you back in the sack in no time:

1. **L-arginine** is the amino acid your body uses to make NO.<sup>23</sup> Without L-arginine, you wouldn't be able to produce NO. And without NO, it would be impossible to get an erection.

With some men, the level of NO their bodies produce decreases as they age.<sup>24</sup> But a study published in the *British Journal of Urology International* shows that L-arginine can effectively put the lead back in your pencil.

The study showed that men who had low levels of NO were able to improve their sexual performance by supplementing with L-arginine for six weeks. By the end of the study, their levels of NO had doubled!<sup>25</sup>

In my own medical practice, I've found that L-arginine has the power to banish the "bedroom blues" safely and effectively. I suggest starting with a loading dose of 5 grams daily for two weeks. Then take 2.5 grams daily for maintenance. Never exceed 10 grams per day.

2. **Pomegranate juice** extract also helps open the gates to greater circulation. A study published in the *International Journal of Impotence Research* shows remarkable results. In a preliminary study where participants drank pomegranate juice for several weeks, 47 percent of the participants reported improvement in their erections.<sup>26</sup>

It appears that it protects NO from oxidative destruction, helping keep your blood vessels wide open and ready for the rush of blood that comes with sexual arousal. With improved blood circulation, you'll discover longer staying power and action in the bedroom.

## Revive Your Passion for Sex

Ramping up your blood circulation is important to maintaining a strong erection.

However, a strong libido also plays a critical role in cranking your manliness up to full power. Here are a few natural aphrodisiacs that can add an extra punch when it comes to cranking up your sex drive:

- **Tribulus terrestris** made the news when German researchers gave it to 50 lucky men. After taking it, the men said they had "better sex, more fun in bed and just generally felt better about themselves."

Tribulus contains a natural substance called protodioscin (PTN). It is thought that PTN improves sexual desire and enhances your erections.<sup>27</sup> Part of the reason is because PTN stimulates a hormone that naturally supports normal testosterone levels. In fact, one group of researchers found it helped maintain levels of testosterone in a group of healthy men after only five days.<sup>28</sup>

Researchers believe some of the aphrodisiac properties of tribulus terrestris may be the result of an increase in androgen. This in turn increases NO and stimulates the nerve endings of your erectile tissue.<sup>29</sup>

- **Horny Goat Weed** (epimedium). Hundreds of years ago, Chinese goat herders noticed a strange phenomenon. When their goats would eat particular weeds, the goat's sexual behavior would wildly increase. The herders caught on and started using this weed for their own sexual benefit.

Horny goat weed has long been recognized by Chinese herbalists as a potent male aphrodisiac. Studies on it are in their infancy but they suggest that a key compound called Icarin may increase levels of NO<sup>30</sup> and penile blood pressure.<sup>31</sup>

- **Muira puama** – or “potency wood” – is a powerful herb from South America with true aphrodisiac qualities. During my recent trip to Brazil, I spoke to traditional healers about its legendary powers. It’s helped men fire up big erections for hundreds – if not thousands – of years.

The libido-boosting effects of this herb are well-known in South America. And Europeans are starting to take a closer look based on its traditional use, too. In one study, French researchers gave muira puama to men complaining of lack of sexual desire, or inability to obtain or maintain an erection. After just 14 days, many of the studies’ participants reported the treatment was having a dynamic effect.<sup>32</sup>

## Ramp up Your Masculinity with Testosterone

A man’s sexual health doesn’t exist without testosterone. It’s a man’s primary masculine hormone. It’s what makes you strong, smart and aggressive. And it’s what makes you a potent and virile lover.

Research shows by getting your body to produce youthful levels of testosterone, you can enjoy its many benefits: spontaneous erections, impressive masculinity, remarkable stamina and much more.

In addition to the tips I’ve already shared, here are some other things you can do to boost testosterone in your body:

1. **Eliminate castrating drugs.** Try not to take any of the following: Benadryl, atropine, Valium, Librium, Halcyon, Tagamet, Norpace, Clan, Presidia, ydrochlorothiazide, Dayside, Lassie and the beta-blockers Propanolol, Inderal, Toprol and Tenormin.
2. **Limit alcohol consumption.** Alcohol in moderation actually has health benefits. But excessive alcohol leads to impotence and suppressed testosterone production.
3. **Eat meat or fish at every meal.** Lean protein increases the production of growth hormone. Growth hormone tells your body to make muscle and stimulates testosterone. It also moderates the production of fat-producing insulin. Good examples are steak, pork, chicken, turkey, eggs and wild-caught fish.
4. **Avoid processed, refined carbohydrates.** Breads, cereals and pastas tell your body to produce insulin. Insulin builds fat and stimulates feminizing estrogen. Insulin also accelerates many of the changes associated with aging: atherosclerosis, hypertension, diabetes and others.
5. **Eat foods rich in B-complex vitamins.** They replenish testosterone. Liver, lean meats, yeast, fish, wheat germ and peanuts are good sources of niacin. Thiamine is found in whole grains, asparagus and raw nuts. For riboflavin, eat your broccoli ... bananas have it, too.

6. **Cut back on tea, coffee and chocolate.** The common ingredient is caffeine and it contains phytoestrogens. They also contain estrogen mimickers.
7. **Put your laptop on a desk or do this.** The *Fertility and Sterility* study found spreading your legs while working on your laptop is the best way to avoid killing off your sperm. You can also purchase a cooling pad that goes under your laptop if you must have it in your lap. They normally sell for around \$20.
8. **Eat small, frequent meals.** Large meals stimulate excessive fat-producing insulin. Eat every two-three hours and be sure to eat before you get too hungry. Eat your large meal early in the day. It should account for 30 percent of your daily calories. Omelets with a slab of steak and fresh vegetables are a perfect choice.
9. **Get your body moving.** You need to get physical to ramp up your testosterone and stay fit, but don't do long exercise sessions like 45 minutes on a treadmill. Long sessions of aerobic exercise actually lower testosterone! It also burns away hard-earned muscle. Instead, swim, cycle, use a stair-master or sprint ). These exercises use a wider range of motion against more resistance. Doing them for 10 to 12 minutes is plenty. That stimulates testosterone and builds muscle. You won't boost your testosterone doing yoga. Try wrestling, boxing or karate instead. Get a health check-up before starting any fitness program. Then start slow and stick with it.
10. **Take testosterone-boosting supplements.** Here are three natural nutrients that can have a direct effect on your testosterone levels:

- **DHEA**, also known as dehydroepiandrosterone, is a key testosterone precursor produced naturally by your body. But as you get older, DHEA levels begin to decline. You'll not only restore your testosterone levels, you'll also enjoy other benefits including bone strength, proper insulin balance, weight loss and an improved libido.

Be sure to consult your doctor before taking DHEA. Youthful DHEA levels fall between 300 and 500 mg/dl. If you discover your levels are low, discuss with your doctor the best supplemental dosage and the optimal level you want to reach.

- **Tribulus terrestris** is an Indian herb that's developed a reputation for its sexual enhancement abilities. Tribulus works by raising levels of luteinizing hormone in the body. The luteinizing hormone in turn raises testosterone levels.

One study analyzed the effect of Tribulus on healthy men. The men experienced an average 30 percent increase in testosterone levels after just five days of oral supplementation. This is about the average rise in testosterone that I've experienced in my clinic. A good starting dose is 250 mg once a day.

- **Avena Sativa** is an herb that boosts "free" testosterone levels in your blood. Almost all the testosterone in your body is "bound" to proteins. Only about 2 percent of testosterone is "bio-available." It's free testosterone that will really get you humming. And Avena Sativa gives you more of it.



By applying the advice in this report to your daily routine and overall lifestyle, you can maintain your manliness, strength, stamina and potency well into your “golden” years.

Remember, the true goal of wellness isn’t just to live longer, it’s to live better. And with renewed manly vigor, you can do just that.

### Dr. Al Sears’ Testosterone Self-Assessment Test

	1	2	3
1. Do you have trouble obtaining an erection?	Frequently	Occasionally	Never
2. Do you lose your erection before orgasm?	Frequently	Occasionally	Never
3. When attempting sexual intercourse how often is it unsatisfactory for you?	Frequently	Occasionally	Never
4. Have you noticed a decreased interest in sex?	Frequently	Occasionally	Never
5. Do you drink alcohol’?	Frequently	Occasionally	Never
6. Do you smoke tobacco?	Frequently	Occasionally	Never
7. Do you find yourself with a lack of ambition and motivation?	Frequently	Occasionally	Never
8. Do you lack the energy to climb a short flight of stairs’?	Frequently	Occasionally	Never
9. Do you find yourself becoming moody, depressed or irritable without good reason?	Frequently	Occasionally	Never
10. How often do you find yourself lacking the strength to lift a heavy household object like a full garbage can?	Frequently	Occasionally	Never
11. How often do you lack the desire to get up in the morning?	Frequently	Occasionally	Never
12. How often are you disinterested in exercising?	Frequently	Occasionally	Never
13. How many prescription drugs do you regularly take?	3 or more	1-2	None
14. Pinch your fat just to the side of your belly button; how much can you pinch:	>1”	about 1”	<1”
15. What is your age?	>50	35-50	<35

**SCORING:**

- Score 10 points for each response in column 3
- 5 points for each response in column 2
- 0 points for each response in column 1

Total: \_\_\_\_\_

**INTERPRETATION:**

- Above 125: You’re a **STUD!** Keep up the good work.
- 100 – 125: **AVERAGE.** You would likely benefit from natural testosterone boosting.
- Below 100: **DEFICIENT.** You may be one of the many men suffering from falling testosterone levels.

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