

Dr. Sears'

ANTI-AGING CONFIDENTIAL *for Women*



May 2016

Vol. 1 Issue 1

BEWARE OF “TOXIC MENOPAUSE SYNDROME”

Overwhelming mood swings, depression, memory loss, insomnia, weight gain, loss of libido, generalized discontent and malaise...

If you're a woman of a certain age and you describe these symptoms to your doctor, you'll be told that what you're experiencing is perfectly natural.

But these are NOT the symptoms of menopause and there's nothing “natural” about them.

A generation ago, menopause was a relatively brief transition that happened when a woman's menses ceased.

A small number of women experienced hot flashes for a few weeks or months at the most, then the symptoms went away.

Now this plague of terrible symptoms afflicts perimenopausal and menopausal women for years — sometimes even decades.

I call it **“Toxic Menopause Syndrome.”**

Today you face a menopause more severe than anything known before in the history of the human species.

You see, the biology of women's bodies hasn't changed much over the past few millennia. But the world around us has changed dramatically.



Today, hormone-disrupting chemical toxins are being forced into your body without your consent — and they’re changing everything.

You’re exposed everywhere you go — from industrial and urban sources, agricultural runoff and the burning of waste. You’re exposed through the food, dust and water you ingest, the gases and particles you breathe... and the everyday things you touch.

This toxic world has made your journey through menopause last longer... strike earlier... and hit harder.

WHAT YOUR DOCTOR ISN'T TELLING YOU

Mainstream medicine has no clue how to treat Toxic Menopause Syndrome. Most doctors barely know what to do about regular menopause — let alone this “mega menopause.”

The term “menopause” wasn’t even coined until 1821. And then it only meant the end of a woman’s ability to bear children.

It wasn’t until the early 20th century that doctors began treating menopause symptoms. And most physicians were quick to dismiss menopausal women as hysterical or neurotic.

Today, doctors frequently offer synthetic Menopausal Hormone Therapy, or MHT, for harsh menopause — but while that may reduce the severity of symptoms a little, it’s not going to be much help.

That’s because your bloodstream is already flooded with environmental synthetic hormones that destroy the delicate balance of estrogen, progesterone, testosterone and other hormones in your body.

Most menopausal women I see at the **Sears Institute for Anti-Aging Medicine** are suffering from Toxic Menopause Syndrome. But it’s not unique to my practice. A recent study found a shocking **9 out of 10 American**

women have serious and disabling menopause symptoms.¹

In just a minute, I’m going to show you how to rid your body of these toxins and get your hormonal balance back on track. I’m also going to show you an ancient therapy you can try at home to relieve the symptoms of Toxic Menopause Syndrome.

But first, let’s look at exactly why your experience with menopause is so awful.

NOT YOUR GRANDMOTHER’S MENOPAUSE

Women live longer these days. That’s great news. But modern women like you are not just spending more time in post-menopause. They start having perimenopause symptoms **earlier** than ever before.

Perimenopause used to start somewhere between the ages of 45 and 55. But a new study confirms what I’ve observed in my clinic.

The toxic soup we now live in *has flooded our environment* with chemicals that *can send you into menopause FOUR YEARS EARLIER.*²

Here are some of the most common complaints I hear from my menopause patients:

“Mega Menopause” Symptoms		
Hot flashes	Night sweats	Mood swings
Anxiety	Irritability	Insomnia
Fatigue	Depression	Brain fog
Memory lapses	Weight gain	Bloating
Belly fat	Headaches	Urinary incontinence
Vaginal dryness	Low libido	Facial hair
Thinning hair	Adult acne	Dry skin

Our environment is now awash with **endocrine-disrupting chemicals (EDCs)**. And they are playing havoc with your natural levels of estrogen and progesterone.

But these chemicals don't just make menopause arrive earlier. They turn menopause into a nightmare — and they increase your risk of osteoporosis, heart disease, breast cancer and ovarian cancer.

EDCs have a molecular structure almost exactly like estrogen. But they are MUCH stronger. In your body, they attach to estrogen receptors and send your estrogen levels through the roof. And the problem is that these fake estrogens are EVERYWHERE. Our world is saturated with them.

Each time you take a shower or sip from your water bottle, style your hair or eat in a restaurant, you're likely to take in harmful EDCs. The rising use of these chemicals over the past 50 years is very disturbing.

Hairsprays	Nail Polish	Garden Hoses
Fragrances	Pesticides	Receipts
Inflatable Toys	Fertilizers	Plastic Bags
Plastic Bottles	Packaging	Food

FLUSH THOSE TOXINS OUT OF YOUR SYSTEM

You can't live in a bubble. And this means you can't avoid all of these hormone-disrupting chemicals. You can see from the chart that, sadly, they have become part of everyday life. And that's just a partial list.

That's why I advise all my women patients to take action to flush these chemical estrogens out of their bodies.

Here are four simple ways I help my patients detoxify:

1. Cruciferous vegetables like broccoli, cauliflower, kale, and cabbage contain **DIM (diindolylmethane)**. This compound helps lower your estrogen — even the fake kind — naturally. But for serious menopause symptoms, you'd have to eat two pounds or more of broccoli every day to get results. I recommend a DIM supplement and I suggest taking 100 to 200 mg daily.
2. **SAM-e** also helps your body excrete estrogen. Take 200 mg a day. But you can take up to 800 mg twice a day if a blood test shows you have very high levels of estrogen.
3. **Alpha-lipoic acid (ALA)** is an antioxidant that can stop fake estrogens from damaging cells. A recent study shows that ALA can protect your reproductive organs from the effects of

Some of the Places You'll Find EDCs		
Non-organic Meat	Conventional Dairy	Plastics
Pharmaceuticals	Non-organic Produce	Cleaning Products
Medical Devices	Computers	Cars
Building Materials	Vinyl Flooring	Wall Coverings
Clothing	Shampoo	Varnish
Conditioner	Cosmetics	Hair Mousse
Deodorant	Hair Gel	Lotions

estrogen-mimicking chemicals.³ I recommend taking 250 mg a day of alpha-lipoic acid as a good place to start, but you can take up to 600 mg a day.

4. Gentle plant estrogens called **phytoestrogens** occupy estrogen receptors so that fake estrogens have nowhere to land. Studies show **pomegranates** are the richest plant source of estrogens.⁴ I suggest drinking just two ounces of pomegranate juice a day. And eat the seeds, either fresh or dried. You can also find pomegranate extract in supplement form. I recommend 500 to 1,000 mg per day.

If you are currently suffering from Toxic Menopause Syndrome, I recommend an ancient therapy that you can do yourself, at home.

I’ve been recommending this therapy for years to patients suffering from severe menopause. And the results have been almost magical...

WAKE UP GENTLY FROM YOUR NIGHTMARE

When I was studying Ayurvedic medicine in India, I noticed that Indian women had a much easier time going through menopause. They used a traditional therapy to calm the mind and body, and ease symptoms.

I’m talking about the ancient practice of yoga. Yoga can work wonders for menopause symptoms.

In the ancient Sanskrit language, yoga means “union.” It combines gentle poses — called **asanas** — with controlled breathing. And its impact on the human body is simply extraordinary.

Yoga can reduce stress, stabilize blood pressure, improve heart rate, improve muscle tone, balance your metabolism, help you lose weight and give energy.⁵

But yoga does even more...

I recommend yoga to my menopausal patients to help reduce hot flashes; improve libido, mood and sleep; and sharpen mental focus. And the research backs me up.

Studies show **yoga is highly effective** in managing menopausal symptoms, including hot flashes and night sweats.⁶

Yoga also **de-stresses** you by increasing levels of the brain-chemical GABA (gamma-aminobutyric acid), which you need for a calm mind.⁷

It can also **boost your self-esteem and self-image** at midlife.⁸ One study found that by focusing on simple yoga moves, women could forget for a time their daily responsibilities and demands. That can help reduce anxiety and depression.⁹

Yoga can also **lift brain fog**. Studies show it improves brain functions such as memory, mental balance, attention, and concentration and verbal skills.¹⁰

And one study from the MD Anderson Cancer Center showed that as little as two or three yoga sessions helped women **sleep** more peacefully, fall asleep faster, and sleep longer.¹¹ A Harvard study showed that over eight weeks, a simple daily yoga routine significantly improved chronic insomnia.¹²

Here at the **Sears Institute for Anti-Aging Medicine**, I offer classes and private yoga sessions to my patients.

I recently asked Kata Szabadi, the yoga instructor at my practice, about her recommendations for relieving the symptoms of menopause.

She offered up three easy but highly effective asanas you can try at home.

ANCIENT POSITIONS THAT BANISH HARSH MENOPAUSE



Asana 1: Head-to-Knee Forward Fold (Janu Sirsasana)

Bending forward poses can help **soothe the mind, reduce tension, and relieve stress** by shutting out distractions.

- Sit on the floor with your legs straight in front of you. Use a blanket under your sitting bones for support, if needed.
- Bend your right knee, draw the sole of the right foot against your inner left thigh. If your right knee doesn't rest comfortably on the floor, support it with a folded blanket.
- Inhale, sit up tall, and as you exhale gently fold over your left leg. Hold onto your right shin, ankle or foot. If needed use a strap to help you lengthen the spine evenly.
- Keep the front of your torso long; don't round your back.
- Instead of forcing yourself to fold deeper, take long, even breaths and allow your body to naturally open.
- Stay in the pose anywhere from 1 to 3 minutes.
- Come up with an inhalation and repeat the posture on the other side.

If you have back or knee injuries, or asthma, only practice this pose with the guidance of a teacher.



Asana 2: Bridge Pose With Lift (Setu Bandha Sarvangasana)

Bridge pose is a simple beginner's backbend. It can help open the heart and lungs to take in more oxygen. **That can energize the body and ward off feelings of depression.**

- Lie on your back with knees bent and feet on the floor, hip-width apart, inner feet parallel. If needed, place a folded blanket under your shoulders to protect your neck.
- Extend your arms along your hips, palms down. Press down through both feet evenly and raise your hips off the floor. Keep your knees directly over the heels.
- Next, raise your arms up, then overhead.
- Lower your hips and arms slowly and mindfully to start position. Repeat 3 times.
- Lift your arms and hips at the same time with a deep inhale. Release with a long exhale.

If you have a neck injury, avoid this pose except under the supervision of a teacher.

continued on next page



Asana 3: Reclining Bound Angle Pose (Supta Baddha Konasana)

Reclining poses help **relieve hot flashes** by allowing the abdomen to soften while releasing tightness in the chest.

- Sit with your legs straight out in front of you, raising your pelvis on a blanket if your hips or groin are tight.
- Bend your knees, bring the soles of the feet together and drop your knees out to the sides.
- Bring your heels as close to your pelvis as you comfortably can.
- Never force your knees down. Place a blanket under each knee if needed.
- Inhale deeply. As you exhale, slowly lower your back toward the floor, first leaning on your hands. Bring your torso all the way to the floor, supporting your head and neck on a blanket if needed.
- Rest your arms on the floor, palms up.
- Take long inbreathes through your nose and exhale through your mouth. Close your eyes and relax the facial muscles.
- To start, stay in this pose for one minute. Gradually extend your stay up to 5 or 10 minutes.

- To come out, use your hands to press your thighs together, then roll over onto one side and rise up gently.

Yoga sessions are offered in many places these days. If you're in South Florida, feel free to contact the Sears Institute for Anti-Aging Medicine at 561-784-7852 or visit the website at www.searsinstitute.com if you would like information on our yoga sessions.

Just remember, yoga is all about linking your deep breathing to the movements of your body.

References:

- ¹ Lock M. "Menopause: Lessons from Anthropology," *Psychosom Med* 1998; 60(4): 410-9.
- ² Grindler NM, Allsworth JE, Macones GA, Kannan K, Roehl KA, Cooper AR (2015) "Persistent Organic Pollutants and Early Menopause in U.S. Women." *PLoS ONE* 2015;10(1):e0116057.
- ³ El-Beshbishy H, Aly H, El-Shafey M. "Lipoic acid mitigates bisphenol A-induced testicular mitochondrial toxicity in rats." *Toxicol Ind Health*. 2013;29(10):875-87.
- ⁴ Heftmann, E., Ko, S., Bennet, R.D., "Identification of estrone in pomegranate seeds." *Phytochemistry* 1966;5,1337-1339.
- ⁵ Cohen BE, Kanaya AM. "Feasibility and acceptability of restorative *Yoga* for treatment of hot flushes: A pilot trial. *Maturitas*." 2006;56:198-204.
- ⁶ Vaze N, Joshi S. "Yoga and menopausal transition." *Journal of Mid-Life Health*. 2010;1(2):56-58.
- ⁷ Streeter CC, Jensen JE, Perlmutter RM, et al. "Yoga Asana sessions increase brain GABA levels: a pilot study." *J Altern Complement Med*. 2007;13(4):419-26.
- ⁸ Elvasky S, McAuley E. "Exercise and self esteem in menopausal women: A randomized controlled trial involving walking and *Yoga*." *Am J Hlth Promotion*. 2007;22:83-92.
- ⁹ Daley, Stokes-Lampard AJ, MacArthur C. "Exercise to reduce vasomotor and other menopausal symptoms: A review." *Maturitas*. 2009;63:176-80.
- ¹⁰ Chatha R, Nagarathna R, Padmalatha V, Nagendra HR. "Effect of Yoga on cognitive functions in climacteric syndrome: A randomized control study." *BJOG*. 2008;115:991-1000.
- ¹¹ Cohen L, Wameke C. "Psychological Adjustment and sleep quality: A randomized trial of the effects of a Tibetan Yoga intervention in patients with lymphoma." *Cancer*. 2004;100:2253-60.
- ¹² Khalsa SB. "Treatment of chronic Insomnia with Yoga: A preliminary study with sleep wake diaries." *Appl Psycho Physiol Biofeed Back* 2004;29:269-78.

DON'T BELIEVE YOUR DOCTOR'S ADVICE ABOUT GENES AND BREAST CANCER NATURAL BREAST CANCER THERAPIES HELP YOU AVOID SURGERY

Testing for breast cancer genes is becoming increasingly common. Tens of thousands of women are opting for “prophylactic” surgeries, based on their genes. In just the last few years, ***the rates of double mastectomies have soared 600%.***

But the sad truth is this drastic surgery changes your life forever — and there’s no medical benefit at all. Let me explain.

A study from Stanford University looked at more than 190,000 breast cancer cases. It compared death rates among women who got less-invasive lumpectomies with women who got mastectomies.

The shocking results showed NO difference in death rates. And in the case of double mastectomies, the survival rate actually went down.¹

Not that many years ago, breast cancer was rare. Today, you probably know several women who’ve been victims of this horrible disease.

The truth is that breast cancer rates are going through the roof. It’s the leading cause of cancer deaths among women.

Angelina Jolie was scared. Her mother died of the disease. Doctors told her that her genes gave her an 87% increased risk of breast cancer. They said disfiguring surgery was her only hope.



Despite what mainstream medicine may tell you, studies show that double mastectomies are not only barbaric, but make little difference to your chances of surviving breast cancer.

But you shouldn’t buy into the fear these doctors are peddling. Today, I’m going to show you why the whole breast cancer gene theory is wrong.

*And I’ll give you a **5-Point Breast Cancer Prevention Protocol** you can start using right now to help you prevent this dreaded disease — no matter what your family history is.*

YOUR GENES DON'T PREDICT YOUR BREAST CANCER RISK

Most mainstream doctors still believe your genes determine your risk of getting breast cancer. They'll order genetic testing to see if you have certain mutations in the so-called "breast cancer genes" — BRCA1 and BRCA2. They hype the danger and then they mutilate your body.

But the fact is that BRCA mutations are extremely rare. The U.S. Preventive Services Task Force recommends a BRCA test only if you have an extremely strong family history of the disease. These mutations occur in only about 2% of U.S. women.

Even if you have a mutation, that's far from the whole story. Many women with the mutation NEVER get breast cancer.

You see, there are **thousands** of mutations in the BRCA genes. They don't all mean your breast cancer risk goes up. In fact, some of these mutations have a protective effect. **They can actually REDUCE the risk of breast cancer.**²

A number of studies show that patients with BRCA mutations have an equal or better prognosis than other breast cancer patients. And breast cancer death rates have been found to be similar between the two groups.^{3,4}

YOUR 5-POINT PROTOCOL TO PREVENT BREAST CANCER SAFELY

Don't let the medical industry scare you into useless surgery. In fact, I don't even recommend BRCA testing for my patients.

Instead, I help women steer clear of the multi-billion dollar breast cancer industry with safe and natural prevention.

I advise a **5-Point Breast Cancer Prevention Protocol** that can protect you from the scourge of breast cancer once and for all...

1. Swap Your Mammogram: Your doctor probably tells you that a mammogram is the best way to prevent breast cancer. Don't believe it.

A study in the *New England Journal of Medicine* looked at 32 years of breast cancer data. They found that mammograms didn't reduce the rates of advanced breast cancer at all.⁵ Yet, thanks to false positives, 1.3 million women got surgery, chemotherapy or radiation — even though they didn't have cancer.

And it gets worse. Radiation from mammograms can actually **cause** breast cancer. X-rays used in medical tests are strongly linked to breast cancer.⁶ It's estimated that 75% of all breast cancers are induced by radiation — including medical tests.⁷

I've been telling my patients for 20 years it makes no sense to look for breast cancer with a test that **causes** breast cancer. Here are two things you can do instead of getting mammograms...

- **See your doctor:** I recommend getting a breast exam once a year. A recent study of 40,000 women found that a yearly breast exam from a doctor was just as effective as a mammogram for saving lives.⁸
- **Get a thermogram:** **Thermography** is a simple, pain-free scan that only takes about 15 minutes. It measures infrared heat in different parts of your body. The heat reflects signs of inflammation or blood flow. Results are displayed as an image called a thermogram.

Mammograms can only tell if you already have cancer. Thermograms can reveal a problem up to a decade before cancer forms. Studies show they're 10 times better at predicting breast cancer than your family history.⁹

They also reduce false positives — reports of breast cancer where there is none. A 2008 Cornell study found these scans accurately identified 97% of breast cancers.¹⁰

I recommend thermography to my patients as an early-warning system. It can give you notice well in advance of a cancer diagnosis.

Your doctor has probably never heard of this scan. To find out where you can get tested in your area, visit the [International Academy of Clinical Thermology \(IACT\)](#) or the [American College of Clinical Thermology](#).

2. Check Your Vitamin D Levels: Post-menopausal women with low vitamin D levels have a greater risk of developing breast cancer than those with higher vitamin D levels.¹¹

The next time you see your doctor, get tested for vitamin D. But make sure your doctor orders the right test — because there are two forms of vitamin D in your blood. One is called 25-hydroxyvitamin D (25(OH)D) also known as the “storage form.” The other is 1,25 hydroxyvitamin D or the “active form.” 25(OH)D is the best one to assess your vitamin D status.

And be careful about the levels they recommend. Your doctor might tell you 20 nanograms per milliliter (ng/mL) is high enough. But it's not. A Harvard review of nine studies found that you have to get your levels up to at least 27 ng/mL to get any benefit from vitamin D.¹²

But I encourage my patients to get their levels up even higher. I recommend levels in the range of 50 to 60 ng/mL. That means a daily intake of around 8,000 IUs of vitamin D per day. Here are the easiest ways to get those levels...

- **Get some sun:** Getting out in the midday sun unprotected for 10 to 15 minutes a day is good for you. This will give you between 3,000 and 5,000 IUs of vitamin D.
- **Eat vitamin D-rich foods:** The best food sources of vitamin D are wild-caught fish like salmon and tuna, and small fish like herring, sardines and anchovies. Other great food sources include organic eggs and cheese.

- **Take a D3 supplement:** Most people don't get enough vitamin D from sun and food. I recommend taking **cholecalciferol** or D3. It's identical to the vitamin D your body produces. But avoid the synthetic, less potent and less absorbable vitamin D2 form you find in many multivitamins. Take 5,000 IU per day of D3 to help prevent breast cancer.

3. Pay Attention To Your Thyroid: A staggering 21 million women in America suffer from thyroid dysfunction. According to a major study in the *Archives of Internal Medicine*, another 13 million people are undiagnosed and unaware they have thyroid issues.¹³

That's bad news — because thyroid disease is often a precursor to breast cancer.¹⁴

Both your thyroid and your breasts need a good supply of iodine to stay healthy. If iodine is not getting to your thyroid, you can develop a goiter, which may eventually lead to breast cancer.

At the same time, low iodine increases the sensitivity of estrogen receptors in breast tissue. Your breasts start to take in even more estrogen. That also increases your risk of breast cancer.¹⁵

By checking your thyroid function, you can get an early warning of low iodine and higher breast cancer risks. There are two blood tests you should get from your doctor:

The first is **TSH (thyroid-stimulating hormone)**. TSH is a hormone made by your pituitary gland. It signals your thyroid to make more thyroid hormones. The other test is **FT4**, or free T4. The T4 hormone regulates cellular metabolism.

Most doctors only focus on the TSH test. But you can have normal TSH levels and still have thyroid issues. That's why it's important to also get your free T4 measured.

The American Association of Clinical Endocrinologists says your TSH levels should be

between 0.3-3.0 µIU/ml. But I find that patients feel best with a level between 0.5-2.5 µIU/ml.

If you're out of range, iodine can help. The government says a woman only needs 150 mcg of iodine per day. That's NOT enough to prevent breast cancer. I recommend that you:

- **Eat kelp:** Seaweed is far and away the best food source. But if you're not a seaweed lover, you're unlikely to get enough iodine from food. You can find kelp supplements at most health food stores. Start with 325 mcg per day and increase it slowly. To prevent breast cancer, you can gradually go as high as 3,000-6,000 mcg (3 mg - 6 mg) every day.
- **Add more iodine:** You can also take iodine supplements. But make sure you're getting the right kind. Breast tissue needs **iodine**. Your thyroid needs **iodide**. I recommend Iodoral tablets. They contain 5 mg of iodine and 7.5 mg of potassium iodide. Take it with 200 mcg of selenium — or eat two Brazil nuts a day.

4. Douse The Fire: Cancer is a disease of our modern world. And it has its roots in chronic inflammation. And we're all inflamed, thanks to our modern diet of sugar, cheap vegetable oils and refined carbohydrates. We live in a toxic world full of cigarette smoke, heavy metals and pollutants. Add up all these factors and your immune system is on constant high alert.

Studies prove that inflammation is a key cause of breast cancer.¹⁶ A study at the Fred Hutchinson Cancer Research Center at the University of Washington found that breast cancer patients with high levels of **C-reactive protein (CRP)** were more likely to have a cancer recurrence.¹⁷

CRP is a measure of your body's inflammation. I suggest you get it tested once a year. A simple blood test is all you need. If your results are above 1, it's time to douse the flames. And I

would suggest retesting every three months until your levels return to normal.

Here are two easy ways to reduce inflammation and cut your risk of breast cancer:

- **Eat more olive oil:** Breast cancer rates are lower in Mediterranean countries than in the U.S. or other parts of Europe.¹⁸ One reason is their use of olive oil. A Spanish study published in *JAMA Internal Medicine* found that adding just four tablespoons of olive oil a day cuts the risk of invasive breast cancer by 68%.¹⁹

Make sure your olive oil is extra-virgin, which contains oleocanthal. It has anti-inflammatory properties. In fact, lab studies show it can kill cancer cells in 30 minutes.²⁰

- **Exercise:** One of the best ways to lower CRP is exercise. Studies clearly show that people who went from couch potato to exercising lowered their CRP as much as 30%.²¹

To lower your CRP level in the shortest amount of time, try my **PACE** program. It works in just 12 minutes a few times a week. Here's a simple routine you can start with:

- » Instead of a slow, steady pace on a bicycle or treadmill, try going 80% of your maximum for two minutes.
- » Rest for one minute.
- » Go at 90% for another two minutes.
- » Rest for one minute.
- » Go at 100% for one minute.
- » Recover.

That's it! This exertion/rest cycle is much more effective than traditional cardio. And it will lower your CRP levels much faster.

5. Clear Out Fake Estrogens: Estrogen levels of American and Northern European women have climbed to TWICE their normal levels over the past 75 years. What's going on?

For one thing, our food supply is not what it used to be. Industrial farms shoot animals full of

hormones so they fatten up faster. You get a dose of estrogen every time you take a bite of non-organic beef or chicken, or eat non-organic yogurt.

Pesticides and fertilizers used to grow our food contain **xenoestrogens**. When these chemicals get into your bloodstream, they mimic real estrogen. But there's a big difference. These chemical hormones are MUCH stronger than the estrogens your body produces naturally.

And they're not just in your food. *Xenoestrogens have become a part of everyday life.*

Fake estrogens are used in beauty products like deodorants, perfumes, moisturizers, hairsprays, cosmetics, toothpaste, nail polish, shampoos, conditioners and cleansers.

One study found that **99% of women** tested had these toxins in their breast tissue.²²

And all of this excess estrogen leads to higher rates of breast cancer.²³

It's almost impossible to avoid these fake estrogens. But you can help your body break them down and remove them naturally.

Your liver is the most powerful detoxifying organ in your body. It can expel excess estrogens — both the natural and synthetic forms — through your urine.

I recommend four simple supplements to help your liver eliminate excess estrogen from your body and lower your breast-cancer risk.

- **DIM (Diindolylmethane):** Cruciferous vegetables like broccoli and cauliflower produce DIM, which helps your body break down and excrete excess estrogen. But you'd have to eat two pounds or more of broccoli every day to get enough! I suggest you take 100 to 200 mg of DIM every day as a supplement. Start with a 100 mg DIM

capsule. Two capsules are equivalent to a pound of vegetables. But go easy... taking more than 300 mg might cause some gastrointestinal distress.

- **SAM-e:** Promote the excretion of estrogen while negating the effects of estrogen toxicity. Take 200 mg a day to start. But you can take up to 800 mg twice a day if a blood test reveals you have high levels of estrogen.
- **Alpha-lipoic acid:** This stops estrogen damage in cells and protects your reproductive organs from excess estrogen. Start with 250 mg a day. But you can take up to 600 mg a day.
- **Milk thistle (*Silybum marianum*):** This is one of the best herbs I've found for clearing toxins from your blood. Look for dried milk thistle extract in your health food store or online. But make sure it has a minimum of 80% silymarin, the active ingredient for liver cleansing. Take one 200 mg capsule twice a day.

And when detoxing or cleansing, drink lots of water to help flush everything out of your system.

References:

¹ Kurian AW, Lichtensztajn DY, Keegan TM, et al. "Use of and Mortality After Bilateral Mastectomy Compared With Other Surgical Treatments for Breast Cancer in California, 1998-2011." *JAMA*. 2014;312(9):902-914.

² Cheryl Lin, Tina Sasaki, Aaron Strumwasser, Alden Harken. "The case against BRCA 1 and 2 testing." *Surgery*. 2011;149(6):731-4.

³ Andrea Veronesi, Clelia de Giacomi, Maria D Magri, et al. "Familial breast cancer: characteristics and outcome of BRCA 1-2 positive and negative cases." *BMC Cancer*. 2005;5:70.

⁴ Mario Budroni, Rosaria Cesaraccio, Vincenzo Coviello, et al. "Role of BRCA2 mutation status on overall survival among breast cancer patients from Sardinia." *BMC Cancer*. 2009;9:62.

⁵ Bleyer A, et al. "Effect of Three Decades of Screening Mammography on Breast-Cancer Incidence." *N Engl J Med* 2012; 367:1998-2005.

⁶ National Toxicology Program. 13th Annual Report On Carcinogens. Accessed September 11, 2015.

⁷ John Gofman, MD, PhD. Radiation and Health. Berkeley Citizen.org. Accessed September 15, 2015.

⁸ Anthony B. Miller et al. "Twenty five year follow-up for breast cancer incidence and mortality of the Canadian National Breast Screening Study: randomised screening trial." *BMJ* 2014;348:g366

- ⁹ M. Gautherie and C. M. Gros, "Breast Thermography and Cancer Risk Prediction." *Cancer*, vol. 45, no. 1 (January 1, 1980), pp. 51-56.
- ¹⁰ Arora N, et al. "Effectiveness of a noninvasive digital infrared thermal imaging system in the detection of breast cancer." *Am J Surg*. 2008;196(4):523-6.
- ¹¹ Grant WB. "25-Hydroxyvitamin D and breast cancer, colorectal cancer, and colorectal adenomas: case-control versus nested case-control studies." *Anticancer Res*. 2015;35(2):1153-60.
- ¹² Bauer, S.R., Hankinson, S.E., Bertone-Johnson, E.R., et al. "Plasma vitamin D levels, menopause, and risk of breast cancer: dose-response meta-analysis of prospective studies." *Medicine* 2013;92:123-131.
- ¹³ Shomon M, "Thyroid Disease Is Far More Widespread Than Originally Thought – 13 Million May Be At Risk and Undiagnosed", 11/19/08
- ¹⁴ Barnes, B. "Thyroid supplements and breast cancer." *JAMA*.1976.
- ¹⁵ Stadel BV "Dietary iodine and risk of breast, endometrial, and ovarian cancer." *Lancet*. 1976; 1(7965): 890-91.
- ¹⁶ M. Liu, T. Sakamaki, M. C. Casimiro et al. "The Canonical NF- B Pathway Governs Mammary Tumorigenesis in Transgenic Mice and Tumor Stem Cell Expansion." *Cancer Res* December 15, 2010 70; 10464.
- ¹⁷ Brandon L. Pierce, Rachel Ballard-Barbash, Leslie Bernstein et al. "Elevated Biomarkers of Inflammation Are Associated With Reduced Survival Among Breast Cancer Patients." *J Clin Oncol*. 2009; 27(21): 3437–3444.
- ¹⁸ WillettWC, Sacks F, Trichopoulou A, et al. "Mediterranean diet pyramid: a cultural model for healthy eating." *Am J Clin Nutr*. 1995;61(6)(suppl): 1402S-1406S.
- ¹⁹ Toledo E, Salas-Salvadó J, Donat-Vargas C, et al. "Mediterranean Diet and Invasive Breast Cancer Risk Among Women at High Cardiovascular Risk in the PREDIMED Trial: A Randomized Clinical Trial." *JAMA Intern Med*. 2015;175(11):1752-60.
- ²⁰ LeGendre O, Breslin PA, Foster DA. (-)-Oleocanthal rapidly and selectively induces cancer cell death via lysosomal membrane permeabilization. *Molecular & cellular oncology*. 2015;2(4):e1006077-.
- ²¹ Church T, Barlow CE, Earnest CP, et.al. "Association between cardiorespiratory fitness and C-reactive protein in men." Arteriosclerosis and Thrombosis: *Journal of Vascular Biology*, 2002;22(11):1869-1879.
- ²² Barr L, et. al. "Measurement of paraben concentrations in human breast tissue..." *J Appl Toxicol*. 2012 Mar;32(3):219-32. doi: 10.1002/jat.1786.
- ²³ Key TJ, Appleby P, Barnes I, Reeves G. "Endogenous Hormones and Breast Cancer Collaborative Group. Endogenous sex hormones and breast cancer in postmenopausal women: reanalysis of nine prospective studies." *J Natl Cancer Inst*. 2002;15:606–616.

5 EASY STEPS TO A PURE AND BEAUTIFUL BODY

MY RESEARCH SHOWS POLLUTANTS ARE MORE DANGEROUS TO WOMEN

When I first started warning my patients about the link between industrial toxins and chronic disease, other physicians were very critical. Some even said the idea was ridiculous.

That was back in the 1990s. Now, 20 years later, there's overwhelming evidence that many of these poisonous emissions are far worse for a woman than men — and mainstream medicine is still trying to catch up.

But I know you're used to being ignored and stigmatized by doctors. The sad truth is that modern medicine was fashioned from the image and needs of a man's body.

You need a doctor who listens to you and understands *your* needs.

Industrial pollution is a women's issue.

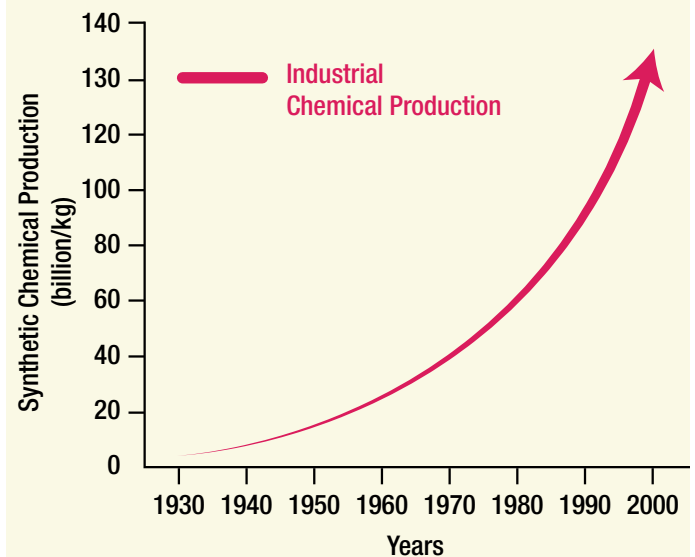
Factories, mines, power plants, and chemical farming are spewing tons of toxins and heavy metals like lead, mercury, cadmium and aluminum into the air you breathe, the food you eat, the water you drink and dust that falls on your skin.

And new research proves just how devastating these toxins are for women.

In my own practice, I've seen how this kind of pollution can take a toll on your health — cancer, heart disease, diabetes, liver and kidney damage, asthma, chronic bronchitis, to name just a few.

In today's world, you **MUST** do something to counteract the effect of the thousands of

The Rise of Killer Toxins



There is overwhelming evidence that the increased production of industrial chemicals has given rise to lethal toxins that are especially dangerous to women.

chemicals, toxins and other compounds that get into our blood and attack every one of the 50 trillion cells in our body.

You need to take action yourself:

- Rid your body of these poisons before the damage becomes irreversible;
- Create a baseline for your health and build on it;
- Take control of your body.

There are specific steps you can take RIGHT NOW to cleanse and purify your blood and major organs.

In a minute, I'm going to show you the best ways to protect yourself and your family from this modern toxic hazard.

But, first, let's take a look at what exactly is going on...

NO WONDER HEART DISEASE IS YOUR GREATEST THREAT

Ask pretty much any mainstream doctor about detoxing, and you're sure to get a patronizing — not to mention insulting — look of disbelief.

To most doctors, the term “detox” refers to treatment for alcohol and drug addiction.

And that's it.

Talk to them about detoxing to rid yourself of the chemicals, toxic compounds and all the other poisons you're exposed to everyday, and they're immediately dismissive.

They'll tell you your body has kidneys, a liver, skin, even lungs that detoxify your body perfectly well — and that's all you need.

But what these doctors don't understand is that the organs and tissues in your body were not designed to stand up to the crushing onslaught of toxins, heavy metals, chemicals and other compounds that flow through your blood every moment of your life.

Your liver and kidneys were designed to filter *organic toxins* — the kind of waste materials your body made naturally, back when we lived in a clean, chemical-free environment. Your ancestors never had to cope with these deadly toxins.

You see, the chemicals that exist in our environment today are completely new to this planet. They aren't natural, and your body has no way of dealing with them.

Today, the World Health Organization estimates air pollution contributes to about seven million premature deaths *each year* — and

women are significantly more vulnerable to the diseases it causes.

An estimated **44 million women** in the U.S. are affected by cardiovascular diseases and every year it kills around 500,000 American women — around 60,000 more than men.

Studies reveal that the increased risk from tiny particles of pollution is gender-specific — and that postmenopausal women are the most vulnerable of all.^{1,2}

The biological mechanisms of postmenopausal health effects have not been studied enough — and this in itself is a travesty. But we do know that the pathways in which exposure to small particles of pollution can lead to cardiovascular disease in women include:

- Specific effects on sensory nerves;
- Inflammation of lung tissues;
- Impact on cells on the tissues that line the cavities and surfaces of blood vessels and organs;
- Differences in the mechanisms for blood coagulation.

In 2007, the Women's Health Initiative Study followed more than 65,000 women for six years. It found long-term exposure to small particles of pollution resulted in a 24% increase in cardiovascular incidents.

It also led to a shocking 76% increase in cardiovascular death among the women as pollution increased.³

It's hardly surprising that heart disease is the number one killer of women.

THE MOST DANGEROUS HAZARD OF ALL

A recent study from NYU Langone Medical Center looked at data from 45,000 patients in 100 U.S. cities. Researchers wanted to know the health impact of various types of air pollution.

They looked at the size of particles in the air. They also looked at the sources of pollution — such as coal burning, traffic emissions, oil burning and wood burning.⁴

But they also discovered that smaller particles — those under 2.5 micro-millimeters — are much more dangerous than larger particles.

That's because smaller bits can penetrate much deeper into your lungs and the blood system.

That means toxins like arsenic, mercury and cadmium lodge deep in the body.

A review in the journal **Circulation** found that breathing these small particles over just a few hours or weeks can substantially raise your risk of cardiovascular death.⁵

The NYU study found that hands down the biggest culprit of all is coal-burning particles. These are five times more damaging than other particle types of the same size.

AND NOW AN EVEN GREATER RISK FOR WOMEN

A Harvard study recently found that diabetic women face exceptionally high risk from air pollution.⁶

Researchers reviewed data from 114,537 women in the Nurses' Health Study. They calculated the women's increased risk based on each additional 10 micrograms of particles per square meter of air over a year. All of the women were at higher risk of cardiovascular disease, heart disease and stroke.

The study found that women over the age of 70, obese women, or those who live in the Northeast or South of the U.S. were at even higher risk.

But far and away, those most at risk from pollution particles in the air were diabetic women.

Just take a look at this chart.

Increased Risk For Diabetic Women For Every 10 Micrograms of Pollution Per Cubic Foot of Air		
PARTICLE SIZE	CARDIOVASCULAR DISEASE RISK	Stroke Risk
Small	44%	66%
Medium	17%	18%
Large	19%	23%
With every 10 micrograms of additional particles in a cubic foot of air, the risk for diabetic women increased most.		

In other words, your risk of cardiovascular disease could more than double if you're exposed to smaller type of pollution. And your risk of stroke almost triples.

HEART DISEASE ISN'T THE ONLY RISK FROM POLLUTION

In addition to pollution from coal, our air is now drenched with chemicals that look and act like the hormone, estrogen.

These fake estrogens — also called xenoestrogens — are found in thousands of products we use every day — from shampoos to garden hoses to cash register receipts. They're made with **bisphenol-A** or **BPA**, one of the more popular forms of xenoestrogen.

They destroy the delicate balance of estrogen, testosterone and other hormones.

But things are getting worse. It's not enough to avoid plastic bottles. These chemicals are now literally in the air we breathe.⁷

Factories and industrial sites release BPA into the air and water. These xenoestrogens get into your blood. They throw off a woman's natural cycle. They can make you gain weight. They can make you anxious, overly emotional and angry.

And they are also at the root of "Toxic Menopause Syndrome" (See article No. 1 in this issue of *Anti-Aging Confidential for Women*).

BPA is also linked to breast and reproductive cancers, infertility, diabetes, obesity, and heart disease. Studies also show breathing BPA can cause asthma and reduced lung function. And it promotes the spread of lung cancer.^{8,9,10,11}

I'm not telling you this to scare you. But I do want you to understand how important it is to boost your defenses and get these toxins out of your body.

The FDA is no help. It doesn't want to get on the wrong side of the big industrial interests. And most doctors don't even recognize the problem. Until you show up with a disease, they don't know what to do.

But I have a different approach. I help my patients stop the build-up of these deadly toxins before they cause heart disease, cancer and other diseases.

PURIFY YOUR BODY IN FIVE STEPS

You'll find plenty of detoxification kits — or "detox in a box" — at pharmacies and health food stores. But there is little if any scientific evidence that any of these quick fixes work.

Instead, you're better off using natural detoxification methods that are safe and reliable.

Here's what I recommend:

Step 1: Intravenous Chelation — a highly effective treatment administered intravenously for clearing heavy metals and other toxins from your blood

I offer safe intravenous (IV) chelation to just about every patient I see here at the *Sears Institute for Anti-Aging Medicine*.

Chelate comes from the Greek word for "claw." Chelation is the process where a molecule (from a nutrient) grabs — like a claw — onto toxins, such as like the chemicals and heavy metals flowing through your bloodstream.

For IV chelation, I inject calcium disodium EDTA directly into your bloodstream. It's painless. And in no time, EDTA will grab heavy metals and toxins, and pull them out of your system safely and easily.

It works fast, too. In a 10-minute session, you're done and on your way. Patients tell me they feel better almost immediately.

*If you're interested in IV chelation at the Sears Institute for Anti-Aging Medicine, please call **561-784-7852***

Step 2: Oral Chelation — powerful natural detoxifying nutrients you can take at home

I've found that patients get the best results when we combine IV chelation with oral chelation. But even if you don't do the IV chelation, you can still get great results. And you can do oral chelation right in your own home.

Here's what I recommend for my own patients:

- **Activated Charcoal:** Hospitals have been using this form of charcoal for many years as an antidote for drugs, poisons, and medicinal overdoses. It's also a good way to neutralize dental amalgams that contain mercury.

Like EDTA, activated charcoal grabs heavy metal molecules and escorts them from your body.

Activated charcoal is extremely effective and inexpensive. It takes only a small amount of charcoal to safely wash away heavy metal build-up.

Look for activated charcoal as a very fine, black powder in your local health food store or online. Take 20 grams to 30 grams of powdered activated charcoal mixed with water once a day for one to two weeks.

- **DMSA (Meso-2, 3-dimercaptosuccinic acid):** This compound is highly effective at binding up arsenic, cadmium, lead and mercury, and then eliminating them from the body. It can even remove mercury deposited in the brain.

DMSA has receptor sites to which the toxins bind. The toxins live inside cells and DMSA cannot enter the cells. Instead, glutathione (your body's natural toxin remover) pushes the metals out of the cell, where they're picked up by DMSA and excreted.

DMSA should be taken in on-again/off-again cycles. Take it for three days and then stop it for 11 days. Your body needs those 11 days to regenerate its glutathione levels.

- **Modified Citrus Pectin:** The inner peel of citrus fruits contains one of the most potent detox substances I've found. In one USDA study, people taking modified citrus pectin for six days were able to excrete 150% more mercury... 230% more cadmium, and... 560% more lead.¹²

What's great about modified citrus pectin is that while it eliminates toxic metals and

pesticides, it doesn't deplete your body of zinc, calcium or magnesium.

But make sure you get the right kind. Most pectin is made of large long-chain carbohydrate molecules. They're too big to digest and will just pass through your body. The citrus pectin used in clinical studies is specially formulated for absorption, so it can easily find and bind to toxins. Look for "**modified**" citrus pectin.

- **Milk thistle (*Silybum marianum*):** This medicinal plant is one of the best herbs I've found for clearing toxins from your blood. It's been used by traditional healers for more than 2,000 years. But most modern doctors know nothing about it.

Milk thistle has a potent antioxidant called silymarin that helps detoxify the liver and restore healthy liver function. And it's a great iron chelator.¹³

Look for dried milk thistle extract in your health food store or online. But make sure it has a minimum of 80% silymarin, the active ingredient for liver cleansing. Take one 200 mg capsule twice a day.

- **Spirulina:** Ancient Mayans and Aztecs considered spirulina a superfood and it's the world's richest source of protein. But it is also rich in cleansing nutrients. Studies show it's a powerful blood detoxifier.¹⁴

Step 3: Reduce Exposure to Excess Estrogens

There are many natural ways to rid yourself of toxins to look and feel your best:

- Limit your exposure to hormones. If you eat grain-fed meat, eat only lean cuts and trim off the fat. If you eat grass-fed beef, it's okay to eat the fat — it's good for you.
- Reduce your intake of caffeine, grains, carbohydrates and sugar. They make it harder for your body to fully metabolize estrogen.

- Stretch and massage your limbs. This releases toxins stored in your tissues so your body can eliminate them.
- Enjoy a sauna. Perspiring in the heat releases toxins through your skin.

Step 4: Clearing Away Fake Estrogens

Your body can't keep up with all the fake estrogens in the environment. I recommend you use a few simple supplements to help metabolize excess estrogen and eliminate it from your body.

- **SAM-e:** It promotes the excretion of estrogen while negating the effects of estrogen toxicity. Take 200 mg a day to start. But you can take up to 800 mg twice a day if a blood test reveals that you have very high levels of estrogen.
- **Alpha-lipoic acid:** It stops estrogen damage in cells and protects reproductive organs from excess estrogen. Start with 250 mg a day. But you can take up to 600 mg a day.
- **DIM:** You can get this natural estrogen cleanser from cruciferous vegetables, like kale and broccoli. But you can't eat enough to cleanse your body well enough. So start a 100 mg capsule a day. Two capsules provide as much DIM as a pound of vegetables.

Step 5: Eat the "Super Foods" to Cleanse Your Body

There are everyday foods that act as detoxifiers and help your body release toxins that built up.

Foods rich in vitamin C — like **fruits, berries** and **fresh vegetables** — will help do the trick, along with **fiber-rich nuts, seeds** and **grains**.

Grapefruit is another food that binds to toxins and helps flush them from your body. It contains

a flavonoid called naringenin, which is a potent antioxidant that can reprogram your liver to melt excess fat, instead of storing it. This is important because toxins tend to collect in the fat around your organs, like your liver, and eating grapefruit will help you stop this process.

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

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

References:

- ¹ Kunzli N. et al. "Ambient Air Pollution and Atherosclerosis in Los Angeles." *Environmental Health Perspectives* Vol. 113, No. 2 (Feb., 2005), pp. 201-206.
- ² Chen L.H. et al. The Association between Fatal Coronary Heart Disease and Ambient Particulate Air Pollution: Are Females at Greater Risk? *Environmental Health Perspectives*. 2005 Dec; 113(12): 1723-1729
- ³ Miller K, Siscovick D, Sheppard L, Shepherd K, Sullivan J, et al. Long-term exposure to air pollution and incidence of cardiovascular events in women. *NEJM*. 2007;356:447-458.
- ⁴ Newman, T. (2015, December 2). "Coal burning emissions 'five times worse' for health." *Medical News Today*.
- ⁵ Robert D. Brook, Sanjay Rajagopalan, C. Arden Pope et al. "Particulate Matter Air Pollution and Cardiovascular Disease: An Update to the Scientific Statement From the American Heart Association." *Circulation* 2010;121:2331-2378.
- ⁶ Newman, T. (2015, November 26). "Pollution increases health risks for diabetic women." *Medical News Today*.
- ⁷ Westervelt, A. "We're exposed to hormone-disrupting BPA just by breathing." *The Guardian* (London). July 21, 2015.
- ⁸ Ziv-Gai, A., et al. "The effects of in-utero bisphenol-A exposure reproductive capacity in several generations of mice." *Toxicology and Applied Pharmacology*. 2015. DOI: 10.1016/j.taap.2015.03.003.
- ⁹ Vom Saal, et al. "Bisphenol-A and risk of metabolic disorders." *Journal of the American Medical Association*. 2008. 300(11):1353-54.
- ¹⁰ Spanier, A.J. "Bisphenol-A exposure is associated with decreased lung function." *J Pediatr*. June 2014. 164(6): 1403-8.e1. doi: 10.1016/j.jpeds.2014.02.026.
- ¹¹ Zhang, K.S. "Bisphenol-A stimulates human lung cancer cell migration via upregulation of matrix metalloproteinases by GPER/EGFR/ERK1/2 signal pathway." *Biomed Pharmacother*. 2014. 68(8): 1037-43.
- ¹² Alternative Therapies, Jul/Aug 2008, Vol. 14m, No. 4
- ¹³ Hutchinson C, Bomford A, Geissler C. "The iron-chelating potential of silybin in patients with hereditary haemochromatosis." *Eur J Clin Nutr*. 2010; 64(10): 1239-1241.
- ¹³ Glenn Geelhoed, MD; Jean Barilla, MS. "Natural Health."

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, CNS, is a medical doctor and one of the nation's first board-certified anti-aging physicians.

As a board-certified clinical nutritionist, strength coach, ACE-certified fitness trainer and author, Dr. Sears enjoys a worldwide readership and has appeared on more than 50 national radio programs, ABC News, CNN and ESPN.

In 2010, Dr. Sears unveiled his proven anti-aging strategies in ***Reset Your Biological Clock***. As the first U.S. doctor licensed to administer a groundbreaking DNA therapy that activates the gene that regulates telomerase, Dr. Sears made history by bringing telomere biology to the general public.

Dr. Sears shocked the fitness world by revealing the dangers of aerobics, "cardio" and long-distance running in his book, ***PACE: The 12-Minute Fitness Revolution***.

In 2004, Dr. Sears was one of the first doctors to document the true cause of heart disease and expose the misguided and often fatal drugs-and-surgery approach to heart health.

In ***The Ageless Heart Manual: Advanced Strategies to Reverse Heart Disease and Restore Your Heart's Pumping Power***, Dr. Sears outlines the easy-to-follow solution that effectively eliminates your risk of heart disease, high blood pressure and stroke.

An avid lecturer, Dr. Sears regularly speaks at conferences sponsored by the American Academy of Anti-Aging Medicine (A4M), the American College for the Advancement of Medicine (ACAM) and the Age Management Medicine Group (AMMG).