



Dr. Sears'

CONFIDENTIAL CURES

Your Guide to Truth and Lies in
Medicine from Around the World

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Dear Friend,

If you were given a choice between curing whatever ails you — whether it's a damaged heart, diabetes, chronic back pain or even erectile dysfunction — and simply treating the symptoms with an FDA-approved drug, I'm pretty sure you'd choose to be cured.

I know I would.

The choice seems pretty obvious... to everyone that is, except the FDA.

Of course, the agency is in bed with their pals at Big Pharma. President Trump's appointed head of the FDA was Scott Gottlieb — a man who promised to tear down the walls of FDA regulations that were holding back medical innovation.

But we weren't fooled. He wasn't talking about relaxing the agency's death grip on natural life-saving breakthroughs like stem cell therapy.

His only agenda was to flood the market with thousands of dangerous generic prescriptions.

After two years of leading the charge, Gottlieb is on his way out at the end of this month.

One of the people topping the president's list of likely replacements is Amy Abernethy.

She says her goal at the FDA is to speed up the collection of data that can be used in new clinical trials. But guess where she used to work?

At another Big Pharma behemoth — the Swiss pharmaceutical company Roche.

If she is chosen to head the FDA, she'll have all the connections the agency needs to wage war on stem cell therapies.

You see, in a sneaky move, the FDA decided to classify adipose stem cells — those master cells that come from your very own fat supply in your body — as a drug.

They are well aware of how stem cell therapy is changing the world of modern medicine. And how it's threatening their prescription cash cow...

And they are desperate to stop this life-saving therapy in its tracks. That way, they'll have more time to develop and produce a profitable synthetic "stem cell drug."

*In this month's **Confidential Cures**, you'll discover how to start taking back control of your health and wellness — from government agencies, doctors and the Big Pharma puppets.*

To Your Good Health,

Al Sears, MD, CNS

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Golf Legend Prevails After Being Denied Proven Back Pain Cure By The FDA

If pain has ever kept you from doing what you love, you need to hear this story.

One of my neighbors here in South Florida is recognized as the greatest golfer of all time. Seventy-nine-year-old Jack Nicklaus' passion started as a child when his dad first introduced him to the game.

He couldn't get enough. He'd carry his dad's golf club back around the course and go the country club that was two blocks from his house after school just to study the other golfers.

When he finally took his first swing, it just felt right.

Then one day when he was 13, something happened. He thought it was just the flu but he couldn't even make it through 18 holes. After a trip to the hospital, he discovered he was fighting the poliovirus.

He managed to recover and get his game back. He went on to face off with golfing masters like Arnold Palmer and Tiger Woods. He won 18 major championships, scored 120 professional victories and taken roughly 1 million swings over the years.

But there was one thing that Jack couldn't shake after all those years... the back pain.

In fact, his pain got so excruciating, he had trouble standing for more than 10 minutes.

Hitting a golf ball was out of the question.

He was even forced to withdraw from two major tournaments.

For decades, Jack tried to manage his back pain with every kind of treatment available, from steroid shots to surgery.

But in 2016, thanks to a chance encounter with a doctor at a birthday party, Jack learned about a groundbreaking therapy that could finally cure his agonizing pain. And put him back on the fairway to take swing number 10 million and one...



American golf legend Jack Nicklaus didn't let his debilitating pain keep him from the game he loved... He used a groundbreaking natural cure that the FDA tried to keep from him.

The problem was Jack had to leave the country for this therapy. Here in the U.S. the treatment has been stonewalled from us by the FDA.

So it was in Munich, Germany, Jack finally found his lasting relief to his debilitating pain.

Today, he's back on the pristine Florida greens playing the game he loves pain-free.

The treatment Jack used was *stem cell therapy*.

The way Jack describes it is: "I'm not a doctor, but I think that stem cell [therapy] is going to change... the direction of orthopedics, totally."

Now, as a doctor, I can say, I think Jack is right. I've been using this therapy for years to help patients finally find relief for their pain. At the Sears Institute, we've successfully eliminated chronic pain in hundreds of patients using stem cells.

I'm going to tell you all about some of the incredible scientific advances in recent years that have led to dozens of safe and proven stem cell therapies that are

available NOW. I'm also going to reveal some eye-opening facts about a behind-the-scenes conspiracy between the FDA and Big Pharma that's keeping so many people away from this life-saving therapy.

Tap Into Your Body's Natural Pain-Killers

As a regular reader, you're familiar with stem cells. They're the reserve of replacement cells you're born with.

Your body can use them to replace any kind of cell that is damaged, old or dying. They allow your body to regenerate damaged tissue in any organ — from your brain to your heart to your liver.

They can even regrow discs in your back that have been damaged by years of degeneration — reducing pain and inflammation without the need for invasive and dangerous spinal surgery.

The studies back this up. In a recent clinical trial, 15 patients with degenerative disc disease were treated with stem cells harvested from their own fat tissue.¹

Following the treatment, all 15 patients reported significant pain relief.

Another study, published in the journal *Transplantation*, followed 10 patients who failed to respond to traditional back pain therapies.

Researchers transplanted stem cells into their lower backs. After just six months, patients reported lumbar pain was reduced by a whopping 62% — while their ability to be more mobile increased 48%.²

I believe that stem cells are the future of modern medicine. They use what your own body provides to initiate your natural healing and repair system.

Stem cell therapy harvests healthy cells from your own body and reintroduces at the point of injury.

Why Is The FDA Waging A Phony War Against These Natural Healers?

One day, they're heralded as the "miracle cure" for just about everything. The next day the FDA is waging war on them, calling the procedures "unproven" and even "dangerous."

Fact is, the FDA is trying to scare you away from these powerful and perfectly safe healing procedures.

They've even gone a step further. Now the FDA is trying to close stem cell clinics across America, trying to deny millions of Americans access to potentially life-saving therapies.

The truth is, we are on the cusp of a scientific and biomedical revolution. It will change your life and your children's lives as profoundly as the invention of the combustion engine, the discovery of antibiotics, and the personal computer.

The stem cell revolution has been building for years, and it will continue to build.

Stem cell therapies for conditions as varied as cancer, diabetes, heart disease, Alzheimer's, arthritis, blindness and even wrinkled skin are already available in the here and now. They just haven't reached mainstream medicine yet.

Sadly, most doctors still know very little about these special master cells you carry in your body. And even fewer are trained in stem cell medicine.

And the FDA is making it difficult for you to undergo treatments that have been proven again and again to be safe and extremely effective.

If you're wondering why, you don't have to look further than the FDA's cozy relationship with Big Pharma. And Big Pharma regards adult adipose stem cell therapy as a threat to its business.

Pharmaceutical companies make billions of dollars manufacturing drugs that simply manage the symptoms of diseases. But stem cell therapies have the power to *reverse* them.

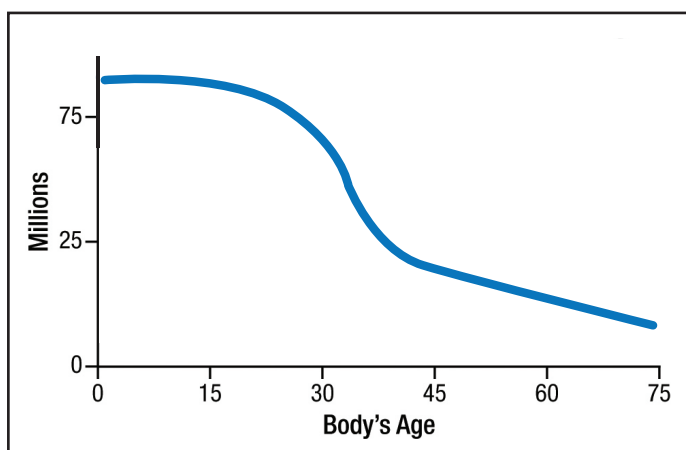
The Power To REVERSE Disease — Not Just Manage Symptoms

Your tissues contains a specific area called a *stem-cell niche*, where your adult stem cells remain inactive — until they're activated by your body's normal need for more specialized cells to maintain tissues, or by disease or injury.

The largest populations of adult stem cells are found in your adipose (fat) tissue and bone marrow.

The problem is that you lose stem cell activity as you age, so your body can't continue to repair itself properly. Injuries don't heal as fast. Illnesses linger. Chronic problems develop.

Number Of Active Stem Cells In The Body



But scientists have discovered these inactive stem cells aren't dead. Instead, they're in a state of *senescence*, a kind of cellular deep sleep.

Stem cell therapy can take those *senescent* stem cells, mobilize them and get them circulating in your bloodstream again. That means they can now attach themselves automatically to areas of your body that require regeneration and repair, and encourage a heightened immune system response.

There are thousands of clinical trials taking place with stem cell treatments right now, with the promise of new therapies for a huge array of diseases and conditions that were once considered incurable.

But at the same time, many adult stem cell treatments are already available, with their healing power and safety backed up by peer-reviewed, scientific publications.

These include treatments for:

- Heart damage³
- Stroke^{4,5,6}
- Sickle cell anemia⁷
- Spinal cord injury⁸
- Multiple sclerosis⁹
- Types 1 and 2 diabetes^{10,11}
- Retinal/optic nerve disease, and cornea damage^{12,13}
- Lupus¹⁴
- Erectile dysfunction¹⁵
- And many more

Big Pharma Wants To Profit From This Miracle Cure

It's not just about Big Pharma protecting the drugs it's already peddling. Now drug companies have set their sights on total control of the stem cell market itself.

This has nothing to do with public safety or your health. But everything to do with greed and corruption.

Let me explain...

Over the past few years, powerful Big Pharma players — like Pfizer, Johnson & Johnson, Novartis and Gilead Sciences, have been snapping up stem cell companies like there's no tomorrow.

They're in a rush to develop expensive "stem cell drugs" they can patent. And Big Pharma, last year, also shelled out more than \$280 million lobbying Congress and the FDA to smooth the path to market for its drugs.

And guess which companies were among the top donors... Pfizer, Johnson & Johnson and Novartis, with Gilead Sciences not far behind.¹⁶

It's no coincidence that the FDA is now moving to eliminate competition from hundreds of independent stem cell clinics using adipose stem cell therapy.

The FDA now insists adipose stem cells are unproven and dangerous¹⁷ — despite the continuous flood of scientific research that proves their astonishing and safe healing power against multiple diseases.

The development of adipose stem cell therapies has been groundbreaking over the past few years. Compared with bone marrow stem cell treatment, adipose stem cells are simple to access, there's many more of them and they're also far more versatile.

But Big Pharma has another problem...

You see, pharmaceutical companies are in the business of inventing non-natural molecules to make their drugs. When they patent these new molecules, it gives them financial control of their products.

But stem cells are natural — and molecules that occur in nature can't be patented.

So now the FDA has come up with a nifty solution that solves Big Pharma's problem — it has reclassified the adipose stem cells used in treatments as drugs, even though they're completely natural.

Over the next few years, this new regulation — which requires new stringent licenses — will cause hundreds of clinics to close down.

It will also prevent you — and millions of others — from accessing life-saving therapies at the forefront of the latest scientific discovery.

But it will give Big Pharma enough time to advance its new pipeline of stem cell drugs, and corner the market at just the right moment.

If you think stem cell therapy can help you or a loved one, I suggest you take action as soon as possible — before Big Pharma and the FDA make it impossible.

My 3-Step Stem Cell Protocol Is Fast And Easy

Treatment with adult adipose stem cells couldn't be easier — or faster. It's minimally invasive and it's done in a matter of hours.

Here's the simple three-step protocol we use at the **Sears Institute for Anti-Aging Medicine**:

1. Harvest: Using a painless liposuction procedure, 50-100 cubic centimeters of fat is taken from your abdomen. This is a much easier process, and far less invasive, than a bone-marrow extraction. And because the stem cells are taken from your own fat tissue, it means the risk of rejection is eliminated.

2. Isolate: We isolate your stem cells from your extracted fat tissue down to its most vital and natural state. Your cells are not changed in any way. They are then prepped for fast, safe and 100% pure reintroduction into your body.

3. Infuse: Your stem cells are reintroduced back into your body through an IV infusion.

The stem cells are attracted to signals from areas of inflammation. Then biochemical distress signals trigger the stem cells to integrate with target tissues and organs so regeneration can begin, while your immune system mounts a strong anti-inflammatory defense.

I've even had patients tell me adipose stem cell therapy has "given them back their life" — whether it's been a

treatment to bolster their immune system or treatments for erectile dysfunction, chronic joint pain, wound healing or reducing insulin resistance in diabetics.

No matter what the condition, by accessing stem cell therapy, you naturally boost your body's capacity to heal. Many patients also tell me they feel younger, act younger, and look younger after treatment.

If you're interested in stem cell treatment and are in the South Florida area — or are considering a trip to South Florida — just call my staff on **561-784-7852** for details. Or visit my website at www.searsinstitute.com.

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New Stem Cells Discovered: So Resilient They Fight The Fires Of Inflammation To Heal You

I've been talking to you about what I call the “**myth of diagnosis**” recently. That's when a doctor will diagnose you, slap a label on your chart, write a prescription and send you on your way as somehow defective.

Well today, I want to give you the best solution to avoid that never-ending wheel and move toward perfect health without a disease label. And a new stem cell discovery will help you.

You see, the single most important thing you can do to prevent disease is by using your body's natural defense trigger to fight off inflammation — the true underlying cause of all disease.

Your stem cells are your best line of defense.

But there's one problem.

Without the right nurturing environment, inflammation attacks your stem cells too.

That is until now...

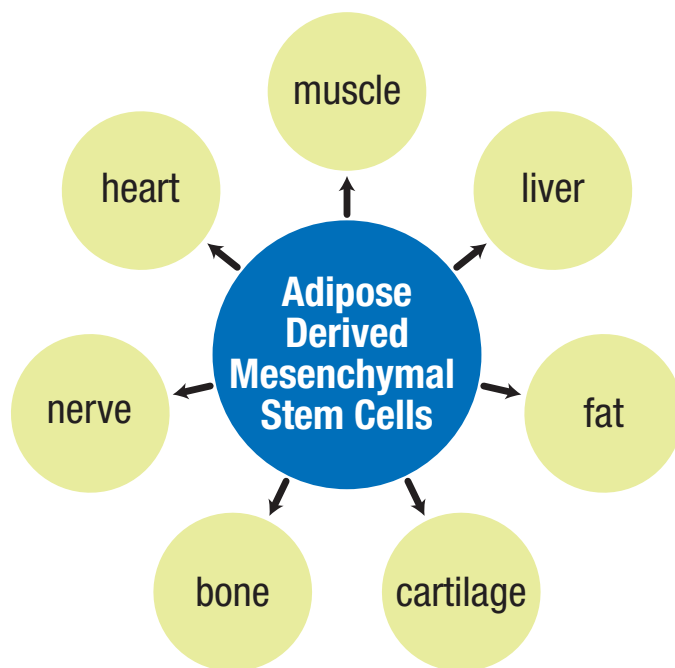
I just told you about the amazing powers of regenerative stem cells from human adipose (fat) tissue.¹

And how golf legend Jack Nicklaus used them to cure his pain.

But recently, I read that researchers at a prestigious California university's Department of Obstetrics and Gynecology just discovered a new group of highly resilient multi-purpose stem cells found in all human fat tissue called Muse-AT cells.²

These special Muse-AT stem cells remain dormant while in fat tissue, but they come to life in extremely inflamed and oxygen-deprived conditions... the kind usually only cancer cells survive.³

That means that you can use these stem cells as the ultimate health insurance policy in case you'd ever need them.



Stem cells can develop into many other kinds of cells in your body.

Fat stem cells mean you have an abundant and easily accessible source of stem cells in your own body right now. They are your immune system defender cells.^{4,5}

We can coax any stem cell from fat tissue into infection- and tumor-killing T-cells, and then infuse them back into your body.⁶

But not only can these new stem cells fight their way through the inflamed area to heal you, scientists have also found that Muse-AT cells can survive for long periods of time outside the body.

Once they're infused back into the bloodstream, they have powerful anti-inflammatory effects, as well as the ability to migrate to areas of tissue injury to repair cellular damage.⁷

They're the ultimate health insurance policy because this means you can actually harvest these stem cells and store them in case you need them one day.

You see, if you're injured or sick, you may not be able to use your body's supply. But if you have them stored, they can be reintegrated into your body. And there's no chance of rejection because they are your stem cells.

These Resilient Stem Cell Will Change The Future Of Healing

Here's the problem: Each day, our immune systems face a double whammy of attacks.

The first attack comes from the outside — the deadly toxins and pollutants in your air, water and food trigger waves of inflammation in your body that steadily weaken your immune system.

The second attack comes from inside your body. As you age, your immune system becomes slower and less effective, because you have fewer active stem cells to replace the various immune cells that allow your body to mount an effective defense.

In fact, most of the chronic diseases associated with aging are essentially inflammatory diseases. That includes cancer, heart disease, arthritis, arteriosclerosis, Alzheimer's disease and diabetes.

According to the CDC, a shocking 3 out of every 5 Americans live with a chronic disease... and 2 in 5 have at least two chronic diseases.⁸

Of course, all inflammation isn't bad.

Inflammation is your body's effort to heal itself. Inflammation is what attracts stem cells in the first place and signals the white blood cells of your immune system to ride to the rescue and fight off the infection.

But it's not that kind of acute inflammation you have to worry about...

The real problem is the low-level inflammation you can't see, the kind that's been quietly attacking your body for years without you noticing it.

This low-grade chronic inflammation is caused by a number of factors, including:

- Environmental toxins and pollutants
- A diet that's loaded with grains and other processed foods
- Excess weight
- Cigarette smoke

But there is one modern-world irritant that tips the balance of the seesaw more than any of the above...

I'm talking about modern stress.

Chronic stress has an extremely damaging effect on your immune system. A meta-analysis that looked at 30 years of studies found that chronic stress actively suppresses your body's immune response, allowing the inflammation at the root of conditions like heart disease, high blood pressure and cancer to run wild.⁹

You see, when you're stressed, your adrenal glands secrete the

hormone cortisol, which puts your body into a state of urgent readiness. This is how your body's fight-or-flight response works, but it's only supposed to last a minute or two.

These days, you're assaulted by continuous stressors that last for days or years... car payments, rising health costs, saving for retirement or college, the 30-year mortgage... the list is almost endless in our modern, 24/7 world.

And when your cortisol levels remain high over long periods of time, the damage can be devastating.

Studies show that chronically high cortisol levels suppress the activity of special immune system cells called *Natural Killer (NK) cells*, along with a range of other immune system defenders — like *T cells* and *B cells*.¹⁰ These are types of white blood cells that target cancer and infected cells.

NK cells have also been shown to regulate insulin sensitivity, provide protection against heart disease and limit the effect of viral infections.

“They're the ultimate health insurance policy because this means you can actually harvest these stem cells and store them in case you need them one day.”

At the same time, chronic inflammation reduces the number of stem cells. That means your body also loses its power to generate new NK cells and the other defender cells you need to ward off disease.

It used to be thought that these life-saving cells could be produced only in limited numbers from stem cells in the bone marrow.

But now, astonishing recent advances in stem cell research have opened the door to new therapies that have changed everything.

Now you can rebuild your immune system, no matter what kind of shape you're in.

Put Your Immune System In The “Bank”

One of the best ways to make sure you have an adequate supply of immune cells is to take out the ultimate in bio-insurance. And that means *banking* your adult adipose stem cells.

In other words, you can store your healthy immune system today and keep it safe until you need it to fight off the inflammation and diseases of tomorrow.

The idea of banking adult stem cells is now well established in cord blood banks. This involves harvesting stem cells from a newborn baby's umbilical cord, which are then frozen and stored, so the child can access them at any point in the future, should they be needed.

But recently, this process has become available for adult adipose stem cells. It's such an important development, I'm thinking of offering it to my patients at the **Sears Institute for Anti-Aging Medicine**, along with the other stem cell therapies we already offer.

You see, sometimes your body can't create enough stem cells to mount an effective defense or healing response to an illness or injury — especially as you age.

Banking your adult stem cells now provides the opportunity to use these healthy younger cells at a later point in life, when you might need them.

But even if you already have a serious health problem, like cancer, you can beat the disease by re-introducing your healthy stem cells and boosting your count of important immune cells.

I recommend banking your stem cells if you are about to undergo chemotherapy.

Although chemotherapy is extremely effective at killing cancer cells, it also weakens your immune system by damaging stem cells. This reduces the number of NK and T cells that you have to fight the cancer.

But by collecting and storing your stem cells before chemotherapy, you can preserve a much stronger immune system before it gets damaged by the treatment.

In the meantime, there are also some powerful ways to boost your body's immune response and stem cell activity at home...

Build Your Own Impenetrable Shield

To get a jumpstart on optimizing your immune system, here are some essentials you can begin right away:

✓ **A great first step is to get your immune system measured.** You're probably used to going to your doctor and getting routine blood work done — but most likely your immune system is not on the radar. This is a good starting point and it lets you know exactly where your immune system stands.

You should have your inflammation levels checked, as well as your body's defense against viruses, toxins and infections. Most mainstream doctors don't provide this important test, so you may have to hunt around for a good physician who does.

- **Supercharge your stem cells with this missing food group.** I call organ meat our missing food group. It's packed with vitamin K2, which has been proven to reactivate sleeping adult stem cells. It gets them back to work keeping your bones and spine youthful and strong.

Your best food source of vitamin K2 is goose liver. Three and a half ounces of goose liver will provide 369 mcg of K2. Grass-fed meats, especially organ meat, chicken, beef, bacon and ham are also good sources.

It's hard to get all you need from food. I suggest supplementing with 90 mcg of K2 a day. Look for vitamin K2 in the form of menaquinone-7. It's much more bioactive than menaquinone-4.

- **Then, dine on this forgotten superfood.** Bone marrow is loaded with the stem cell activators your body needs to build, repair and maintain your bones, cartilage and spine. Our ancestors devoured



Bone marrow is loaded with stem cell activators your body needs to build and repair.

it — and piles of animal bones broken open have been found in almost every ancient fire pit from the Paleolithic Period.

I like roasting bone marrows for 20 minutes in a 450-degree Fahrenheit oven. Then I toss them with a little extra virgin olive oil, fresh lemon juice and coarse sea salt for a delicious delicacy.

✓ **Get plenty of sleep.** Your stem cells and immune system need sleep. Studies prove that the sleep-wake cycle exerts a strong regulatory influence on immune functions. Research reveals that immune parameters like numbers of T cell stem cells exhibit peaks during early nocturnal sleep, whereas circulating numbers of immune cells like NK cells, as well as anti-inflammatory cytokine activity peak during daytime wakefulness — but only when it follows a sound, restful sleep.¹¹

When you're deprived of sleep, your entire immune system suffers and your body becomes vulnerable to illnesses and infections.¹²

✓ **Take cat's claw, saw palmetto and echinacea.** These three herbs have an extraordinary effect on your immune system. An important 2007 study found that all of them have the power to stimulate the production of key immune system cells called *macrophages*. These engulf and digest cellular debris, foreign substances, microbes, cancer cells, and anything else that doesn't have the type of proteins found in a healthy body.

At the same time, the study found that saw palmetto and echinacea stimulated NK-cell activity.¹³ Another study showed that cat's claw stimulates T cells.¹⁴

You can find all three herbs in health food stores and online. Look for a cat's claw supplement made from the inner bark of the plant and take 500 mg per day.

There are nine different species of echinacea — but only three are effective: *echinacea angustifolia*, *echinacea pallida* and *echinacea purpurea*. I recommend 500 mg twice a day to build your immune system.

And I recommend at least 300 mg of high-quality saw palmetto berry extract daily.

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“Designer” Stem Cells?

Wake Up Your Own Perfect Army Of Sleeping Stem Cells

There’s a trend I’ve noticed that everything has to be designer from clothes to dog collars. Don’t get me wrong, fashion is a beautiful thing but as with anything we can take things to an extreme.

You would think regenerative medicine was safe from this silliness. But it seems they are on the same path...

You see, there’s a team of scientists who decided to try and create the perfect “designer stem cell.”

Let me explain...

Researchers from the University of Washington in Seattle recently unveiled designer stem cells that they claim can lead to breakthroughs in anti-aging.

They created the exclusive cells by injecting a computer-generated protein into traditional stem cells.

Describing their work in the journal PNAS,¹ they say these new epigenetically-changed cells will “change the fate of stem cells that we use in regenerative medicine.”

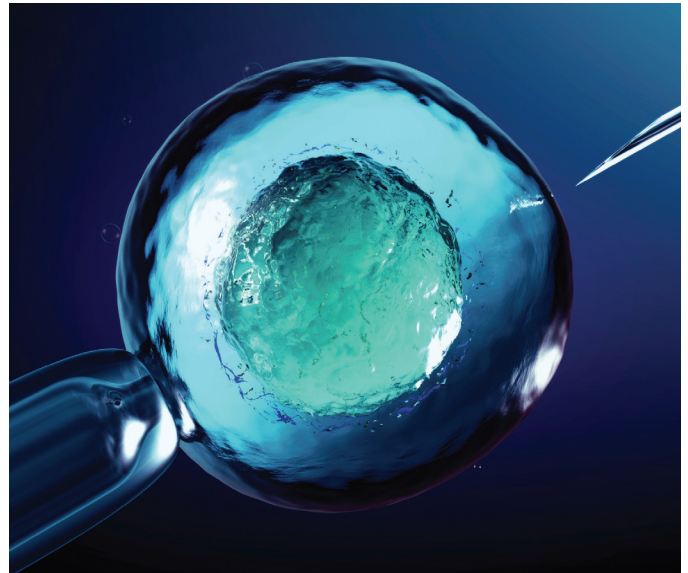
And a biotech company down the road from me in Miami is altering donated adult stem cells and then processing a finished product in their labs. Their goal is to administer drugs that coexist with stem cells to improve them.

But here’s the thing...

Your stem cells are already perfect. They are your own personal master cells — untarnished in any way.

They are already the ultimate healer. And they already have the potential to transform how modern medicine treats age-related diseases.

As you know, stem cells are your body’s reserve of replacement cells. They’re like a blank slate, and you can use them to replace any kind of cell that’s damaged, old or dying.



*You don't need to have stem cells "designed" for you...
You already have the perfect reserve.*

When they’re deployed, stem cells heal and regenerate the tissue or organ they’re assigned to, and can help you make stunning recoveries.

The practice of stem cell therapy reintroduces new stem cells to your body to displace the old and damaged ones, and this kicks off repair and healing. But you also have a reserve of sleeping stem cells inside you.

This breakthrough has the potential to cure chronic diseases and ailments we once accepted as a natural part of the aging process. But I refuse to call aging a disease.

Wake Up Your Sleeping Stem Cells To Defy “Diseases Of Aging”

Aging is a normal part of the biological changes that occur through our life cycle from birth to death — not a disease. It happens to you, me and everyone else.

Still, as an anti-aging physician, I often see how these normal changes can have terribly negative effects on patients.

I get especially frustrated when I hear mainstream doctors talk about the “diseases of aging” — like cancer, Alzheimer’s, Parkinson’s and heart disease. They act as if there’s nothing you can do about them.

Unfortunately, we lose stem cell activity as we age.

And this causes your immune system to deteriorate, leaving you increasingly susceptible to health threats. At the same time, your body becomes less able to heal itself as traumas and illnesses strike.

Here’s the good news... Not all of your stem cells die. Many fall into a state of stem cell senescence. This is kind of like a cellular deep sleep.

Keeping your stem cells strong, powerful and awake means that your body has the ability to prevent the so-called diseases of aging from occurring in the first place.

Multiple studies reveal a close connection between stem cell senescence and the aging process.^{2,3}

You see, senescent stem cells are no longer able to divide and multiply into the replacement cells you will one day need to fight disease. And when this starts, your immune system takes a huge hit — fueling inflammation and increasing your risk of heart disease, cancer, autoimmunity, dementia and other potentially fatal conditions.^{4,5}

It’s a condition called *immunosenescence*.

As more of your aging stem cells fall asleep, you have fewer available to develop into the Delta Force of your immune system.

These are the vital T and B cells that attack bacteria and viruses — as well as the crucial anti-cancer soldiers, which are natural killer (NK) cells.⁶

Studies also show that immunosenescence causes a dramatic decline in the diversity of your immune cells. And this further reduces your defenses against the many bacteria, viruses and other microorganisms that cause diseases.^{7,8}

At the same time, your sleeping stem cells can no longer replace the damaged cells in tissues and organs — whether the problem is wrinkles in your skin, which

has been exposed to years of toxic pollution, or heart disease caused by years of a nutrition-less, grain-based diet.

That’s why stem cell therapy can have such a powerful anti-aging effect on your body.

One of the ways in which stem cell therapy works is to mobilize and re-energize your existing stem cell populations.

When you slow down senescence, you can slow down your entire aging process.

But that’s not the only anti-aging secret to stem cells...

Turbo Charge Your Body’s Healing Power With These Special Proteins...

The real power of stem cells lies in their ability to produce tiny proteins called *human growth factors*. These growth factors unlock the keys to healing yourself naturally — and they can turbo charge your body’s recovery process.

Human growth factors are small pieces of protein that make up an amino acid chain. They are the cellular messengers that send signals to activate the production of new cells, or instruct a cell to create new cells with different functions.

This special signaling mechanism is the secret weapon behind the amazing regenerative power of stem cells.

But there is something important about these growth factors. They’re *telomerase-positive*.

Although most adult stem cells produce very little active telomerase, many of the growth factors they secrete are vital elements of telomerase.^{9,10}

As you know, telomerase is the enzyme that helps preserve and lengthen your telomeres. Those are the little end caps — or countdown clocks — at the end of each DNA strand. They control how your cells age.

Longer telomeres equal better health and a longer life.

In a recent study, scientists in Vietnam found that by injecting patients’ own stem cells into their bloodstream

“Not all of your stem cells die. Many fall into a state of stem cell senescence. This is kind of like a cellular deep sleep.”

— a common protocol we use regularly at the **Sears Institute for Anti-Aging Medicine** — they were able to dramatically boost telomerase activity and telomere length in blood cells.¹¹

And another study found that telomerase was also activated during stem cell activity in tissue regeneration and on lymphocyte populations — a key group of immune cells that includes, T cells, B cells and NK cells.¹²

At my clinic, I offer a number of safe and highly effective stem cell therapies. Each treatment uses a patient's own stem cells, which are easily harvested from a small area of fat tissue, and then infused back into your body.

But there are also ways to protect and re-energize your stem cells — and benefit from anti-aging power — in the comfort of your home.

My 3 -Step Plan To Keep Your Stem Cells Young, Awake — And ACTIVE

My patients are always surprised when I talk to them about stem cell-boosting strategies. They sound deceptively simple, but they have a major impact.

I recommend these easy strategies:

1. Boost stem cells 68% with this vitamin. Hands down, the best way to preserve your stem cells is to make sure your vitamin D levels are high enough.

Harvard researchers recently published a study that found vitamin D increases the number of blood stem cells, which then increases your number of disease-fighting immune cells.¹³

Another study discovered that vitamin D increased immune and blood stem cells by a staggering 68%.¹⁴

Most Americans are vitamin D deficient. Mainstream medicine recommends a daily allowance of between 200 IU and 400 IU. That's not nearly enough. I recommend getting 8,000 IU daily. In today's world, the best way



Wild-caught salmon is a great source of vitamin D that will help wake up your sleeping stem cells.

to get enough vitamin D is a combination of sunshine, foods and supplements. Here's how:

- **Go out outside in the midday sun.** Just 15 minutes of sunshine a day will produce between 3,000 IU and 5,000 IU of vitamin D. Make sure to expose parts of your body that are usually covered. The trick is not to burn, which can cause damage to your DNA.
- **Eat vitamin D-rich foods.** A serving of wild-caught salmon and mackerel provide roughly 350 IU of vitamin D each. Sardines and tuna in oil provide about 225 IU of vitamin D each. And one tablespoon of cod liver oil contains nearly 1,400 IU of vitamin D.
- **Then supplement to increase levels even more.** I recommend cholecalciferol — the same vitamin D3 your body produces. Avoid the synthetic form of vitamin D2 in most multivitamins. It's less potent and less absorbable. Take 2,000 IU of cholecalciferol daily, preferably in the morning. Take it with magnesium, because magnesium levels can drop when boosting your vitamin D3 intake.

2. Exercise your stem cells. One of the easiest ways to stimulate the healing power of stem cells is through exercise.

A brand-new study revealed that exercise can wake up senescent stem cells in the heart.¹⁵

And Italian researchers recently proved that strenuous exercise can lead to high levels of stem cell activity in bones, the liver and other organs.¹⁶

But not all exercise will activate stem cells. You have to do a program like my PACE 2.0 anti-aging program.

Thirty minutes of cardio won't get you the results I'm talking about. You have to reach a high intensity, rest and repeat.

For PACE exercises, go to my YouTube channel: <https://www.youtube.com/user/AISearsMD/videos>.

3. Fast your way to younger stem cells. I've written to you before about the benefits of fasting. That it can balance your blood sugar, reduce inflammation, lower blood pressure, protect brain health, aid weight loss, reduce cancer risk — and increase longevity.

But new studies show fasting can also boost stem cell production.

In fact, researchers at MIT found that after fasting just 24 hours, mice were able to double their stem cells' regenerative capacity.¹⁷

In human studies the results were even more dramatic. In the study, 100 adults ate between 800 and 1,100 calories a day for five consecutive days for three months. Compared with the control group, the fasting group had a significant reduction in body weight, abdominal fat, blood pressure, inflammation, and a tumor marker called IGF-1.

But they also had a dramatic boost in the number of stem cells circulating in their bloodstream. And this benefit continued even three months after they finished their fast.¹⁸

And another study, this time by researchers at the University of Southern California, found that fasting as little as eight days a year causes stem cells to wake up from their dormant state and begin to regenerate. In the study, subjects fasted for two days every six months. Researchers discovered this practice eliminated damaged and older cells, and caused new cells to be born, effectively reviving the immune system.¹⁹

I like to boost stem cells in my patients into using a technique called intermittent fasting — which mimics the ancient primal lifestyle of feast and famine.

I recommend my patients start with a safe, simple regimen that calls for an 8-hour eating window each day, followed by a 16-hour fast.

Here's how it works:

- ✓ Start your day with a 10 a.m. breakfast
- ✓ Lunch at your regular time
- ✓ Finish your dinner by 6 p.m.
- ✓ Your body gets no additional food from 6 p.m. until 10 a.m. the next day

When your body gets used to the 16-hour fast, you can move up to the 24-hour mark. You can practice one-day fasts as often as every two weeks.

Please note: A full-day fast isn't for everyone. You should always consult with a doctor before fasting.

Reverse Aging From The Outside In...

Until now, I've been talking about reversing aging from the inside out. But a big part of anti-aging is mental. It comes from looking as young as you feel. That's where the age-reversing power of stem cells and your skin comes into play...

As an anti-aging specialist, I'm always on the lookout for ways to help my patients look and feel their best. And I have a great way to restore the smooth, glowing skin of your youth.

The best part? It's not painful and doesn't involve a long recovery — like some mainstream procedures like chemical peels or surgery.

I'm talking about *microneedling*.

This therapy harnesses your body's own healing powers to repair and rejuvenate your skin. During the treatment, I use a medical device studded with very fine needles that vibrate. When I place it against the patient's skin, it delivers hundreds of micro punctures per second.

The tiny needles break some of the blood vessels directly below the surface of the skin. As the blood clots, it creates the right conditions for collagen and elastin to form.

But there's another anti-aging breakthrough that takes microneedling to a whole new level. It's called platelet-rich plasma (PRP). PRP uses natural compounds

from your own blood to regenerate skin. Here's how it works: First, I take a tiny amount of your blood and run it through a centrifuge. The machine separates out red blood cells. It leaves behind plasma with a high concentration of platelets — the same cells that help blood to clot.

And that's where the real magic is. You see, platelets are also the body's first responders whenever there's a trauma. They attract stem cells to the damaged area. Once they get there, the stem cells multiply rapidly to grow new, healthy tissue.



My patient Carolyn tried PRP therapy to harness the anti-aging powers of her own stem cells last year. She was kind enough to share her incredible before and after photos.

PRP has many more platelets than regular blood does. It can be 5 to 10 times richer in platelets than whole blood.²⁰ And the additional growth factors from all those platelets help heal wounds at least two to three times faster than normal.²¹

That makes PRP a powerhouse for reviving old, tired skin.

Sometimes I inject PRP under the skin. There it forms a matrix. It stimulates the growth of new collagen, and revitalizes skin tissue. It helps renew the deeper levels of the skin.

Studies show injecting PRP in the face and neck revitalizes skin.²² In one study of 10 volunteers, doctors saw a significant improvement in skin firmness and less sagging. The volunteers also saw a big improvement in their general appearance and less wrinkling.²³

In another study, a single PRP injection improved the appearance of dark under-eye circles even three months after treatment.²⁴

Other studies show PRP rejuvenates photo-aged or sun-damaged skin. PRP injections led to less wrinkling and better skin regeneration.²⁵

If you are in South Florida — or can travel here to the **Sears Institute for Anti-Aging Medicine** — you can arrange for a consultation by calling my staff at **561-784-7852**. Or visit my website at www.searsinstitute.com.

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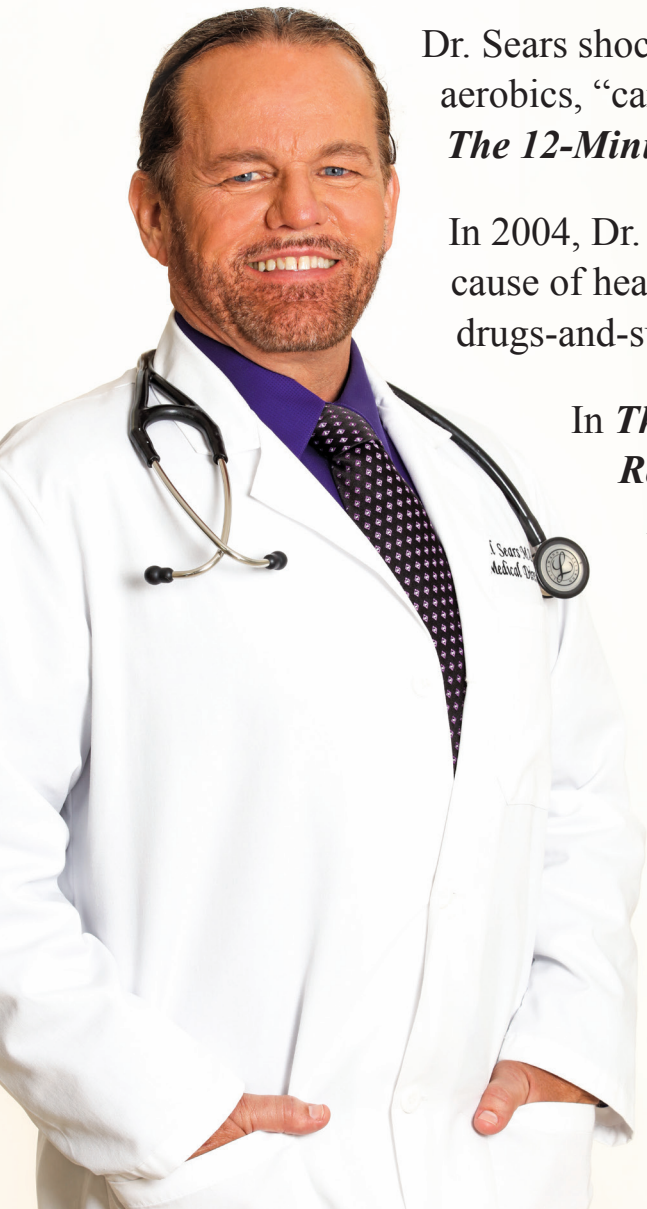
The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.

AL SEARS, MD

Al Sears, MD, 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).