

# **Slow Down the Aging Process** **with the World's Most Powerful Antioxidant**



Al Sears, M.D.

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# Meet Dr. Al Sears, M.D.

## Uniquely Qualified to Keep You Healthier for Life



**D**r. Al Sears, M.D. is a medical doctor and one of the nation's first board-certified anti-aging physicians. Dr. Sears is also a board-certified clinical nutritionist, strength coach and ACE-certified fitness trainer. He enjoys a worldwide readership and has appeared on more than 50 national radio programs, ABC News, CNN and ESPN.

In his first book, ***The T-Factor, King of Hormones***, Dr. Sears perfected the use of natural and bio-identical testosterone boosters to help men restore the drive, ambition, muscle strength, vitality and sexual performance of their youth.

Dr. Sears followed up with ***12 Secrets to Virility***, a full-blown strategy for male performance that includes his own patient-tested protocols for successfully dealing with men's health concerns like fighting excess estrogen, protecting the prostate, eliminating fat gain and keeping a sharp mind and memory.

In 2004, Dr. Sears was one of the first to fight against the conventional belief that cholesterol causes heart disease, proving that cholesterol is not the cause, but the part of the body that heart disease acts upon. In ***The Doctor's Heart Cure***, Dr. Sears offers an easy-to-follow solution that effectively eliminates your risk of heart disease, high blood pressure and stroke.

In 2006, Dr. Sears shocked the fitness world by revealing the dangers of aerobics, "cardio" and long-distance running in his book, ***PACE: Rediscover Your Native Fitness***. (2nd edition published in 2010 as ***PACE: The 12-Minute Fitness Revolution***.)

Expanding on the fitness principles in ***The Doctor's Heart Cure***, he developed a fast, simple solution to restore muscle strength, guard against heart attack and burn excess fat. Today, PACE is practiced by thousands of people worldwide.

In 2010, Dr. Sears made history by bringing telomere biology to the general public. As the first U.S. doctor licensed to administer a groundbreaking DNA therapy that activates the gene that regulates telomerase, his breakthrough ***Reset Your Biological Clock*** shows how anyone can preserve the energy of youth by controlling the length of your telomere, the true marker of aging.

By exposing the flaws of mainstream medicine and pioneering new solutions through innovative approaches to exercise, nutrition and aging, Dr. Sears continues to

empower the lives of his patients and readers through his books, newsletters and regular media appearances.

Dr. Sears owns and operates a successful integrative medicine and anti-aging wellness center in Royal Palm Beach, Fla., and has seen more than 25,000 patients. Dr. Sears also publishes a monthly e-newsletter – ***Confidential Cures*** – and daily e-mail broadcast – ***Doctor's House Call***.

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).

As part of his ongoing research, Dr. Sears travels the world in search of herbs, novel cures and traditional remedies. Meeting with doctors and healers, Dr. Sears has brought back and revitalized much of the traditional knowledge considered endangered in today's modern world.

During an expedition to the Peruvian Andes, Dr. Sears brought back nutrient-dense oil made from the Sacha Inchi nut, containing the highest plant source of heart and brain boosting omega-3 fatty acids.

In India, Dr. Sears studied at the oldest existing school of Ayurvedic medicine, the ancient Indian healing tradition, and was tutored by Ayurvedic doctors on the use of potent Indian herbs used to treat heart disease, cancer and Alzheimer's disease.

While trekking through the Amazon Rainforest in Brazil, Dr. Sears lived among the native Ashaninka Indians, incorporating their ancient knowledge of healing herbs into his own nutritional supplement formulas.

In Jamaica, Dr. Sears met with the last living healer from the ancient and forgotten lineage known as the Maroons. Coming from West Africa 500 years ago, their knowledge was on the brink of extinction until Dr. Sears published a book showcasing their unique herbs and healing formulas.

With a life-long interest in botany, herbology, physiology and anthropology, Dr. Sears has a unique capacity to investigate the evidence behind the stories and claims of traditional medicine from native cultures around the world.

As a graduate from the University of South Florida College of Medicine, Dr. Sears scored in the 99th percentile on his MCAT and graduated with honors in Internal Medicine, Neurology, Psychiatry and Physical Medicine.



# **The World's Most Powerful Antioxidant**

## **Heal Injuries, Cure Pain, Look Younger, And Live Longer in 3 Easy Steps**

**By Al Sears, MD**

My patient Linda was out cold.

Curled into a fetal position on the sofa, her coat was a wrinkled heap on the floor. Bags of packed groceries didn't even make it to the kitchen counter.

She'd taken a moment to rest, but when she woke up, she realized several hours had passed since she arrived back from the grocery store, *"winded and heavy without an ounce of energy left in my bones."*

When her husband brought her to my clinic she admitted that for the first time her situation was so bad she could barely get to the store and back without the *"lifeless fatigue"* and burning pain in her joints.

Anyone else looking for an answer would have gone from doctor to doctor, and drug to drug. But I gave her something different.

A simple antioxidant powerful enough to restore energy, relieve painful inflammation, and get her life back to a normal.

After several weeks, Linda reported feeling *"younger"* and more like her usual self. She woke up energized and excited to start her day. Her wrinkles faded some, and her skin took on a soft glow. Her joint pain began to vanish. Even her vision improved.

***"I Started to Sleep Like a Baby Again — A Sheer Blessing for Me."***

Linda isn't alone.

I've seen cases like Linda's before. Sadly, most doctors don't understand why prescription drugs fail so miserably when confronted with these increasingly common, but seemingly unconnected symptoms.

Thanks to an increasingly toxic environment, along with a tainted food and water supply, it's not as simple as it once was to stay healthy and pain free.

In an ideal world you would be able to get all the vitamins, minerals, antioxidants, and other nutrients you need from your food and environment. But in the modern world it's almost impossible to have optimal health from food alone.

And modern medicine has yet to catch up to this phenomenon.

Doctors are prescribing medications that won't work because they don't get to the root of the problem: that our toxic environment threatens our well-being in ways we never imagined.

Thankfully, Linda's husband knew enough to look outside conventional medicine.

### **Nature's Remedy**

What caused Linda's remarkable change?

The secret lies in a little known antioxidant, a powerful natural healer that's been overlooked for decades. Most people know it's found in Salmon. In fact, it's what gives salmon their fleshy, orange color. And it can be found in a specific type of Algae too, one that grows plentifully in the warm waters of Hawaii.

Today, I'm going to show you how to tap the remarkable power of this antioxidant to stop pain, heal your joints, speed up your fat loss, protect your heart, and keep your mind sharp well into your 80s and 90s.

As you'll see, it is truly the most powerful antioxidant in the world.

### **Power for Longer Than You Thought Possible**

Everyone knows antioxidants are good for you, but what you might not know is one antioxidant is far more powerful than the rest.

Clinical studies have shown this powerful antioxidant is 11 - 50 times more powerful than the most widely studied and most well-known carotenoid - the cancer preventing beta carotene.

If you're not familiar with carotenoids, chances are you've eaten one in the last 24 hours. Carotenoids are simply the pigments that color our food.

Ripe, red tomatoes are red because of the carotenoid lycopene.

What about sweet potatoes? And carrots? Both get their color from the impressive carotenoid beta carotene.

And the world's most powerful antioxidant is also a carotenoid. The plants and animals with this carotenoid are a deep orange color, which I'll tell you more about in a moment.

You might be thinking, besides beta carotene, what else is this healing antioxidant stronger than?

Just take a look... it's

- 6,000X MORE Powerful than Vitamin C
- 8000X more powerful than CoQ10, and
- 550X more powerful than Vitamin E and green tea

But that's not the best news... the best news is this giant in the antioxidant world can do something that almost no other antioxidant can...

## **Antioxidant for the Brain, Eyes and Central Nervous System**

Did you know most antioxidants can't cross the blood brain barrier?

It's true.

Very few nutrients are capable of reaching your brain, eyes, and central nervous system.

And that's another reason why this antioxidant is so special.

What researchers are discovering and I've seen for years in my clinic are diseases and injuries to the eye and central nervous system are caused by the increased free radicals and our body's inability to get rid of them.

These diseases include age-related macular degeneration (the leading cause of blindness in the United States), retinal arterial and venous occlusion, glaucoma, diabetic retinopathy and injuries resulting from trauma and inflammation.

But the *World's Most Powerful Antioxidant* can protect you from these free radicals.

So what is this antioxidant and how does it work in your body?

## **The Endurance Heroes of the Animal World**

Have you ever seen a salmon swimming upstream? They fight hundreds of miles of raging rivers, torturous currents and waterfalls, for up to seven days straight.

Think about what that's like for a moment. Do you think it's possible for a six foot tall man to swim against 30 foot waves for a week straight and be able to reach his destination 100 miles away?

How is it possible that salmon can make this heroic swim, which certainly is the greatest athletic feat in nature?

The secret lies in Natural Astaxanthin.

A natural, potent, orange colored pigment found in the muscles of salmon and micro algae, it gives salmon its color and helps them fight muscle oxidation so they can swim longer.

Dozens of studies exist proving its potency. I use it at my Palm Beach wellness center because it works wonders for my patients who want to stay active, healthy, and vibrant as they get older.

It helps rejuvenate my patient's aging bodies by...

- Fighting off oxidative stress, free radicals, and DNA damage
- Normalizing inflammatory response
- Boosting muscle recovery, endurance, strength and energy levels
- Supporting healthy blood levels of HDL cholesterol

In 2010, scientists at *Washington State University* conducted the first complete human study of this antioxidant. They found it decreased DNA damage and oxidative stress by 44%.

The findings of their laser-focused study certainly matched what I'd found, and seen in my own patients.

But how exactly does it work in your body?

Let me show you...

## **Potent Super Food Decreases Oxidative Stress and DNA Damage By 44%**

In the body, free radicals are produced when oxygen combines with complex metabolic molecules. They are highly unstable and ready to react with anything they can.

When they react, the result is oxidation. Once the oxidation process begins, it can produce a chain reaction that generates more free radicals.

The same thing happens to metal when it rusts. Rusting can destroy a strong piece of metal in a matter of years. That's what oxidation does to your body, damaging your DNA like rust damages metal.

Many aging and age-related diseases are a warning sign that your body is struggling to cope with oxidative stress. Your body needs help fighting off these free radicals to keep you healthy.

This superfood is one of the more potent solutions I offer. It helps maintain healthy levels of oxidation in your body by attaching itself onto areas where free radicals attack first.

Take a recent Washington State University study for instant..

Forty-two female students took participated over eight weeks.

By week four, the scientists found this 'food coloring' had already decreased DNA damage by 35%. After week eight DNA damaged had decreased by 44%.

But that's not all they looked at. They also tested its effect on inflammation, and inflammatory response by tracking the levels of C-reactive protein in the subject's blood.

C-reactive protein rises in response to inflammation. When treated with this antioxidant, these levels plummeted. Within four weeks they dropped 27% and after eight weeks 56%.

That's amazing. These studies are proof this antioxidant is a miracle worker when it comes to squashing inflammation, fighting stress in your body, and preventing disease.

What if this simple super food were the difference between a life of pain and a life of health and longevity?

## **Don't Stop Living Hard**

Like every other animal on the planet, you get your energy through the oxidation process I explained briefly. The process liberates energy in your body, and it occurs outside of living systems as well.

For instance, when oxidation occurs externally and rapidly, we call it fire.

Fire can be useful because it creates an enormous amount of energy quickly. But it is also dangerous because it is a destructive process. Similarly, you have to burn energy through oxidation to live, but oxidation also damages surrounding tissues.

And the higher the rates of oxidation, the greater the damage.

This is the reason behind one of the main paradoxes of modern medicine. Doctors ask us to avoid things that cause oxidation. Which to me, is tantamount to not living at all.

They're wet-blanket prescriptions to avoid this and that until there is nothing left for fun at all, and they're all designed to minimize activities that cause oxidation.

**But it doesn't have to be that way.**



Antioxidants are your body's natural free-radical fighters. Boost their presence in your body as you age, and you can continue to rev on high without burning out your engine.

Antioxidants are a group of diverse vitamins, minerals, and enzymes that protect your delicate bio machinery from the fire of living. They do that by fighting free radicals.

Free radicals are fragments of unstable oxygen molecules produced as byproducts of oxidation. They are very high-energy molecules, the "bull in the china shop". When they collide with delicate living structures, they set off a chain reaction of destruction. The higher the rate of oxidation, the more free radicals you produce.

*The problem is your antioxidant system declines with age.*

At the same time, the more active a life you live, the more you tend to overwhelm your natural antioxidants.

But I don't want to stop living hard. I don't even want to slow down. And I don't advise my patients to do anything that I'm not willing to do myself.

That's why it's so important you know about this Anti aging breakthrough.

Because it's not just about living longer.

When your body gets enough antioxidants, it can actually heal itself of lingering injuries, prevent sunburns from the inside out, and make you leaner, fitter, and stronger.

Let me give you an example.

## **Stronger in Old Age?**

Max is an Ironman triathlete. For those who aren't familiar with triathlons, this is an endurance sporting event where participants swim from 2.4 miles and then bicycle for 112 miles. Then, instead of falling down exhausted in a hammock and taking a nap like most normal humans would do, they go out and run a 26.2 mile marathon.

There are plenty of triathletes--so what's so special about Max Burdick? Max is 78 years old.

Max was competing for years in triathlons but could never seem to finish. Halfway through the bicycling stage his legs would start to burn and would have to stop. Max discovered this special antioxidant and began supplementing with 2 capsules each day. It was then, at the age of 75, that Max was able to finish a triathlon. He has continued to use it and finish triathlons for the last three years, and has remained a dedicated user.

But it's not just for helping older athletes like Max. Everyone can benefit from increased energy, greater stamina and improved strength by supplementing with Astaxanthin..

But increased strength and energy is just one of Astaxanthin's benefits...

It's also been show to:

- Help you lose weight and stay lean by decreasing the size of fat cells
- Ward off diabetes by lowering your blood glucose levels
- Prevents kidney damage,
- Stop heart attacks,
- Naturally detoxify the body, and
- Act as a miracle in the fertility world, drastically lowering the rate of stillborn babies in mice studies.

Possibly one of its most important benefits is Astaxanthin's ability to overcome inflammation in the body.

## **Nature's Ibuprofen?**

Do you use an anti-inflammatory like Ibuprofen or Aspirin? What about pain pills like Tylenol? If you do, you probably know about some of the side effects.

Aspirin can cause bleeding in your stomach. Tylenol can cause liver damage. Then there's prescription strength pain relievers and anti-inflammatories like Vioxx and Celebrex that can cause heart problems.

Some people with joint pain are using glucosamine and chondroitin as an alternative, but in a large scale study, subjects using glucosamine and chondroitin alone or in combination showed no statistically significant differences from the placebo group.

So how can Astaxanthin help?

If you have good old fashioned aches and pains, arthritis, or tendinitis, try natural Astaxanthin.

It's a natural pain relieve and can cure chronic joint problems.

Plus, it has never been shown to have adverse side effects, and it reduced aches and pains in 80% of arthritis sufferers. For those with sever conditions, it was proven to reduce pain by more than 20%.

It's also been shown to reduce problems related to or cure:

- Tennis elbow
- Carpal tunnel syndrome
- Rheumatoid arthritis
- Exercise related joint soreness

There are some downsides....

Astaxanthin may not work as quickly or as powerfully as some of these other drugs, but it is a safe, natural alternative to the drugs that act as toxins in our bodies.

And you should keep in mind that both natural remedies and prescription drugs simply don't work in a certain number of people.

Fortunately, when you use natural Astaxanthin, you get a whole host of other benefits besides reduced pain and inflammation.

Unlike drugs, Astaxanthin is continually improving your mental clarity, your endurance, your joint health, and your body's reaction to stress.

But there's another benefit you might not have heard about.

It has to do with the sun, and how quickly you get sunburn.

## **Heal Sunburn from the Inside**

If someone told you about a pill that would make you more beautiful, you'd probably laugh. A lot of my patients react the same way at first.

It seems incredible, but there is strong evidence that Astaxanthin is this miracle pill.

Researchers are finally discovering the secrets I've been sharing with my readers for years - that eating the right foods and supplements can create a natural sunblock in your body.

And that's what Astaxanthin does.

Astaxanthin has been shown to prevent UV damage, the source of aging skin, wrinkles, age spots, and freckles. But not only that, Astaxanthin may actually help reverse skin damage.

Take Dr. Robert Childs, MD for example.

He's been fascinated by natural Astaxanthin for years, especially because his skin is extremely sensitive to the sun.

When he first heard about Astaxanthin's benefits, he began experimenting with it, to see if it really would protect him from the intense rays of the Hawaiian sun, where he was living.

What were the results?

Dr. Childs found that he could go out in the midday sun for four hours without burning, as compared to before using Astaxanthin, when he would burn in about a half hour.

"It literally changed my life," he said.

Stories like Dr. Child's are more evidence of what I've been telling readers all along, and researchers are just discovering.

We can heal our bodies naturally.

And... as it turns out, people are not the only ones who can be healed by supplementing with the Astaxanthin.

## **Love Your Pet - Give them Astaxanthin**

Horses are majestic animals.

When they run, they are a show of nature's power at its finest.

But like everything else, they have a kryptonite.

Race horses can be crippled by a potentially fatal disease. It destroys a horse's muscle and can kill a Thoroughbred in its prime.

Yet within two to three weeks of taking a natural Astaxanthin supplement, the symptoms of this horrible disease disappeared in race horses.

And horses aren't the only animals you can protect.

Do you have a dog, a cat, even a fish that you love?

Astaxanthin is actually a wonderful supplement for any animal.

In fact, the use of Astaxanthin in farmed animals is a \$200 - \$300 million per year business. Unfortunately, most farmers use vastly inferior synthetic Astaxanthin (I'll tell you about this in just a moment) because it is less expensive.

It appears that what is true for man, is also true for animals.

Astaxanthin has been shown to improve the health of mice, rats, fish, shrimp, horses, and more.

Take sled dogs for example. Mushers were some of the first pet owners to use Natural Astaxanthin... and it didn't take long for them to realize Astaxanthin is a secret weapon. As a well-known nutritionist and sled dog racer commented "It is one of the few things that I have studied that not only shows measurable improvement in blood parameters but also visibly improves the dog's performance."

Just look at what it did for fish...

Fish given Astaxanthin grew six times faster than fish not getting any.

And here are just a few more ways Astaxanthin can help your pet... It can:

- Prevent cancer
- Reduce tumor size
- Improve immunity
- Prevent diabetes
- Protect the eyes and brain
- Improve stress response
- And much, much more.

Now that you know the benefits of Astaxanthin, you need to know the specifics of adding it to your diet.

## **How do I get started?**

There are three simple steps to heal injuries, cure pain, and live better longer using natural Astaxanthin.

### **Step 1: Natural or Supplement?**

The best sources of Astaxanthin in nature are Wild Sockeye salmon. You can also get it from eating "pink" fish.

But fish aren't the only source of Astaxanthin. Any animal that has eaten Astaxanthin will have it in their muscles and will pass it on to you.

For instance, if you raise chickens and feed them Astaxanthin, those chickens will pass the benefits of Astaxanthin to you in their eggs and meat.

However, unless you raise and butcher your own "Astaxanthin grown" livestock or eat a lot of wild salmon, crab, lobster or shrimp on a regular basis you are probably not going to get enough

Astaxanthin in your blood. Perhaps this is why Eskimos, who eat large amounts of salmon on a regular basis are cancer free.

And, there are huge differences in the amount of Astaxanthin in fish species.

For example, you would need to consume two pounds of Atlantic Salmon or just four ounces of Sockeye salmon to get the 4 mgs you find in a serving of Astaxanthin in a supplement store.

To get the most benefits, using an Astaxanthin supplement is the simplest strategy for most people.

## **Step 2: Which Supplement?**

Astaxanthin may be the world's most powerful antioxidant, but only the right kind of Astaxanthin is worth paying for.

Before you run out and buy an Astaxanthin supplement, there's some very important information you need to know.

You should know that some Astaxanthin bought off the shelf might only contain only half the amount it claims.

That's because in its supplement form, Astaxanthin can be damaged by air and lose all its benefits. So the quality of the supplement you buy, and the form you take it in are very important.

Powders, for example, can be very unstable. Only a few manufacturers are able to successfully turn Astaxanthin into a powder or gel form and keep all its benefits. This process remains very technical, and very expensive.

That's because the production of Astaxanthin from micro algae is very difficult. It requires unique climate conditions and advanced technology. It's also very susceptible to contamination from other algae.

Many manufacturers offer Astaxanthin from algae that has been contaminated. Or, they make man-made Astaxanthin, which is a poor substitute.

Choose carefully.

First, make sure you purchase Natural Astaxanthin, which is more than 20 times stronger than man-made Astaxanthin.

Then find out how the Astaxanthin you are purchasing has been extracted and if any quality control has been done.

For example, BioAstin produces an Astaxanthin supplement that is one of the best on the market. That's because they harvest it from an ideal location - the secluded Kona Coast of Hawaii's Big Island, and they do so without using chemicals, pesticides, or herbicides.



Kona has an unusual environment... considered by experts to be one of the best places in the world to grow micro algae.

While much of Hawaii is wet and lush, the Kona side of the big Island has very low rainfall, only 12 inches a year... which is perfect for micro algae because they grow best under large amounts of sunlight.

With 12 months of generous sunlight, nutrient rich waters, and a perfect climate, the Astaxanthin contained in BioAstin is one of the highest qualities and potencies available.

### **Step 3: Dosage**

How much Astaxanthin to take varies.

Although 4mg is the standard recommended dosage, the answer to this question depends on two things.

- 1) Why are you taking Astaxanthin?
- 2) How well do you absorb carotenoids?

Here's what I mean ....

If you're a man taking Astaxanthin for fertility reasons, you should probably take the maximum level that has been shown to help fertility... or 16 mg. On the other hand, if you're just looking for an immune system boost, you might find 2 mg is all it takes.

And you can purchase Astaxanthin combined with other supplements as well.

In fact, Astaxanthin does something very important when combined with the DHA & EPA in your fish oil & Omega fatty acid supplements. Because it prevents oxidation, it can keep other supplements from becoming rancid.

This is incredible.

Do you know what this means?

It means you won't have to worry anymore that your costly supplements have gone bad.

No more wasted money or fear you're buying a spoiled product.

And Astaxanthin protects other supplements too.

So how much Astaxanthin does it take to keep other supplements from going bad?

Look for 2.5 mgs of Astaxanthin to protect other supplements.

### Time of Day

A major factor in how your body absorbs and uses Astaxanthin is when you take it.

It's best to take it with a meal containing fat because Astaxanthin is a fat-soluble molecule, meaning fat maximizes absorption.

As for the second question, different humans have a wide ranging ability to absorb carotenoids.

For example, your body might be able to absorb 90% of the carotenoids you eat, while your friend may only be able to absorb 5%. This huge disparity makes it difficult for supplement manufacturers to recommend a dose on their labels.

Here is a rough guideline of recommended doses for consumers to get you started.

<b>Use</b>	<b>Recommended Dosage</b>
Antioxidant	<b>2-4 mg per day</b>
Combined with Fish Oil	<b>2.5 mg per serving</b>
Arthritis	<b>4 – 12 mg per day</b>
Tendonitis	<b>4 – 12 mg per day</b>
Silent Inflammation	<b>4 – 12 mg per day</b>
Natural Sunscreen	<b>4 – 8 mg per day</b>
Beauty and Skin Improvement	<b>2-4 mg per day</b>
Immune System Boost	<b>2-4 mg per day</b>
Heart Health	<b>4 – 8 mg per day</b>
Strength & Endurance	<b>4 – 8 mg per day</b>
Brain & Nervous System Health	<b>4 – 8 mg per day</b>
Eye Health	<b>4 – 8 mg per day</b>
Topical Use (lotions, beauty products, sports use)	<b>20 – 100 parts per million</b>