

Protect and Shield Your Native Immune Defense System

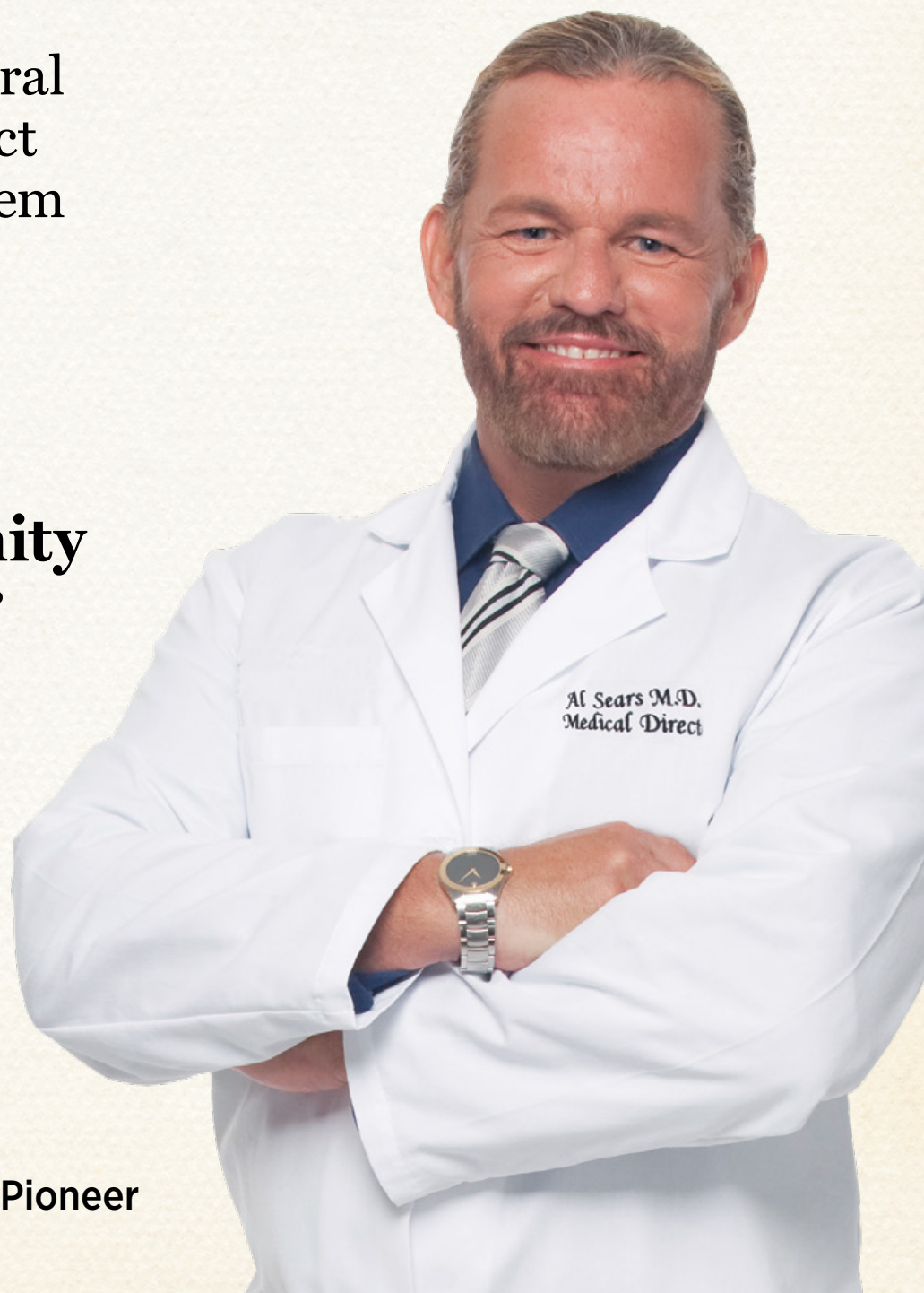
3 Easy, All-Natural
Ways To Protect
Your Immune System

**Immune Booster
More Valuable
Than Gold**

**Protect Immunity
At The Cellular
Level**

PLUS: Lifestyle
Changes
That Build Your
Immune System

Dr. Al Sears, MD
America's #1 Anti-Aging Pioneer



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Al Sears, MD

America's #1 Anti-Aging Doctor



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After entering private practice, Dr. Sears was one of the first to be board-certified in anti-aging medicine. As a pioneer in this new field of medicine, he is an avid researcher, published author, and enthusiastic lecturer.

Dr. Sears is also board-certified as a clinical nutrition specialist (CNS) and a member of the American College of Sports Medicine (ACSM), the American College for Advancement in Medicine (ACAM), the American Medical Association (AMA), the Southern Medical Association (SMA), the American Academy of Anti-Aging Medicine (A4M), and the Herb Research Foundation (HRF). Dr. Sears is also an ACE-certified fitness trainer.

As the founder and director of Wellness Research Foundation, a non-profit research organization, Dr. Sears travels the globe to bring back to his patients the latest breakthroughs in natural therapies. Trips to Peru, Brazil, India, Jamaica, Uganda, South Africa, Ecuador and Bali have yielded important new discoveries in nutrition, traditional herbal treatments, anti-aging and alternative medicine.

Dr. Sears currently writes and publishes the monthly newsletter, ***Confidential Cures***, and daily email broadcast, ***Doctor's House Call***, and contributes to a host of other publications in the field. He has appeared on over 50 national radio programs, ABC News, CNN, and ESPN.



Dr. Sears has published numerous books and reports on health and wellness with a readership of millions spread over 163 countries. His bestselling titles include: ***The Doctor's Heart Cure, The 12 Secrets to Virility, Rediscover Your Native Fitness, Your Best Health Under the Sun, High-Speed Fat Loss in 7 Easy Steps, P.A.C.E.: The 12-Minute Fitness Revolution, Reset Your Biological Clock, The Ageless Heart, Healing Herbs of Paradise,*** and ***The 8th Element: Nature's Universal Cancer Killer.***

He is currently working on a new book titled ***Enter the Age of Regensis.***

Activate Your Native Immune Defense System

Your immune system is under constant assault from the toxic world we live in. But the good news is this has forced it to evolve and develop into a powerful protector against disease and injury — as a matter of survival.

When it's performing optimally, your immune defense system can prevent ANY disease from taking root in your body.

This is what I call your native immunity. In other words, your original immune power before it was compromised by the threats of our modern world.

Your native immunity is the disease-stopping strength nature intended you to have.

The difference between people who become severely ill when exposed to viruses, and those who get only mild or barely noticeable symptoms — or perhaps even don't contract it at all — generally lies in the performance of their immune systems.

It's the same with diseases like cancer. An immune system that's compromised can't defend against cancer or viruses.

This life-saving system is made up largely of white blood cells that are formed in bone marrow and assisted by the thymus gland.

These immune cells include powerful fighter cells, like B cells, T cells, natural killer (NK) cells, cytokines, leukocytes and phagocytes that patrol your bloodstream and quickly attack invading pathogens.

But here's a problem: your immune system weakens as you age. That's the primary reason why seniors are more at risk from infections. Your body produces fewer fighter cells the older you get.

Here's the good news... Even though your immune system wasn't designed for today's toxic world, there are easy steps you can take right now that make a real difference.

An Army Of Defenders

Your body wasn't designed to fight off the modern threats we face every day.

Take a look around and you'll see that our world is flooded with tens of thousands of manmade chemicals, solvents and other toxins. PLUS, the viruses and airborne germs we face are constantly mutating, creating "superbugs" as a result of our modern world. The majority of our food is genetically modified and sprayed with powerful toxins that are giving rise to more superbugs.

No matter how hard we try, there's no escaping it.

Our environment has changed, but not for the better. On top of that, you have to deal with crowded places like airplanes, offices, schools and public events, where you're exposed to everyone's coughs, colds, and contagious illnesses... as well as the superbugs.

Today's medical bureaucrats have no answers because they fail to emphasize prevention. They have no reason to give you something that will strengthen your immune system or keep you from getting sick. Remember, they're in business to sell you drugs AFTER you get sick.

In this report, I'll show you how you can flip the switch on your immune system and build an impenetrable shield so you never have to worry.

But first, let's talk a little bit about how your immunity operates.

Your natural immune system relies on an army of defenders. These guards are made up of various kinds of white blood cells. They include:

CYTOKINES <ul style="list-style-type: none">• Interleukins• Interferon• Tumor necrosis factor-alpha (TNF-α)	These chemicals send messages between cells. They regulate immunity, inflammation, and the production of white blood cells. There are dozens of different types. Each type targets different cells. The most important are the interleukins, interferon and TNF- α .
PHAGOCYTES <ul style="list-style-type: none">• Neutrophils• Macrophages	These cells surround and destroy foreign invading cells. They have short lives so your body has to keep replacing them.
LYMPHOCYTES <ul style="list-style-type: none">• B cells• T cells	B cells attack invading bacteria, viruses and toxins. T cells destroy the body's own cells that have been taken over by viruses or become cancerous.
NATURAL KILLER CELLS	NK cells are a type of lymphocyte. They destroy pathogens including certain cancer cells. They attach to the surface of infected cells, break their outer membrane and cause them to burst.

In a healthy immune system, all of these cells work to fight off disease and infection. But a weak system allows invaders like germs, viruses and dangerous microbes to flourish and destroy your health.

Astragalus — One Of The Most Researched Immune Boosters Available

Dismissed for decades by American doctors as folk medicine and witchcraft, astragalus has been used for thousands of years by Traditional Chinese Medicine practitioners. It's commonly taken as a healing tonic, along with other medicinal herbs, or simply as an immune-boosting tea to improve resistance to viral and bacterial infections.

The massive variety of conditions astragalus has been used to treat include:

- Respiratory problems
- Heart disease
- Fatigue
- Insomnia
- Asthma
- High blood pressure
- Diabetes
- Vision/hearing deficiencies

But as for protection against viruses, astragalus is one of the best-researched immune system stimulants out there.



In my practice, I've used astragalus to help patients lower their blood pressure and boost their immune systems.

Astragalus derives its power from its remarkable adaptogenic properties.

Adaptogens are a special class of healing herbs that coax your body to adapt to its stressors — both internal and external. They work to normalize your body and bring about homeostasis, or a state of equilibrium.

Astragalus contains dozens of active, synergistic and supportive components — including anti-cancer and immune-boosting saponins, antioxidant flavonoids and dozens of anti-inflammatory, oxygen-rich polysaccharides.

Other adaptogens include ginseng, ashwagandha, maca root and licorice — but none has the wide-ranging immune-boosting powers of astragalus. This super adaptogen heightens the efficiency of virtually every component of your immune system and provides your body with a near-impenetrable defense.

It does this by triggering the production of immune system stem cells, flooding your body with young, new immune cells ready to battle against any viral or bacterial invader.

And just take a look at some of the research that supports its use:

- A number of studies have confirmed that the herb's anti-viral and anti-bacterial effects are the result of its wide-ranging impact on the immune system. These include increased production of defender T cells, as well as the stimulation of high immunoglobulin levels, which boost the ability of immune cells to attach themselves to harmful bacteria and viruses, and aid in their destruction.¹

- In one study from the 1980s, astragalus extract was given to 19 cancer patients and 15 healthy people at the M.D. Anderson Cancer Center in Houston. Researchers found that the treatment restored immune system functioning in the majority of the patients. In some cases, it made the cancer patients' immune systems resemble those of the healthy subjects. In fact, the patients who used astragalus doubled their chances of survival.²
- A Chinese study found that 8 grams of astragalus given orally to 14 healthy volunteers for two months led to a significantly increased interferon-inducing ability in the subjects' blood vessels, compared to the control group. This dramatically heightens the virus-fighting power of cells. The researchers also found that two months after the end of therapy, the interferon-inducing ability was still significantly higher.³
- In another Chinese study, a herbal tincture of astragalus was shown to stimulate the production of immune system T cells in human and animal subjects.⁴
- Patients with viral myocarditis, a viral infection that causes inflammation of the heart muscle, showed enhanced T cell production after taking an extract of astragalus orally.⁵
- In clinical research, astragalus was shown to stimulate cancer-destroying natural killer cells, as well as immune cells called macrophages, which have the ability to locate and "eat" particles, such as bacteria, viruses, fungi, and parasites.⁶

Astragalus also has very low toxicity and no known side effects. But it doesn't just balance and boost your immune system... astragalus also works at the cellular level to protect your telomeres.

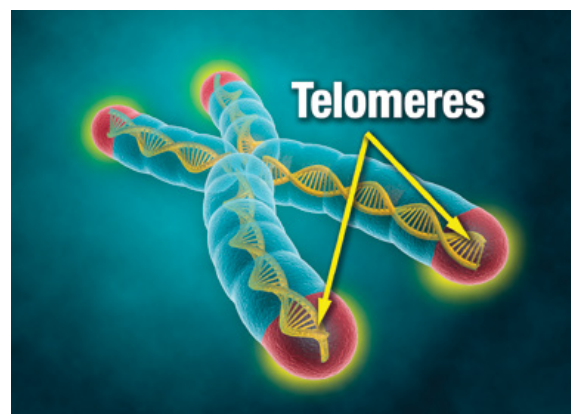
Lengthen Telomeres To Boost Immunity

Astragalus doesn't just make your immune system younger — it works on your whole body. And that begins at the sub-cellular level.

Studies reveal that astragalus has a direct impact on your telomeres. These are the tiny protective caps at the end of each strand of DNA — and they're critically important to your health.

Telomeres are the ticking biological clocks you carry in the nuclei of each of your cells, where your DNA sits tightly coiled.

The longer your telomeres are, the younger your cells behave and the healthier you are. But the shorter your telomeres, the more prone you become to "old age," and diseases like cancer... heart disease... arthritis... Alzheimer's... Parkinson's... and diabetes.



Telomeres are the "protective caps" at the ends of each strand of DNA. As a whole, your DNA contains the blueprint or program for EVERY cell in your body.

There is only one way to restore telomere length and stop cells from dying... through activation of the telomere-rebuilding enzyme, telomerase. That's where astragalus comes in...

Multiple studies confirm that astragalus increases telomerase activity and reduces the effects of cellular aging.^{7,8}

More than a decade ago, scientists used an extract from astragalus to create TA-65, the world's first commercial telomerase activator.

TA-65 has since literally reversed the aging process in thousands of patients — in some cases, slashing 20 years off their biological clocks. I'll tell you more about TA-65 in a minute.

But astragalus's anti-aging powers aren't limited to its effect on telomere length. Scientists have discovered that astragalus has other age-reversing properties.

It's also an:

- ✓ **Antioxidant:** Studies using an astragalus extract have shown its ability to significantly decrease free radical activity and reduce cell death.⁹
- ✓ **Anti-cancer:** Astragalus is now a widely used element in cancer treatment, either alone or together with chemotherapy and radiation. Multiple studies confirm astragalus can inhibit proliferation and induce the cell death of cancer cells in a number of cancer types. These include colon, gastric, lung, liver, bladder and breast cancers.^{10,11,12,13,14}
- ✓ **Expectorant:** Astragalus has been used for centuries to help reduce excess amounts of mucous from the respiratory tract. Studies show it also helps lung tissue repair by inhibiting the expression of proinflammatory cytokines.¹⁵

Short Telomeres Aged The Immune System By 50 Years

In a recent study, researchers at the Telomere Clinic at Johns Hopkins



followed 28 people under the age of 60. All the people had abnormally short telomeres.

Scientists found that nine of them developed infections commonly seen in people who have a severely damaged immune system — like a chemotherapy patient.

These nine subjects — as well as eight others with short telomeres — also had abnormally low numbers of immune system T cells.

Some T cells recognize and remember invaders, like viruses, and trigger defenses immediately when they try to infect the body again. Low numbers of T cells put you at higher risk for infections and make it more difficult for the immune system to rid the body of the infections.

At the end of the study, the T cells of young people with short telomeres looked more like the T cells of people 50 years older.

Astragalus Extract Reverses Immune Age 20 Years

One of the most important breakthroughs in modern medicine is the discovery of the world's first telomerase activator. It's made from an astragalus extract called cycloastragenol.

In one of several study trials, researchers tested the effects of cycloastragenol on white blood cells, which form much of the body's immune system. The researchers measured the number of white blood cells that looked old, and the number that looked young. Then one group started taking cycloastragenol, while the other group took a placebo.

After three months, the group taking cycloastragenol was found to have a ratio of old to young cells more typical of people **20 years younger**, with telomere length significantly extended.

Cycloastragenol can literally turn back the hands of your biological clock.¹⁶ I was privileged to become the first doctor in the U.S. licensed to administer TA-65, the first commercially available cycloastragenol. Since 2005, not been a single adverse side effect or event has been reported. It has been proven to be completely safe.



Astragalus extract can literally turn back the hands of your biological clock.

The best news is that cloastragenol is now available in “nano” form. This is the use of “nano technology” to break down the cycloastragenol molecules into a scant fraction of their original size — all to improve absorption and effectiveness. I recommend taking 5 mg daily.

3 Easy, All-Natural Ways To Protect Your Immune System With Astragalus

I've used this herb for more than 20 years to help my patients improve their immune systems and as a central part of anti-aging therapy.

Astragalus is available in a variety of forms, including dried root, powdered root, pills, capsules, tinctures and extracts.

Here are two ways I suggest taking it.

- 1. Use the root to make an immune-booster tea or tonic:** The traditional Chinese method of taking of astragalus is to make a tea mixed with other herbs as a medicinal tonic. As a root, astragalus is best prepared as a decoction. Simply add one tablespoon of the root to 8 ounces of water in a covered pot. Don't let the water boil. Try to keep it at a low simmer for 20 minutes and then strain. Throw in about an inch of ginger and four tablespoons of raw unfiltered honey to turn it into a tonic. You can also add astragalus to soups or stews.

2. Take a supplement: I recommend taking 500 mg of the concentrated extract three times a day. Or take two to three tablespoons of astragalus root powder daily (about 30-45 grams).

Increase Immunity With U.S. Military's Go-To Anti-Viral Fighter

Following the deadly avian flu outbreak in 2007, the U.S. Department of Defense tested quercetin to see if it could protect soldiers from contracting deadly viral infections...

They gave study participants a daily dose of 1,000 mg of quercetin (along with vitamin C and niacin to boost quercetin levels and improve bioavailability) or a placebo. They found that after five weeks, those who were given quercetin were significantly less likely to develop a viral infection after putting their bodies under considerable stress for three consecutive days.

Only 5% of the treatment group got sick, compared to 45% of the placebo group.

Only 5% of the treatment group got sick, compared to 45% of the placebo group.¹⁷

In a second study by the U.S. Defense Advanced Research Projects Agency (DARPA), researchers infected four groups of mice with the H1N1 virus. Two of the groups were put into stressful situations, while the others were not. Half the animals were given quercetin.

Researchers found that after three days, 50% of the control group became ill with H1N1.

Again, only 5% of the quercetin-supplemented group did.¹⁸

Quercetin Treats Broad Range Of Infections – Including The Common Cold

Even the common cold can't stand up to quercetin.

In 2014, researchers noted that quercetin appears to be “a promising treatment for the common cold” caused by the rhinovirus, adding that, “Quercetin has been shown to reduce viral internalization and replication in vitro, and viral load, lung inflammation and airways hyper-responsiveness in vivo.”¹⁹

A 2016 animal study found quercetin inhibited mouse dengue virus.²⁰ Other studies have confirmed quercetin's power to inhibit both hepatitis B22 and C23 infection.²¹

And just last month, researchers found that it protects against pneumococcus, the common cause of pneumonia, meningitis and middle ear infections.⁴¹

But virus aren't the only diseases this antioxidant can protect you from...

Quercetin can help you battle fatigue and daily stress. It shields your brain from the oxidative stress associated with Alzheimer's.²² It strengthens blood vessels and lowers blood pressure.²³ And it may lead to prevention and treatment of metabolic diseases like diabetes and obesity.

Here are food sources high in quercetin that I recommend...

1. Find it in your food sources. I always recommend getting the nutrients you need from your food. The table on this page shows the foods with the highest levels of quercetin.

FOOD	QUERCETIN mg/100 grams
Elderberries	42
Red onions	33
White onions	21
Cranberries	15
Green hot peppers	15
Red apples	4.8
Romaine lettuce	4.5
Pears	4.5

Keep in mind that the amount of quercetin in food depends on the conditions that the food is grown in. For example, according to research at University of California, organic tomatoes contain up to 97% more quercetin than conventionally grown tomatoes.²⁴

2. Take it as a supplement. Quercetin is available as a capsule, gummy, powder and spray. Whichever form you choose to take, I recommend taking 500 mg twice a day. If you're battling a virus, you can bump that up to 1,200 mg daily.

But there's a special form of quercetin called isoquercetin (quercetin 3-glucoside). Compared to the more common supplemental form, which is quercetin rutinoid, isoquercetin is better absorbed and reaches the bloodstream 10 times faster.

It's also three times as bioavailable. Researchers found that when animals were given pure quercetin or isoquercetin, the animals that got isoquercetin had levels three times higher than the regular quercetin group.

3. Make a tea. My favorite sources of quercetin come from the plants I've found in my travels. Like the buchu I discovered in Africa. This herb is so rich in quercetin that I use it as a natural flu vaccine.

You can get buchu as a powder and a tincture, but I recommend you make buchu tea.

Here's the very simple recipe I learned in South Africa:

- Place four teaspoons of dried buchu leaves into two cups of boiling water.
- Let the dried leaves soak in the hot water for about 10 minutes.
- Strain out the leaves.
- Add a spoonful of honey or Stevia to sweeten, if you want.



Buchu is one of my favorite sources of quercetin.

Sip your tea slowly. You should start to feel the benefits after just one cup. Keep the rest in the refrigerator and heat when needed. Buchu is a strong herb, so start slowly. It may cause gastrointestinal irritation so take it with meals. Also, pregnant or breast-feeding women should avoid buchu.

Try The Rain Forest Immune Booster That Beats Oranges For Vitamin C

I first saw the camu-camu bush growing in the rain forests of Peru and Brazil. The Ashaninka Indians would gather more of the yellow-red berries and bring them back to camp. They ate them fresh off the branch, dried them to eat later, or used them to make a tart but tasty tonic.

They told me the berries were called “camu camu.” And it turns out the people of the Amazon consider them an important part of their healing system. They’ve been using them to treat all types of illnesses and to boost their immune systems for hundreds of years.

But the West didn’t catch on to the power of the camu camu until the 1950s. That’s when researchers discovered that the humble jungle berry was one of the richest sources of vitamin C *in the world*.

Ounce for ounce, it contains **30 times more vitamin C than an orange**.

Many mainstream doctors still overlook the healing power of vitamin C.

That’s a mistake at the best of times. These days, it’s a disaster.

This nutrient is not only essential for the normal growth, development and repair of tissues, it’s a key part of your immune system.

It kills microbes, and is essential for your body’s absorption of iron, which is needed to produce B cells and T cells. Studies show that vitamin C raises your number of infection-fighting white blood cells and antibodies, and also increases their activity.

It’s also one of your body’s most powerful antioxidants and anti-inflammatories. And camu camu contains REAL vitamin C. Not the ascorbic acid you get in your multivitamin.

You see, vitamin C is a family of compounds. Ascorbic acid is just one family member. It’s the antioxidant branch of the vitamin C family.

Supplement makers isolate this one compound to make multivitamin and vitamin C tabs. But isolated ascorbic acid is a weakling compared to the full vitamin C in camu camu.



Camu camu contains 30 times more vitamin C than an orange.

A study in the *Journal of Cardiology* proved it. Camu camu went head-to-head with “vitamin C” supplements and won hands down.²⁵

Camu camu also contains gallic acid, which is known for its anti-fungal and anti-viral properties, and it can treat cold sores, shingles and the common cold.

Camu camu contains other potent antioxidants called *anthocyanins* that give fruits their red, purple and blue colors. It also has essential amino acids like valine, leucine and serine. And it has many other important nutrients, vitamins and minerals, including beta-carotene, manganese and potassium.

Camu camu is mostly sold in powdered form. It’s tart to taste — but you can mix it into a smoothie with something sweet, like bananas or strawberries. It’s delicious sprinkled in yogurt.

Immune Booster More Valuable Than Gold

I rarely — if ever — use the word “cure-all.” But when a natural ingredient has been **proven** by almost 3,000 peer-reviewed studies to be more powerful than any drug Western medicine can offer, I feel safe using the term.

I’m talking about a rare Tibetan fungus that only grows in the highest peaks of the Himalayan mountain range. For thousands of years, this fungus was reserved exclusively for Asian royalty and considered to be more valuable than gold.

And it still is... Today it’s worth **three times** its weight in gold.

Traditional Chinese healers used this unique mushroom for thousands of years.

They called it *yartsa gunbu*, which translates to “summer grass, winter worm.” It got the name because it grows on the backs of burrowing caterpillars.

But you may know it by its more familiar name — *Cordyceps sinensis*.

This fungus has numerous health benefits, including:

- ✓ Controls inflammation²⁶
- ✓ Increases stamina²⁷
- ✓ Improves heart function²⁸
- ✓ Possesses anti-cancer agents²⁹

It’s also a proven winner when it comes to immunity. Here are two ways Cordyceps can protect your defenses...



The Cordyceps mushroom has amazing immune health benefits.

1. Strengthens the immune system. Researchers in South Korea gave Cordyceps or a placebo to 79 healthy subjects every day for eight weeks. Before and after the study they tested blood samples for natural killer cells. After two months, the group that took the mushroom showed a significant 18% improvement from baseline of NK cells compared to the placebo group. NK cells are vital because they hunt down and detect virus-infected cells in the body .

2. Increases power to your most vulnerable organ — your lungs. Lung power is the No. 1 predictor of how long you'll live. How well you breathe determines how long you'll stay active and healthy. A study published in the journal *Chest* found that the better your lungs work, the less likely you are to die of any cause.

The best way to tell how powerful your lungs are is a measurement called VO2 max. That's because VO2 max measures the amount of oxygen your lungs can use while you're exercising at your maximum capacity. And the more oxygen you can get to your body, the better your body works.

Choose Your Cordyceps Carefully

As a supplement, I recommend wild-harvested Cordyceps from Tibet. Take 2 to 5 grams twice daily for best results. You can find Cordyceps supplements in capsules, liquids or as a tea.

But when choosing a supplement, always check the source.

- Shady distributors looking to get rich quick grow Cordyceps in labs. These supplements use different fungal species and have less potency.
- Some Cordyceps supplements have been found to be 50-times weaker than natural, wild sources. I advise that you avoid any supplements that say “similar to” on the label.
- Cordyceps are generally considered safe. But if you are pregnant or breast-feeding or take blood thinners, talk to your doctor first.

This Free Radical Fighter Protects Immunity At The Cellular Level

When I first tried açai berries in Brazil — many years ago — they were pretty much a novelty outside of South America. But now I see frozen açai berry smoothie packs everywhere.

Your immune system can't win any battle without antioxidant power on your side.

Antioxidants guard your cells from free radicals. If you don't know what free radicals are, or why you should protect yourself from them, consider this: Free radicals are like rogue molecules on a mission to destroy the healthy cells in your body.

They come from pollutants in the air, toxins in your food and other irritants in the world around you...and they're also created by some normal processes in your body.

You can't feel it happening, but free radicals bombard your cells every minute of the day. In the short term, that can make you feel run-down. Over time, they can cause your immune system to weaken.

Luckily, nature is full of free radical fighters like the açai berry. It's high in antioxidant compounds like polyphenols and polysaccharides, which have been shown in the lab to stimulate immune response.³⁰

Get A Big Antioxidant Boost With My Purple Drink

To get the antioxidant power from açai, I suggest a smoothie. I call what I throw together my "Purple Drink."

Here's the easy recipe:

Ingredients:

- ¼ cup coconut water (or plain filtered water)
- 1 tbsp açai powder
- ½ cup frozen blueberries
- ½ cup whole frozen strawberries
- 1 tsp maca powder

Directions:

1. Throw all the ingredients in a blender and blend until smooth.
2. Add more coconut water as needed.



Adding açai to my smoothie ensures I'm getting enough antioxidants.

All-Natural Immune Therapy That's As Potent As Big Pharma's Cancer Immunotherapy

There's a simple reason that most cancers strike at the onset of middle age — it's the stage in life when your immune system begins to weaken. It starts to lose its ability to recognize and eliminate "foreign" microbes and chemicals in your body, including cancer.

The problem is... a weakened immune system is not just the cause of cancer — the disease

itself depletes your body's defenses further. In most people with cancer, their immune system response is just not strong enough to do much good.

And while chemotherapy is often effective at killing cancer cells, it inflicts further devastating damage on your immune system.

When you're young, your immune system is continually activating stem cells that develop into immune cells — like cancer-killing T cells, B cells and NK (Natural Killer) cells.

But as you age, stem cell activity slows and your immune system gradually becomes weaker. Our modern environment and lifestyle accelerate the aging of your immune system. As traumas and illnesses strike, your body loses its ability to defend itself.

Recent studies show that cancer cells often develop undetected by weakened immune systems. In some cases, cancer cells even send signals that suppress a weakened immune system further, allowing cancer cells to grow into malignant tumors.³¹

NK cells are your body's foot soldiers for fighting cancer and studies show that the fewer of these killer cells you have, and the less active they are, the worse your prognosis.³² Conversely, studies also show that by ratcheting up your immune system, you can beat cancer.

Researchers at Brigham and Women's Hospital evaluated data from more than 1,500 cancer programs across the country and found that immunotherapies doubled the survival rate of patients.³³

Boost Your Killer Immune Cells

At my clinic, I also recommend certain herbs to boost the levels of cancer-killing immune cells.

Three of the most powerful are...

1. Anamu: This South American herb goes by the Latin name, *Petiveria alliacea*. It has been used medicinally for centuries, and many local tribes in the Amazon still use it for all kinds of healing purposes.

Anamu contains a rare molecule called dibenzyl trisulphide (DTS), which exists in no other plant species. Studies show that DTS is a potent stimulator of T helper cells, which act as a supercharger of T cells to boost your body's immune responses.³⁴



Anamu contains a unique molecule that stimulates T cells to boost your immunity.

In one study, anamu also increased the number of NK cells by 100%.³⁵ You can buy dried anamu leaves online or in health food stores to make a tea.

Or you can take the herb as a capsule. I recommend 500 to 1,000 mg per day in divided doses.

2. Curcumin: Multiple scientific studies reveal that curcumin is now known to target 10 separate factors that can lead to cancer. You'd have a good shot at preventing cancer by just eliminating one factor. By eliminating 10 of them — you're providing yourself with significant anticancer protection.

A recent study published in the journal *Anticancer Research*, showed that curcumin targets and kills cancer stem cells — the young malignant cells that grow into tumors — but leaves normal, healthy stem cells untouched.³⁶

Studies have shown that curcumin also:³⁷

- Regulates tumor suppressor pathways and starves tumors of vital blood supply.
- Triggers programmed cell death in breast cancer cells.
- Targets destruction of cancer-cell mitochondria while leaving healthy cells alone.
- Halts replication of cancerous cells.
- Blocks molecules to prevent tumors from growing and spreading.
- Prevents DNA damage.

More studies show that curcumin strikes at multiple targets in prostate cancer, interfering with the spread of cancer cells and regulating inflammatory responses through NF-kB, the master regulator.^{38,39}

I recommend a curcumin supplement that contains piperine, a black pepper extract that supercharges curcumin's absorbency. Optimal doses have not yet been established for cancer treatment. Clinical trials have used up to 8,000 mg per day. I recommend dosages of 1,000 mg to my patients.

3. Cat's claw: I've used this herb in my clinic for years. But I only recently discovered that cat's claw stimulates NK cell function to boost your immune system and fight infection.

Researchers have identified 53 compounds in cat's claw root that provide a broad range of health benefits.

Not only is it anti-inflammatory and an antioxidant, but it provides vascular and central nervous system health support.⁴⁰

Look for a supplement made from the inner bark of the plant and take 500 mg per day.



I first came across cat's claw in the jungles of Peru.

Lifestyle Changes That Build Your Immune System

- ✓ Get plenty of rest and sleep. It can be tough to get the 7-8 hours of sleep you need to function at your best during the day (and keep your immune system strong) but it's well worth it. Try to go to sleep at the same time each and every night.
- ✓ Spend some time simply relaxing before you go to sleep. Avoid caffeinated beverages late at night. And make sure your mattress is high-quality.
- ✓ Get adequate exercise (but don't overdo it). Obesity is associated with decreased immune status, so if you're overweight, you're at risk and should consider starting up an exercise program.
- ✓ Spend more time doing things you enjoy. Your mind and emotions have a tremendous impact on your immune function. So make sure you take some time to enjoy yourself. Your immune system will thank you for it.
- ✓ And last, but certainly not least... GET OUT IN THE SUN! Our native sun, from which we have all but divorced ourselves, forms a critical element in a strong immune defense. Sunlight helps your body produce Vitamin D, which regulates immune function.

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