

10 WAYS
(FOR ANYONE!)
TO SLOW THE AGING
PROCESS



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Early To Rise's
Total Health Breakthroughs

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Dr. Al Sears M.D. is chairman of the board for Early to Rise's enewsletter, Total Health Breakthroughs. He is fast becoming the nation's leading authority on longevity and heart health. Since the release of his latest book, The Doctor's Heart Cure, he has been interviewed on over two dozen nationally syndicated radio programs with an audience of millions. In just three years, Dr. Sears has published over 325 articles and 3 books in the fields of alternative medicine, anti-aging and nutritional supplementation - including a monthly subscription newsletter entitled Health Confidential for Men. His cutting edge breakthroughs and commanding knowledge of alternative medicine have been transforming the lives of his patients for over 15 years. Dr. Sears currently owns and operates a successful integrative medicine and anti-aging clinic in Wellington, Florida. He is a member of the American Academy of Anti-Aging Medicine, a diplomat of the American Board of Anti-Aging Medicine and is Board Certified in Anti-Aging Medicine. He is an avid researcher and enthusiastic lecturer in this exciting new field of medicine.

Anti-aging really is possible. In labs and medical clinics throughout the country, new discoveries continue to allow us to understand and intervene in the aging process. For example, scientists have created fruit flies that live 250% of their normal life spans and have made old human cells behave like youthful ones again.

Though you can't prevent time from passing, you can take advantage of these recent scientific advances to help you live longer.

Of course, you should always consult with your personal physician before starting any exercise, vitamin or supplement program.

1. Keep your [homocysteine](#) low.

High levels of homocysteine correlate strongly with most degenerative diseases of aging, especially heart attacks and strokes. Your doctor can test your homocysteine with a simple blood test. If it's too high, it's easy and inexpensive to lower it by taking a good B-complex supplement that includes 500 mcg of B12, 800 mcg of folic acid, 25 mg of B6, and 25 mg of B2 (riboflavin).

2. Eat less.

Make every meal count. Make sure each meal provides the nutrients you need, especially protein. Watch your starches. And don't overindulge. For this to be most effective, you must reduce your calories to about two-thirds of what it takes to maintain your normal weight. Initial weight loss tapers off as your metabolism adjusts to a lower metabolic rate.

3. Exercise.

Physical activity can prevent or delay the onset of hypertension, obesity, heart disease, falls, and osteoporosis.

4. Get plenty of antioxidants in your diet.

A diet rich in antioxidants will prevent free-radical damage. So enjoy a glass of Bordeaux and eat lots of berries.

5. Supplement with vitamin C -- at least 1,000 mg twice a day.

6. Supplement with [CoQ10](#).

This nutrient is your armor against heart disease. Don't worry too much about your overall cholesterol. Having a high CoQ10 level and a low homocysteine level are huge factors in keeping you out of the ER.

7. Get lab results.

In addition to having your doctor check your homocysteine, have him check your testosterone, estrogen, CoQ10, and HGH. Follow a natural treatment regimen to correct imbalances.

8. Consider supplementing with HGH.

Growth hormone injections, carefully monitored by a physician, can directly reverse some aging effects. They can improve muscle strength and mass, reduce wrinkles and sagging skin, and decrease joint pain and inflammation.

9. Detox periodically.

To maintain their optimal function, I recommend detoxifying your blood and liver four times a year. (See "It's Good to Know," below, for my easy, four-step detox program.)

10. Don't worry, be happy.

A study of 1,500 centenarians (see "Word to the Wise," below) found that their diets, activity levels, and even smoking habits varied widely. But that nearly all of them possessed a good sense of humor and didn't waste time worrying.

ANTI-AGING TIP# 1: MELATONIN DOES MORE THAN HELP YOU SLEEP

As prescriptions - and profits - for sleep aids like Lunesta and Ambien continue to rise, drug companies often take potshots at natural remedies that actually work. Melatonin is a good example.

But melatonin does more than just help you sleep. This hormone has anti-aging properties that help you look and feel younger. And melatonin can protect your cells against diseases like cancer and Alzheimer's. It also stimulates the release of human growth hormone (HGH), one of the primary hormones of youth.

Melatonin is a powerful antioxidant. It destroys disease-causing molecules called free radicals at an incredible pace. And it does something most other antioxidants can't: It stimulates extra antioxidant enzymes that can protect against everything from wrinkles to illness.

For anti-aging benefits, take just 0.5 mg a day. To help you sleep, take between 1.5 mg and 2 mg before going to bed. If you have a chronic disease, like cancer, a stronger dose of 20 mg to 40 mg before bed is recommended. But don't take a higher dose without discussing it with your doctor!. And women who are pregnant or nursing should avoid the use of all hormones without a doctor's supervision.

ANTI-AGING TIP #2: AN ANTIOXIDANT THAT MAY HELP YOU AVOID DIABETES AND OBESITY

You've probably heard that red wine has health benefits. You may even know about research linking those benefits to the powerful antioxidant called *resveratrol*. One study has found that resveratrol lengthened the lives of mice by 30 percent.

I've recently uncovered more evidence that this antioxidant may be the most versatile and powerful anti-aging supplement (with the exception of CoQ10) you can take. The newest round of studies, from the Institute of Genetics, Molecular, and Cellular Biology, found that resveratrol helped mice run twice as far during exercise. It super-charged their muscles, reduced their heart rates, and gave them a boost in endurance comparable to the boost humans achieve through athletic training.

A study of men and women from Finland showed that resveratrol is likely to operate the same way in humans. And one of the lead researchers from a French study, Johan Auwerx, said, "*Resveratrol makes you look like a trained athlete without the training.*"

What's more, resveratrol protected mice from gaining weight and developing the symptoms of diabetes and obesity. Other benefits included a heightened sensitivity to insulin (a sensitivity which declines with age). When you reverse this decline in insulin sensitivity, you have not only reduced the effects of aging, you've also helped maintain your ideal weight and avoid diabetes.

Aside from red wine, good sources of resveratrol are blueberries, cranberries, bilberries, and red grapes.

You can take resveratrol in supplement form as well, which you can find in most health food stores. I recommend a dose ranging from 20 mg to 50 mg daily.

ANTI-AGING TIP #3: KNOW THE TRUTH ABOUT BREAD

Every day, I see TV commercials touting the "health benefits" of whole-grain products - especially bread. Our food pyramid is built on a base of grains. And I constantly read advice to eat "low-glycemic whole-grain" foods. Well, if someone has found a low-glycemic whole-grain food, I'd like to see it.

When my research foundation put together our extensive glycemic index, we organized foods that contain carbohydrates by category, from those that raise blood sugar levels the most to those that raise blood sugar levels the least. Notice that the four categories at the top of the index are all grain foods:

- Highest: Cereals
- Second-highest: Breads
- Third-highest: Other grain products
- Fourth-highest: Pastas
- Fifth-highest: Desserts
- Sixth-highest: Fruits

In other words, cereals, breads, pastas, and other grain products generally produce more sugar in your blood than desserts or fruits.

"Wholesome" whole-wheat bread has a glycemic score of 80 - twice that of ice cream, apples, or peaches!

The bottom line: Whole-grain bread spikes your blood sugar the same as white bread does. And high-glycemic foods make you fat and accelerate aging. (Increasing body fat is one of the markers of aging.)

Adding fuel to the fire, all grains contain proteins called lectins. These cause inflammation and lead to problems like arthritis and chronic fatigue - two more problems of aging.

To reduce the effects of aging, do as I have and ditch the grains. Get the fiber you need from fruits and vegetables.

BONUS TIP: SIX-WEEKS TO FEEL YOUNGER, LOOK BETTER, AND HAVE MORE ENERGY

Want to lose a few years? Get rid of that paunch? Muscle out, limber up, and feel better?

You can make a great start in six weeks by following Dr. Al Sears' Anti-Aging Plan.

Week One: Start taking anti-aging vitamins, particularly those that lower homocysteine levels: B12 (500 mcg), folic acid (800 mcg), B6 (25 mg), riboflavin (25 mg), and trimethylglycine (500 mg). (I take a packet of something called AMPM.)

Week Two: Begin a daily routine of stress-reducing techniques. Meditate. Breathe. Walk slowly. Enjoy yourself. (I actually block in 15 minutes on my calendar to do this during my workday.)

Week Three: Begin an anti-aging strength-training (high-intensity/short-duration) routine three times a week. Slow, smooth movements are best to reduce the risk of injury.

Week Four: Begin to change your diet. Avoid high-calorie foods, eating after dinner, and overeating. You may want to even consider some short-term fasting. It's recommended that you

Speak to your physician *prior* to beginning any fasting program to ensure the decrease in daily caloric intake doesn't complicate any possible existing medical ailments.

Week Five: Correct any hormone imbalances. Have your hormone levels checked -- especially your testosterone, estrogen, and DHEA. Then talk to a doctor who understands these things about how to naturally regulate yours.

Week Six: Regain youthful levels of HGH (human growth hormone -- the most powerful factor in staying young) by eating more protein and exercising more strenuously.