

A close-up photograph of aloe vera leaves, showing their characteristic serrated edges and glistening with numerous water droplets. The leaves are a vibrant green color, and the background is softly blurred, creating a fresh and natural aesthetic.

Purify Your Body in 6 Easy Steps

Natural detox solutions to...

- **Ease the symptoms** of depression and brighten your mood.
- **Ramp up your energy** levels and finally get rid of that constant sluggish feeling.
- **Restore your memory**, sharpen your mind and stop the loss of brainpower.

Al Sears, MD, CNS
America's #1 Anti-Aging Doctor

© 2017 by Wellness Research & Consulting Inc. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the publisher.

Published by:
Al Sears, MD
11905 Southern Blvd., Royal Palm Beach, FL 33411
561-784-7852
www.AISearsMD.com

Dr. Al Sears wrote this report to provide information in regard to the subject matter covered. It is offered with the understanding that the publisher and the author are not liable for any misconception or misuse of the information provided.

Every effort has been made to make this report as complete and accurate as possible. The purpose of this report is to educate. The author and the publisher shall have neither liability nor responsibility to any person or entity with respect to any loss, damage, or injury caused or alleged to be caused directly or indirectly by the information contained in this report.

The information presented herein is in no way intended as a substitute for medical counseling or medical attention.



AL SEARS, MD

Al Sears, MD is America's #1 anti-aging doctor. He's made it his life's work to challenge conventional medical beliefs and bring his patients the latest breakthroughs in natural cures and remedies to diseases once thought to be "incurable."

Dr. Sears takes a fresh, novel approach to patient health and wellness. Our environment has changed for the worse — and it's affecting your health. He helps patients escape accelerated aging caused by modern toxins, chemicals and other hormonal threats you unknowingly face every day.

Every year, he travels over 20,000 miles to the most remote regions of the world searching for natural healing secrets unknown or ignored by mainstream medicine.

Since 1999, Dr. Sears has published 35 books and reports on health and wellness. He has millions of loyal readers spread over 163 countries.

Today he writes and publishes two monthly e-Newsletters, ***Confidential Cures*** and ***Anti-Aging Confidential for Women***, and a daily email broadcast, ***Doctor's House Call***, with more than 500,000 subscribers. He has also appeared on more than 50 national radio programs, ABC News, CNN and ESPN.

Dr. Sears was one of the first to be board-certified by the American Academy of Anti-Aging Medicine (A4M). More than 25,000 patients travel from all around the world to visit him at the ***Sears Institute for Anti-Aging Medicine*** in beautiful Royal Palm Beach, Florida.

Recently, Dr. Sears proved you can affect the way you age by controlling the length of your telomeres. He made history as the first MD to introduce the Nobel prize-winning, anti-aging breakthrough of our time, telomere DNA therapy, to the general public. And now he's working with the leading scientists in the field of telomere biology to further define how this incredible technology will shape the future of anti-aging medicine.

You were NOT designed to live in the modern world.

Think about that for a moment.

The organs and tissues in your body were not designed to stand up to the crushing onslaught of toxins, heavy metals, chemicals and other compounds that flow through your blood every moment of your life.

And yes... it's estimated that every man, woman and child on this planet has up to 250 different chemicals, solvents and toxins present in their blood on any given day.

There's a good chance that pesticides like DDT, which were banned nearly 40 years ago, are running through your veins as you read this letter.

And that's bad news for you, your family and everyone you love.

Over time, these toxins take their toll by causing hard-to-diagnose problems like:

- Depression, anxiety and other mental disorders...
- Chronic fatigue and lack of energy...
- Brain fog, poor memory and early onset dementia...
- Autoimmune diseases like rheumatoid arthritis and multiple sclerosis...
- Digestive disorders, irritable bowel and constipation...

Compared to the millions of years humans enjoyed clean air, food and water, the sudden appearance of deadly toxins in our environment happened almost overnight.

Chronic diseases like cancer, heart disease, Alzheimer's and diabetes were almost unheard of just 150 years ago.

And conditions like chronic fatigue syndrome, fibromyalgia and many auto-immune disorders have cropped up just in the last few decades.

It may be hard to accept, but in today's modern world, you **MUST do something** to counteract the effect of the thousands of chemicals, toxins and other compounds that get into our blood and attack every one of the 50 trillion cells in our body.

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

The 6 simple steps you'll find in this special report give you a reliable strategy for purifying your body so that you can:

- Ease the symptoms of depression and brighten your mood.
- Ramp up your energy levels and finally get rid of that constant sluggish feeling.
- Restore your memory, sharpen your mind and stop the loss of brainpower.

This report is your best way to stay happy and energetic in the modern world. As you'll see, these techniques are all backed up by published studies and are the same ones I use with my own patients.

Contaminated at Birth: Tracking the Toxins in Our Blood

A recent study looked at the blood of babies born in American hospitals. They looked for 415 chemicals and found traces of 287 of them in the babies' blood.²

They couldn't have gotten there through contact or breathing. They had to get there directly from their mothers and their environment.

Toxins are everywhere... in the air, in the things we handle, in the household and workplace items we use every day... even in our food and water. Things like:

- Clothing fabric
- Carpeting
- Paper coatings
- Plastic
- Fossil fuel emissions
- Computers
- Televisions
- Pesticides
- Burning Garbage
- Lubricants
- Varnishes
- Insulation



There are more than 80,000 chemicals used in the industrialized world. Accumulate enough of these toxins and you might suffer, at the very least, fatigue, headaches, muscle soreness, bloating, depression and, at the worst, chronic disease and cancer.

The government will tell you that there are only a few parts per billion of toxic chemicals in the products we use, and conventional medicine is telling you a few parts per billion are OK for you. It's low risk. It's acceptable.

But consider this: It's that same amount, "only a few parts per billion" that you'll find in some medications. For example: Thirty parts per billion (30 ppb) of the active ingredient in a popular ED drug can lead to conception, and 30 ppb of the ingredient in Paxil is plenty to take care of your anxiety.

Imagine taking a "prescription strength" dose of mercury... What would 30 ppb of mercury or PCBs do to you? No one could possibly know, because the effects are still happening to us, but look at these diseases and how much they've increased:

- Acute lymphocytic leukemia in children has increased 84%.
- Childhood brain cancers have increased 57%.

- Chest development now happens about one year earlier in white girls and nearly two years earlier in black girls than 50 years ago.
- One in 100 children now develop autism, most of them boys.
- The number of hypospadias cases, a birth defect of the urethra in boys, has doubled.

But it's not just kids and newborns that are full of chemicals. The U.S. Centers for Disease Control and Prevention (CDC) looked at around 2,400 people and found 215 toxic compounds in their urine and blood. Almost every single person had measurable amounts of the fire retardant BDE-47.²

Meanwhile, the CDC's National Center for Health Statistics (NCHS) has revealed that nearly 40% of Americans have toxic levels of lead in their bodies.³

Other studies have confirmed harmful levels of pesticides, aluminum, mercury, benzene and vinyl chlorides acquired from everything from second-hand smoke to grain-fed beef to dental amalgams.

This is why regular detoxification is so important in our modern world. It helps your body eliminate toxic waste stored in your tissues. Plus you'll get:

- More energy
- Stronger immunity
- Faster fat burning
- Fewer allergies
- Fewer aches and pains
- Healthier skin, hair and nails

First, here's a quick checklist of symptoms to watch out for... These are "signs you need to detox," so if you're experiencing any of the following, it's time to put a plan into action:

- You have unexplained headaches or back pain
- You have joint pain or arthritis
- Your memory is failing

- You're depressed or lack energy
- You have brittle nails and hair
- You're suffering from psoriasis
- You have abnormal body odor, a coated tongue or bad breath
- You've experienced an unexplained weight gain
- You have frequent allergies

Purify Your Body in 6 Easy Steps

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

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

Here's what I recommend:

Step 1: Avoid Hormones and Excess Estrogen

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

- Limit your exposure to hormones. If you eat grain-fed meat, eat only lean cuts and trim off the fat. If you eat grass-fed beef, it's okay to eat the fat – it's good for you.
- Reduce your intake of caffeine, grains, carbohydrates and sugar. They make it harder for your body to fully process estrogen.
- Stretch and massage your limbs. This will release acids and toxins stored in your own tissues so your body can eliminate them.
- Hit the sauna. Perspiring in the heat releases toxins through your skin.

Step 2: Eat the “Super Foods” that Cleanse Your Body

Did you know there are everyday foods that act as detoxifiers to help your body discard built-up toxins?

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

Grapefruit is another food that binds to toxins and helps flush them from your body. It contains a flavonoid called naringenin, a potent antioxidant that decreases your body's insulin resistance to help prevent diabetes, and reprogram your liver to melt excess fat, instead of storing it.



Why is this important to detoxification? Because toxins tend to collect in the fat around your tissues, like your liver, and eating grapefruit will help you stop this process.

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



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

There's also chlorella, spirulina, chlorophyll and barley grass.



You can find these green “super foods” in most health food stores. They are great for detoxing because they use a simple way to rid your body of toxins.

I use this method in my practice. It's called *chelation*.

Chelate comes from the Greek word meaning “claw.” Chelation is the process where a molecule (from a nutrient) grabs – like a claw – onto toxins like the chemicals and heavy metals flowing through your bloodstream.

These claws bind to the toxins and drag them out of your system safely and easily. The three claws I use in my practice are part of a group of foods called “green foods.”

Each of these is a super food on its own. But used together, these foods combine to flush out toxins naturally and effortlessly. It's like having your own clean-up crew specially trained to find, isolate and clear out harmful poisons.

Spirulina is the oldest food on earth. It's a kind of blue-green algae. It's the world's richest source of vitamins, minerals, iron, protein and a host of other nutrients. Studies show that spirulina is a powerful detoxifier:

- *“Not only has spirulina been shown to improve circulation and maintain healthy blood pressure, but Japanese scientists have discovered that it can also help detoxify the blood and maintain energy levels...”⁴*
- *“Important to note in the area of prevention, spirulina is richly supplied with the blue pigment phycocyanin, a biliprotein which has been shown to support normal cell growth...”⁵*

Barley grass is made up of unique amino acids. They create a type of cage around deadly toxins and carry them out of your body.

Barley grass is a well-balanced food. It has the exact blend of amino acids, proteins, enzymes, vitamins and minerals that you need for optimum health. Its healing powers are so historic, you find it mentioned in the Bible.

Chlorophyll connects to toxins in the gut and prevents them from being absorbed. And it sweeps free radicals and chemicals out of your system:

- *“In an Oregon State University study, lab animals were exposed to a poisonous substance. The animals given a chlorophyll supplement prior to exposure maintained normal tissue mass more than the animals who were not given the supplement. The researchers believe that chlorophyll may help to remove free radicals and other chemicals that may cause DNA damage...”⁶*

Most people can tolerate high doses of these green foods with great success. Start by taking 1 gram with breakfast, lunch, and dinner. You can increase the dose to up to 3 grams 3 to 4 times a day.

Another option is fresh cilantro, one of the best detoxifiers for your central nervous system. It mobilizes so much mercury, it can't always carry it out of the body fast enough. So use it in combination with chlorella.

Eat organic cilantro, make a pesto or tea, or buy a tincture.



Alfalfa: This herb has been known to lower cholesterol by 25% in lab animals. It's a good source of protein, vitamins A, D, E, B-6 and K, calcium, magnesium, iron, potassium, trace minerals and digestive enzymes.



Take 2 drops 2 times a day before meals or 30 minutes after taking chlorella. Increase your dose to up to 10 drops three times a day.

Step 3: Flush Your Liver and Kidneys

Herbs can help clear toxins from your bloodstream, restore liver function and help flush out your kidneys. Detoxifying your liver a couple of times a year can also lower your cholesterol.

Here's a list of herbal products that work well:

Milk thistle: I recommend 200 mg in capsule form twice a day. Look for dried extract with a minimum of 80% silymarin – the liver-cleaning active ingredient.

Dandelion: This root stimulates bile and acts as a diuretic for excess water. Asians use it to treat hepatitis, jaundice, swelling of the liver, and deficient bile secretion. Use 4-10 grams of the dried leaf or 4 to 10 milliliters (1:1) of fluid extract.



Sarsaparilla: This is one of my favorite teas.

It tastes great and acts as an effective blood detox. Native Americans have used it as a restorative tonic for centuries. Use 1-4 grams of the dried root, or 8-12 milliliters (2 to 3 teaspoons) (1:1) liquid extract, or 250 milligrams (4:1) of solid extract.



Burdock Root: This ancient remedy is a diuretic and a diaphoretic. It increases urine and perspiration production by exercising and strengthening these natural purging systems



Step 4: Clean Out Your Colon

Without proper care, harmful toxins can build up in the colon.

Unfortunately, the typical American diet couldn't be worse for colon health. You probably already know that refined sugars, starches, and low-fiber foods are terrible for you. Since the colon is where a lot of dietary toxins build up, it's critical to eat foods that clear it out regularly.

Most Americans don't do this, which may be why an estimated 100,000 people will be diagnosed with colon cancer this year. ⁷

A diet high in fiber is the best way to insure optimal colon health. The prestigious British journal *Lancet* published a very large study linking a high-fiber diet with a reduced risk of colon cancer.

They used data from the European Prospective Investigation into Cancer and Nutrition (EPIC) study, then followed up on almost 200,000 participants. They found that if people with low-fiber diets doubled their fiber intake, their risk of colorectal cancer dropped by 40%. ⁸

So far, so good yet not all dietary fibers are the same. The mainstream medical approach on this is misguided. You shouldn't be eating a lot of cereal or taking grain-based laxative products (which we're told over and over is the best way to care for the digestive tract).

Grains made their way into our diet relatively recently in evolutionary terms. Our bodies can't digest them properly, and the high glycemic index of breads, pastas, and cereals lead to blood sugar spikes and even diabetes.

Instead, go for foods that provide real "native roughage." Nuts and seeds are loaded with native fiber. They really clean out your gut. The cellulose that makes up the skin and flesh of fruits and vegetables is also healthy fiber. It also slow releases natural sugars and nutrients for optimal digestion. Beans are also (famously) good at cleansing the colon.

There are also a class of natural ingredients missing entirely from most diets that specifically targets the colon and promotes maximum digestive tract function and health.

- **Cascara Sagrada:** This herb tones and strengthens the smooth muscles of the colon. This will normalize bowel function. In a word, it makes you more “regular.”
- **Aloe ferox latex:** This stimulates the colon and improves the consistency of stool. Aloe not only stimulates the muscle of the colon to contract; it exerts a soothing effect on the lining of the gastrointestinal tract.



- **Flax seed:** Rich in alpha-linolenic acid — the plant-based form of omega-3 — flax reduces gastrointestinal inflammation and, as a source of fiber and lignans, promotes overall intestinal health.



- **Rhubarb:** This humble, everyday vegetable has the power to tone and tighten the muscles of the intestinal wall, adding strength and improving your gut’s function.



As an astringent, it also neutralizes the effects of toxic build-up in your gut. Take them all at once, but be careful not to take too much because you could get some gurgling and it could loosen up your stool. They’re pretty powerful when you use them in this combination.

Look for these ingredients in herbal blends available at your local health food store. Products that combine them as a powder you mix into a beverage or generally more effective because you’re mixing in a larger amount, usually 10 to 15 grams at a time.

Step 5: Pull Heavy Metals Right Out of Your Body

These two compounds will remove chemicals and keep your body clean and pure like it’s supposed to be.

DMSA: This is a compound that removes heavy metal toxins (its real name is meso-2, 3-dimercaptosuccinic acid, but forget that tongue twister... it’s known simply as DMSA).

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

DMSA should be taken in on-again/off-again cycles – ideally, three days on and 11 days off because your body needs 11 days to regenerate its glutathione levels.

Activated Charcoal: This is a form of carbon that’s been processed into a fine, black powder. It’s odorless, tasteless, safe to consume and very potent.

In fact, you can take a small amount of charcoal and wipe out decades of toxic heavy metals like arsenic, copper,



mercury and lead that have been building up in your body.

Every hospital in the country stocks activated charcoal their ER to treat poison victims. It’s so potent that one gram of it – an amount the size of your fingernail – can absorb enough toxins to fill the square footage of four tennis courts.

Very few doctors realize how powerful this stuff is as a way to detox. But an activated charcoal detox leaves you feeling like a new person – pumped up, recharged, and bursting with energy. Sometimes as if you were suddenly 20 years younger.

You can find it at any health food store. It’s relatively inexpensive and easy to take. In fact, because it’s a powder, you can take it just like you would your favorite protein drink. I recommend getting it in bulk sizes of one pound (454 grams) or more.

I regularly use charcoal as part of my personal detox plan.

And I recommend it to patients I see in my clinic.

It’s best to use a powder form, mixed into a liquid. Tablets or capsules take too long to absorb and release the activated charcoal. And the dose is usually too small to do the job.

Take 20-30 grams a day of powdered activated charcoal (in divided doses) mixed with water over a period of 1-2 weeks.

Step 6: Detoxify Naturally with Citrus Pectin

Modified citrus pectin is made from the inner peel of citrus fruits and is one of the most powerful detoxifying substances I’ve found in the world. It’s also been proven to work in human clinical studies.



In one USDA study, scientists gave modified citrus pectin to people for six days and measured the amount of toxins excreted in their urine before taking it and 24 hours after taking it.

Here's what they found: ⁹

- The amount of deadly arsenic excreted increased by 130%
- Toxic mercury excreted increased by 150%
- Cadmium excreted increased by 230%
- Toxic lead excreted increased by 560%

What's great about modified citrus pectin is that while it eliminates toxic metals and pesticides, it doesn't deplete your body of zinc, calcium or magnesium.

However, consult your physician before taking modified citrus pectin capsules and caplets to make sure they are the kind used in clinical studies and at the proper dosage.

References

- 1 "Body of Burden – The Pollution in Newborns," Environmental Working Group, July 14, 2005
- 2 "Fourth National Report on Human Exposure to Environmental Chemicals," U.S. CDC 2009
- 3 "Fourth National Report on Human Exposure to Environmental Chemicals," U.S. CDC 2009
- 4 Glenn Geelhoed, MD; Jean Barilla, MS. *Natural Health Secrets*. p.22
- 5 Paul Pitchford. *Healing With Whole Foods*. p.192
- 6 Janet Zand, LAc OMD; Allan Spreen, MD CNC; James LaValle, RPh ND. *Smart Medicine For Healthier Living*. p.164
- 7 National Cancer Institute, US National Institutes of Health. www.cancer.gov/cancertopics/types/colon-and-rectal
- 8 Bingham S, et al. "Dietary fibre in food and protection against colorectal cancer in the European Investigation into Cancer and Nutrition (EPIC): an observational study." *Lancet*. 2003. 361:1496-1501.
- 9 *Alternative Therapies*, Jul/Aug 2008, Vol. 14m, No. 4