

Before You Go to a “Low-T Clinic”

A low level of testosterone (“low-T”) is a huge problem for many of my male patients... and it goes far beyond a decline in sexual drive.

Low-T also causes decreased muscle mass and bone density, reduced insulin resistance and energy, and even depression.

But going to a “Low-T” clinic is not going to help you.

These places are often fly-by-night operations that hand out “prescriptions” for testosterone that are rubber stamped by doctors who don’t even see the men coming into the clinics.

An oral surgeon a few towns over from me was just reprimanded for writing testosterone prescriptions for a dozen patients at a local “med spa” that he never examined.

And even though he got fined \$25,000 and put on probation for a year, the “spa” is still open for business!

I sometimes inherit the “drop outs” of these so-called Low-T clinics. Men who trusted their claims for a “natural cure” for erectile dysfunction, or ED, but ended up in a far worse mess than they started.

You see, these places don’t understand the testosterone protocol you MUST follow if testosterone is really going to do anything for you.

Because if you keep giving men testosterone shots, three things happen.



I prefer to take a personal, natural approach to treating my male patients with testosterone problems.

First, their bodies shut down their own production of testosterone.

It’s never a good idea to inject yourself with a substance that your body makes naturally. If you inject yourself with testosterone, your body’s natural response is to think, “Whoa! I have lots of testosterone right now! I better stop making it!”

So your body immediately suppresses its testicular production of testosterone in response to the injection.

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Bulbine Natalensis is traditionally used as an aphrodisiac and testosterone booster in South and South-Eastern Africa.

On one of my trips to South Africa, I was hiking in the indigenous forest on Table Mountain minding my own business when I was bitten by one of the biggest mosquitoes I've ever seen.

Bugs usually don't bother me, and neither do their bites. But that one really got me... and when we passed a big, green plant with yellow flowers growing out of a tall stalk, my guide snapped off a leaf and rubbed the sap on my bite.

It reminded me of an aloe plant, and my bite immediately stopped itching.

"What is that?" I asked him.

"It's bulbine," he said. Then he raised his eyebrows and grinned at me. "And that's not all it's good for!"

That's how I discovered *bulbine natalensis*, a plant that is making headlines for outperforming the "little blue pill" in medical studies.

Secondly, your body starts to convert a lot of that testosterone into something called dihydrotestosterone, or DHT. And that's bad news.

DHT is nine times more powerful at stimulating prostate growth than testosterone. It collects in

prostate tissue by binding to your prostate's cells and building up in your system. This signals your prostate to grow over time, and eventually results in Benign prostatic hyperplasia (BPH).

DHT also binds to your hair follicles and causes male pattern baldness.

Finally, your body also starts producing extra estrogen to balance out all that unnatural testosterone that you're introducing into your system... and I don't have to tell you that the last thing a man experiencing ED needs is a surge of unwanted estrogen.

Too much estrogen is what causes you to develop that layer of subcutaneous fat that makes you look soft and more feminine. It can also lead to gynecomastia (the dreaded "man boobs").

While most people tend to think breast reduction surgery is reserved for women, more and more men are opting for surgery to get rid of their man-breasts. In fact, the number of male breast surgeries has risen 2,540% in five years!

Surgery isn't the answer. These men don't have to go under the knife to get rid of excess breast tissue.

What they really need to do is reduce their estrogen levels... and stop taking testosterone injections that aren't doing them a bit of good.

One patient I saw recently didn't stop the injections in time... and his body was actually in the process of down regulating — or decreasing — the number of receptors it had that testosterone could attach to.

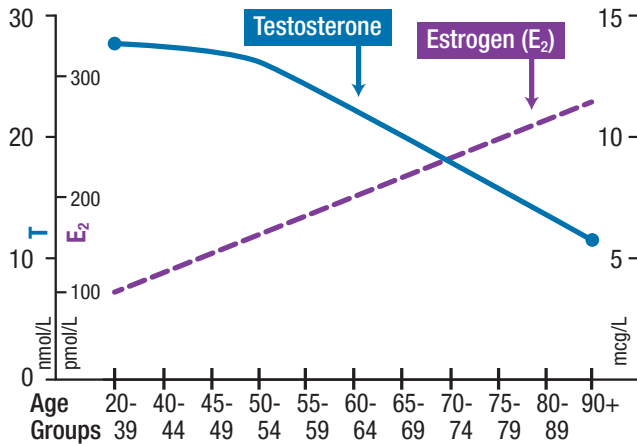
Because it was his body's last-ditch effort to protect itself from all the artificially introduced testosterone it had been subjected to.

And once those receptors are gone, all the testosterone in the world wouldn't do my patient a bit of good.

Once a patient gets that far gone, it can be difficult to help him regulate his hormone levels in order to counteract the ED he's experiencing.

But that doesn't mean it can't be done.

Testosterone-to-Estrogen Ratio By Age



(Adapted from Dilman and Dean, 1992, based on data from Moroz and Verkhatsky, 1985)

Your ratio of testosterone to estrogen should be at least 4:1. That's four parts testosterone to one part estrogen. All other things being equal — the higher your ratio, the more masculine you'll look and feel. I try to get my male patients closer to 8:1.

Men can safely boost their testosterone levels and reverse much of the debilitation that comes with “low-T” in a few simple steps... without triggering a flood of estrogen and DHT.

Ramp up Your Masculinity with Testosterone

A man's sexual health doesn't exist without testosterone. It's a man's primary masculine hormone. It's what makes you strong, smart and aggressive. And it's what makes you a potent and virile lover.

Research shows by getting your body to produce youthful levels of testosterone, you can enjoy its many benefits: spontaneous erections, impressive masculinity, remarkable stamina and much more.

Here are some things you can do to boost testosterone in your body:

- 1. Eliminate castrating drugs.** Try not to take any of the following: Benadryl, atropine, Valium, Librium, Halcyon, Tagamet, Norpace, Clan, Presidia,

hydrochlorothiazide, Dayside, Lassie and the beta-blockers Propranolol, Inderal, Toprol and Tenormin.

- 2. Limit alcohol consumption.** Alcohol in moderation actually has health benefits. But excessive alcohol leads to impotence and suppressed testosterone production.
- 3. Eat meat or fish at every meal.** Lean protein increases the production of growth hormone. Growth hormone tells your body to make muscle and stimulates testosterone. It also moderates the production of fat-producing insulin. Good examples are grass-fed steak, pork, chicken, turkey, eggs and wild-caught fish.
- 4. Avoid processed, refined carbohydrates.** Breads, cereals and pastas tell your body to produce insulin. Insulin builds fat and stimulates feminizing estrogen. Insulin also accelerates many of the changes associated with aging: atherosclerosis, hypertension, diabetes and others.
- 5. Eat foods rich in B-complex vitamins.** They replenish testosterone. Liver, lean meats, yeast, fish, wheat germ and peanuts are good sources of niacin. Thiamine is found in whole grains, asparagus and raw nuts. For riboflavin, eat your broccoli... bananas have it, too.
- 6. Cut back on tea, coffee and chocolate.** The common ingredient is caffeine and it contains phytoestrogens. They also contain estrogen mimickers.
- 7. Put your laptop on a desk or do this.** The Fertility and Sterility study found spreading your legs while working on your laptop is the best way to avoid killing off your sperm. You can also purchase a cooling pad that goes under your laptop if you must have it on your lap. They normally sell for around \$20.
- 8. Eat small, frequent meals.** Large meals stimulate excessive fat-producing insulin. Eat every two to three hours and be sure to eat before you get too hungry. Eat your large meal early in

the day. It should account for 30% of your daily calories. Omelets with a slab of steak and fresh vegetables are a perfect choice.

- 9. Get your body moving.** You need to get physical to ramp up your testosterone and stay fit, but don't start logging hours on a treadmill. Long sessions of aerobic exercise actually lower testosterone! They also burn away hard-earned muscle.

Instead, swim, cycle, use a stair-master or sprint using the principles of my **PACE** program.

These exercises use a wider range of motion in intense bursts of activity. Doing them for 10 to 12 minutes is plenty each day. That stimulates testosterone and builds muscle.

Prefer taking classes? You won't boost your testosterone doing yoga. Try wrestling, boxing or karate instead. Get a health check-up before starting any fitness program. Then start slow and stick with it.

- 10. Take testosterone-boosting supplements.** Here are three natural nutrients that can have a direct effect on your testosterone levels:

- **Bulbine natalensis.** This African herb has been used for centuries by traditional healers to treat male impotence. And more recent scientific research shows that it can be remarkably effective.

A South African study showed that bulbine natalensis produced a stunning 347% increase in testosterone when compared to placebo.¹ And it even outperformed the "little blue pill" for improving sex drive.

Bulbine natalensis is one of the core ingredients of my brand-new testosterone-boosting male enhancement product called **T-Max**. I'll be debuting T-Max in the coming weeks. Stay tuned for more details!

- **Tribulus terrestris** is an Indian herb that's developed a reputation for its sexual enhancement abilities. Tribulus works by raising levels of luteinizing hormone in the

body. The luteinizing hormone in turn raises testosterone levels.

One study analyzed the effect of Tribulus on healthy men. The men experienced an average 30% increase in testosterone levels after just five days of oral supplementation. This is about the average rise in testosterone that I've experienced in my clinic. A good starting dose is 250 mg once a day.

- **Avena Sativa** is an herb that boosts "free" testosterone levels in your blood. Almost all the testosterone in your body is "bound" to proteins. Only about 2% of testosterone is "bio-available." It's free testosterone that will really get you humming. And Avena Sativa gives you more of it.

In the meantime, by using these simple natural methods, men can safely and effectively raise their testosterone levels back to where they should be... without any costly and dangerous synthetic treatments.

By applying the advice in this report to your daily routine and overall lifestyle, you can maintain your manliness, strength, stamina and potency.

Remember, the true goal of wellness isn't just to live longer, it's to live better. And with renewed manly vigor, you can do just that.

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Dr. Al Sears' Testosterone Self-Assessment Test

| | 1 | 2 | 3 |
|---|-------------------|---------------------|---------------|
| 1. Do you have trouble obtaining an erection? | Frequently | Occasionally | Never |
| 2. Do you lose your erection before orgasm? | Frequently | Occasionally | Never |
| 3. When attempting sexual intercourse how often is it unsatisfactory for you? | Frequently | Occasionally | Never |
| 4. Have you noticed a decreased interest in sex? | Frequently | Occasionally | Never |
| 5. Do you drink alcohol? | Frequently | Occasionally | Never |
| 6. Do you smoke tobacco? | Frequently | Occasionally | Never |
| 7. Do you find yourself with a lack of ambition and motivation? | Frequently | Occasionally | Never |
| 8. Do you lack the energy to climb a short flight of stairs? | Frequently | Occasionally | Never |
| 9. Do you find yourself becoming moody, depressed or irritable without good reason? | Frequently | Occasionally | Never |
| 10. How often do you find yourself lacking the strength to lift a heavy household object like a full garbage can? | Frequently | Occasionally | Never |
| 11. How often do you lack the desire to get up in the morning? | Frequently | Occasionally | Never |
| 12. How often are you disinterested in exercising? | Frequently | Occasionally | Never |
| 13. How many prescription drugs do you regularly take? | 3 or more | 1-2 | None |
| 14. Pinch your fat just to the side of your belly button; how much can you pinch: | >1" | about 1" | <1" |
| 15. What is your age? | >50 | 35-50 | <35 |

SCORING:

↑ Score 10 points for each response in column 3

↑ 5 points for each response in column 2

↑ 0 points for each response in column 1

Total: _____

INTERPRETATION:

↑ Above 125: You're a **STUD!** Keep up the good work.

↑ 100 – 125: **AVERAGE.** You would likely benefit from natural testosterone boosting.

↑ Below 100: **DEFICIENT.** You may be one of the many men suffering from falling testosterone levels.

If you score low on this assessment, it doesn't mean you should rush out and start testosterone injections. Schedule a thorough exam and hormone testing with a qualified physician trained to treat hormone imbalances. I encourage my patients to try natural alternatives to boosting testosterone and reducing estrogen before considering testosterone injections.

Beating the Modern “Man Haters”

Potency is more than just “getting it up” when you’re in the mood. It’s a combination of strength, desire, lean muscle and male confidence.

It’s a feeling of extraordinary potential... like having your foot on the accelerator of a turbo-charged sports car. Potency is power whenever you want it... and every man wants it.

Unfortunately, many men come into my clinic and tell me that they’re feeling the exact opposite.

They say things like, “Dr. Sears, I’m losing it. I don’t have any energy or ambition. My sex drive is non-existent. And if I didn’t have to get up for work in the mornings, I wouldn’t even bother getting out of bed. What’s wrong with me?”

These men’s problems aren’t just on the inside. Some have developed male “breasts,” the fatty tissue that develops over the pectoral muscles. They’ve put on weight, lost their sex drive and don’t have the same “get up and go” they’re accustomed to.

And by the time they come in to my clinic, they look hopeless and depressed.

I help men every day regain the physical potency that makes them feel like “real men.”

It’s not their fault they’re losing their potency... our modern lifestyle is sapping away every ounce of a man’s strength.

There are “trouble makers” that live on store shelves and in your medicine cabinet. They’re in your food and in your car. And I’ve seen these everyday items take the strongest man and turn him into a mouse.

But you don’t have to worry about this happening to you.

I’ll expose these hidden “man haters” so you can put high-octane fuel back in your body’s gas tank. I’ll also

share personal secrets on how you can squeeze every bit of power out of your engine and start feeling like a teenager again.

The Underlying Source of Male Potency

As we men grow older, our production of testosterone — the most important factor in maintaining our overall strength and potency — starts to slow down.

You see, when you’re in your 20s or early 30s, you have all the testosterone you need. As a result, you have strength, stamina and driving ambition.

But from age 30 onward, your testosterone levels drop 1% to 3% every year.

It’s natural for your testosterone to decrease slowly over time. But due to influence from unnatural factors in our modern environment, testosterone in men is dropping at an alarming rate.

In fact, a recent study published in the *Journal of Clinical Endocrinology and Metabolism* found one in four men over the age of 30 have low testosterone.¹

When your testosterone levels drop, you lose your ambition, your energy and your ability to think clearly. Your risk of heart disease goes up. And you can expect sleep disturbances, brittle bones, loss of muscle and physical strength — even depression.

Most doctors will never suggest a natural cure for declining masculinity.

At best, your doctor will hand you a prescription for the “little blue pill” or one of its counterpart meds. But these drugs won’t permanently correct any erectile deficiency. And they do nothing to increase your testosterone.

I wouldn’t recommend any of these temporary solutions to my patients.

You don't need to resort to drugs or surgery to "fix" your manhood. You can stop the cruel effects of aging as a man by keeping your natural testosterone levels high.

And you'll see... when you protect your hormones from outside attack, your bedroom performance will improve.

You'll have greater strength and energy, improved mood, better memory, greater muscle mass and increased bone density.

In other words, you'll feel like you have a new lease on life. You will be potent.

But in order to regain your potency, there are some common items you need to avoid.

Watch Out for Gender-Bending Chemicals That Rob Your Manhood

You probably don't realize it, but the modern world is sending feminizing signals to your body.

These signals are caused by certain toxins you come in contact with every day. And they're lurking in places you'd never expect like the deodorant in your medicine cabinet — even your garden hose!

These toxins are called "estrogen mimickers" because they look a lot like the well-known female hormone to your body. And once in your system, these estrogen mimickers start to reduce your testosterone levels.

These false female hormones eat away at your manhood. And over time can disrupt your sex life and give you feminine features. They can also cause your prostate to swell and can affect your urinary and reproductive systems.

If you don't take action, these chemicals can turn you into a weak, doughy version of your former self. In fact, one study showed a direct link between estrogen mimickers and an alteration of sex organs and sexual behavior.²

Here's the thing...

All men have a little estrogen.

With my male patients, I generally like to see at least five times more testosterone than estrogen.

But as you age, your testosterone drops. And if your estrogen increases, it can create an unhealthy imbalance in your testosterone-estrogen ratio.

If this happens, then the problems start.

Unfortunately, this hormonal imbalance is not uncommon. And one of the main reasons is estrogen-mimicking toxins.

But these toxins can be difficult to avoid because you can't see, smell or taste them. And they're more common than you may think.

Here's a short list of items that can contain estrogen mimickers:

| Products that Contain Estrogen Mimickers |
|--|
| Vinyl Flooring |
| Deodorant |
| Moisturizers |
| Pesticides |
| Detergents |
| Colognes |
| Garden Hoses |
| Fertilizers |
| Industrial Chemicals |
| Household Detergents |
| Food Packaging |
| Pharmaceuticals |
| Shampoo |
| Hair Spray |
| Inflatable Toys |
| Plastics |

And the list goes on...

Plastics are the worst of the culprits.

From plastic bags and water bottles to the packaging your food comes in, plastic is almost impossible to escape.

Two of the biggest hazards are bisphenol A and phthalates (pronounced THAL-ates). These man-made chemicals have structures that look strikingly similar to estrogen.

Bisphenol A (BPA) is used in many plastic products including drinking containers, water bottles, compact discs, the housing of laptop computers and eyeglass lenses. It's also found in epoxy resins used to line metal cans. Some dental sealants and composites may also contribute to BPA exposure.

The problem is, we have very little research examining BPA's long-term effects on humans. But several studies concluded that low-level, continuous exposure to BPA can be harmful to your health.^{3,4}

Phthalates are found in food wraps, packaging and a wide range of other products from soap, shampoo and deodorants to paints, caulking and lubricants. You'll also find phthalates in detergents, flooring, building materials, garden hoses and more. They're hard to avoid. And that's bad news because they've been linked to smaller genitalia in boys and infertility in later years.

In a *USA Today* article, Jim Pirkle, Deputy Director for Science at the CDC's Environmental Health Laboratory, was quoted as saying, "The big concern of the phthalates is that they have anti-androgen activity. They get rid of things that are in the testosterone line, the things that make a man a man."⁵

Perfluorooctanoic acid (PFOA) and perfluorooctane sulfonate (PFOS) are two more gender-bending chemicals that are all around us. They're used in non-stick cookware, waterproof clothing and shoes, stain resistant fabrics, electrical wiring and food packaging. These compounds are carcinogenic and have been linked to an increased risk of testicular cancer.⁶

It's not just the chemicals in your environment causing these changes. The foods you eat may also be increasing your estrogen levels.

Farmers use estrogen in cattle, pigs and chicken to fatten them up and make them retain more water. This means increased profit for the industry... but more estrogen for you if you eat the meat.

The pesticides used in farming are just as bad. They can cause reproductive problems. More than 15% of couples in the United States are unable to have a child.⁷

And in 30-40% of these cases, male infertility is the problem. But not just in America. British sperm counts and sperm density have dropped dramatically beginning way back before World War II.⁸

This sweeping decline in fertility has now been directly linked to HPTE, an estrogen-mimicking chemical found in pesticides. British scientists found HPTE may interfere with testosterone production in the testes.⁹ Plus, Tufts University research shows crop dusters who handled estrogen impersonating pesticides lost their sexual desire and developed very low sperm counts.¹⁰

But you don't have to accept these statistics as your fate. Keep reading for natural ways to rebalance your hormones.

Simple Steps to Decrease Your Estrogen

Your doctor can test your testosterone to see if it's low. All it takes is a simple blood test. When you have your testosterone measured, ask your doctor to measure your total estrogens as well. It is optimal for a man to keep his total estrogen below 100.

In the meantime, here are some things you can do immediately to rid your body of excess estrogen and boost your testosterone levels:

Step 1 – Reduce Your Exposure to Estrogen-Mimicking Chemicals

The first step is getting rid of extra estrogen in your blood by lowering your exposure to estrogen-like chemicals. To do this, you can:

- Eliminate pesticides from water with a water purifier.
- Wash your vegetables and fruits before eating.
- Buy grass-fed or hormone-free meats. If you get meat from other sources, trim off the fat.
- Estrogen mimickers collect in the fat.
- Eat wild-caught fish whenever possible.
- Avoid processed carbohydrates like bread, cereals and pasta. They cause excess insulin, which builds fat and stimulates feminizing estrogen.
- Eat vegetables high in fiber to absorb excess estrogen, but make sure to stay away from processed grains.
- Avoid storing food in plastic. They're full of "alien estrogens" that are also estrogen mimickers. Store food in porcelain and glass dishes or use paper cups and plates.
- Use organic personal-care products. They generally do not have BPA or phthalates, but read the labels to be sure. Also look for any ingredients that end with the word "paraben." This is another gender bender.
- Work with your doctor to reduce or eliminate medications. Some medications interfere with your liver's capacity to remove excess estrogens.

Step 2 – Eat Foods that Balance Your Hormone Levels

By making changes to your food, you can easily improve your testosterone to estrogen ratio. Here are my top choices for boosting testosterone and lowering estrogen:

- **Oysters.** These original testosterone boosters are packed with protein, zinc and magnesium — all three play a key role in testosterone production.

- **Lean beef.** It's one of your best choices for overall good health. When possible, eat grass-fed beef.
- **Beans.** These offer a great combination of protein and fiber with more zinc than any other vegetable. Navy, lima, kidney and green beans are good sources.
- **Eggs.** They have all the essential amino acids making them the best source of protein. And don't believe the hype... cholesterol in eggs won't hurt you.
- **Broccoli.** This is one of the best foods for eliminating estrogens in the urine.
- **Cabbage.** It's also great for reducing estrogen and a good source of fiber.
- **Brussels sprouts.** They're also estrogen-targeting fiber and nutrient-rich vegetables.
- **Garlic.** It enhances testosterone and blocks cortisol, your body's stress hormone.

Step 3 – Flush Gender-Bending Chemicals from Your Bloodstream

These two plant compounds can drastically reduce the amount of estrogen circulating in your bloodstream. They're often found together in formulas sold in health-food stores.

- **I3C (Indole-3-Carbinol)** has the ability to rid estrogen from your body.¹¹ Vegetables like cabbage, Brussels sprouts and broccoli contain it. In your digestive tract, I3C converts into DIM. To give you an idea, 400 mg of I3C is equal to 130 raw Brussels sprouts or ¼ head of raw cabbage.¹²
- **DIM (Diindolylmethane)** is a plant compound that enhances estrogen elimination. It breaks down estrogen into safer compounds. DIM balances the testosterone-estrogen ratio. DIM is available in supplement form. To combat excess estrogen, take 400 mg of DIM daily.
- **Resveratrol** inhibits the enzyme aromatase. Aromatase is the enzyme that converts testosterone to estrogen. By stopping that

process, resveratrol allows you to keep your testosterone levels high. Take 200 mg of resveratrol daily.

- **Chaste tree berry** helps reduce prolactin levels.¹³ Prolactin is a hormone women secrete when they are pregnant. Men don't want it in their bodies. Take 100 mg a day of chaste tree berry.
- **Holy Basil** contains eugenol, an estrogen-lowering compound that helps keep your body from absorbing estrogens. You can purchase holy basil via the Internet and from health food stores. I recommend taking at least 450 mg a day (up to 800 mg a day).

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Not Your Mother's Hormone

There's a hormone you release when you get a massage, when you make eye contact with people you care about, watch a highly emotional film, and even when you tweet.

People who release more of it have greater satisfaction with life, better romantic relationships, more friendships, greater trust and more sex.¹

It also appears to be behind many of the health improvements you get from meditation, massage and acupuncture.

And it's why, after you have children, you can love them permanently and unconditionally. It's also how you form deep connections with friends, God, and even your pets.

And those connections have very far-reaching benefits.

Ask yourself, why do people with pets recover faster from being sick? Why do support groups help you so much if you have an addiction, or even cancer? Why do you live longer if you're a caregiving parent?

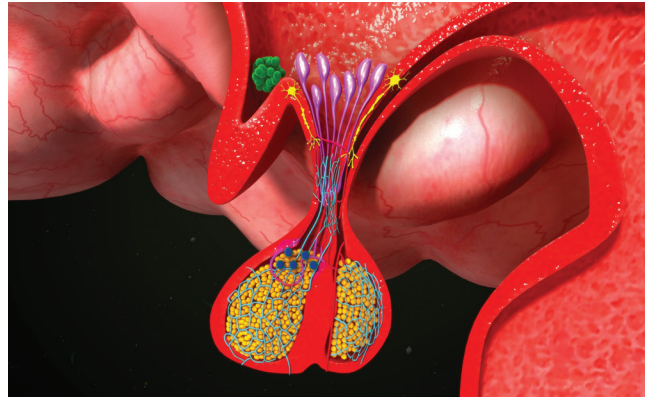
The answer is the sex hormone you've probably never heard of called oxytocin.

Oxytocin used to be known as the hormone that made mothers grow attached to their babies – the “suckle” hormone. But everyone releases oxytocin.

And when you release enough of it, almost everything you can do is better.

Your Most Perfect Self

We've all known people who are amazingly charismatic, vibrant, energetic people. But those people have something going on inside them that makes them that way... and it's not that they have any great insight.



Oxytocin is a hormone produced by the hypothalamus and secreted by the pituitary gland, as seen here.

It's not that they have a different gene structure. They simply secrete more oxytocin. And it gives you all those feelings you have where you're at your best.

It makes you like people more and be kinder to people. Studies show that oxytocin's effect on how we relate to each other is so powerful it enhances trust and cooperation, and can improve your ability to relate to people in a personal way.

It makes you better in bed, but it also makes you more compatible.

In fact, when you have an orgasm, you release waves of oxytocin. It's interesting to me that your brain would produce a hormone that makes you feel trust right after you have an orgasm. You might be tempted to think it's an evolutionary mandate. That if you have an orgasm, it means that you're safe and that nature wants you to stay with that one mate.

But oxytocin isn't a simple “cuddle hormone” only produced after an orgasm, like many doctors believe. You see, oxytocin can stimulate your body to vasodilate its capillaries to give you better circulation.

Two recent medical papers have shown oxytocin does this by stimulating production of nitric oxide. Nitric oxide is a very potent gas produced in your

capillaries. One of its major jobs is to improve tissue oxygenation. But this effect also helps you become fully sexually aroused.

So oxytocin is a major player in sexual arousal, your abilities in bed, compatibility in the bedroom and satisfaction afterward.

And a study published in *Biological Psychiatry* shows that oxytocin may help you get along better with your significant other all the time, not just during sex.

Swiss researchers gave 47 couples a nasal spray containing either oxytocin or a placebo. The couples then participated in a videotaped “conflict” discussion. Those who got oxytocin showed more positive and less negative behavior than those given the placebo.²

Oxytocin: The Great Facilitator of Life

Is there anything oxytocin can't do? It's involved in almost everything we do when it comes to interacting with other people. Oxytocin can improve your social memory, recognition, attachment, sexual behavior, parental nurturing, aggression, human bonding, trust and so much more.

- Oxytocin is responsible for optimism, self-esteem and “mastery” — the belief that you're in control of your own life.
- Oxytocin fosters our sense of attachment to others and in many people also enhances positive memories of close relationships.
- Oxytocin increases pain threshold.
- Oxytocin lowers blood pressure, and protects your heart from stress.
- Oxytocin stimulates ghrelin (which stimulates you to get more energy and release growth hormone).
- Oxytocin makes you 50% more generous, no matter how much money you make.
- Oxytocin boosts sexual arousal.

- Oxytocin can expand your mind, literally: It stimulates brain cell growth and protects against stress.
- Oxytocin can help you win friends and influence people.
- Oxytocin can make you better at reading people's expressions.
- Oxytocin solidifies group relationships.
- Less oxytocin release means you'll get fat.
- Oxytocin can intensify bonding between sexual partners.
- Oxytocin makes you go to sleep when there's no stress and stay up when there is.
- Oxytocin increases your healing rate.

Stay Healthier, Longer, With Oxytocin

Still, those effects aren't enough to keep oxytocin from being a superstar hormone that enhances your life and relationships.

Think of it... access to a supportive social network, and happy, stable relationships are proven to reduce the risk of several diseases, especially those associated with cardiovascular function and blood pressure.

Why is that true? No one knows for sure, but it's oxytocin that can produce long-term reductions in blood pressure and heart rate, which means social support could directly benefit health through oxytocin.

Unfortunately, there are also social situations that can stop you from releasing oxytocin, including intense stress. Oxytocin neurons are repressed by catecholamines. Your adrenal gland releases these during times of high stress, especially when you're frightened suddenly. Women who were seriously abused as children have chronically low oxytocin levels as adults.

And here's something you won't hear from the giant pharmaceutical companies who want you to take their cholesterol-lowering statin drugs...

You need cholesterol so that certain protein receptors (called GPCRs, or G-protein-coupled receptors) in your body can work. One of these is the oxytocin receptor. If you don't have enough cholesterol, then it doesn't matter how much oxytocin you have, the receptors will not work as well, compromising your oxytocin system.³

Higher oxytocin levels means your body stays healthier for longer, and it also lets you stay deeply in love, have more satisfying sex, stay close with your friends and family, and live younger.

This is why I recommend you increase your levels of oxytocin. Orgasms are a nice way to do that. But no one can keep that up all day. You have a life to live, right? You need some other, more practical ways to increase oxytocin.

So here is my unique program to make sure you have maximum levels of this hormone in your body.

#1: Make Some

You can teach your body to produce more oxytocin naturally, by choosing activities that promote its release.

The keys are to:

Meditate – A team of researchers from UCLA compared the brains of long-term meditators with non-meditators and found they had grown more gray matter in areas involved in emotion and response control.⁴ This may account for meditators' abilities to cultivate positive emotions and engage in mindful behavior with others, which releases oxytocin.

The good news is you don't have to be a yogi to get the benefits of meditation. New research shows that even if you take short-term training courses, you can make dramatic changes in the oxytocin-producing areas of your brain. One study showed people could begin to alter their brains in just 6 hours with a type of meditation called IBMT, or Integrative Body-Mind Training.⁵

Here's an IBMT exercise you can try for yourself. First, sit someplace comfortable and quiet, with

your back straight but relaxed. Close your eyes, and let your thoughts flow freely. You don't have to empty your mind. Follow your breathing, and try to sense any tension in your face. A furrowed eyebrow or a change in breathing cadence means you are getting stuck on a thought. The trick is to both let go of your thoughts and allow them to be there at the same time. This way of being with your thoughts, coupled with proper breathing and posture, brings you body-mind harmony and can help rewire your brain to promote oxytocin release.

Reach out and make lasting social connections

– Love, emotional attachment, and other human social bonds are a kind of extended form of human memory. The oxytocin system seems to be designed to enhance our dependency on one another because we need each other to survive.

A study published in the journal *Current Directions in Psychological Science* found that actual or anticipated social contact may result in bursts of oxytocin.⁶

The longest-lived people in the world, who live in pockets of longevity called "blue zones," have much more social and family interaction as they age than we in the West do.

Keeping in touch and socializing with your friends, neighbors and relatives keeps your oxytocin system engaged⁷ and helps you live a longer and healthier life.

Avoid stormy relationships – You secrete more oxytocin to help you get through stressful situations, and relationship stress is no exception. But during a relationship, it can rise in a slightly counter-intuitive way.

Let me explain. Ongoing, constant stress is unnatural, and produces unnatural reactions in your body. One of those is that your oxytocin levels rise to protect you from the hormone cortisol that you secrete while under stress. Continuously high oxytocin secretion in this case is unnatural and is not beneficial to your oxytocin system.

It's your body's way of telling you that something is not right. In one study, women who reported more gaps in their social relationships and less positive relationships with their primary partners had higher levels of oxytocin along with the stress hormone cortisol than those reporting better relationships.⁸

People in better relationships have more oxytocin, but without the extra cortisol. In those people, oxytocin is not working overtime to relieve stress but is working in its natural way.

#2: Exert Yourself

There is one other way to raise your oxytocin levels naturally, and this is the method I enjoy the most.

To release oxytocin you have to exercise with intensity.

And that makes oxytocin release another benefit of my PACE program.

Some exercise physiologists in Europe were testing people to check their fluid balance during exercise. They were surprised to discover that the more intense the exercise, the more oxytocin people released.⁹

And here's the most fascinating part to me: A steady, hour-long run on a treadmill did nothing for oxytocin. Yet when they had the people do intense exercise, testing for peak output and VO2 Max (the fastest rate at which your body can deliver oxygen to your blood), they discovered that it was exercising with intensity that did the trick. That is what had helped people release more of this essential hormone.

As I mentioned earlier, oxytocin helps you with feelings of accomplishment and mastery of your environment.

And you know, my PACE program contributes to that feeling too, in a very particular way. I believe this may be why "intensity" is the key to oxytocin release.

You see, when I show people how to incrementally and progressively increase the intensity of their workouts with PACE, they feel more in control of themselves.

Why? Because PACE isn't about going all out as hard as you can. You always leave yourself a little bit of room in your workout where you could have gone harder. As you get closer to your peak, you become more aware of it, and by controlling it you have room to improve the next day.

But it's not just that you give yourself the incentive to improve. To succeed at something, you have to focus your conscious intent on it, and that has an effect. With PACE, instead of focusing on going as intensely as you can, you turn your attention to the level of intensity.

Every time you work out, it gets a little bit easier to go at a slightly higher level of exertion. This progressivity over time — flirting with that maximum intensity without reaching it — raises your peak output.

It also puts you in control of your exertion. And this is where your workout interacts with and enhances your oxytocin output. Because you will always feel more in control and more natural as you continue to do PACE.

In a very short period of time, you'll be using more energy, burning off more fat and building muscle with each workout... but it won't seem like you're working hard. Your body takes over and makes it easy to do because you're working with your body and your hormone system.

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Al Sears, MD, CNS, is a medical doctor and one of the nation's first board-certified anti-aging physicians.

As a board-certified clinical nutritionist, strength coach, ACE-certified fitness trainer and author, Dr. Sears enjoys a worldwide readership and has appeared on more than 50 national radio programs, ABC News, CNN and ESPN.

In 2010, Dr. Sears unveiled his proven anti-aging strategies in *Reset Your Biological Clock*. As the first U.S. doctor licensed to administer a groundbreaking DNA therapy that activates the gene that regulates telomerase, Dr. Sears made history by bringing telomere biology to the general public.

Dr. Sears shocked the fitness world by revealing the dangers of aerobics, “cardio” and long-distance running in his book, *PACE: The 12-Minute Fitness Revolution*.

In 2004, Dr. Sears was one of the first doctors to document the true cause of heart disease and expose the misguided and often fatal drugs-and-surgery approach to heart health.

In *The Ageless Heart Manual: Advanced Strategies to Reverse Heart Disease and Restore Your Heart's Pumping Power*, Dr. Sears outlines the easy-to-follow solution that effectively eliminates your risk of heart disease, high blood pressure and stroke.

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