

Forget The FOOD NAZIS...

Almost everything you hear these days, with a couple of notable exceptions, is completely backward...

■ **FORGET OVERDOING**

VEGETABLES! There's very little evidence that a vegetarian diet is actually healthy. And neglecting important protein sources is downright unhealthy...

■ **FORGET SOYBURGERS AND**

TOFU - THEY'RE DANGEROUS! Soy-based products are high in estrogen - not only feminizing but dangerous for men. And women, too. Soy has been associated with accelerated aging of the brain. High estrogen has been associated with prostate disease in men, breast and uterine cancer in women, and weight gain...

■ **FORGET THE HIGH**

CARBOHYDRATE DIET - IT'S DANGEROUS! Carbohydrates are converted to sugar by the body, and can cause a high level of insulin. Especially the processed, refined carbohydrates found in pasta, bread and cereal. This can lead to a host of related diseases, including high estrogen production (feminizing again) and diabetes (a leading cause of blindness,

New Research

Testosterone Is for Alzheimer's Too!

We've made the case that men need testosterone to stay strong and virile. But did you know that testosterone may also be helpful in preventing Alzheimer's disease?

When you get Alzheimer's your brain matter gets clogged up by something called neurofibrillary tangles.

These tangles are bundles of filaments made up mostly of a brain protein called tau. A study at the University of Texas shows that testosterone prevents the production of that tau.



So boosting testosterone may delay,

impotence and amputations...just what most men want...)

■ **ENJOY YOUR MEAT - IT'S GOOD**

FOR YOU! Lean protein increases the production of growth hormones, which tell your body to make muscle and stimulate testosterone. It also moderates the production of fat-producing insulin. So eat your steak, pork, chicken, turkey, eggs, and all the fish you want. Enjoy your steak and eggs whenever you want...

And forget the anti-smoking, anti-drinking Puritans, too...

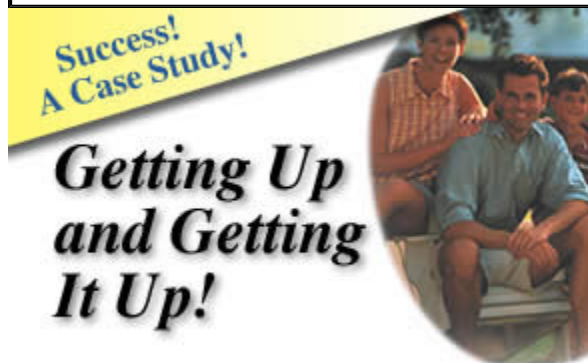
■ **ENJOY YOUR BEER AND WINE!**

Alcohol in moderation actually has health benefits

■ **ENJOY YOUR CIGARS!** Obviously, excessive cigarette smoking is bad for your health. But smoking the occasional cigar or pipe can have a very relaxing, beneficial effect with virtually no harmful effects...

■ **SAVOR THAT COFFEE!** French researchers have shown that moderate doses of caffeine increase alertness and energy, and at up to three cups a day have no addictive effect. It's also been shown

prevent, or treat Alzheimer's. Keep your testosterone high, Alzheimer's may be one more thing you don't have to worry about. Read on to find out how to do that naturally and safely...



SJA, 39 (non-smoker, non-drinker, not overweight), came in on the recommendation of his father, who had heard about our program for impotency. He admitted to having problems for about six months. "Sometimes, it's getting it up that's the problem," he said. "Other times, it's keeping it up." He said he was worried that something might be wrong with him because "this isn't supposed to happen to someone my age."

"We explained that impotency is a problem that affects tens of millions of men and can begin as early as

that a cup of coffee can help in the performance of tasks that require sustained attention.

■ **EVEN CHOCOLATE IS OKAY!**

Studies show chocolate is a good source of antioxidants, containing as much as four times the antioxidants found in kidney beans...

And forget all that blarney about water, water, water...

Finally, The Water Myth EXPOSED!

After years of people lugging around water jugs, forcing themselves to put down glass after glass of water, we've finally learned the truth...

NOBODY KNOWS WHY WE'RE DOING IT!

Not only is there no evidence that you need all that water, but there's evidence that too much water can be bad for you.

According to the University of Florida's College of Health and Human Performance, there's a condition that's called "water intoxication," or hyponatremia. Mostly seen in marathoners or triathletes, consuming large amounts of water over a race increases blood plasma and dilutes the salt content of the blood. While this is happening, the athlete is also losing salt by

erections begin. Since, in his case, erectile function was normal for 25 years, and since he was under no unusual stress, did not smoke or drink and was in reasonably good shape, we suggested a full examination.

A complete history revealed that he engaged in none of the most common behaviors that contribute toward erection problems (overeating, overdrinking, overworking, etc.).

We measured his testosterone and, at only 240, it was unusually low for a man his age. Since his androstenedione was also very low at 95, we decided to start by supplementing with 20 mg of "andro" and a blend of herbs to help him convert it to testosterone. He was to take them first thing in the morning with a full glass of water and to come back and see me in a month.



sweating. Over time, the loss interferes with brain, heart and muscle function.

Consumption of large amounts of water is often associated with obsessive-compulsive behaviors, also. And when a person consumes too much water, essential electrolytes in the blood stream become diluted and affect control of the heartbeat.

So when it comes to water, common sense will do. Get thirsty? Drink some water. Got dry mouth? Drink some water. Getting a headache? Drink some water.

This is also a perfect example of how absolutely unfounded health theories become "gospel." Someone thinks it's a good idea, they start recommending it, and pretty soon it's accepted as a truth.

This is the biggest challenge facing men's health. So much of what we've been told is totally unfounded and often completely wrong. Let me give you the inside scoop on men's health... starting with the most important factor of all...

The Magic Bullet For Male Health

There is growing medical evidence that male aging - with all its sagging consequences - can be stalled or even reversed by correcting one natural thing. That one natural thing is the production of testosterone.

Two weeks later he called the office. "I just wanted to let you know," he said. "that stuff really works. Not only am I O.K. in bed again, I have all kinds of new energy. Plus I swear, I think I'm getting more muscular."

Find out everything you need to know to solve similar problems in our special report, **The *Health Confidential For Men* Guide to Super Sex: Little Known Techniques to Boost Your Drive and Staying Power**. Read on for details on how to get a FREE copy...

Medical Breakthrough!

Colorectal Screening,
No Longer a Pain in the Butt

Good news! A non-invasive test for

Testosterone is a man's primary masculine hormone. It is what makes you strong, smart, quick and aggressive. It's what makes you a virile lover. It's what gives you the drive to succeed...to win at sports, profit at business, shock the world with your art, and romance the ladies with your poetry.

Testosterone is what makes you feel - and almost be - invulnerable in your twenties and thirties. And the reduction of natural testosterone in your body is what makes you feel weaker, slower and more breakable as you age.

Science shows that by getting his body to produce youthful levels of testosterone, an older man can enjoy the following benefits:

- ✓ a thin, lean abdomen
- ✓ spontaneous erections
- ✓ impressive muscularity
- ✓ remarkable stamina
- ✓ mental alertness
- ✓ a stronger heart
- ✓ an iron-clad immune system
- ✓ and much more.

colorectal cancer has been found. British researchers have developed a screening test that utilizes stool samples.

A study on this new method, appearing in the June 1 issue of Lancet, found of 40 patients with known colorectal cancer, 37 were detected with stool samples.

The new test can be used in combination with other tests or alone as a screening tool.

There is no discomfort for the patient, and it could eliminate the embarrassing exams used in traditional screenings.

- WebMD, May 30, 2002

Testosterone Is The Basis Of Manhood...

Most of the virtues we think of when we think of manly virtues — bravery, assertiveness, certitude and leadership - are present when the body is flushed with testosterone.

An essay by Andrew Sullivan in the April, 2000 issue of The New York Times Magazine explains this:

- Bosses have more testosterone than their workers.
- Trial lawyers have more than tax lawyers.
- Commodity traders have higher levels than the back-office crew.
- Actors have more than ministers.

It's even true about women. Working women have higher T than "stay-at-home moms."

But what's happened to our testosterone... besides just plain aging?

The Truth Is, We Are Slowly Being Chemically Castrated!

They say that the loss of testosterone is natural, and some of it is. But in the 25 years that I have been studying the process of aging in men, I've discovered that a great deal of what some medical people accept as natural is, in fact, entirely unnatural. Take prostate cancer, for example.

If you listened only to the AMA, you'd think that every man in every nation on earth gets prostate cancer at one time or another. The truth is shockingly different.



Prostate cancer is entirely absent in parts of Asia and some Third World countries. Prostate disease, in fact,

Medical
Breakthrough!

Another Prostate Cancer Gene Found

Good news! A non-invasive test for colorectal cancer has been found. British researchers have developed a screening test that utilizes stool samples.

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appears to be largely the result of modern technology - the toxins we take into our bodies from processed foods, polluted air and contaminated water.

The same is true of many other forms of cancer. Heart disease too. And adult-onset diabetes. Male aging...and the reduction of testosterone related to it...is caused to a great degree by modern, artificial factors.

Low Testosterone Does More Than Just Cause Impotence...

Most American men - and men from other modern, industrialized countries - suffer from unhealthy, low levels of testosterone. And because of the increase in toxins, things are getting worse.

In my 25 years of clinical experience with men's health, I've seen the trend worsen. It's getting tougher for an aging man to stay manly...and that's an unnecessary shame.

✓ **As a man ages, his testosterone decreases while his estrogen increases, partly due to a conversion of testosterone to estrogen. One recent study found that estrogen levels in an average 54-year-old man are higher than those of an average 59-year-old woman!**


And the problem compounds itself. Lower levels of testosterone make it more likely that you'll be fat. And studies show that fat cells generate the aromatase enzyme that converts T to E.

**✓It's a vicious cycle of decreasing testosterone and increasing estrogen.
You start to look and feel more like a woman but your mind, and your culture, still expect you to be a man!**

And it's not just how you look and feel. When a man's T/E ratio declines, it also increases the risk of heart attack and stroke. And high levels of estrogen in men are implicated in benign prostatic hypertrophy (BPH). That's the enlargement of the prostate gland at the base of the penis that makes it difficult to begin urinating... and even harder to stop.

Success:
A Case Study

"How One Man Got Rid of His Prostrate Problem in Two Weeks!"



Prostate problems can make you miserable. You wake up in the night, your bladder aching. You stumble to the toilet and wait...and wait...finally you're able to force out a weak stream, only to have to stop the dribble with tissue paper before you can stumble back to bed. An hour later you wake up and have to go through the same thing again.

If this is happening to you, you may be tempted to see a urologist. Don't. Urologists are surgeons. That's what they do. If you see one, he'll want you to have a

Here's a letter from a patient of Dr. Sears, talking about his success with a prostate problem:

Dear Dr. Sears

For many years, I have tried numerous products that claim to help the prostate. None of them had any

biopsy. If you have a dramatic jump in your PSA (Prostatic Specific Antigens), severe pain or bleeding with urination, then you need a urologist. But if you have symptoms like those first mentioned, you don't.

What the urologists aren't telling their patients...

Here's something every urologist knows. The professional journals have repeatedly confirmed and reported it - but they're not telling their patients. You have no increased risk of prostatic cancer if you have benign prostatic hypertrophy (BPH). Biopsies are expensive and painful. They have potential dangers and are in no way helpful in managing BPH.

The most important thing you can do is treat the underlying hormonal cause. BPH is caused by DHT and estrogens. You can block estrogen with DIM and I3C. And you can block DHT with saw palmetto and beta-sitosterol.

noticeable effect. Then, I tried your approach. I had immediate results and slept through the night without going to the toilet. I was amazed. After 2 weeks, last night was the most amazing experience of all. I slept for 10 hours without going to the toilet. I haven't done that since I was a boy.

I am so very happy about this you can't imagine. I want everyone to know so that others can also benefit from this new understanding of the cause of enlarged prostate. As far as I'm concerned, this is a miracle. Thank you for developing your natural alternatives to drugs and surgery.



Thank you again.

Sincerely,

- R. Thompson

The DANGER of The Low-Fat Diet

Besides all the artificial toxins we are exposed to, there is some well-intentioned medical "help" that is lowering our testosterone too.

The most common MEDICAL MALPRACTICE is advocating the low-fat (read high-carb) diet. Since most practitioners know little or nothing about nutrition, it only makes sense that they would tend to recommend the diet mainstream medical organizations such as the AMA and the American Heart Association recommend.

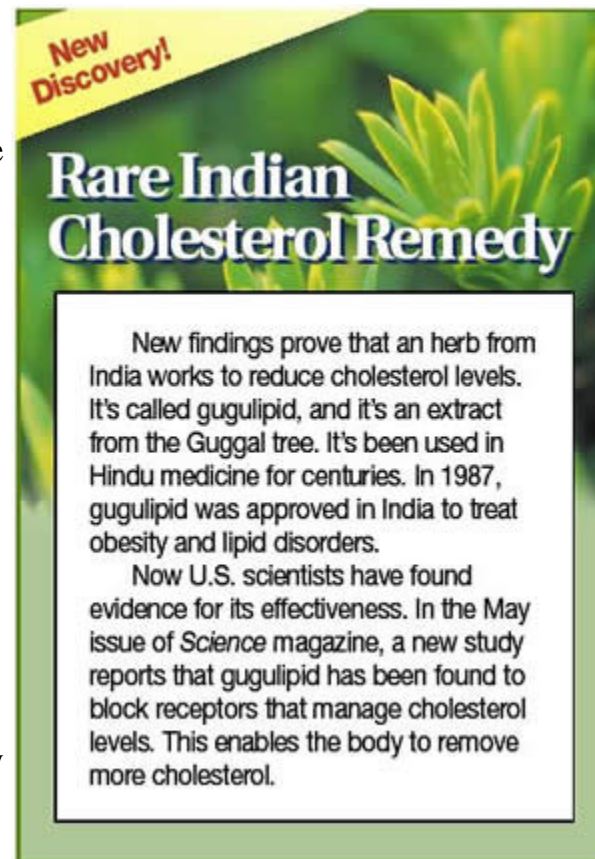
These diets are low-fat, high-carb KILLERS. In seeking to cut out "fatty" meats and cholesterol, they substitute man-made poisons such as pastas and breads. And there are, literally, scads of studies that demonstrate the dangers of high-carb, low-fat diets. A recent example of importance is a Swedish study that showed that "switching from a high-fat to a low-fat diet lowered blood testosterone levels by 10 percent."

POW! THERE GOES YOUR MANHOOD.

Take the testosterone test on page 14. If you score poorly you probably should improve your testosterone profile. You can - and should - do it naturally.

If you want to be sure, get your testosterone measured by your doctor. On your lab report, you will see a "normal range" for testosterone. It's usually from about 250 to 850 ng/ml.

But, here's the catch. Many patients in my practice who have testosterone in the lower third of "normal" will have the symptoms of testosterone deficiency. When I boost their testosterone levels to the upper one third of normal these symptoms quickly resolve.



It's also very important for men to have their estrogen levels measured. But your doctor probably won't measure that unless you ask.

For masculine health, testosterone is often the only solution. And since testosterone does such terrific things for men, the solution to declining testosterone appears simple: Get testosterone injections.

But there is danger in running down to the corner store for a bottle of testosterone. Testosterone injections are:

- ✓ **painful**
- ✓ **expensive**
- ✓ **and potentially harmful if not carefully monitored**

But worse than that is the fact that your doctor probably won't tell you the truth...

Testosterone Injections Lose Their Punch

Your body is smart. If I inject you with a synthetic testosterone, your body identifies it as a foreign substance and gears up liver enzymes to remove it from your blood. If I continue to inject you, your body also will decrease its production of testosterone by the testes.

If I then increase the dose to try to overcome



"Dr. Sears, I've been lifting weights for almost 6 months. I thought I would be ripped by now, but I'm as fat as I was months ago. I think I've even gained some weight. I don't get it ... how come I can't get rid of my gut?"

Exercise is misunderstood by most people, including physicians, and it is often misrepresented by the media. Doctors tend to lump all exercises into a single category, but they're not created equal. Each exercise has its own effects.

If you're having this problem, you need a way to track body fat. A scale is not going to do it

these defenses, your body will respond by decreasing the sensitivity of its testosterone receptors. Result? The same blood level of testosterone has less effect on testosterone's target tissues...your sex organs and muscles.

If I increase the dose yet again to try to get back those initial benefits, your body can simply turn off the gene that produces testosterone receptors. Then all the testosterone in the world will do no good.

Boost Your Testosterone Safely - and With Fantastic Results!

You can boost your testosterone levels right back to where they were when you were young - naturally and safely. I'd like to send you a report that tells you virtually everything you need to know about testosterone. It's called **Testosterone: The Key to Maximum Male Health**, and in just a minute I'll tell you how to get your FREE copy.

In it, you'll learn why your testosterone starts plummeting after age 30. By age 40 it's dropping 1% a year or more. Your energy drops, your libido drops, your sexual functioning drops, it gets harder to produce muscle, and fat naturally starts to

for you. Scales weigh a composite of all body compartments; fat, muscle, internal organs, bones, and water. However, you can easily measure your progress on reducing your body fat and your gut in particular.

Simply take a tape measurer and wrap it around your waist at your belly button. Record the number to the nearest quarter inch. Repeat every 2 weeks. It's even better to use skin calipers, which pinch your skin and measure the amount of fat in your body. You can pick up good calipers and a manual on how to use them at www.bodytrends.com.

Now that you know how to track your progress, let's consider why you may not be burning fat and building muscle.

The key to strength training is progressivity. Start easy and increase incrementally. If you push your body a little more each workout, it will change to meet your demands. Measure what you're trying to change. If you don't progress in a couple of weeks, alter your program again.

And don't forget about the importance of what you eat. Contrary to mainstream ideas about

accumulate around your middle.

But with what you'll learn in this report, you can turn back the clock.

Burn off fat faster than you ever thought possible...build muscle without lifting a finger in exercise...boost your memory, verbal skills, and cognitive functions...protect your heart and fight off stroke, heart attack, and angina...fight osteoporosis and help keep your bone density strong...

And find out how elevated estrogen is turning you into a woman, and what you can do about it...

Plus you'll learn how elevated estrogen affects your prostate, that other major health concern for men. In fact, let me tell you a little bit about that right now...

diet, you need to watch the amount of processed starches you eat like cereals, pastas and breads - and try to put more emphasis on fruits, veggies, lean meat and fish.

For more information on how to rapidly transform your body see our special report Live Longer, Be Stronger: How Men Over 40 Are Getting Fit Quick by Exercising Less. You'll find details on how to get a FREE copy on page 20.



(continued....)

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