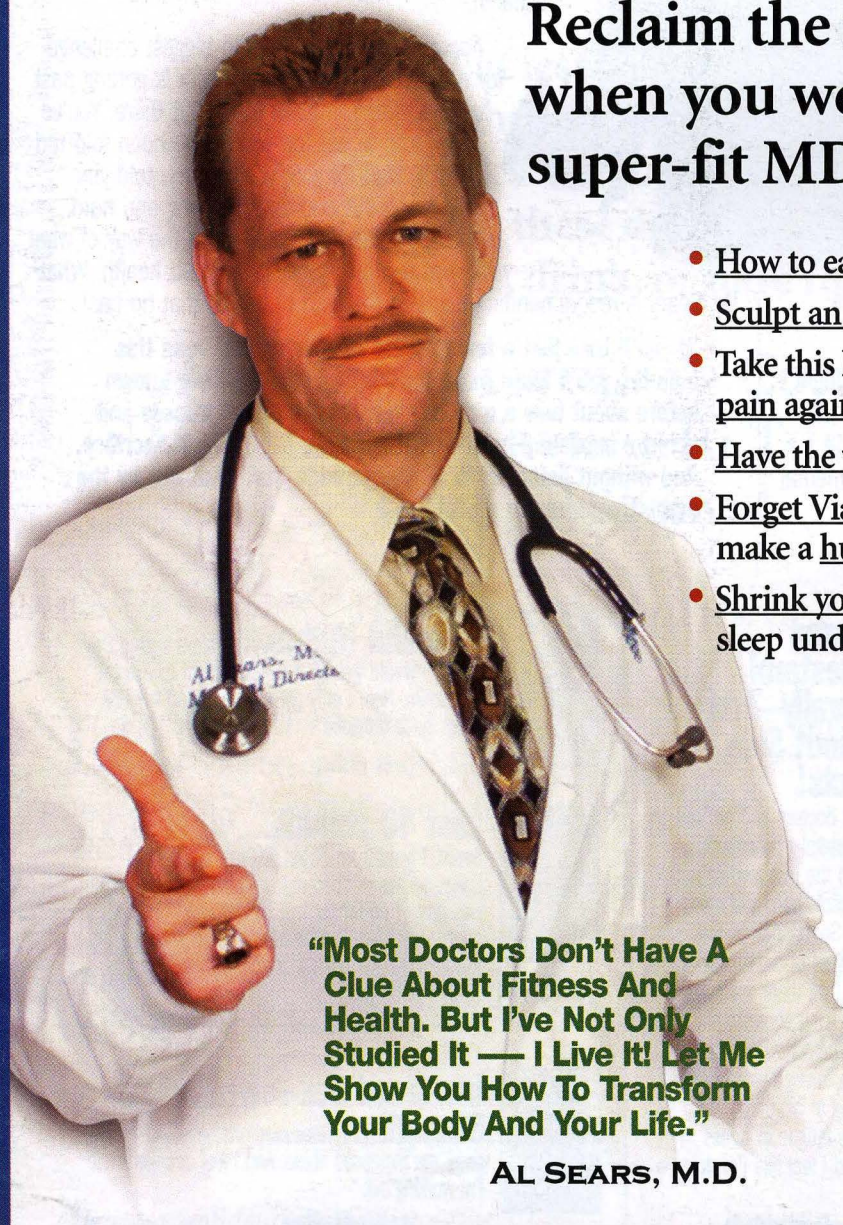


# It's A Lot of Bull!

## Don't Believe What You've Been Told About Your Health...

**Tired of getting health advice from fat doctors with pasty faces and big red noses?** Sick of people telling you to eat less meat? Frustrated at how your body seems to be getting softer and more feminine no matter how hard you work out?

**Reclaim the masculinity you had when you were 20. This 46-year old super-fit MD will tell you...**



- How to eat fat and get thin and healthy fast.
- Sculpt an athletes body in 10 minutes a day.
- Take this little-known supplement and never feel joint pain again.
- Have the vitality, energy and stamina of a 20-year-old.
- Forget Viagra! This new natural formulation will make a huge difference quickly.
- Shrink your prostate fast (with my new discovery) and sleep undisturbed at night!

**"Most Doctors Don't Have A Clue About Fitness And Health. But I've Not Only Studied It — I Live It! Let Me Show You How To Transform Your Body And Your Life."**

**AL SEARS, M.D.**

**MODERN MEDICINE  
WANTS TO TURN YOU INTO  
A WOMAN — AND YOU  
DON'T EVEN KNOW IT!**

Discover the true facts of  
male aging, health and virility from  
America's only Alternative Medicine  
Specialist for Mature Men.

See inside for your **10 FREE REPORTS**: The Real Truth About Male Health And Aging... ➔



**"I was so used to getting diet advice from fat, unhealthy doctors I was shocked when I met Dr. Sears and realized this guy was already in the shape I wanted to be!"**

# Dr. Al Sears Walks The Talk

Who do you want in your corner? Someone who's just going to tell you what to do? Or someone who's going to show you — from experience and success — how to achieve what you most desire?

**At 46 years of age Al Sears stands 5'9" tall and weighs 175 pounds. His blood pressure is 115/65, and his body fat is about 12% (which puts him right in there with professional athletes). His cholesterol is 160 with a ratio of 2.2 (total cholesterol to HDL). On his lab results those are marked as "abnormally low." His triglycerides are 60 — most people want to be under 150.**

**H**e eats red meat at least five times a week, and some kind of meat just about daily. He drinks wine and beer. He doesn't smoke personally, but also doesn't see anything wrong with cigars or pipes.

In fact, the relaxing effect may be good for you.

He doesn't believe in beating yourself up at the gym. Even though he played football in high school and was a gymnast in college, to stay in shape now he only works out for 15 to 20 minutes. And his cardio is only six minutes a day. A few short bursts of exercise are all you need to stay fit.

(And by the way, he helped train the University of South Florida's gymnastics team and the University of Kentucky's football team.)

In medical school he realized that the four hour course they taught on nutrition was a joke. His dad was a boxer, and having grown up with an athlete who was diet and health-conscious, he knew that his professors were completely missing the boat. Nutrition is the fundamental basis of all health and is involved in all diseases, and should be as

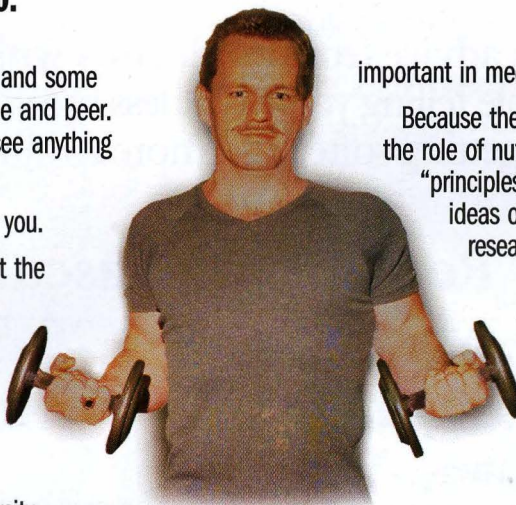
important in medical school as anatomy and physiology.

Because the medical establishment continued to play down the role of nutrition Dr. Sears began to question other "principles" they taught also, and to develop his own ideas of health and nutrition based on experience and research.

According to Dr. Sears, the biggest challenge for men seeking maximum health is getting past all the misinformation that's out there. You've been told to eat low fat, you've been told red meat is bad for you, you've been told you need to go out and exercise long and hard. Problem is, all this stuff gets in the way of what you need to do to really have good health. What

Dr. Sears is recommending leads to the kind of health that he has!

- **If you'll take just a few minutes of your time to read this bulletin, you'll learn more than you've probably ever known before about how a man can reverse the aging process and achieve maximum health. Without pain, and without sacrifice. And without listening to all the garbage that's put out by the mainstream health media.**



## Prostate Miracles...

"I have always had a higher than average PSA count. I've tried numerous products that claim to help the prostate, such as pygeum, saw palmetto,

lycopene, zinc, Vitamin B, ginseng, cat's claw, acetyl L-carnitine, HGH activator, MSM, and more. None of them had any 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. As far as I'm concerned, this is a miracle. Thank you for developing your natural alternatives to drugs and surgery.

—R. Thompson



## Lowered Cholesterol Naturally—And Without Side Effects!

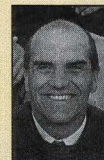
"Other doctors had put me on a several different cholesterol medications throughout the years. On the last medication, I started to get severe muscle pain and I was tired all of the time. Dr. Sears showed me literature about the dangers of the drugs I was on. He also showed me that there are natural and safe methods of lowering cholesterol. Other doctors just wrote me a prescription and sent me on my way. Now, I'm taking two all natural supplements and sticking to his diet suggestions. I don't have fatigue or aches anymore. I feel alive. And I feel like I'm doing a service for my body."

—P. Robertson



**Peaceful Nights...** "Before seeing Dr. Sears, I would get up 4 times a night to use the bathroom. Now I only get up once. And my PSA levels have dropped".

—H. Bishop



**Lost 40 pounds...** "With the help of Dr. Sears, I went from about 210lbs to 170lbs... Everyone has noticed my weight loss. The program was easy. I no longer feel bloated and tired. My energy level has increased. I've tried eleven years worth of weight loss programs, but nothing has worked like Dr. Sears' program."

—E. Dauner



## Increased Sex Drive And Strength...

"Your methods have given me increased libido. And I feel stronger while I'm working out."

—M. Pope



**“For Twenty Years Fat Doctors Have Been Telling You How To Lose Weight And Get Fit. But Since 1991 Alone Obesity Is Up 61%. What Gives? I’ll Tell You...”**

## **So much of what the medical establishment tells you is pure Bull**

**“Eat less meat”**

**“Cut out the butter and eggs”**

**“Aerobics ’till you drop”**

**“Take these drugs”**

**“Don’t smoke, drink, or have fun?”**

**MODERN POLITICALLY CORRECT  
MEDICINE IS TRYING TO TURN YOU  
INTO A WOMAN!**

***Here’s the good news...***

**I**t may sound a little strong to say it, but men are not only being “feminized,” we’re being subjected to a slow and potentially deadly “chemical castration.”

No, it’s not a conspiracy. It’s ignorance. A combination of outdated conventional medical theory and modern health fads. And pollution.

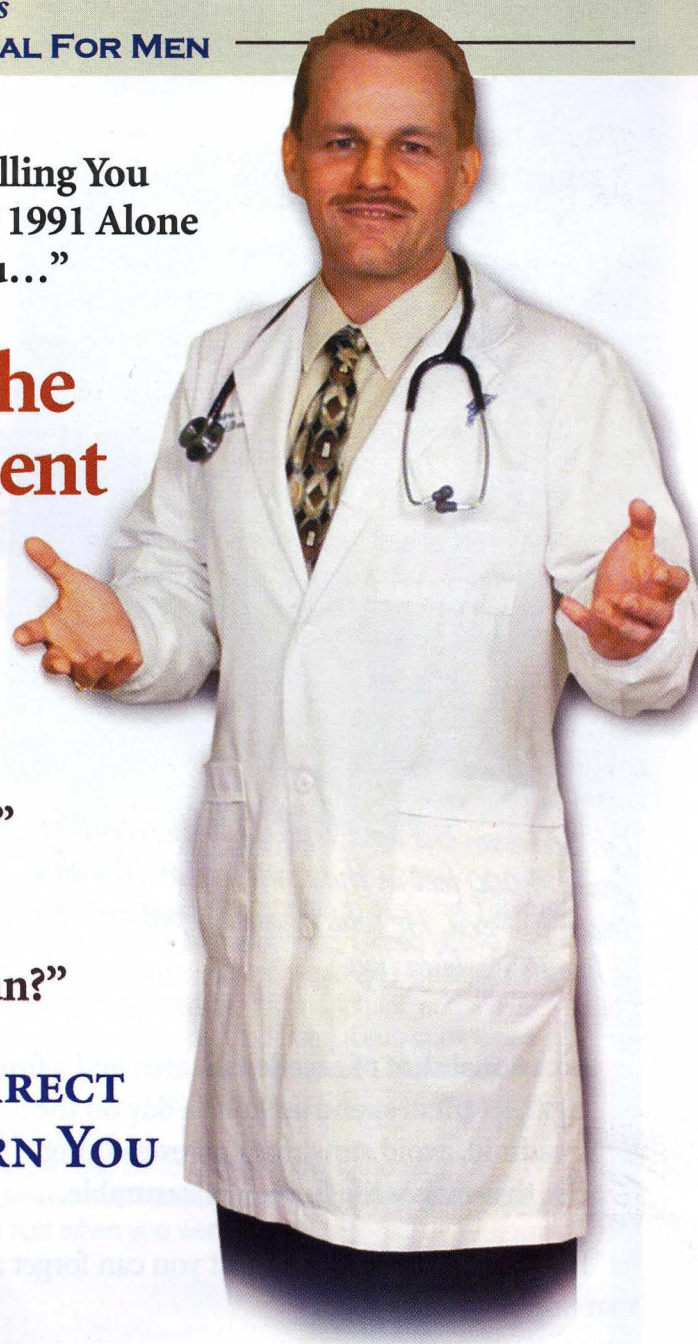
And what makes it worse is that all the conventional thinking on male health is garbage.

Junk medicine.

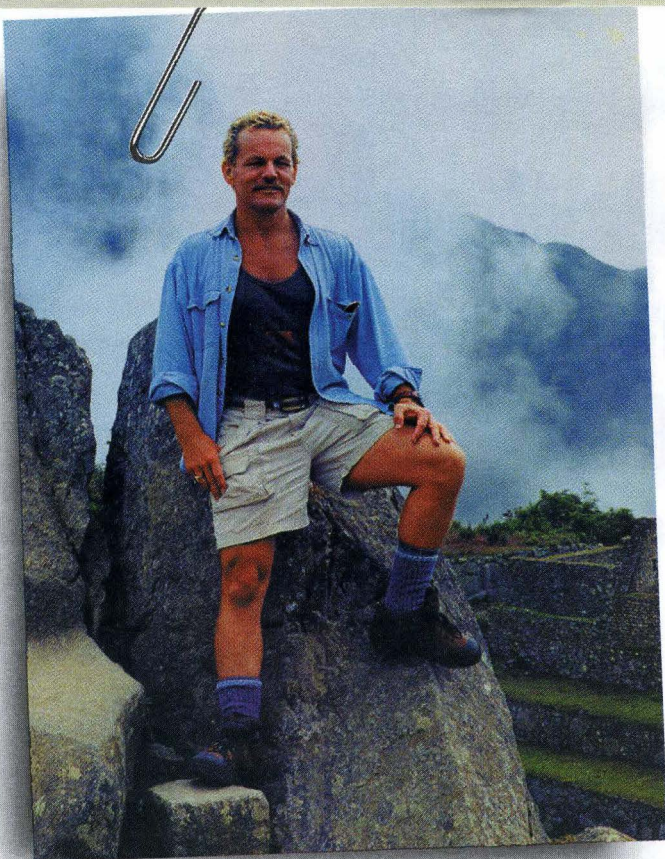
In a word, bull. And for the most part, the people who tell you this are fatter, have higher blood pressure, and die sooner.

**So let other people follow the crowd and starve themselves eating bibs of lettuce, bland vegetables and tofu. Let them avoid meat, stop beer and wine and the**

*(continues...)*







*Dr. Sears on the Inca Trail: after descending from 14,000 feet in the Andes, near Macchu Piccu in Peru. He was leading 4 patients on a health-seeking trip.*

occasional shot of excellent Scotch and a fine cigar, let them spend an hour a day on the treadmill, avoid sunshine and everything else that makes life fun and pleasurable...

Let them. God bless 'em. But you can forget all that nonsense.

Today, I'm going to show you that you can live the life your body naturally tells you to follow. Eat the foods you love, exercise just ten to twenty minutes a day two or three times a week, drink your favorite beer, wine, or Scotch, smoke your cigars, have a nice cup of coffee in the morning...

And turn yourself into a lean, muscle-packed man with the energy and sexual vitality of a 20-year old.

How can I promise you this? Contrary to what most doctors and "health experts" say? Because none of these doctors and "health experts" have

tackled the real questions:

What are the primary factors of male aging? What can be done to correct age-related deterioration, deficiencies, and disease?

***The truth may startle you. The current treatments, theories and medicines may outrage you. But — and this I promise — the alternatives will astound and delight you.***

Right here...right now...I'm going to tackle the myths, misconceptions and lies. And I'll tell you exactly what you can do to reverse the aging process in your body, and restore your health to what it was when you were young.

- I'm going to show you the single biggest factor in male aging, and how it can be reversed to make you thinner, stronger, smarter, less susceptible to heart disease, Diabetes, stroke, depression and arthritis, plus make you more muscular, quicker, incredibly virile, and supercharge your drive to succeed.
- I'm going to show you how to avoid or remedy America's #1 health problem for men: prostate problems.
- I'm going to reveal how you can end chronic pain and rebuild joints. No more backache, leg cramps, stiffness, aching and swollen feet, neck pain, and sore joints.
- I'll tell you how to supercharge your energy, boost your immune system, restore crystal clear mental functions and memory, knock inches and pounds off your body, and supercharge your sex drive and stamina.

In fact, it's very possible that with the information you're going to get today, you may now enjoy better health, conditioning, energy, and sexual vitality than you've ever had in your life.

But first, let me explain how I came to be a champion of men's health...



## Why Am I Challenging The Medical Establishment?

I'm Al Sears, M.D.

I took all the same courses my fellow doctors took in their training. In fact, I studied harder than most, which is why I received my MD with honors

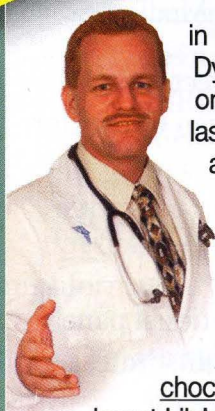
in Internal Medicine, Neurology, Psychiatry and Physical Medicine.

But over the years, I grew tired of hypocrisy and ignorance in my profession. I got tired of seeing doctors routinely prescribe drug after drug — often to find out later they were dangerous. I got tired of

(continues...)

**Throw Out Those Little Blue Pills**

## “Why You Don’t Need Viagra”



I recently attended a medical conference in Miami on “Novel Therapies for Erectile Dysfunction.” To my surprise, there was only one presented — a Viagra-like pill that lasts longer. It’s expected to get FDA approval in early 2003. An unprecedented media campaign is planned. “You won’t just see Bob Dole. We are going to have a slew of big-name celebrities. We will sell it as the weekend pill.”

That was it as far as news. The luxurious hotel, the filet mignon, the chocolate mousse — all paid for by Lily to boost Lily’s own brand of Viagra.

That’s all fine and good. Produce your product. Make your case. Sell your goods, if you can. That’s the American Way. But what about the scientific conference on impotence? What about the biggest and best alternative there is?

### Did You Forget Testosterone?

I listened to four hours of lectures on PDE5 inhibitors (that’s also the way Viagra works) without a mention of testosterone. When the last of these high-paid urologist/drug spokesmen finished talking, the floor was opened to questions and someone asked “What about testosterone?” “Oh no. Testosterone therapy is not effective for ED,” the panel agreed.

That statement is directly contradicted by my experience — and hundreds of scientific studies. Testosterone is the body’s natural system for controlling and achieving an erection. If that system’s not working, testosterone is the first place to look.

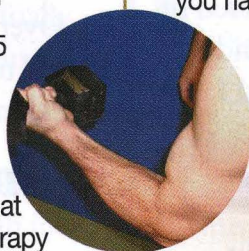
**In this report, you will find proof that sexual desire, sexual capacity and sexual dysfunction in men all depend on testosterone—and that testosterone can**

### be boosted naturally.

If you suffer from erectile dysfunction, it’s most likely related to your level of testosterone. I am happy to tell you that there are ways to restore it. Then, not only will your sexual function improve, but you will also experience a host of other benefits. I routinely see increased energy and strength, improved mood and memory, increased muscle and bone density, restoration of more youthful masculine physiques and many others benefits.

I have treated hundreds of men in this way. The vast majority have seen all of the benefits I listed above. But it won’t get me flown around the world and chauffeured to fancy hotels. These treatments are natural, and they can’t be patented (i.e. profited from). Drug companies have no interest in them, and you won’t hear them mentioned in the upcoming media blitz. But you will get them from me.

Please read on to find out how to boost your testosterone level naturally — right back to the levels you had when you were young!







watching overweight and unhealthy doctors tell patients that diet and nutrition couldn't do anything for them — and that their only choice was surgery and drugs.

And I got tired of the resistance in my profession to things which might benefit the patients in a simple, cost-effective manner that completely avoided the medical establishment.

But most of all, being a man and being concerned about my health and aging, I got tired of the lack of good information — and the abundance of misinformation — about male health. And I worked hard to discover the real and uncensored truth about male health...

- I've seen over 10,000 patients in my clinic in south Florida, focusing completely on integrative medicine...
- I've studied nutritional supplementation extensively, including researching herbs in the field in Macchu Piccu...
- Researched numerous articles and books, including co-authoring *The 21<sup>st</sup> Century Man's Guide To Prostate Health* and my

recent book, *The T-Factor*, detailing nutritional and herbal strategies for increasing testosterone naturally...

- Founded **YouthQuest**; an organization devoted to cutting edge technology in the race to advance treatments for the diseases of aging...
- I'm a member of The American Academy of Anti-Aging Medicine and a diplomate of the American Board of Anti-Aging Medicine.
- Served as medical director of The McCormick-Green Center for Integrative Therapies, a nonprofit charity devoted to research and education to the public and other physicians...
- Been appointed to the international panel of experts for Health Sciences Institute, a world wide information service for integrative healthcare...
- And I do ongoing teaching in anatomy, human physiology and nutrition at Barry University...

Over and over again, through all my work and all my research, one thing has become abundantly clear...

### **Most Modern Health Advice Is BAD For Men!**

If you'll give me just ten minutes of your time, you're going to discover that most of what you've been told about what's good for you is WRONG. You're not a lab rat for health fads or politically correct flag wavers. You're a man, genetically created and programmed, and most of your natural instincts are the best thing for you.

And instead of killing yourself trying to keep up



with an ever-changing theory of what's "good" for men, you can discover that MAXIMUM HEALTH can be easy, fun — and almost exactly what you always want to do.

If you'll let me, I'd like to send you **10 FREE GIFTS** that will tell you everything you need to now to transform your body and turbo charge your energy and sex drive. You'll be amazed how EATING WHAT YOU NATURALLY DESIRE, taking a few simple and inexpensive supplements, exercising only a few minutes a day, and doing the things you naturally want to do can transform your life.

But first, let's take a look at some of the misinformation that's out there ...

### 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

**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, 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...

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

- **ENJOY YOUR MEAT — IT'S GOOD FOR YOU!** Lean protein increases the production of

(continues on page 7)



**SHAME,  
SHAME, SHAME!**

# The Dirty Little Secret of the FDA and The Drug Industry

The Food and Drug Administration is at it again. It has recently become dependent on the multibillion-dollar drug industry that it's supposed to be policing.

With virtually no public debate, Congress has passed a law that dramatically increases the FDA's dependence on large drug companies for its funding. It's an expansion of a law passed in 1992 intended to speed up the approval process for new AIDS medications.

**But this time the emergency was of a different sort. The FDA was running out of money to keep its new employees. Going before Congress and asking for more money amidst a war on terrorism was going to be a tough fight. And the drug companies offered an easier solution.**

Negotiate a deal in secret, attach it to the widely popular bioterrorism bill, and the drug companies would pay for the FDA's new employees and more.

## **The FDA and the drug companies are getting awfully cozy...**

The details of discussions leading to this "solution" were never made public. According to a recent article in the *Washington Post*, the program was created in private meetings between the industry and the FDA. It was never debated or voted on in either chamber before going to the negotiators. And it's

moving forward before a General Accounting Office review of the current program can be finished and made public.

According to the *Post*, the user fees from pharmaceutical and biotechnology companies would add almost 500 employees to the FDA centers that review proposed new drugs. That would bring the FDA workforce funded by the drug industry to at least 1530. And that would constitute more than 55 percent of the FDA staff involved in reviewing drug applications."

What was the price of the FDA sellout? \$1.2 billion over the next five years.

The report that's due from the GAO is supposed to tell us how well the public has fared under the current smaller program of drug company support for the FDA's drug approval process. But the truth probably won't come out:

- **Over the last 10 years, the FDA has approved nine drugs that proved to have deadly side effects.**
- **The *Journal of the American Medical Association* estimates that 125,000 Americans die each year from the side effects of FDA approved drugs.**
- **The FDA approved the sale of Baycol (later found to cause fatal rhabdomyolysis) and continues to approve the use of other "statin drugs" to lower cholesterol that are also associated with this deadly side effect.**

- **Beefed up by drug company funds, the FDA has aggressively suppressed natural alternatives to drugs. Red yeast rice, for example, known to be a safe and effective alternative to cholesterol-lowering drugs, was banned by the FDA in 2001.**

The next time you are offered a drug, ask questions. Why do I have to take it? If I take it, what's the plan to get me back off? Are there alternatives? What are the side effects? How can I get more information?

Most importantly, keep yourself healthy. If you need help to get back to good health, choose as natural a therapy as possible. You will be less vulnerable to these dangerous products of a questionable approval process.



(continued from page 5)

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 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

(continues...)

*Health Confidential for Men*

**Success:  
A Case Study!**

## Getting Up and Getting It Up

**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."

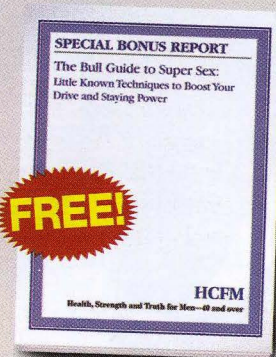
We explained that impotency is a problem that affects tens of millions of men and can begin as early as erections begin. Since, in his case, erectile function was normal for 25 years, and since he was under no unusual stress, did not smoke or drink and was in reasonably good shape, we suggested a full 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.

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**. See page 23 for details on how to get a FREE copy...





## Colorectal Screening, No Longer a Pain in the Butt

**Good news!** A non-invasive test for 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

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 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.

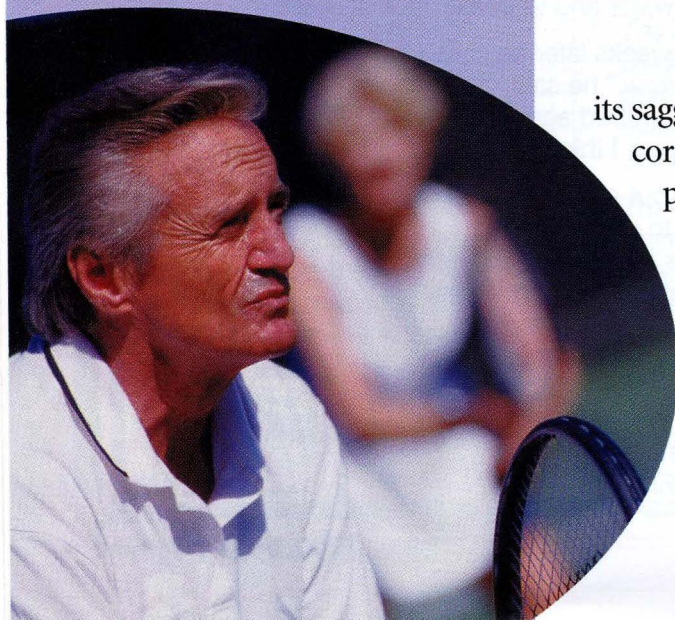
This is also a perfect example of how absolutely unfounded health theories become "gospel." Someone thinks it's a good idea, they start recommending it, and pretty soon it's accepted as a truth.

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.

**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.**

### **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?

**Medical Breakthrough!**

## **Another Prostate Cancer Gene Found**



In 1999, scientists discovered a gene that they believe makes some men prone to prostate disease. It's called BRCA2. Recently, a second such gene was discovered. Its name is no better: RNASEL.

As reported in the February issue of *Nature Genetics*, RNASEL is normally a good gene. It actually prevents cancer by identifying pre-cancerous cells and "ordering" them to kill themselves. But if your RNASEL genes are not working right, the search-and-destroy activity is not carried out.

What this means is that we are one step closer to identifying and helping those who are genetically susceptible to prostate cancer. It's only a start, because hereditary related prostate cancer is quite rare. But there are natural ways you can slash the risk that you'll get prostate cancer. Read on to discover a host of ways to prevent prostate disease...

### **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

*(continues...)*

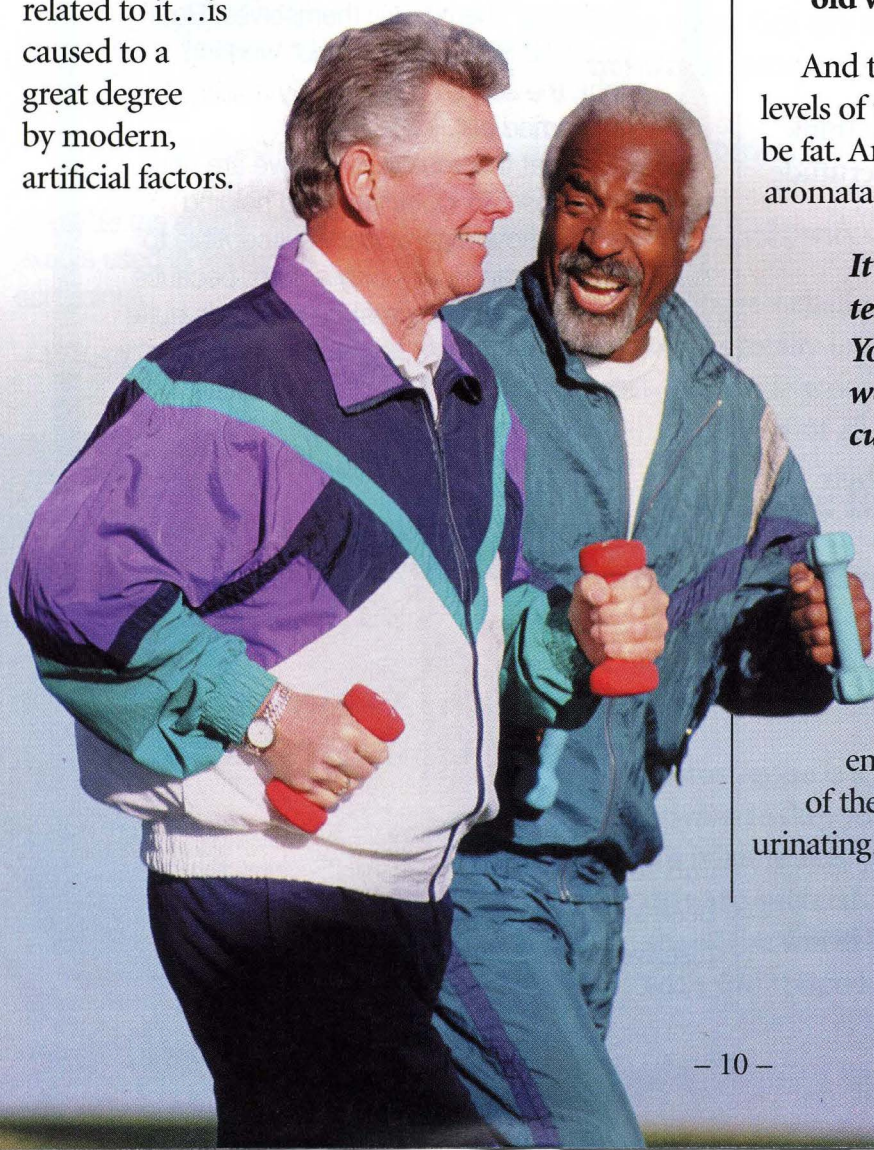


people accept as natural is, in fact, entirely unnatural. Take prostate cancer, for example.

**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, 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.

*(continues on page 12)*



**Success:  
A Case Study!**

## “How One Man Got Rid of His Prostate 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 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.

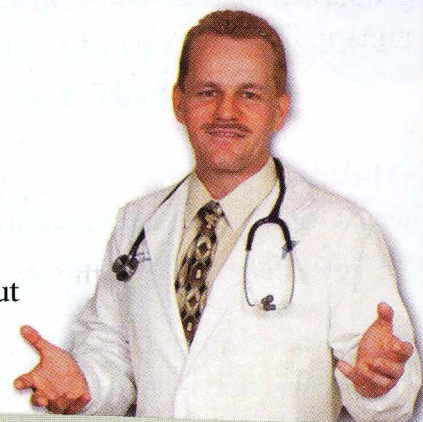
### What the urologists aren't telling their patients...

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.

Here's a letter from a patient of

Dr. Sears, talking about his success with a prostate problem:



*Dear Dr. Sears*

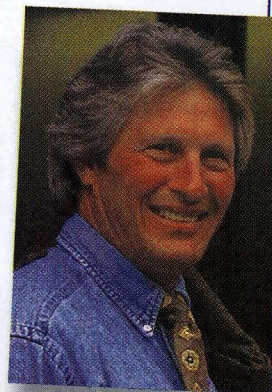
*For many years, I have tried numerous products that claim to help the prostate. None of them had any noticeable effect. Then, I tried your approach. I had immediate results and slept through the night without going to the toilet. I was amazed. After 2 weeks, last night was the most amazing experience 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*





(continued from page 10)

## 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 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.

*(continues on page 16)*

*Health Confidential for Men*

**Latest Method**

## **How to Do One-Fifth The Exercise and Get Twice The Results**



**"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 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.

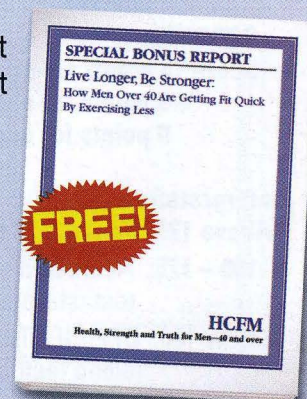
Simply take a tape measurer and wrap it around your waist at your belly button. Record the number to the nearest quarter inch. Repeat every 2 weeks. It's even better to use skin calipers, which pinch your skin and measure the amount of fat in your body. You can pick up good calipers and a manual on how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





## The Dr. Sears Testosterone Self-Assessment Test

1. Frequently    2. Occasionally    3. Never

- |   |                          |
|---|--------------------------|
| 1. Do you have trouble obtaining an erection?   | 1. ___ 2. ___ 3. ___     |
| 2. Do you lose your erection before orgasm?   | 1. ___ 2. ___ 3. ___     |
| 3. When attempting sexual intercourse, how often is it unsatisfactory for you?                                      | 1. ___ 2. ___ 3. ___     |
| 4. How often do you lack interest in sex?   | 1. ___ 2. ___ 3. ___     |
| 5. Do you drink alcohol?  | 1. ___ 2. ___ 3. ___     |
| 6. Do you smoke tobacco?  | 1. ___ 2. ___ 3. ___     |
| 7. Do you find yourself with a lack of ambition and motivation?   | 1. ___ 2. ___ 3. ___     |
| 8. Do you ever lack the energy to climb a short flight of stairs?   | 1. ___ 2. ___ 3. ___     |
| 9. Do you ever find yourself becoming moody, depressed or irritable without good reason?                            | 1. ___ 2. ___ 3. ___     |
| 10. How often do you find yourself lacking the strength to lift a heavy household objects, like a full garbage can? | 1. ___ 2. ___ 3. ___     |
| 11. How often do you lack the desire to get up in the morning?  | 1. ___ 2. ___ 3. ___     |
| 12. How often are you disinterested in exercising?  | 1. ___ 2. ___ 3. ___     |
| 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 might benefit from higher testosterone levels, but it's not urgent.

**Below 100:** DEFICIENT. You are probably suffering from falling testosterone levels. Seek a solution.

## Men's Single Big

Turn Your Body's Time-Clock Back  
Sex Drive That Just Won't Quit!

### Reclaim Your Testosterone... The Gift of The Gods

Karlis Ullis, a medical director at UCLA and an internationally recognized authority on men's health, puts it this way:

*"Testosterone is a near-magic substance that makes a man a man! There is no other substance on the planet, natural or manmade, that can have such profound effects. It can restore or boost sex drive in men of virtually any age. It can decrease fat tissue and increase muscle tissue. It can sharpen the mind and build confidence. It can increase overall energy levels and boost mental acuity."*

But more than just making you manly, testosterone will help protect you from a long list of chronic diseases:

- Heart Disease
- Stroke
- Alzheimer's
- Osteoporosis
- Type II Diabetes
- Depression
- Obesity
- Arthritis

It's not a mistake that these illnesses are most common in men over 40. It's not a mistake that your libido drops, you develop problems with erections, your knees hurt when you walk down steps, that you're more likely to feel depressed, that your stomach is fat, and that you forget things. All these problems — and more serious ones too — are the result of what some doctors call "the natural aging process."

And the natural aging process is all about the loss of testosterone.

### The Gods Are Fickle — What They Give So Easily, They Also Take Away

When you were in your twenties and thirties, you had all the testosterone you need. As a result, you had energy and grit and clear ideas.

But testosterone declines with age, and as it does, so do your mental and physical abilities. The decline starts in your early thirties and, little by little, gets worse every day. By the time you're in your mid-forties, there are real signs of deterioration in your anatomy and in your functional capacity.

To make matters worse, estrogen increases while



# Best Health Problem—Beaten Naturally!

“Young Man” — Be Leaner, More Muscular, More Energetic, Healthier, And Have A

testosterone decreases, 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!

*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.

Just look what happens in your body over time:

But you can prevent the ravages of aging...and you can do so naturally and safely by keeping your testosterone production at healthy levels. Probably the most exciting thing for any man is the fact that with today's knowledge you can boost your testosterone naturally, and “turn back the clock” on the main cause and symptoms of male aging.

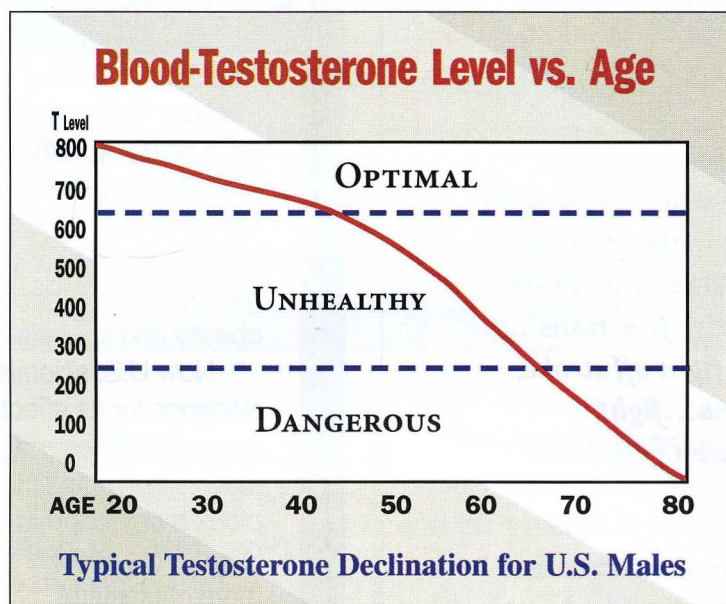
Take the testosterone test on the preceding page. If you score poorly, you probably should improve your testosterone profile.

## Don't Procrastinate...Start Now!

Don't wait for a non-caring medical bureaucracy or a misinformed media to catch on to the truth about testosterone. Don't let time, an emasculating culture or feminizing pollutants steal your energy and virility.

For masculine health, testosterone is often the only solution. But beware of testosterone injections. They can be painful, expensive, and potentially harmful if not carefully monitored.

Plus, your body is smart. If you're injected with a synthetic testosterone, your body identifies it as a foreign substance and gears



up liver enzymes to remove it from your blood. If you continue to get injections, your body also will decrease its production of testosterone by the testes.

## Your Body Is Just Defending You

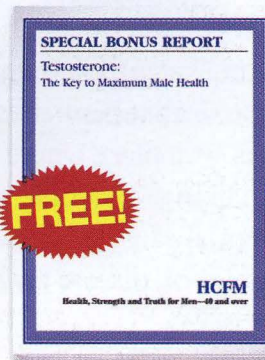
If the dose is increased to try to overcome these defenses, your body will respond by decreasing the sensitivity of its testosterone receptors. Result? The same blood level of testosterone has less effect on testosterone's target tissues... your sex organs and muscles.

And if you 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.

But you can safely boost your testosterone to the levels you once had as a young man. And enjoy all the benefits: By boosting your testosterone naturally, you can:

- Build muscle without lifting one finger in exercise...
- Fight off that increasing body fat that everyone tells you is “just part of getting older...”
- Prevent angina and high blood pressure...
- Improve your mental capabilities...
- Reduce your risk of osteoporosis and keep your bones strong...
- Boost your libido and your sexual functioning...

Find out everything you need to know to boost your testosterone completely naturally in our special report, **Testosterone: The Key To Maximum Male Health**. You'll find details on how to get your FREE copy on page 23.





(continued from page 13)

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 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...

### **Saving Your Prostate — How to Avoid and/or Remedy America's #1 Health Problem for Men**

Every man has a hidden health problem waiting to happen.

If you are over 40, yours may have already begun. The problem involves a dangerous little saboteur that lies between your bladder and your penis — a place where you don't want problems. I'm talking, of course, about the prostate gland — a potential cause of disturbed sleep, incontinence, impotence, disease and even death!

**New  
Discovery!**

## **Rare Indian Cholesterol Remedy**

New findings prove that an herb from India works to reduce cholesterol levels. It's called gugulipid, and it's an extract from the Guggal tree. It's been used in Hindu medicine for centuries. In 1987, gugulipid was approved in India to treat obesity and lipid disorders.

Now U.S. scientists have found evidence for its effectiveness. In the May issue of *Science* magazine, a new study reports that gugulipid has been found to block receptors that manage cholesterol levels. This enables the body to remove more cholesterol.

The earliest sign of trouble — *nocturia* — begins as a nagging ache that nudges you from your dreams.

You look at the clock (3 a.m.), roll over and cross your legs. It's no use. Pressure turns to pain. And you make another trip to the bathroom, wondering whether you'll be able to get back to sleep.

Most of my patients tell me they don't mind waking up once. Even twice. But when you have to get up three or more times, it's ridiculous. What's more ridiculous is how common a problem it is.

**Benign prostatic hyperplasia (BPH) is the number one diagnosis made in American men over the age of 55. The common name for this condition is a swollen or enlarged prostate. The longer you live, the greater your chances of being afflicted by it. Eighty percent of American men will get it at**



some point. If you make it to 80 years of age, your probability reaches 90%.

These shocking statistics beg for an explanation. Are men born with a design flaw? Or is it something we're doing? In the following pages, I'll give you the answer to these questions and tell you how to eliminate your prostate problems. But you must begin with an open mind because I'm about to show you that most of what you've been told about prostate problems — by the medical mainstream — is seriously flawed.

## Stop Listening to the Medical Establishment, Stop Listening to Popular Alternative Theories, and Learn the Truth About Your Prostate Health...

Popular misconceptions about the prostate begin with a mistaken notion of the cause of enlargement. The condition is NOT caused by natural testosterone. Quite the contrary, it is caused by unnatural environmental pollutants that overwhelm testosterone metabolism.

And guess what? When you have a flawed understanding of causation, you get flawed treatments.

The most popular mainstream treatment strategies for the prostate are cutting (surgery), burning (radiation) and poison (drugs). They do not address the cause,

## Risks Associated with Prostatectomy, Radiation and Chemical Castration

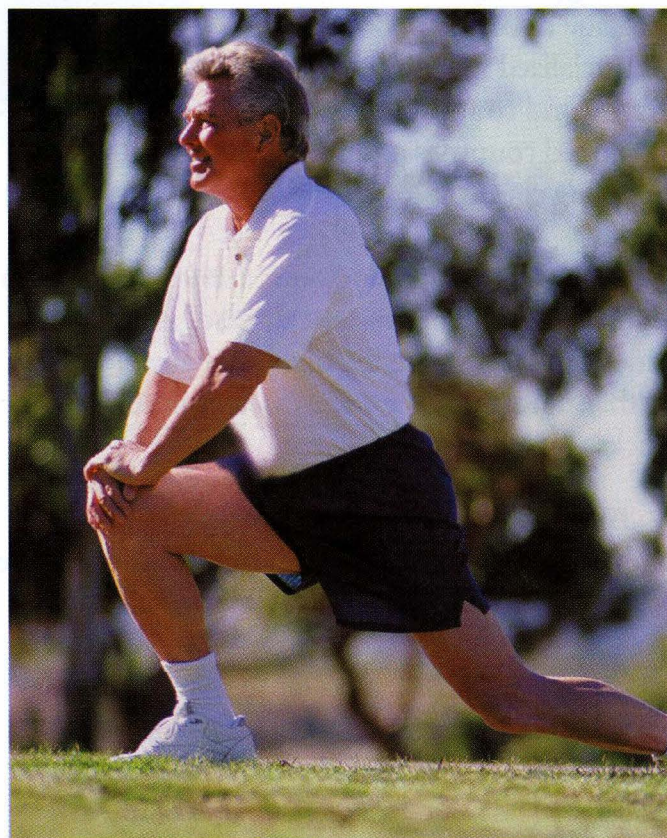
	Prostatectomy	Radiation	Chemical Castration
Impotence	30-60%	40-60%	5.4%
Incontinence	5-15%	<1%	14.9%
Heart Attack	.4%	NA	12.5%
Death	.1-2%	<1%	NA
Urethral Obstruction	.6-25%	4%	NA

(Adapted from Catalona, William J., M.D. in Fox, Arnold, M.D. and Fox, Barry, Ph.D., The Healthy Prostate, 1996, John Wiley and Sons, Inc., NY, NY. pp. 219 and (Lupron Depot) [www.intouchlive.com/home/frames.htm?http://intouch.com/drugs/lupron.htm&3](http://www.intouchlive.com/home/frames.htm?http://intouch.com/drugs/lupron.htm&3))

and they can cause serious complications and side effects. Most alternative treatments also come up short, and tend to show an inadequate understanding of the cause. Although they are much safer than mainstream interventions, they are equally ineffective.

The real cause comes from the environment. We are doing things to tell our prostates to grow, and the prostate is doing nothing but following orders. These orders are given at the cellular level by a deluge of hormonal pollutants — including the

*(continues...)*





growth-stimulating hormones dihydrotestosterone (DHT), estradiol, and a host of "mimickers" (chemicals that disrupt endocrine glands).

## **On the Trail of the Real Cause of Prostatic Disease**

In the early 90s studies appeared showing lower than average testosterone levels in men with both benign enlargement of the prostate and prostatic cancer.

This shattered the conventional wisdom that prostate disease was caused by testosterone and was an inevitable consequence of being a man. Now that this theory is disproved, there is hope that a man can beat prostate disease without giving up his manhood.

I began to suspect environmental causes when population studies began showing a mass of evidence that prostatic disease is a curse of industrialized nations. It is rare in third-world countries, very common in developed countries and rising rapidly in emerging countries.

One study really stood out. In 1993, a European report revealed that prostatic disease rates in American blacks were the highest of any group on earth. But rates for the same diseases in African blacks were among the lowest.

Another group with very low rates of prostatic problems is Asian men, with the Chinese fairing the best. But what happens if that Chinese man moves to America? You guessed it. His risk rapidly catches up to the average American-born man. In other words, for African-Americans and Asian-Americans, living in the US is a bigger risk factor for prostatic disease than genetic make-up.

And yet another clue came from the study of men born with a rare deficiency of the enzyme 5-alpha-reductase. It converts testosterone to dihydrotestosterone (DHT). Men without it have very low levels of DHT but normal or high testosterone. Prostatic disease in this group is extremely low.

## **"Why Didn't My Prostate Doctor Tell Me About DHT?"**

Later studies found DHT to be much more powerful than testosterone at stimulating prostate growth. It binds to growth receptors on prostatic cells. When DHT binds to these receptors it signals the prostatic cells to grow and proliferate. It's concentrated in prostatic tissue, and is even more concentrated in diseased prostates. And while testosterone declines with age, concentrations of DHT in the prostate increase with age.

DHT can now be measured in your blood. It's not routinely done but your doctor can order the lab to perform a DHT test on your blood sample if you ask. I have found it to be quite valuable. In my patients who have a DHT in the upper half of normal, I usually recommend that they take action to lower it.

**In short, the evidence shows that the testosterone derivative DHT is the principal enlarger of the prostate, and the good news is that DHT can be blocked by natural plant derivatives like saw palmetto extract and beta-sitosterol.**

The evils of environmental pollutants have been well documented. But the key question is, what can be done about it? Well, you can't change the entire





industrialized world. But you can protect yourself from a world gone awry.

## **Lower Your DHT, But Do It Naturally**

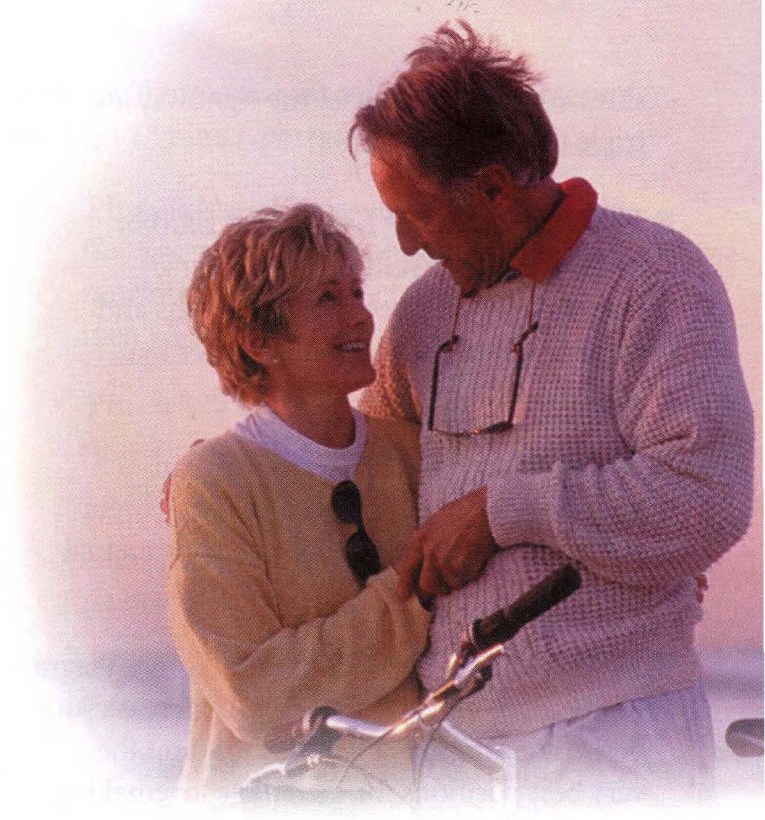
I'd like to send you another FREE gift, a report that will tell you all about how to relieve any prostate symptoms you may have now, and help prevent prostate disease — even prostate cancer — in the future.

It's called **Eleven Secrets for a Healthy Prostate**. In it you'll learn why the prostate is such a trouble spot for men, and the very best and safest natural remedies that can stop prostate problems in their tracks.

*Find out why surgery is NOT SAFE...learn natural treatments for prostate problems that date back 3,500 years, including a plant extract that can inhibit as much as 90 percent of the transformation of testosterone into DHT, the powerful hormone believed to be responsible for prostate enlargement...*

*Learn about a special "combo" supplement that's been shown to achieve a 29 percent increase in urinary flow, a 44.7 percent reduction in residual urine, and a 50.4 percent reduction in the need to get up in the night to urinate, and the vegetable that the Journal of the National Cancer Institute reports can decrease the risk of prostate cancer by 33 percent...plus more!*

There's so much more to tell you about your health — but so precious little space here. It's vitally important that you realize most of what you've been told about your health is wrong. And there is so much information you need. Let me give you just a few examples...



■ **THE CHOLESTEROL MYTH EXPOSED!** Low cholesterol is actually dangerous for you. It's been associated with depression, anxiety, violent behavior, suicide, hemorrhagic stroke, low DHEA levels, chronic inflammation, and low hormone levels, including low Progesterone (or Estrogen dominance).

■ **HOW TO CLEAN OUT YOUR ARTERIES!** Long before you get to needing angioplasty, there are safe, natural ways to flush your arteries and restore healthy circulation throughout your body.

■ **THROW OUT THOSE EYEGLASSES!** You can restore your vision naturally. Certain supplements will improve your vision within minutes!

■ **EXERCISE AS LITTLE AS 5 MINUTES A DAY AND SHED FAT WHILE PACKING ON MUSCLE!** Almost everything you've heard about exercise is wrong. In fact, much of it is bad for you. I'll

(continues...)



show you how to exercise the right way and triple the benefits you get.

■ **REBUILD DAMAGED JOINTS AND BANISH BACK PAIN FOREVER!** You can reverse the damage that's been done to joints and rid yourself of chronic pain quicker than you think.

■ **BOOST YOUR BRAIN POWER!** You can — almost immediately — increase your brain power and improve virtually all your mental functioning.

■ **TURBOCHARGE YOUR LOVE LIFE!** Forget Viagra — there are safe, natural ways to increase your desire and stamina. I'll even show you the very best positions for incredible lovemaking.

And there's still so much more. That's why I'd like to send you the TEN FREE REPORTS I mentioned earlier — showing you how to change nearly every aspect of your health. It's not a dream to be slim, strong, healthy and full of vim and vigor. It's an easily attained reality.

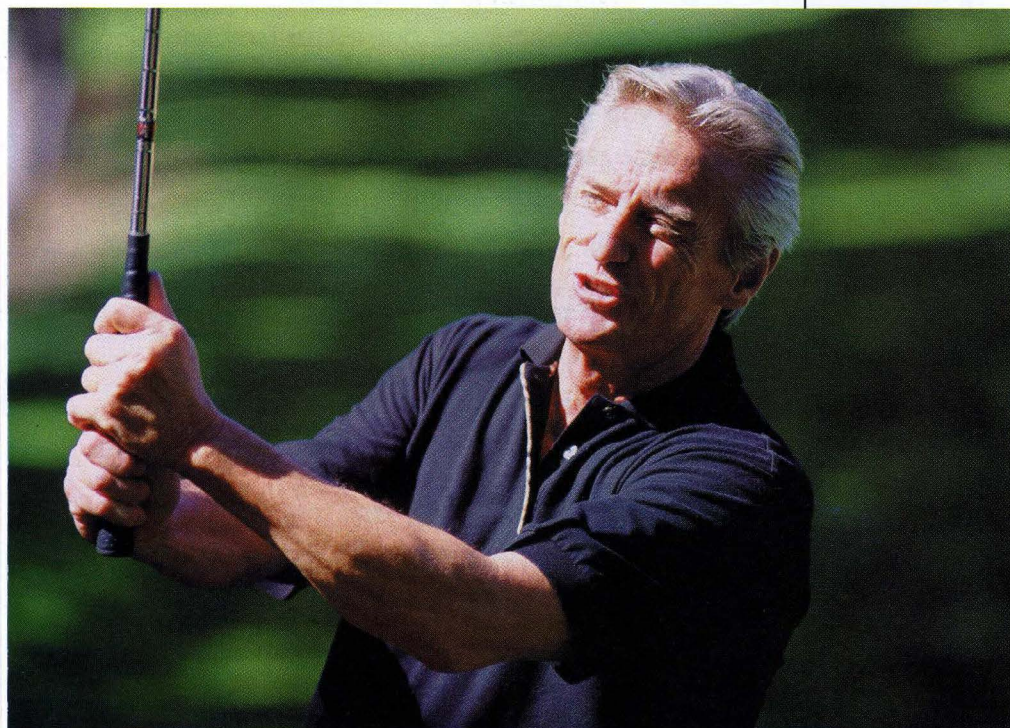
I'd like you to try a subscription to my men's health letter. It's called ***Health Confidential For Men***, and every issue is loaded with proven research and findings to help you perform your best as a man in every area... from the boardroom to the bedroom.

**CAUTION!** Don't even peek at it if you're sold on the popular medical theories about male health. If that's the case, then ***Health Confidential For Men*** is not for you. We refuse to surrender to surgery and drugs. And we don't waste any time trying to be politically correct.

Our issues are written to inform you of the truth about male health...and to help you live life to the fullest. We provide you with only the best, scientifically proven natural methods to help you enjoy maximum health without suggesting you live like a monk, turn into a rabbit-food-eating, pill popping hypochondriac *and without having you give up all the good things that make life worth living in the first place!*

With ***Health Confidential For Men***, you'll never be at a loss for up-to-date natural cures and treatments for what ails you— from back pain to hypertension, sexual potency issues to preventing cancer, heart disease and more. You'll know the best ways to stay in shape, the supplements that truly work (and those that don't), and how you can still enjoy good food and drink while staying at the top of your game at all times.

So let me make my offer to you right now...





## **An Unprecedented Value and Vital Source of Health Answers for Men**

If you'll simply try a one or two-year subscription to **Health Confidential For Men** (and by the way, your satisfaction is guaranteed), you'll get all these benefits:

- **FREE REPORT #1:** Testosterone: The Key to Maximum Male Health (A \$49.00 value)
- **FREE REPORT #2:** Have Your Steak and Eat It Too: The Man's Guide to Better Nutrition (A \$29.00 value)
- **FREE REPORT #3:** Eleven Secrets for a Healthy Prostate (A \$29.00 value)
- **FREE REPORT #4:** Heart of a Lion: How to Beat Heart Disease (A \$29.00 value)
- **FREE REPORT #5:** Sharp as a Tack: Natural Ways to Boost Your Brain Power (A \$29.00 value)
- **FREE REPORT #6:** Killing Cancer Before It Kills You (A \$29.00 value)
- **FREE REPORT #7:** Rejuvenating Joints: The New Way to Banish Back Pain and Rebuild Hurting Joints (A \$29.00 value)
- **FREE REPORT #8:** Throw Out Your Glasses: The Health Confidential For Men Guide to Better Vision (A \$29.00 value)
- **FREE REPORT #9:** Live Longer, Be Stronger: How Men Over 40 Are Getting Fit Quick by Exercising Less (A \$29.00 value)

**Quick  
response  
bonus!**

- **RSVP in 10 days to get FREE REPORT #10:** The Health Confidential For Men Guide to Super Sex: Little Known Techniques to Boost Your Drive and Staying Power (A \$29.00 value)

If you'll try a guaranteed one-year subscription, you'll get all nine reports mentioned, *plus...*

- **Plus 12 Monthly Issues of Health Confidential For Men**, the health, nutrition and fitness letter strictly for men (A \$59.00 value)
- **Plus a \$20 savings** off the regular subscription price
- **Plus our 100% Money-Back Satisfaction Guarantee** (you even get to keep the reports if you should cancel)...

**TOTAL VALUE: \$369.00**

**YOUR PRICE: Just \$39.00,  
for a savings of \$330.00!**

But the savings get even better. If you'll try a guaranteed two-year subscription, you'll get all nine reports mentioned above, *plus...*

- **Plus 24 Monthly Issues of Health Confidential For Men**, the health, nutrition and fitness letter strictly for men (A \$119.00 value)
- **Plus a \$50 savings** off the regular subscription price
- **Plus our 100% Money-Back Satisfaction Guarantee** (and you get to keep the reports should you cancel for any reason)

**TOTAL VALUE: \$479.00**

**YOUR PRICE: Just \$69.00,  
for a savings of \$410.00!**

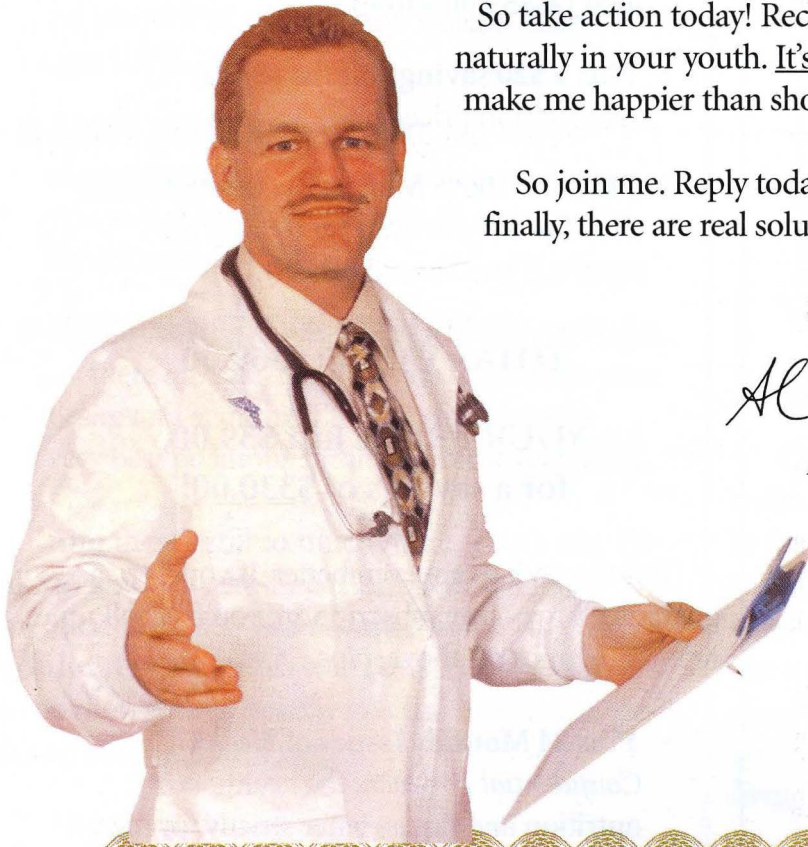
Will you please just give us a try? If we don't improve your health by leaps and bounds almost immediately, you can cancel and get a full refund.

(continues...)



After the first month, you can get a full pro-rated refund for all unmailed issues.

There's no time to lose. Each and every day the health Nazis, misinformation and environmental poisons are eating away at your manhood. Feminizing estrogen is building up in your body, changing it in ways that you don't want!



So take action today! Reclaim that vigor and masculinity that came so naturally in your youth. It's much easier than you think. And nothing will make me happier than showing you how to do it.

So join me. Reply today. I guarantee you'll be happy you did. Because finally, there are real solutions and there is real hope for men.

Sincerely,

*Al Sears M.D.*

Al Sears, M.D.

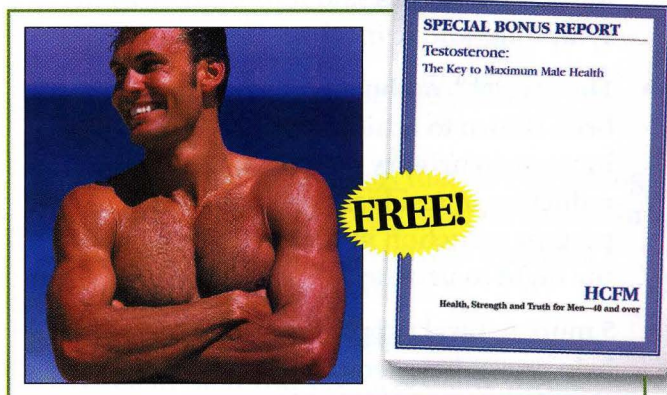
## **HEALTH CONFIDENTIAL FOR MEN NO-RISK GUARANTEE**

Try *Health Confidential For Men* completely at our risk. If you're not satisfied for any reason within the first 30 days, simply cancel and receive a full refund. All reports you've received to date will be yours to keep. If you should cancel your subscription at any time after that for any reason, you will get a full refund for the unused portion of your subscription.



## FREE GIFT #1:

### Testosterone: The Key to Maximum Male Health



When you were nothing more than an embryo a flood of testosterone turned you into a boy. Fourteen years or so later another surge in testosterone brought you into puberty — you had to shave, your voice dropped, and you became mentally and physically preoccupied with girls...24 hours a day. You were instantly aroused, and it happened anytime, night or day.

But around your 30<sup>th</sup> birthday your testosterone levels began to drop. By age 40 your testosterone is 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 accumulate around your middle.

The good news is that you can reverse all that naturally. Plus, you don't need Viagra. You can naturally kick your testosterone levels to your younger days...boost your libido and your sexual functioning...and much, much more...

- Find out how elevated estrogen is turning you into a woman, and what you can do about it...
- Burn off fat faster than you 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...
- Learn the 6 natural supplements that can boost your testosterone rapidly...

## FREE GIFT #2:

### Have Your Steak and Eat It Too: The Man's Guide to Better Nutrition



Never again let the food Nazis tell you that steak is bad for you. Fire up that grill and drop a big old T-bone right on it.

The fact is you NEED the nourishment and satisfaction of this high-protein meal for peak performance. Ditch pansy-assed carbohydrate diets full of pasta and bran muffins. New research shows the USDA Food Pyramid recommendations for fat and protein are ALL WRONG. They may be too low in protein to prevent muscle loss. And more and more research is proving that a low-carbohydrate, high-protein diet is the best one for people.

In this special report, you'll learn:

- How to eat fat and watch the pounds melt off...
- Why the low-fat diet is dangerous for your heart...
- How the high-carbohydrate diet screws up your insulin and glucose balances...
- How polyunsaturated fat in meat helps prevent diabetes...



- The little-known ingredient in hot peppers that is a powerful antioxidant, anti-inflammatory, and is chockfull of vitamins and beta carotene, reduces the amount of stored fat in blood cells and reduces fat deposits in the liver, and thins the blood and lowers blood pressure...

### FREE GIFT #3:

## Eleven Secrets for a Healthy Prostate



**T**his little one-inch gland is THE major trouble spot for men. Half of all 60-year-old men have benign prostatic hyperplasia (BPH) — which is basically a swollen prostate. By age 85, the number is 90 percent.

This can lead to trouble urinating, embarrassing dribble, and having to get up several times a night to urinate — not to mention fears of incontinence and impotence!

In this special report you'll learn how to KO prostate problems without having to see a urologist (basically a specialized surgeon). You'll learn:

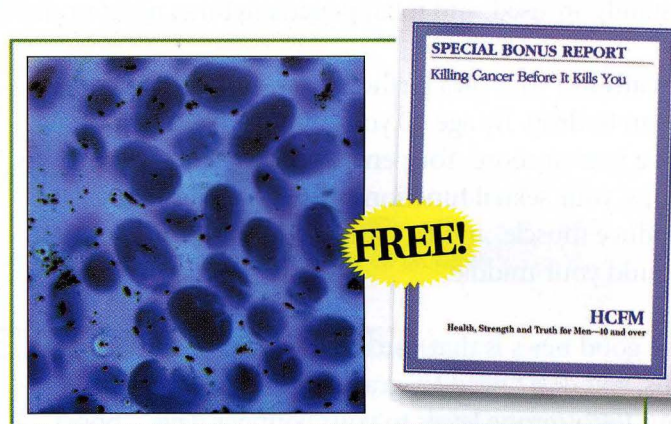
- The medical 1,2,3 that will lead you straight to surgery (perhaps unnecessarily!)
- The 10 warning signs of prostate trouble...
- Natural treatments for prostate problems that date back 3,500 years...
- The plant extract that can inhibit as much as 90 percent of the

transformation of testosterone into DHT, a powerful hormone believed to be responsible for prostate enlargement...

- Two powerful herbs that the British medical journal *Lancet* has said improved prostate symptoms and urine flow...
- The special "combo" supplement that's been shown to achieve a 29 percent increase in urinary flow, a 44.7 percent reduction in residual urine, and a 50.4 percent reduction in the need to get up in the night to urinate...
- 5 more natural supplements that can help prevent cancer, reduce body fat, shrink the prostate, and boost your potency and sex drive...

### FREE GIFT #4:

## Killing Cancer Before It Kills You



**T**he cancer epidemic rages unchecked. Billions of dollars in research, and we're still using the same mainstream remedies: mostly chemotherapy and surgery.

Chemotherapy kills cancer cells fast, but it also kills healthy cells, weakening the patient and making him suffer severe side effects. And the success rate is only 7 percent.

Surgery cuts the tumors out directly, but when the cancer is removed healthy tissue is often removed as well. And the process weakens the immune system and other systems in the body that are essential for resisting disease.

Fortunately, there are powerful alternatives to these

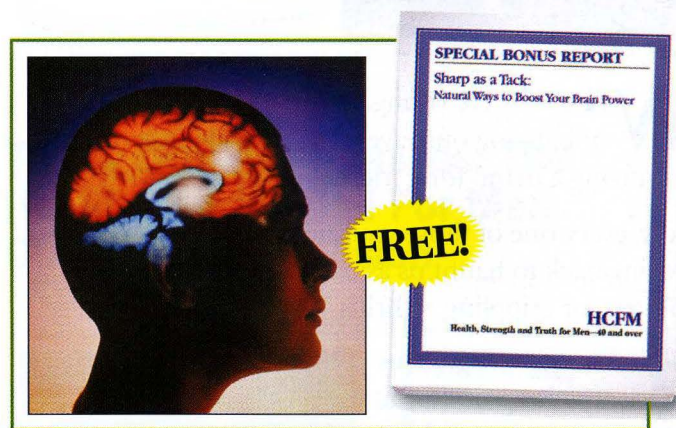


traditional methods of cancer treatment. And strong nutritionally based supplements that help to prevent cancer. In this special report, you'll learn:

- The antioxidant coenzyme that fights cardiovascular disease, is a natural energy booster, and new research is suggesting is a powerful anticarcinogenic agent as well...
- 8 vitamins and minerals that do everything from inhibit cancer cell growth to maintain the PH balance of the blood to outright decreasing cancer deaths...
- The supplement that can stop tumors dead in their tracks and actually shrink them...
- And the protein that directly boosts your immune system and starves tumors...

### FREE GIFT #5:

## Sharp as a Tack: Natural Ways to Boost Your Brain Power



**T**hirty million Americans over the age of 65 will — if they do nothing — experience a decline in their mental abilities over time. Gradual memory loss has been found in men as young as 50.

But it doesn't have to happen to you. There is a lot you can do to keep your mind in tip-top shape as you get older. We're talking about simple, powerful things that will boost your brainpower, make you more creative, and improve your memory.

In this special report, you'll learn:

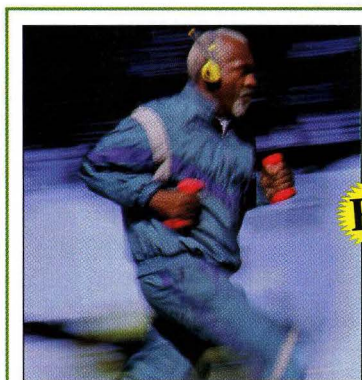
- About the dangerous amino acid that threatens your heart and is found in higher concentrations in Alzheimer's patients. You see, the very same artery-clogging action that threatens your heart slows blood flow to the brain. It can actually damage brain cells and adversely affect your brain function, memory, and speech...
- We'll tell you the vitamin regimen that will blast this amino acid apart and clear debris from your bloodstream...
- We'll tell you about the fatty acid the brain needs for proper functioning. You see, the brain itself is about 60 percent fat, and this acid is the primary building block for the brain. You can get it in any health food store, and the effects are almost instantaneous. Changes in the fatty acid composition of the brain begin as soon as ONE WEEK after beginning supplementation. Wow!
- We'll tell you about the "smart supplement" that replaces brain lipids that decrease as we age — remarkably effective in restoring and improving cognitive functions and enhancing mental ability...
- We'll tell you about the amino acid that reverses the effects of brain aging. It helps boost a nerve growth factor in your brain that regenerates old neurons and stimulates new ones...
- We'll tell you about the Chinese medicine — used for centuries in Asia — that's been shown to bring significant improvements in cognitive and intellectual performance...
- And we'll tell you about the ultimate "smart pill," the ideal way of finding the perfect balance of all the beneficial nutrients in one pill...

(continues...)



## FREE GIFT #6:

### Heart of a Lion: How to Beat Heart Disease



**FREE!**



**O**ne in two American men dies of heart disease each year. It's the nation's #1 killer.

Certain risk factors make it more likely that your heart will give out. You probably know all about the most common ones: high blood pressure, high blood-cholesterol levels, obesity, and cigarette smoking. This can contribute to atherosclerosis, which is what causes heart attacks and strokes.

But there's an even greater "stealth" risk factor you should know about...

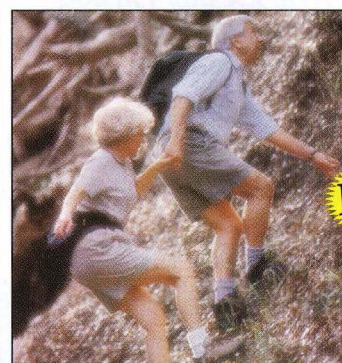
In this special report, you'll learn:

- **The startling truth discovered by a Harvard pathologist — that the main threat to your heart is not high cholesterol, but an amino acid, a naturally occurring molecule. When found in high amounts, it can increase your risk of heart attack by as much as 300%...**
- **Why this molecule can cause a young girl to have the hardened, obstructed arteries of a 70-year-old man with full blown heart disease...**

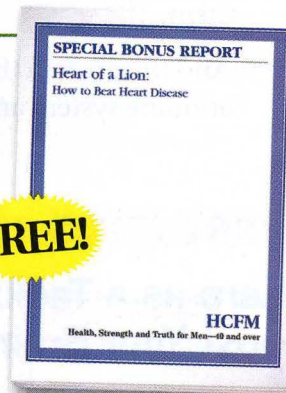
- The three vitamins that are critical to breaking down this deadly amino acid and converting it to harmless elements...
- Why your body NEEDS cholesterol...
- And the simple mineral that can make you four times LESS likely to have a heart attack...

## FREE GIFT #7:

### Rejuvenating Joints: The New Way to Banish Back Pain and Rebuild Hurting Joints



**FREE!**



**W**hen we were young, we didn't think anything of banging ourselves around playing sports, or moving a piano for a friend.

Now, every one of those youthful exertions comes roaring back to haunt us as back pain, swollen joints, stiffness, or crippling arthritis.

Modern medicine gives us pills to fight pain, and exercises to keep us fit. But the pills they give us are dangerous, and even the exercises can miss the troubled areas, or even cause us more pain...

In this special report, you'll learn:

- **Why aerobic exercise may not only not help back pain, but actually aggravate it. Plus, it's probably missing the key muscles needed to help relieve back pain and problems...**
- **The dangers of the supposedly "safe" anti-inflammatory drugs the doctors love to hand out...**

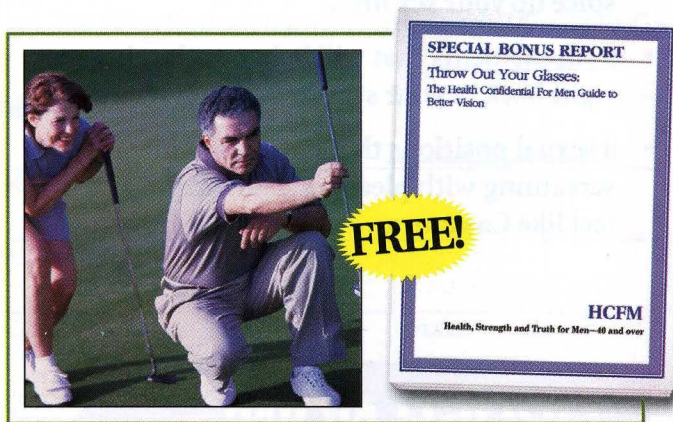
**FREE WITH YOUR SUBSCRIPTION — REPLY TODAY!**



- **The little-known and never-discussed (by doctors) side effects of corticosteroid injections...**like osteoporosis, congestive heart failure, glaucoma, cataracts, weight gain, loss of muscle mass, and increased chronic pain...
- **The little-known exercises** (that you shouldn't do more than twice a week!) that will help your back the most. Simply neglecting the important muscles these exercises cover can lead to back problems...
- **The little-known therapy** that cleans up and repairs the damaged connective tissue of joints and strengthens underlying structures so pain doesn't return. It successfully treats arthritis, back pain, carpal tunnel syndrome, fibromyalgia, disc herniation, hip degeneration, whiplash, headache and post-concussion headaches, rotator cuff tears, and TMJ dysfunction...
- **The super supplement** that contains over 10 proven ingredients and no NSAIDS...

## FREE GIFT #8:

### Throw Out Your Glasses: The Health Confidential For Men Guide to Better Vision



**F**ading eyesight is not an inevitable part of aging. That's a myth. Vision loss can be avoided and in many cases cured.

Unfortunately, the prevailing medical wisdom attempts to correct vision by treating the symptom. In most cases, the underlying cause isn't even understood, let alone connected to diet and lifestyle. But there's where the cure is...

In this special report, you'll learn:

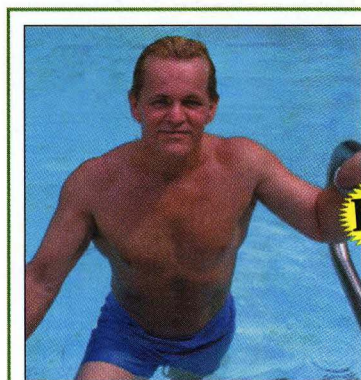
- **The unknown dangers** of glasses and contact lenses...
- **Little-known dangers** of corrective eye surgery...
- **The herb** that increases vital retinal purple by dramatic amounts in just 20 minutes, with powerful effects improving your vision — one study showed that it improved eyesight and increased ocular blood supply in 75% of patients...
- **The mineral** that *should* be in the retina in high concentrations...but it's often deficient in elderly people. One study of 151 people showed that those who took this supplement had better vision than those who didn't...
- **The special combination of a vitamin and amino acid** that helps avoid cataracts. In fact, the content of a human lens with a cataract has only 15 percent of normal levels of one of these...
- **This vitamin** has concentrations in the eye that are 30 to 50 times higher than in blood plasma. New research in the American Journal of Clinical Nutrition shows it can cut the risk of cataracts by 77 percent...
- **This naturally occurring carotenoid** prevents oxidative stress and free radical damage in the retina...
- **The super blend of nutritional supplements** that contains more than six of the most important supplements you can take for your eyes...

(continues...)

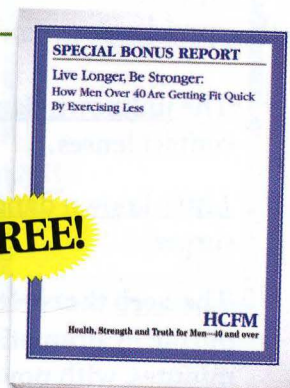


## FREE GIFT #9:

### Live Longer, Be Stronger: How Men Over 40 Are Getting Fit Quick by Exercising Less



**FREE!**



**L**et's face it, you're probably not in fighting shape anymore. Starting at age 40, the average male loses about 1 percent of his muscle mass every year.

But while everyone's talking about the benefits of aerobic exercise, bodybuilders and weightlifters have been turning back the clock faster and faster.

Research is now proving that strength-building exercises help your body produce additional quantities of testosterone — the hormone of youth.

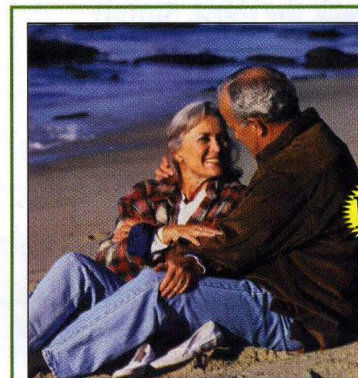
In this special report, you'll learn:

- **Proof** that bodybuilders who work out just one hour a week (three 20-minute workouts) gained up to 6 pounds of muscle and lost 15 pounds of fat in only seven weeks!
- How **as little as 20 minutes** of weight training two times a week can build lean muscle, melt body fat, and make you look and feel better...
- **Five easy steps** to training success...
- How to know **what equipment** is right for you...
- How **proper training** will boost your **natural HGH** (human growth hormone) and your testosterone levels...

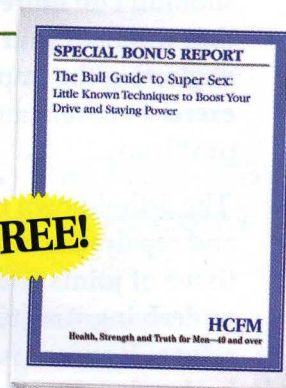
## Quick Response Bonus EXTRA FREE GIFT #10:

**Quick  
response  
bonus!**

### The Health Confidential For Men Guide to Super Sex: Little Known Techniques to Boost Your Drive and Staying Power



**FREE!**



**I**f your sexual performance and energy has started to slide downhill, take heart! This special report will show you dozens of ways to turbo charge your sexual energy and make you a lover your wife or girlfriend will never forget!

- Find out how to get HGH (human growth hormone) absolutely **FREE**...
- **7 natural supplements** that will help boost your testosterone and your sexual performance...
- **5 little-known aphrodisiacs** that will spice up your sex life...
- **8 supplements** that will help put the zing right back in your stinger...
- **8 sexual positions** that will have your wife screaming with pleasure...and make you feel like Casanova...

**ORDER NOW!**

**FREE WITH YOUR SUBSCRIPTION — REPLY TODAY!**



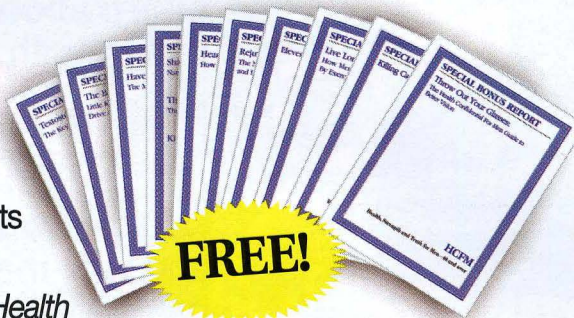
# HEALTH CONFIDENTIAL FOR MEN

## NO-RISK ORDER FORM

### Reply now to get your Men's Health Library... FREE!

You get all this with your 1 or 2-year membership when you reply today!

- Monthly Groundbreaking *Health Confidential for Men* issues
- FREE 9-Volume Men's Health Library, a **\$310 value**
- FREE *Health Confidential* E-mail Alerts
- Risk-Free Guarantee
- FREE Quick Response Bonus: *The Health Confidential for Men Guide to Super Sex*



### HEALTH CONFIDENTIAL FOR MEN NO-RISK GUARANTEE

Try **Health Confidential for Men** completely at our risk. If you're not satisfied for any reason within the first 30 days, simply cancel and receive a full refund. All reports you've received to date will be yours to keep. If you should cancel your subscription at any time after that for any reason, you will get a full refund for the unused portion of your subscription.

**YES!** I'm tired of all the whining and complaining of the food and health Nazis. I want to boost my testosterone and enjoy the same vibrant health I had when I was 20 years old — and everything that went along with it! Send my **FREE** Men's Health Library (a **\$310 value**), my Quick Response Bonus and my issues of *Health Confidential for Men*.

- ☐ **BEST OFFER:** Please sign me up immediately for a fully guaranteed two full years of *Health Confidential for Men* and rush me all 9 FREE special reports. **I save \$50!**
- ☐ **EXCELLENT OFFER:** Please sign me up immediately for a fully guaranteed one full year of *Health Confidential for Men* and rush me my 9 FREE special reports. **I save \$20!**
- ☐ **I'M RESPONDING FAST.** Please send me my additional FREE gift, the *Health Confidential for Men Guide to Super Sex*.

#### OR SIGN UP ONLINE:

To activate your subscription immediately, please visit us online at:  
[www.earlytorise.com/AlSearsMD.cfm](http://www.earlytorise.com/AlSearsMD.cfm)  
Be sure to have your credit/debit card and e-mail address ready so we can process your order **RIGHT NOW!**

#### NAME & ADDRESS

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

( )

PHONE (IN CASE THERE'S A QUESTION ABOUT YOUR ORDER.) \_\_\_\_\_

EMAIL ADDRESS (FOR DR. SEARS FREE E-LETTER.) \_\_\_\_\_

#### METHOD OF PAYMENT

☐ **Check** payable to *Health Confidential for Men* in the amount of \$ \_\_\_\_\_ (MD residents add 5% sales tax).

☐ **Credit Card** ☐ VISA ☐ MasterCard ☐ AMEX ☐ Discover

CREDIT CARD NUMBER \_\_\_\_\_ EXPIRES \_\_\_\_\_

NAME (AS IT APPEARS ON CARD) \_\_\_\_\_

SIGNATURE \_\_\_\_\_

Please place in the enclosed postage paid envelope and mail to:

**HEALTH CONFIDENTIAL FOR MEN • ORDER PROCESSING CENTER**  
P.O. Box 925 • FREDERICK, MD 21705-9913





# FINALLY! Real Health Information For Men!

- **Learn about the magic bullet** for male health...
- **Find out how men** are being "chemically castrated"...
- **Learn the truth** about your prostate — and why the medical establishment has it all wrong...
- **Boost your brain** power naturally...
- **Banish back and joint pain** forever...
- **Throw out those glasses**, melt away fat, pack on lean muscle, and turbo charge your sex drive and stamina...

**This is the REAL DEAL. See inside for tons of FREE information...**

**HEALTH CONFIDENTIAL FOR MEN**  
702 CATHEDRAL STREET  
BALTIMORE, MD 21201

PRESORTED  
STANDARD  
U.S. POSTAGE PAID  
BOLINGBROOK, IL  
PERMIT NO 212

IC28

