

From Ancient Remedy To Modern Tree Of Life

Now, backed by Nobel Prize-winning research, discover how one incredible herb not only slows aging, but can **ACTUALLY REVERSE IT**.

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Every effort has been made to make this report as complete and accurate as possible. The purpose of this report is to educate. The author and the publisher shall have neither liability nor responsibility to any person or entity with respect to any loss, damage, or injury caused or alleged to be caused directly or indirectly by the information contained in this report. The information presented herein is in no way intended as a substitute for medical counseling or medical attention.

Dr. Al Sears

President/Medical Director, Wellness Research Foundation, Dr. Sears' Center for Health & Wellness, Primal Force, and AhHa Press, Royal Palm Beach, FL, and Wellness Research and Consulting, Kampala, Uganda

After entering private practice, Dr. Sears was one of the first to be board-certified in anti-aging medicine. As a pioneer in this new field of medicine, he is an avid researcher, published author, and enthusiastic lecturer.

Dr. Sears is also board-certified as a clinical nutrition specialist (CNS) and a member of the American College of Sports Medicine (ACSM), the American College for the Advancement in Medicine (ACAM), the American Medical Association (AMA), the Southern

Medical Association (SMA), the American Academy of Anti-Aging Medicine (A4M), and the Herb Research Foundation, (HRF). Dr. Sears is also an ACE-certified fitness trainer.

As the founder and director of Wellness Research Foundation, a non-profit research organization, Dr. Sears travels the globe to bring back to his patients the latest breakthroughs in natural therapies. Trips to Peru, Brazil, India, Jamaica, Uganda, South Africa, Ecuador and Bali have yielded important new discoveries in nutrition, traditional herbal treatments, anti-aging and alternative medicine.

Dr. Sears currently writes and publishes the monthly newsletter, ***Confidential Cures***, and daily email broadcast, ***Doctor's House Call***, and contributes to a host of other publications in the field. He has appeared on over 50 national radio programs, ABC News, CNN, and ESPN.

Dr. Sears has published 14 books and reports on health and wellness with a readership of millions spread over 163 countries. His bestselling titles include: ***The Doctor's Heart Cure, The 12 Secrets to Virility, Rediscover Your Native Fitness, Your Best Health Under the Sun, High-Speed Fat Loss in 7 Easy Steps, P.A.C.E.: The 12-Minute Fitness Revolution, and Reset Your Biological Clock.***

Dr. Sears is currently writing three additional books; ***Healing Herbs of Paradise, The Ageless Heart*** and ***The 8th Element: Nature's Universal Cancer Killer.***

Introduction:

How a 24-Year Fascination

Turned into a Cornerstone of Anti-Aging Medicine

Moving offices is never fun.

But, when the reason for moving is because my practice has grown too large for my original space, it becomes much more manageable.

Even better, this move is only temporary.

Because, in the meantime, we are having a new facility built that will be the wellness center that I've always wanted.

It will be like a cross between the Canyon Ranch, the Pritikin Center & Spa, the Cooper Aerobics Center, and the Life Extension Foundation.

One of the primary reasons for this growth is the amazing success of anti-aging treatments such as my Age Quotient Analysis (AQ) and the use of the amazing new compound TA-65MD.

What's so exciting about TA-65MD, in particular, is its proven ability to act upon the most fundamental trigger of aging.

Even better, TA-65MD is an herbal extract.

This makes it superior to any Big Pharma pill with dangerous side effects.

While TA-65MD is a truly groundbreaking compound, the herb it's extracted from is another a centerpiece of my practice.

This particular herb has been a fascination of mine for well over 24 years

For the longest time, there was a jar of it on my desk.

As I studied about all of its uses in Traditional Chinese Medicine (TCM), I would open the jar and breathe in the herb's earthy smell.

To me, it smelled like fresh cut grass that had dried in the sun.

According to TCM, this herb was basically a "cure all."

Today, it used by traditional practitioners and doctors alike to treat a great number of conditions.

According to Rxlist.com, this herb has been used to treat¹:

- The Common Cold
- Upper Respiratory Infections
- Seasonal Allergies
- Swine Flu
- Fibromyalgia
- Anemia
- Chest Pain
- Heart Failure
- Hearing Loss
- Alzheimer's
- HIV/AIDS
- Chronic Fatigue Syndrome (CFS)
- Kidney Disease
- Diabetes
- High Blood Pressure
- Angina
- Heart Attacks
- Asthma
- Irregular Menstruation (Amenorrhea)
- Menopausal symptoms
- Bacterial Infections
- Viruses
- Heart Infections
- Kidney Failure
- Lupus
- Dementia

Additionally, this herb has also been used:

- To Strengthen and Regulate the Immune System
- To Improve Athletic Performance
- To Stimulate Weight Loss
- To Protect the Liver
- To Prevent and Reduce Side Effects Associated with Cancer Treatments
- To Speed Wound Healing by Increasing Blood Flow to an Injured Area ²

I am sure you are wondering how one herb could possibly help with all these conditions.

And at the beginning of my 24-year fascination, I spent a great deal of time pondering this very question.

The answer would come when I, along other researchers, discovered the compound in this herb that led to the creation of TA-65.

While TA-65 has been nothing short of revolutionary in the lives of my patients, I also prescribe the herb's root for a variety of ailments.

This “cure all” herb is commonly known as astragalus.

Now, backed by Nobel Prize-winning research, we know astragalus is one of the only herbs on Earth that can slow and even reverse aging...on a cellular level.

The way astragalus helps all these conditions is as simple as it is powerful.

Astragalus combats disease, enhances longevity, and increases performance by making you younger...one cell at a time.

Truly, astragalus has evolved from an ancient remedy to a modern-day tree of life.

What Nobel Prize-Winning Research has in Common with Ancient Chinese Life Force

Within every cell of our body are chromosomes containing important genetic information.

At the ends of every chromosome are caps called telomeres (tee-luh-meers).

If it helps, you can think of them kind of like the tape at the end of shoelaces.

Telomeres were first identified in 1938 by Herman Muller while he was studying fruit cells. He would go on to win the Nobel prize that year for this discovery.

As we mature, our cells continuously replicate. With each replication, telomeres get shorter.

After so many replications, the telomeres are too short to separate the chromosomes from one another.⁶

Once the telomeres have reached this terminal length, the cell ceases to replicate. It begins the process of senescence (cellular death).

Not to date myself, but I first heard about telomeres while pursuing my bachelor's degree in 1976.

Since then, telomeres have been a huge part of my education, research, and now treatment in my clinic.

The next significant breakthrough in telomere research came on Christmas Day of 1984. Scientists Elizabeth Blackburn and Carol Greider discovered the enzyme telomerase.¹⁵

What makes telomerase so incredible is it can actually rebuild telomeres.

After another 25 years in the trenches of scientific research, Blackburn and Greider made another breakthrough discovery.

In 2009, along with scientist Jack Szostak, Blackburn and Greider published research on telomeres and telomerase that would earn them the Nobel Prize.

The three scientists had found a direct correlation between the length of telomeres and the health of its parent cell.

Based on this groundbreaking research, they were left with this string of conclusions:

1. Long telomeres are associated with younger, healthier cells. Having younger, healthier cells means having a more youthful and more robust body composed of those cells.
2. If stimulated, the enzyme telomerase can regrow shortening telomeres. If telomeres are regrown, the parent cell ceases to deteriorate and in effect, can become "young" again.
3. Cells becoming "young" revitalize the entire organism, thus reversing the effects of aging and combating diseased cells.

For doctors and researchers like myself, it became our mission to find a way to stimulate telomerase.

We knew telomerase down-regulates in most of our cells as we age.¹⁶

This sequential shut down of telomerase is a primary contributor to age-associated decline and disease.

If we could find a way to continuously stimulate telomerase, then we could potentially eliminate many of our age-related diseases and woes.

Think about it for a minute: pain-free joints, abundant energy, mental clarity, and much more could be ours if we had a way to continuously stimulate telomerase.

Through tireless research of both modern science and ancient medicine, we found the solution.

We found astragalus.

But you don't have to take my word for it or the findings of Nobel Prize-winning scientists.

Amazingly, the healing effects of astragalus have been documented since before the birth of Christ.

Astragalus goes by many names. There are over 2,000 varieties of this herb, but the one most sought out for its healing properties is Astragalus Membranaceus.

The herb is also known as Mongolian Milkvetch in English and Huángqí in Chinese.¹⁷

Huángqí/astragalus is one of the 50 fundamental herbs in Traditional Chinese Medicine (TCM).

Along with other well-known herbal powerhouses such as cinnamon, ginseng, and ginkgo biloba, astragalus has been a potent ingredient in TCM for well over two millennia.¹⁸

According to TCM, Astragalus is used to replenish qi (better known as chi in the west). Qi is essentially your life force.¹⁹

In TCM, qi has five functions:

1. Maintain the vital life energy that is necessary for the body to grow and develop properly
2. Produce heat and regulates body temperature for normal functions to occur
3. Defend the body against external elements, such as pathogens and environmental factors that can cause illness
4. Ensure the body's organs and fluids are kept in their proper places
5. Transforming nutrition and air into different subsets of *qi*, such as blood²⁰

Now, take what I said earlier about telomeres and telomerase and look at these five functions again.

With the help of modern science, it can be deduced that qi is TCM's way of describing telomere activity in the body.

And, with what we know about astragalus's unique ability to stimulate telomerase, we can also see why TCM has been prescribing it for over 2,000 years.

This is how astragalus can combat such a wide variety of conditions and ailments!

Astragalus is making your cells "younger," so they are more resilient and packed full of energy to resist and defeat whatever malady comes their way.

Here is a small sampling of published research confirming the healing powers of this incredible herb.

Astragalus:

- **Alleviates the Symptoms Associated with Seasonal Allergies** – double-blind, placebo-controlled (DBPC) study published in the *Journal of Phytotherapy Research*²⁷.
- **Decreases Oxidative Stress** – *Journal of Ethnopharmacology*²⁸.
- **Reinforces Your Immune System** – *Journal of PLOS ONE*²⁹.
- **Fights Lung Cancer** – *Journal of Cancer Cell International*³⁰.
- **Combats Diabetes** – *Journal of Evidence Based Complementary Alternative Medicine*³¹.

Later in this special report, I will tell you how to start taking astragalus to enhance your own health journey.

But, more than any reported benefit of astragalus as a whole, I am excited to share the cutting-edge research and jaw dropping results of my practice in Royal Palm Beach, FL.

Beginning in 2010, I was the first doctor in the country licensed to administer the hyper-concentrated extract of astragalus known as TA-65MD³² to my patients.

And the results...have been simply astounding.

Recapture Your Vigor by Jumpstarting Telomerase

What makes TA-65MD so unique is it has been scientifically proven to activate telomerase.

In a DBPC study published in the *Journal of Rejuvenation Research*, TA-65MD was shown to significantly increase telomerase activity verses the group that didn't take the extract³³.

Even more importantly, the researchers noted a large number of cells were brought back from the brink of senescence (cellular death).

This is telomerase in action. The enzyme is rescuing cells on the brink of death by rebuilding dangerously short telomeres.

The revitalization and invigoration of your cellular health is a fundamental goal of my practice.

In 2015, I had the opportunity to travel to Rome and deliver a presentation at the Tissue Science and Regenerative Medicine Conference.

The presentation can be found on YouTube. And if you have a chance, I highly recommend you check it out.

My ultimate assertion of the whole speech was short telomeres are the foundation of all our major diseases.

All the major chronic diseases have one thing in common.

Dysfunctional telomerase and telomeres...

Consider the following examples:

- **Diabetes** - A meta-analysis conducted by the Journal of *International Medical Research* showed a significant association between leukocyte telomere length and diabetes³⁴.
- **Alzheimer's** – According to the Journal *Mechanisms of Ageing and Development*, white cell and buccal cell telomeres are more than 30% shorter in Alzheimer's patients than a similar aged control group³⁵.
- **Heart Disease** – According to the Journal *Genes*, low telomerase activity and short leukocyte telomere length have been observed in arterial plaque and can lead to stroke or a heart attack³⁶.
- **Cancer** – Remember, I said DYSFUNCTIONAL telomerase. In the case of cancer, telomerase is hyperactive. Too much telomerase is a problem as it leads to cancer cells becoming basically immortal. According the *European Journal of Cancer*, a vast majority of major cancer types show increased telomerase activity³⁷.
- **Obesity** – According to the Journal *Acta Paediatrica*, obese adults were found to have shorter telomeres than their normal weight, same age counterparts³⁸.

As you can see, these are the top five chronic diseases facing our modern world.

And they all have something to do with dysfunctional telomerase and telomeres.

Putting It All Together

You now have a fundamental understanding of what telomeres are.

You also understand the effects of telomerase on telomeres (for better or worse).

And we have covered how both astragalus and its extract TA-65MD can help you avoid the cons of aging.

Now it's time to move on. Let's discuss how you can begin preserving your telomeres and start stimulating telomerase...today.

First...what NOT to do:

With your newfound knowledge, you might be in the middle of buying some TA-65 online right now.

Please know that all TA-65s are NOT created equal.

Back in 2010, when I was the first doctor licensed to administer TA-65, I chose a specific type.

I chose TA-65MD. The difference?

Bioavailability (how much your body can actually absorb).

Now, these supplements are not cheap.

So, if you are going to make that kind of investment; you owe it to yourself to give your body the best chance it has to absorb all the TA-65 you put into it.

Also, in the case of TA-65MD, more is not always better.

I recommend a dose of around 250 U (8 mg of active ingredient) based on the most current research³⁹.

Don't buy just yet. Before starting TA-65, give us a call.

If you truly believe you could benefit from TA-65, please call my clinic at **561-784-7852** before you buy.

One of my receptionists will be glad to talk to you about your options. A simple telephone consultation might be all you need to get on the right track.

Don't fall for cheap telomere tests.

If you are already looking for TA-65, you are probably seeing ads for telomere measuring kits. As an added bonus, they are highly affordable at the bargain price of around \$99.00.

Don't be fooled.

Telomeres and telomerase are just one aspect of your health.

If you want to know your biological age, you may be an excellent candidate for my Age Quotient Analysis (AQ) which I mentioned in the introduction of this report.

We measure 14 different biomarkers of aging to determine your real biologic age.

We test your lung capacity, your heart age, your hormonal age, your skin elasticity, your bone density, your brain age and more...

Once we know these baseline measurements, we'll work together to reverse your biological age.

I'll develop a customized treatment plan based on your results. This will do more than stop your telomeres from shrinking. It will actually *lengthen* them⁴⁰.

When it comes to telomeres and telomerase, the AQ and TA-65 make up the most direct interventions and tests we offer.

While most definitely not for everyone, both treatments are both becoming more popular by the day.

Don't Trust Big Pharma

Currently, telomeres and telomerase are the wild west of anti-aging and longevity.

Big Pharma is working furiously to create a drug that lengthens telomeres.

They know if they figure it out, they will have another pill worth billions.

The absolute most potent telomerase activator I recommend is TA-65.

It is proven to lengthen telomeres and it has very little to no side effects.

I have no doubt that Big Pharma will produce a pill within the next couple of years, but you can rest assured it will come loaded with potential complications and life changing side effects.

How to Start Taking Astragalus to Boost Immunity, Lower Oxidative Stress, and Start Lengthening Your Telomeres

You can and should add astragalus to your daily health regimen in a variety of ways.

You can buy the root to make tea or mix it into your favorite soup.

Regardless of your supplementation protocol, I recommend you do this because astragalus root in its complete form is LOADED with nutrients and more than 2,000 beneficial compounds.

The following doses are either granules, powder, or slivers of the root itself.

- **Typical Daily Maintenance Dose:** 30-45 grams of astragalus root powder per day
- **Congestive Heart Failure:** 2-7.5 grams of powdered astragalus twice daily for up to 30 days, along with conventional treatment
- **Blood Sugar Control:** 40-60 grams of astragalus granules as a decoction for up to four months
- **Kidney Disease:** 7.5-15 grams of powdered astragalus twice daily for up to six months to reduce the risk of infections

- **Chronic Fatigue Syndrome (CFS):** 30 grams of astragalus root made into a decoction with several other herbs⁴⁶

To simplify your life and your cupboard, I recommend you employ some of the following strategies.

I recommend two to three tablespoons of **astragalus root powder daily** (about 30-45 grams).

You can usually find it already dried and ground at many health-food stores or Chinese markets. You can also add the powdered form to various foods and prepared dishes.

Don't worry. Astragalus has a mild, sweet taste.

I like to drink **astragalus in a tea**. It's very easy to make.

For my special blend, you'll need:

- A piece of ginger about an inch long
- Four tablespoons of lemon juice
- Four tablespoons of honey
- Two to three slices of astragalus root

To make the tea, first boil one quart of water. Scrape the ginger and astragalus root into a container, then add the remaining components. Pour the boiling water over the ingredients and cap the container.

Let it stand for approximately 20 to 25 minutes.

Strain the mixture one cup at a time.

You also can take **astragalus as a supplement**. Take 500 mg of the concentrated extract three times a day⁴⁷.

This is by far the easiest way to get astragalus into your diet.

As there are many varieties of astragalus, make sure your extract is pure Astragalus Membranaceus.

Leverage These Lifestyle Choices to Increase Telomerase

In addition to taking astragalus, there are several lifestyle choices that have been shown to increase telomerase.

These choices are even more important if you have decided TA-65 is not a good fit for you.

To equal a single TA-65 capsule, you would have to consume several pounds of raw astragalus per day!

First, I don't recommend this because you would get sick of astragalus halfway through day one.

Second, astragalus is extremely high in iron and you would give yourself iron poisoning if you ever tried such a feat⁴⁸.

So, the best compromise is the following lifestyle modifications along with 500 mg of astragalus extract three times a day.

By combining lifestyle modifications and astragalus, you will stimulate telomerase and begin reaping the benefits sooner than one might think.

-Meditation:

Meditation is one of the most powerful ways you can stimulate telomerase. Best of all you can start today.

And you only have to do it for 10-12 minutes at a time to reap all the benefits.

A recent study looked at 39 family caregivers with an average of 60 years old.

Half were randomly chosen to listen to relaxing music and the other half practiced meditation for just 12 minutes a day.

After only 8 weeks, the people in the meditation group had their telomerase activity skyrocket by 43%!

The relaxation group only had a 3.7% increase⁴⁹.

In another study, researchers looked at people who were at a wellness retreat.

After three months, those doing meditation training had 33 percent higher telomerase activity in their white blood cells than those who weren't meditating⁵⁰.

Meditation is safe and easy. The technique I use is exceedingly simple. The most natural object of meditation is your breath. For beginners, I recommend mastering your focus on your breath before you try any other object of meditation.

1. Find a quiet, comfortable place to sit.
2. Rest your hands in your lap and close your eyes.
3. For the first few minutes, focus on the natural rhythm of your breath.
4. At first, don't try to change it. Just follow your breath.
5. The next step is to gently make your breath, quieter, slower, deeper and more regular.
6. If your attention drifts to other things redirect it to your breath.

Try to meditate at least 10 minutes once a day. Twice a day is better⁵¹.

-Exercise:

Before you jump up and try to run three miles, there is a very specific type of exercise that has been proven to stimulate telomerase.

This type of exercise requires only minutes of your week and you don't even have to leave to comfort of your own home.

It features short, high intensity bursts of effort across a variety of exercises.

Based on that description alone, you could probably create your own routine and see some positive results.

Or you could use my proven PACE (Progressively Accelerating Cardiopulmonary Exertion) workout method...absolutely free.

PACE, much like my other recommendations, it rooted in science and similar exercise styles have been shown to stimulate telomerase.

In a study of 2,400 twins, researchers found that people who did high-intensity PACE-like exercise had longer telomeres than those who did no exercise or got too much exercise.

In fact, their telomeres looked a full nine years younger⁵².

Rather than write out a whole PACE workout here, simply log on to my YouTube channel.

You can also search "Dr. Sears PACE" and you will have access to a full workout and free e-book detailing my exercise regimen.

Incredible Stories of Success

I would like to take a moment to share some stories of my clients.

Some are longer than others, but they all speak to the difference reactivating telomerase can make.

From My Original Telomere Study:

- Helen is 85. She recently ran a marathon and broke the time record in her age group.
- Bill is 65. He now has the lungpower of a 39-year-old.
- And William recently celebrated his 84th birthday. But he has the heart of a 50-year-old.⁵³
- My patient (MF) was 58 when we started the telomere protocol. By the end of our measured treatment, he celebrated his 61st birthday. But his biological age had gone backward to 44...He grew 17 years younger in 30 months.
- On average the patients at my clinic who've gone through this anti-aging protocol have grown 14 years younger⁵⁴.

My Story:

If I didn't practice in my everyday life what I teach, I couldn't think of one good reason for you to follow my recommendations.

In applying the above principals, I have created a life of health and vitality that I truly enjoy.

Here is a section of an article I put on my website not too long ago. I find the words just as true today as I did then.

I love being in my 50s. I have the wisdom to use what I've learned in 30 years of being a doctor. And I'll keep learning new things, too. It's a great time in my life.

But I don't want to live forever. Don't get me wrong, I want to keep going the way I can now well into my 90s, and even past 100. But immortality doesn't appeal to me.

I don't know about you, but when I think of living forever, it's scary and depressing. Everyone I know would be gone. It would be like a curse straight out of a science fiction movie.

What I do want is to keep getting new insights ... more knowledge. I want to maintain my abilities, so I can still use that understanding years from now. I want to keep getting better.

To that end, we've developed some new testing at my clinic that will tell us how we're getting better with different systems. I tested myself (or rather my clinic tested me) and I have the pulmonary age of a 25-year-old and the cardiovascular age of a 35-year-old⁵⁵.

Putting It All Together

Before reading this report, I don't know how much you knew about how important telomeres and telomerase are to you enjoying your later years.

And I am quite confident that you knew very little about all the benefits of the small Chinese herb astragalus.

Yet from this brief report, you now have all the tools you need to take back a small bit of control in your life.

But let's recap just to make sure everything is clear:

1. Astragalus has been proven through history and modern science to have an effect on telomeres and telomerase
2. For maintenance and telomere preservation, start by taking 500 mg of astragalus three times a day. You can also add astragalus root to dishes or make a tea out of it.
3. If you feel like you might need a stronger intervention like TA-65, please call my clinic first at **561-784-7852**.
4. To further stimulate telomerase, add in lifestyle modifiers such as PACE exercise and meditation.

Remember, our DNA is not a blueprint.

What you were taught in biology is fundamentally incorrect.

Your DNA is a movie script. And you were born with a script that is not yet determined.

Your script interacts with your environment, your choices, and your relationships to form what you call your life.

By understanding telomerase and herbs such as astragalus, we can use this knowledge to our advantage.

This gives us a level of control many thought impossible.

I wish you the best of luck as you incorporate astragalus into the next chapter of your life.

If you would like to receive more information like this report, make sure to sign up for my complimentary newsletter *Confidential Cures*.

To Your Good Health,

Al Sears, MD, CNS

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