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Al Sears

Dr. Al Sears' Center for Health and Wellness, USA

Cracking the telomere code: The first step to reverse aging

This lecture explores the discovery of the telomerase enzyme and its role as a crucial indicator of health and longevity. By tracing the evolution of telomere research, including the landmark Harvard study that fully restored youthful function in mice by activating the telomerase enzyme, Dr. Sears unveils the true age-reversing, and health-transforming potential of telomere therapy and the capacity to influence gene expression through novel interventions. As one of the only medical doctors to administer the world's first telomere therapy, Dr. Sears relates its effects on his own patients, and how his own research uncovered new, more effective ways of supporting telomere length and altering telomere biology.

Three learner objectives. By the end of the lecture, participants will understand:

- The evidence that supports the telomere's role as the true cause of aging.
- What factors cause the telomere to shorten, and the most reliable interventions to support telomere length.
- How the search for telomerase activators uncovered new, more powerful and more affordable means of affecting telomere regulation.

Biography

Al Sears, M.D. is the founder of the Center for Health and Wellness, a successful integrative medicine and anti-aging facility in Royal Palm Beach, Florida, with over 25,000 patients. His cutting-edge therapies and reputation for solving some of the most difficult-to-diagnose cases attract patients from around the world. 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. Sears is board-certified as a clinical nutrition specialist 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. Sears currently writes and publishes the monthly e-Newsletter, Health Confidential, 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. Since 1999, Dr. Sears has published 15 books and reports on health and wellness with a readership of millions spread over 163 countries.

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