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# Meet Dr. Sears



**A**l Sears, MD continues to see patients at his integrative clinic and research center in Florida where he has developed novel exercise and nutritional systems transforming the lives of over 20,000 patients.

He has written over 500 articles and 6 books in the fields of alternative medicine, anti-aging and nutritional supplementation.

He enjoys a worldwide readership of millions spread over 123 countries, has appeared on over 50 national radio programs, ABC News, CNN and ESPN.

His third book, *The Doctor's Heart Cure*, exposed the real causes of the modern epidemic of heart disease with practical how-to advice for building real heart strength and resistance to disease without drugs. It is available in 9 languages and remains a best-seller 3 years after its publication.

In 2005, Dr. Sears' *12 Secrets to Virility* shed light on the huge environmental and nutritional problems with virility in our modern world, gave men a step-by step guide for maintaining health, strength and masculinity as they age, and became a bestseller during its first month of release.

He publishes a monthly newsletter – *Health Confidential* – addressing the issues of aging, nutrition and sexual health for men and women, a weekly e-letter called *Doctor's House Call* and is the health columnist to a circulation of

hundreds of thousands in the popular self-help letter *Early to Rise*.

Dr. Sears is board certified as a clinical nutrition specialist and was appointed to the international panel of experts at **Health Sciences Institute**, (HSI) a worldwide information service for alternative nutritional therapies.

A master gardener and herbalist, Dr. Sears maintains an herbal apothecary of over 250 organic herbs used for research, education and treatments. Dr. Sears is the founder and director of The Wellness Research Foundation, conducting original research evaluating natural alternatives to pharmaceutical therapies.

Dr. Sears is a member of the American Academy of Anti-Aging Medicine and is Board Certified in Anti-Aging Medicine. As a pioneer in this new field of medicine, he is an avid researcher and sought after lecturer to thousands of doctors and health enthusiasts.

He is a member of the American College of Sports Medicine and the National Youth Sports Coaches Association. As well as being a sports and fitness coach and a lifelong advocate of exercise programs, Dr. Sears is an ACE certified fitness trainer.

# Introduction

We in the modern West are out of condition but in a different way than most people think. To complicate matters, without an understanding of the cause of the problem, pundits have advocated the wrong solutions. We can divide the most popular modern exercise advice into three categories:

- 1) “Cardio”
- 2) Weight training and
- 3) Aerobics.

All three are simply wrong and ineffective. Practice these misconceived notions long enough and they will further rob you of the native fitness you were built to enjoy.

“Cardio” has become so popular we have accepted the term as a synonym for exercise for your heart. This unfortunate misnomer is worse than a waste of your time. It only takes you further from your natural challenges and aggravates the problem. It’s not natural to repeat the same movement continuously 10,000 times over without variation or rest. It will not build heart health and does not correct for what we are lacking.

Weight training is equally unnatural, ineffective and misnamed. Far from “training” anything, practicing these isolated tensing movements “untrains” your muscles. Instead of producing real strength that you can use in real situations, it produces bloated muscle fibers that become dysfunctional, injury prone and uncoupled from neuronal coordination.

Similarly, the explosion of “aerobics” classes has been associated with continued worsening of our nation’s health. Its flawed and incomplete science falls to pieces under analysis. It’s also poorly named because, as “cardio” won’t strengthen your heart, “aerobics” won’t strengthen your breath or your lungs. In fact, repeatedly exercising by “staying within your aerobic limits” will only shrink your lungs, robbing you of critical lung capacity and creating a series of other health problems.

**Yet you need to do something.** You are in the middle of the biggest chronic disease epidemic the world has ever known and this modern deconditioning forms its foundation. Two out of three Americans are now overweight. Diabetes is 9 times more likely than it was just 30 years ago. Heart disease kills over 1,000,000 each year in the US alone and the World Health Organization has recently announced that for the first time in history, these “chronic diseases” surpassed all other causes of death worldwide.

These new threats may attack with sudden deadly ferocity. Stroke victims rarely see it coming and half of heart attack deaths have the first symptom with the beginning of the attack that kills. Or, they may nip at your heels until their cumulative effect brings you down or you find yourself too fat, weak and tired to do anything about it. This slow degeneration has become the “status quo” of maturing in the modern world. We won the battle with the human predators of our past. Now we must face and overcome this new threat of chronic disease.

Since these diseases have changed from rare curiosities to pandemics in just a few generations, we cannot blame it on our genes. Our genes haven’t changed. Since we can find powerful differences in the prevalence of these modern maladies from country to country regardless of genetic heritage, it must be coming from our environment. Most notable is the complete absence of these maladies in “primitive” native cultures.

Ironically, the key to beating our new threats may lie with recreating aspects of our primitive past. We are still perfectly adapted for a life and death struggle between predator and prey. Yet we have succeeded in completely removing ourselves from that kind of a world. As is so often the case, solving a problem presents us with a new one. No longer faced with the same physical and metabolic challenges, our own natural adaptive responses to our surroundings have got us into big trouble.

The good news is that reversing this problem is easier than you might think. You don't need to force yourself through grueling monotonous "cardio", aerobics or weight training. When you replace these strategies with activities that mimic your challenges in a natural environment, the results come much faster and easier. On top of that, it takes much less of your time; it's invigorating and it's fun to do.

This book will show you how to replace these unnatural, flawed and ineffective exercise theories with what really works. You'll:

- Build both strength and capacity in your heart and lungs.
- Avoid heart attacks and cardiovascular disease.
- Develop a powerful and disease-resistant immune system.
- Dramatically increase your energy levels.
- Burn fat like never before.

Your body will be naturally strong and resilient. You'll feel energized, motivated and ready to take on any challenge. Your muscles will be their intended size –no bigger or smaller. Your breath will be deep and focused.

**These benefits are naturally YOURS.** They've been lying dormant all these years – waiting for you to bring them forward.

Join me now as I introduce you to PACE® – your natural plan for health, fitness and longevity.

To Your Good Health,

A handwritten signature in black ink that reads "Al Sears MD,". The signature is written in a cursive, flowing style.

Al Sears, MD

## CHAPTER 1

# Bust Free of the “Cardio” Myth

Look at any rack of fitness magazines and you’ll see glossy covers loaded with headlines telling you to do “cardio.” Go to any gym and your trainer will devote some of your time to “cardio.” You probably don’t like it, yet you feel compelled to comply. After all, who doesn’t want a healthy heart?

Common parlance has even accepted the term “cardio” (short for cardiovascular endurance training) as synonymous with exercise for your heart. But shouldn’t “heart exercise” make your heart stronger?

When you study the heart’s changes from cardiovascular endurance training, you find it getting weaker in some critical capacities. These weaknesses simulate the destructive effects caused by stress and aging.

“Cardio” creates a continuous durational challenge on your heart. Usually without rest. This mimics prolonged stress in a native environment. In effect, your heart feels like it’s under constant threat and attack.

Your heart adapts and responds with what are intended to be short-term survival strategies. But if you routinely perpetuate that signal of stress and attack – instead of building strength – it becomes destructive.

During twenty years of working with extremely fit athletes, patients with diseased or injured hearts and average people in between, one thing is apparent: Doing what we have come to accept as “cardio” exercise is a waste of your time and effort.

It doesn't build what your heart really needs. It doesn't increase your heart's ability to respond to real demands. In fact, for all your effort, you only *reduce* your ability to handle suddenly demanding events that may come your way – the last thing you want.

Yet for decades now, you've heard this advice from nearly every expert and public agency with anything to say about health. The American Medical Association, The American Heart Association, The Institutes of Medicine, even the new food pyramid from the USDA all focus on durational exercise. For instance, the Institutes of Medicine recently issued a new recommendation urging that all Americans increase the duration of their exercise to at least one hour every day.

You are constantly made to feel that if you could just overcome your laziness and make yourself do enough of this boring drudgery, it would solve your health problems and protect your heart. If this were true, why do very "conditioned" endurance runners drop dead of heart attacks at the height of their running careers?

## **All that "Heart Conditioning"... Only to Drop Dead**

This unfortunate "side effect" appears linked to the birth of long-distance running. We get the name "marathon" from the ancient Greek long-distance messenger, Phidippides. He famously ran 26.2 miles from Marathon to Athens to tell of the victory of the Greeks over the invading Persians. On his arrival, he announced "Nike!" (Victory) then collapsed and died.<sup>1</sup>

My first personal experience with this occurred 25 years ago. I was providing emergency care for a long distance race in Tampa, Florida. I saw a thin young man collapse to the ground just yards from our emergency aid station. His heart continued to violently race, as we put an oxygen