

Dear Subscriber,

The SECRET is out!

Most everything you've been told about how to build a strong, healthy heart... more powerful lungs... and a lean, muscular physique... is BUNK!

For starters, the three most popular modern exercises – cardio, weight-training and aerobics – are ineffective, and a waste of your time and energy.

Practice these misconceived "body-transformers" long enough and your heart WILL grow weaker... your lungs WILL get smaller... your muscles WILL waste away...

AND you'll lose the ability to move your body, often requiring the assistance of walking aids and wheelchairs.

But don't worry! I've developed the most effective training program ever designed, tested and proven to transform your entire body—inside and out—in just 12 minutes a day.

Act now and I'll throw in 2 extra bonuses, valued at over \$50 – absolutely FREE.

Join the PACE revolution TODAY and rediscover your native fitness!

To your good health,

[Signature]

Al Sears, MD

Join the PACE Revolution Today, and...

Transform Your Entire Body, Inside and Out, In Just 12 Minutes a Day!

No Hassles... No Trouble... Just Results!

Dear Health-Conscious Friend,

How would you like to transform your entire body... inside and out at the same time?

What if you could build a strong, healthy heart... more powerful lungs... reverse chronic diseases like diabetes and cancer... fight fatigue... *AND sculpt your dream body simultaneously?*

It sounds attractive, doesn't it?

And if you listen to the exercise "gurus" you see on TV, or at your local gym, they'll tell you it's possible – by performing a combination of "cardio", weight training and aerobics exercises.

Fortunately, your body doesn't work that way! It's not natural to repeat the same movements continuously 10,000 times over without variation or rest.

- **Traditional "Cardio"** weakens your heart, shrinks your lungs and stimulates your body to produce more fat.
- **Weight Training** produces bloated muscle fibers that become dysfunctional, injury prone and uncoordinated.
- **Aerobics** shrinks your lungs, robbing you of critical lung capacity and creating a slew of other, more serious health problems.

All three are unnatural, ineffective... and a waste of your time and effort!

So, what *does* it take to build a strong, healthy heart... more powerful lungs... to build functional strength you can use in your everyday life... *AND sculpt a lean, muscular body at the same time?*

The key is to exercise *smarter*... NOT harder!

No Popular Exercise Program Has Ever Specifically Addressed This Issue... Until Now!

My new PACE program shows you what no other program, physician, personal trainer or fitness "guru" will tell you...

How to tap into your body's "**High-Energy Output System**"... the mechanism in your body that's crucial to boosting your fat-fighting, energizing and anti-aging capabilities.

It's amazing no popular exercise program has ever specifically addresses this issue.

PACE is the first and ONLY program conceived, designed, tested and proven specifically to achieve this most important of all fitness goals.

In as little as 12 minutes a day, you can:

- Develop the functional strength you need to carry out life's daily tasks... **without pain and with energy to burn!**
- Build a strong, healthy heart... and more powerful lungs... **keeping you mobile, agile and independent for the rest of your life!**
- Strengthen your immune system and reverse the effects of aging... **making excess body fat, sagging skin and low energy a thing of the past!**
- Turbo-charge your metabolism and build a lean, muscular physique **twice as fast as the average person!**
- Tap into your body's "High-Energy Output System" safely and effectively... **and build the body of a warrior!**

It's all revealed -- every strategy, every technique, and every performance tip -- in my new book, **PACE: Rediscover Your Native Fitness.**

No matter what your current level of fitness may be, I guarantee you'll get results faster than you ever thought possible... the moment you put the power of my new PACE program to work for you!

Bust Through the "Cardio" Myth and Discover the REAL Secret to a Strong, Healthy Heart

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... you guessed it... more cardio!

You probably don't like it, yet you feel compelled to comply. After all, who doesn't want a healthy heart?

The problem is, without a true understanding of how the heart works and how it responds to different activities, pundits have advocated the wrong solutions.

As a result, we have come to accept the term "Cardio" as synonymous for exercise for your heart. But shouldn't "heart exercise" make your heart stronger?

A closer look at "cardio" from your heart's perspective reveals exactly the opposite!

"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 attack.**

As a result, 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 – "cardio" becomes destructive.

My PACE Program Proves Traditional "Cardio" is a Waste of Your Time... It Just Doesn't Work!

In my twenty years 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" is a waste of your time and effort!

By training your heart to adapt to unnatural bouts of prolonged exercise, "cardio" actually increases your risk of sudden cardiac death.

The REAL key to prevent heart disease, and to protect and strengthen your lungs, is to perform a series of "movements" designed to induce the *opposite* effect produced by continuous "cardio"... **and increase your heart's reserve capacity.**

My new PACE program shows you exactly how to do just that...

How to train your body's "High-Energy Output System" to boost your heart's capacity to take on any challenge.

But it's not just cardio that hurting your health...

30 Years of Researchⁱ Proves What I've Known For Years... Weight Training is Equally Unnatural, Ineffective and Robs You of Your Native Fitness!

Far from "training" anything, lifting weights actually "untrains" your muscles.

Instead of producing real strength you can use in real situations, weight training...

- Produces bloated muscle fibers that become dysfunctional, malpositioned and injury prone.
- Creates size imbalances, tension, unnatural patterns of movements, and sets you up for injuries down the road.
- And, aside from causing frequent joint, muscle and tendon injuries, research shows weight lifting can lead to high blood pressure, aneurysms and strokes... especially in older folks.ⁱⁱ

Your body was NOT designed to perform the mechanics of weight lifting. Nature designed your body to build and maintain muscle in response to the demands of your own body weight.

If you all you want are larger muscles, then weight training is your best tool. But if you'd like to develop functional strength you can use...

The kind of strength that enables you to climb flights of stairs while you're carrying 4 bags of groceries without injuring yourself... that propels you out of bed in the morning, helping you carry out life's daily tasks... and keeps you mobile, independent and out of the nursing home...

Ditch Those Grueling, Monotonous Weight-Training Routines... And Build Strength the Old-Fashioned Way!

After trying it all myself. After testing and researching the most "effective" ways to build functional strength and sculpt a lean, muscular body...

I've narrowed ONLY the "best of the best" into the single most effective, functional strength-training program ever created!

My new PACE program shows you, step-by-step, the REAL secrets to rediscovering your native fitness, including...

- The #1 way to burn the most calories in the shortest period of time... **Page 83**
- The 4 best floor exercises for building lean, rock-hard abs... proven to alleviate lower back pain and improve your breath and posture at the same time! **Page 71**
- The ONLY way I know to strengthen your muscle capacity and create positive muscle adaptation, safely and effectively... making everyday activities far less challenging. **Page 67**
- The three biggest muscles in your body... and the four exercises you should focus on first to maximize your total body strength. **Page 68 – 70**
- 6 ways to pump up your upper-body strength without going to the gym! **Page 72**
- A truly "old-school" training secret designed by former Soviet Special Forces instructor, trainer for the US Marines and the US Secret Service. It's not for everyone BUT the results it produces are nothing short of electrifying! **Page 91**
- The perfect "any time, anywhere" exercise... builds multiple muscle groups with a few simple movements. No equipment necessary! **Page 66**
- A gentle "activity" that builds coordination and lower leg strength, reduces stress on your joints by 80%, and is fun and easy to do... perfect for older adults and those with physical limitations. **Page 88**
- My top 12 list of exercises designed to raise your metabolism and push you to a higher fitness level... **Page 75**

- The secret to performing a "Hindu Squat" correctly... the ONE exercise I do five-hundred of every other day! **Page 68**
- And so much more!

Practicing These "Movements" WILL Transform Your Life!

In just minutes a day, you'll begin to see improvements in your stamina and your appearance.

You'll regain the energy and the vitality you had years ago. You'll develop super-sized lungpower that fight infections faster... keeping you out of the doctor's office and free to enjoy life's greatest pleasures!

You'll burn fat faster... develop stronger, leaner muscles... and build a durable, longer-lasting body capable of taking on life's daily challenges with energy to burn!

Best of all, PACE is a flexible plan that works equally well for conditioned athletes, joggers, outdoorsmen, couch potatoes, golfers, elders... even heart patients in recovery!

No matter what your current level of fitness or lifestyle may be, I guarantee you'll find my new PACE program to be the most useful... most comprehensive and life-changing program you've ever seen.

No other program comes close to matching the power of PACE!

Read What Real People Are Saying About the Power of PACE!

Here's what one of my patients, Roger F. – age 69 – said after his last visit:

"When I first came to see Dr. Sears, I couldn't even get to my mailbox without feeling winded and out of breath. I was just tired all the time... My other doctor just gave me prescription drugs. But NOTHING helped me get my energy back... Not only did Dr. Sears get me off drugs, he gave me a simple system [PACE] that put me in the best shape in years... I'm stronger, more alert and have the freedom to go where I want when I want... I just walked 9 holes at my club! That would have been impossible 6 months ago..."

-- Roger F.; Boca Raton, FL

If you've ever found yourself struggling to breathe after climbing a flight of stairs or after mowing the lawn, there's a good chance your heart and lungs are working overtime to make up for your lack of physical conditioning.

I'll show you a simple exercise anyone can do – that'll restore your energy levels and revitalize your life in a matter of weeks. But the healing power of my new PACE program goes far beyond your heart and lungs...

Here's what another one of my patients had to say about my new PACE program:



"I struggled for years with my weight problem – but nothing worked. With Dr. Sears' program, not only did I lose the extra weight (43 pounds!) – my health has improved across the board... I'm not as tired. I sleep better at night and have the extra energy to do the things I love.

But I was most surprised by those "extra" benefits... These days, I'm more cheerful and optimistic – not frustrated and down like I used to be. My family could not be happier..."

-- Mel Jacobs, Clearwater, FL

If weight-loss is your primary goal, I'm totally confident my new PACE program will help you get in the best shape of your life *faster* than any program you've tried in the past. If you're skeptical, consider this...



I was very skeptical before trying PACE... Everyone in the world wants you to believe that their system will help you lose weight and feel great. But instead of just making claims, Dr. Sears gave me a plan... and guess what, it worked!

After five months, I lost 33 pounds of fat, and I've kept it off for 2 years now! I've never felt stronger and more alive – the PACE program actually works. I'll never go back to regular cardio – those days are over!

-- Dave Brown, Denver, CO

These folks no longer worry about being tired, grumpy or overweight. They don't worry about becoming dependent on others... They have no need for prescription drugs... And they don't fear sickness or disease!

The PACE® program puts them in a league all their own.

Tap Into the Power of PACE Today and Discover the Real Secrets to a Durable, Longer-Lasting Body!

For decades you've been told to exercise for an hour a day – to go to the gym – to sacrifice your time, even your sanity.

Fortunately, most everything you've been told is NOT true!

Your body was NOT designed to benefit from repeated movements practiced over and over again without variation or rest.

- **Traditional "Cardio"** weakens your heart, shrinks your lungs and stimulates your body to produce more fat.
- **"Weight Training"** produces bloated muscles fibers that become dysfunctional, injury prone and rob you of your native fitness.
- **"Aerobics"** train your heart and lungs to adapt to unnatural bouts of prolonged exercise, robbing you of critical lung capacity – which leads to a whole host of other, more serious health conditions.

All three are unnatural, ineffective... and a waste of your time!

Practice these misconceived "body-transformers" long enough and you WILL lose the ability to move your body, often requiring the assistance of wheelchairs or walking aids.

But don't worry. My new PACE program shows you the REAL secrets to building a strong, healthy heart... more powerful lungs... and a durable, longer-lasting body...

Keeping you independent, mobile and out of the doctor's office!

You'll learn...

- **The REAL Secret** to developing the functional strength you need to carry out life's daily tasks more freely... and without pain!
- **The REAL Secret** to a strong, healthy heart... powerful lungs... and a disease resistant immune system!
- **The REAL Secret** to a lean, muscular physique... and much, much more!

My Promise to You...

By replacing unnatural, flawed and ineffective exercise routines with NEW challenges that mimic those you would face in a natural environment...

My new PACE program will show you everything you need to know to transform your entire body – inside and out – in just 12 minutes a day!

For a single payment of just \$27.95, you can get started right away! Just follow the link below and download the entire 150-page PACE program in a matter of seconds.

Or, if you would prefer to receive a hard copy of my new PACE program, we'll rush it to you for a single payment of \$37.95 (plus shipping & handling).

So go ahead. Decide which version of my new PACE program would be best for you:

- 1) The instantly accessible Internet Download
- 2) Or the Hard Copy...

And place your order right away!

[Insert Sidebar A]

Your results are guaranteed! If for any reason, you feel PACE isn't for you – simply call me or drop me an e-mail and I'll immediately refund your money. No questions asked.

So don't delay. Everything you need to put the power of PACE to work for you is at your fingertips. Seize the opportunity and unleash your native fitness TODAY!

I'll be with you every step of the way.

To Your Good Health,

[Signature]

Al Sears, MD

PS – If you click this link RIGHT NOW, I'll throw in the best possible companion to your PACE program (a \$25 value) at NO EXTRA CHARGE.

My audio download, ***Real Heart Strength***, gives you the added dimension of hearing me explain – in my own words – the basics of my PACE program and how the whole thing works. PLUS, you'll get some extra material you won't find anywhere in the book.

But you have to act right now. This bonus won't be around much longer...

[Sidebar A]

Act NOW and I'll Throw in a Copy of My "Top Ten Life-Saving Supplements" Report – At No Extra Charge!

Exclusive: The 10 Most Powerful Supplements in the Universe... PLUS the "Secret 6" Your Body Shouldn't Be Without

For the first time ever, you can get your very own copy of my **Top Ten Life-Saving Supplements**. These are the herbs, minerals and nutrients I recommend most often to my patients. The ones that really work!

You'll get simple, easy-to-follow advice showing you exactly why these super-charged ingredients target and protect the most vulnerable areas of your body and mind... where to find them... and *how* to take them for the fastest results!

Here's just a sampling of what you'll learn:

- How to guard your body from the 4 deadliest forms of cancer – by adding just 55 micrograms of this mineral to your diet.
- The "miracle" nutrient that has the power to prevent heart attacks and reverse heart disease... and where to find it.
- The name of an extremely potent herb that can boost a man's testosterone levels by 30% -- in as little as 5 days!

I'll also let you in on the **"Secret 6"** supplements – most people overlook – that you shouldn't be living without. (I'll give you a hint: one of them is a performance booster that just might keep you up all night!)

NOTE: Instead of using graphs to break up the copy, I recommend throwing in 3 or 4 "Doctor's Tips" in little vertical blue boxes that give away useful tidbits of information the reader can benefit from immediately... or tease a nugget of wisdom they'll discover in the PACE program!

I like these the best – though I've made minor changes to the original copy to enhance the benefits of each.

Doctor's Tip: If you're over 65, obese or out of shape, you can still do PACE. If you feel like you can't do any of the exercises, you can still do what I call "walking" PACE. You'll start by doing an exercise that's easy for you, but is also challenging. When you hit your recovery, rest and feel your heart rate slow down. Then repeat. It's that easy!

Doctor's Tip: Change your routine! Varying your PACE routine every 6 to 8 weeks will train your body to make new adaptive responses. As your body responds to new challenges, you'll burn fat faster and give your heart and lungs the reserve capacity they need to fight disease and prevent heart attacks.

Doctor's Tip: If you have bathroom scales, and your goal is to lose weight, you should either get rid of them or put them away for a while. Weight does not accurately reflect the level of your fitness. If you should be measuring anything, it should be body fat, not the weight. I'll show you a simple way to measure the difference between fit and fat, so you can track your PACE progress... Page 45

Doctor's Tip: Instead of waiting until your body breaks down, why not rehab before? PACE shows you dozens of preventative measures, like stretching, you should do before you indulge in a sport or activity. Stretching will help strengthen your muscles and reduce injuries at the same time.

ⁱ All claims made were taken directly from the PACE book.