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Censored by Google!

The Truth About This Heart-Protecting Amino Acid

People wouldn't believe me at first when I told them... that a company like Google, which is based on sharing information, would censor me. But that's what happened.

Google's employees told me if I wanted to continue using them or emailing people with Gmail accounts, I had to remove any mention of this cure (I'll share with you) from my website.

Now you might say, "Who cares about Google? Just walk away." Listen, there's nothing I'd love to do more. But the truth is Google has us all over a barrel.

Think about just how many people use Google. As a doctor who cares, how can I turn my back on that many people? The truth is, to communicate through the Internet, I'm at the mercy of Google.

When we heard complaints that people were not getting my messages, we spent hours trying to figure out why. When we finally got a Google representative on the phone, he said it was because what I was talking about was a "steroid" and I wasn't allowed to talk about "steroids."

Problem is arginine – the natural cure I was talking about – isn't a steroid at all. In fact, it's a protein, while steroids are fats. But Google wouldn't listen to me. The policy had been set, and Google had spoken.

Google has a list of words you're not allowed to use... and it turns out there's a larger, unpublished list of topics – called a "monitored list" – which includes other things I can't talk about. If I want to use Google's services... on the Internet... I have to comply.

This is one of the reasons I created *Confidential Cures*... so I wouldn't be censored. So, in this article of *Confidential Cures*, I'm happy to tell you all about what Google censored...

The Potent Performance-Enhancer

The natural cure Google calls a "steroid" is arginine, but it isn't a steroid at all. It's a protein and a semi-essential amino acid. (It's considered this because, even though your body normally makes enough, supplementation is sometimes needed.)

Arginine is a natural cure for heart disease.

It's also been used by bodybuilders for years to help improve their workouts and build better, stronger muscles. Yet, few people know about arginine's performance-enhancing powers.

Now I want to share with you the secret that makes it so effective. It helps produce a natural cure for blood flow that also helps supercharge your muscles, lungs and other organs.

Continued on the next page...

In This Issue...

| | |
|--|----|
| Censored by Google!..... | 1 |
| Better Than Drugs! The Fat That Cures..... | 3 |
| Sneak Preview! Cancer Cure from Paradise | 10 |

Arginine has its effect on blood flow through a substance called nitric oxide (NO). Nitric oxide is synthesized from arginine by a family of naturally occurring enzymes. It's a compound produced naturally by cells in your blood vessels and is one of your body's "blood flow signals."

Why Blood Flow May Be the Secret to a Stronger, Fitter You

Blood vessels can expand and contract considerably. When they're relaxed and open, they can move tremendous amounts of blood that carry vital oxygen, glucose and vital nutrients all over your body.

But when they're too stiff and narrow, blood flow slows, and your energy and performance levels plummet. As you get older, your supply of NO declines, making it much harder for your blood vessels to expand.

If your blood vessels can't expand, blood and oxygen delivery becomes restricted. And this lack of oxygen accelerates aging, drains your energy, and makes sex difficult, if not impossible.

With arginine, you can help your body produce more NO and get your blood flowing at thundering levels, helping improve energy, endurance and physicality.

The difference NO can make is staggering. In a randomized study from Germany of healthy humans, researchers found arginine helped increase blood flow in the femoral artery by 42.3%.¹

Get More Oxygen to Your Muscles

By increasing blood flow so drastically, you're not only getting more blood to your muscles, but also more of the oxygen and nutrients it carries. That's what makes such a difference in the body's performance when taking arginine.

It doesn't matter your age or fitness level. In one study, they looked at how arginine helped a group of 16 elderly cyclists with half receiving an arginine antioxidant supplement and half receiving a placebo.

Those who received arginine had their anaerobic threshold increase 21.33% more than the placebo group after week one, and sustained it all the way through the trial.²

This allowed arginine cyclists to ride longer.

Another study, this time from France, gave heart failure patients arginine, and tested its effectiveness using bicycle exercise tests.

You know what they noticed first? It took longer for arginine users to start breathing heavily. They also could work out 27% longer, got 18% more oxygen to their muscles, and had 29% more power. It also helped in recovery, decreasing lactic acid by 21%.³

Arginine also helps strengthen and grow your muscles. In a double-blind study, a group of scientists really put my theory on arginine and muscles to the test. They measured the change in muscle strength and lean muscle mass in men taking arginine.⁴

Twenty-two men on a strength-training program took either the L-arginine supplement or a sugar pill. The men taking the arginine supplement showed a significant increase in muscle strength and lean muscle mass after only five weeks.

Listen, even though I'm a big advocate of arginine, I'm not going to bash other performance-enhancers that professional athletes are castigated for if they take them. While some do abuse these performance-enhancers, if taken in proper dosages in a well-structured program, they can be effective and safe – and are used around the country by many doctors.

But I do believe arginine is a safe, powerful, and natural performance-enhancer you should take advantage of. It'll help your body feel better and perform better, at the very least.

Here's How You Can Get More Arginine

I recommend you try to get arginine from food sources first, if you can. You can find it in red meat, fish, chicken, beans, chocolate, raisins, nuts, and sesame and sunflower seeds.

But if you want to supplement instead, that's fine. I've used arginine supplements for over 20 years, and they're natural and safe.

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Beef is an excellent source of arginine.

Take 500 mg each day to support muscle growth, and to maintain healthy muscles and prevent heart disease.

To fix a specific problem that has already occurred, you'll get the most from arginine if you take it in powdered form.

To build lost muscle, improve sexual performance, or reduce chest pains, start with a loading dose of 5 grams daily for two weeks. Then take 2.5 grams daily for maintenance.

Never exceed 10 grams a day. Because arginine is an amino acid, proteins compete with its absorption. For this reason, you'll absorb more of it if you take it between meals on a relatively empty stomach. Simply mix the powder with water. ■

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Better Than Drugs!

The Fat That Cures

For many years, I took cod liver oil every day. It's essential, because we need something to replace the omega-3s we can no longer get from the food that's available to us in the modern world.

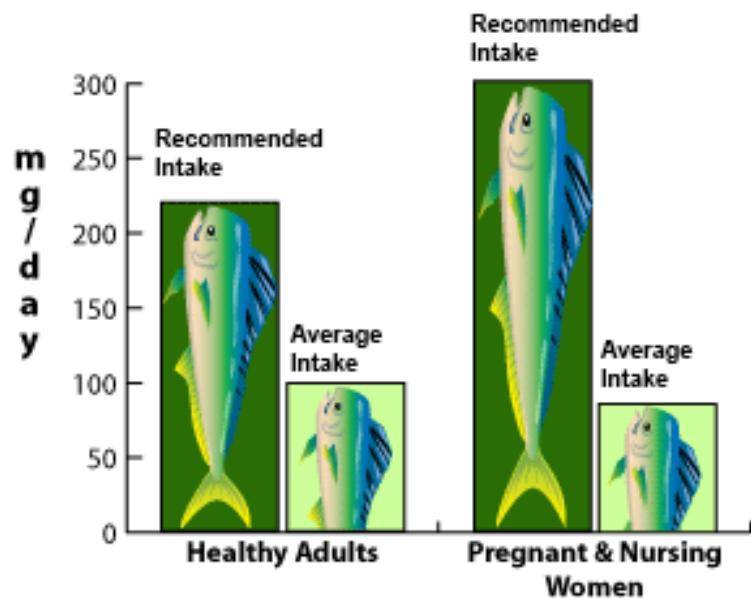
But even though I knew fish oil was my best option, fish oil has a dirty little secret: It doesn't give you enough of the omega-3 called DHA.

Don't get me wrong... EPA, which is another omega-3, is also important. But DHA is uniquely powerful for both your heart and brain.

It wouldn't surprise me if you hadn't heard this before. Especially since I can't write about many of the things DHA can do because they're therapeutic.

That is, they help heal you and cure disease.

Average DHA Consumption in the USA



Government regulations won't let me say in my free e-letter that DHA is more effective than drugs.

In fact, if I were to mention preventing any disease by using DHA in my free e-letter, the FDA would throw a fit.

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But here in ***Confidential Cures***, I'm protected. So let me give you some examples of how DHA can prevent disease and cure you:

1. DHA is more effective than drugs for congestive heart failure.

- The landmark Women's Health Initiative study looked at almost 100,000 women. Those with the highest intake of fish and omega-3s including DHA had a 30% lower incidence of heart failure.¹
- Researchers at the Division of Cardiology at the University of Maryland did a study that was just published this month to try and determine how DHA helps the heart so much.

They took rats that had suffered heart failure and then fed them either a standard diet or one supplemented with DHA for 14 weeks.

The animals that got DHA had much healthier mitochondria than the animals that got no DHA. The power plants inside their heart cells were better able to take up oxygen and nutrients, and were protected from damage.²

- Other studies have shown the power of DHA to keep heart mitochondria healthy and full of energy. Not only that, but DHA actually helps increase levels of EPA in the heart.³
- Another study found that the more DHA people had, the less inflammation they had, and their chronic heart failure was much less severe.⁴

2. DHA can prevent atrial fibrillation (a dangerously irregular heart rhythm).

The reason this is so important is that irregular heart flutters are dangerous.

In fact, they are a major cause of death after heart surgery. That's why mainstream medicine wants to be able to use heart drugs like propafenone, procainamide, digoxin, or even calcium channel blockers to stop these irregular heart rhythms.

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DHA Turns On Your Smart Cells

Have you ever heard of brain-derived neurotrophic factor? It acts like growth hormone for brain cells. It boosts your learning and memory, and protects you from injury.

BDNF enhances the growth and health of nearly every brain function and type of brain cell, including:

- synapses (connections between nerve cells)
- synaptic transmission (how neurons talk to each other)
- glial cells (these act as your brain's immune cells and help clean up waste)
- dendrites (your brain cells' "antennae," these cells receive signals from other parts of the brain and communicate them to the cell body)

So how do you increase BDNF and turn on your smart cells? There's a nutrient you can take that kicks the gene responsible for BDNF production into high gear: It's DHA.

When researchers recently looked at people with brain injury, they found that DHA restores the production of BDNF to normal.⁶

Breast-fed infants whose mothers took 200 mg of DHA per day outperformed DHA-deficient infants at every level. They had better hand-eye coordination, as well as enhanced "gross motor skills" like standing, walking, going up and down stairs, and keeping their balance.⁷

Researchers at UCLA found that animals given high levels of DHA enjoyed significantly higher BDNF levels. They were far more resistant to injury from brain trauma. And those who didn't get enough DHA in their diet suffered from learning disabilities.⁸

A recent Japanese study added to the good news: memory and learning ability improved dramatically with boosted BDNF production.⁹

Turning on your BDNF is as easy as getting more DHA, which I'll show you how to do in a minute.

But they can't... because they don't work.⁵

DHA does work.

I found a new study that hasn't been published yet where the Centre for Heart Rhythm Disorders at the University of Adelaide in Australia did a review of a number of other studies on heart rhythm after cardiac surgery.

The study looked at a combined 355 people in Iceland and Australia. For the entire group, the odds of having a dangerously irregular heartbeat were 236% greater for people with the least amount of DHA present in their heart cells. Those with an optimal amount of DHA had the lowest odds of having these dangerous heart flutters.¹⁰ EPA had no effect on heart rhythm.

In a "meta-analysis," which is a study of other studies, done by researchers at the Department of Cardiology at Beijing Anzhen Hospital from the Capital Medical University in China, they looked at giving fish oil to prevent atrial fibrillation.

They found that "fish oil" itself didn't prevent irregular heart rhythm. But they found one particular component that did... DHA.

You see, when the researchers looked carefully through the data, they discovered that the supplements high in DHA did, in fact, "significantly reduce the incidence" of dangerous heart arrhythmia.¹¹ The supplements without much DHA had no effect.

3. Low DHA is linked with Alzheimer's disease. And, DHA prevents brain inflammation and protects brain cells.

The evidence shows that while Big Pharma is looking for Alzheimer's drugs, we already have a completely natural nutrient that's effective: DHA.

DHA, which your body enriches in your nervous system, produces a unique nerve cell protector scientists call neuroprotectin D1. That's why DHA, and not EPA which is enriched by another path, is so powerful for healing the brain, retina and nervous system.¹²

They're even studying DHA as a treatment for multiple sclerosis.¹³

But it's especially good at healing brain cells:

- A recent animal study gave mice with Alzheimer's-like symptoms DHA. Supplementing improved their object memory and prevented cell dysfunction.¹⁴
- In another study that hasn't been printed, researchers treated mice that had Alzheimer's with DHA. Treatment restored brain cell growth and improved their memory.¹⁵
- A study from Deakin University in Australia shows that DHA specifically protects brain mitochondria from damage triggered by Alzheimer's disease.¹⁶
- Researchers from the Department of Neurobiology at Karolinska Institute in Sweden showed that supplementing with DHA increased "phagocytosis" of beta-amyloid plaque in the brain. What that means is that DHA powered up the brain's immune system so that immune cells could surround and neutralize the amyloid plaque that is toxic to the brain.¹⁷
- DHA also decreased markers of brain inflammation in people with Alzheimer's disease.¹⁸

4. DHA prevents strokes.

- A study published in the journal *Stroke* and sponsored by the National Centers for Health Statistics at the Centers for Disease Control did a case-control study. They looked at results from the Women's Health Initiative Observational Study of women between 50 and 79 years old.

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- Results showed that as your DHA levels go up, the chance that you'll suffer a stroke goes way down. The women's chance of a stroke dropped 28% with each standard deviation increase in DHA from the average for the group of 964 matched pairs.¹⁹
- A study compared stroke risk factors between the Japanese and Americans. After adjusting out all the other factors, researchers saw that the only thing left that indicated a higher risk for heart disease and stroke was the amount of DHA.²⁰

The more DHA you have, the better the health of your arteries and the lower your chances for a stroke.

Now, that's a lot of scientific proof for the benefits of DHA. The problem is, DHA is very hard to get enough of. The few omega-3s that are in our food have mostly EPA.

What's worse, the animals we would normally get DHA from, like red meat and fish, don't have usable amounts of either omega-3 anymore.

You see, the high levels of omega-6s in farm-raised foods fed cereal and grains make the remaining omega-3s almost unusable by your body. The dominant omega-6s take all the conversion enzymes and produce inflammatory compounds like arachidonic acid.

The healthy omega-3s get ignored and are never converted into the anti-inflammatory compounds you really need.

The Solution to the DHA-Poor Western Diet

Normally, I recommend foods as your best option to get nutrients. And I would show you which foods to eat so you could get more omega-3s in the most natural way possible... except our food doesn't have much omega-3 anymore. And certainly not enough DHA.

As I mentioned, I used to take fish oil, which was the best option. I would take it with a big meal. I ate half the meal, then I would take the fish oil. Then eat the rest of the meal.

Otherwise it wasn't worth it to have the fishy smell.

About three months ago, I started taking something else instead. A supplement my team and I formulated that has krill oil and squid oil.

It's so far superior to fish oil that you can't even call it fish oil. Why?

First, krill oil has more DHA than fish oil. But what's more important is that the DHA in krill oil is stored in a different biochemical form than fish oil. Krill store most of their omega-3s as phospholipids. These are much simpler to digest than the triglyceride form you find in fish.

That means krill delivers more DHA directly to your cells than fish oil can. And the reason the DHA in krill helps your brain cells so much is that attached to each phospholipid is an antioxidant called astaxanthin.

Astaxanthin can cross the blood-brain barrier and deliver DHA's benefits directly to brain cells.

Second, my new supplement formula also has



The DHA-rich oil from these tiny krill deliver more DHA directly to your cells than fish oil.

calamari or squid oil. It's high in DHA like krill oil. But the omega-3s in squid oil are exceptionally stable.²¹ That means squid oil doesn't turn "rancid" like fish oil can. It stays fresh and doesn't oxidize. You get all the benefits without it going bad before you can take it.

I recommend you replace your fish oil – or start to supplement if you aren't taking any extra omega-3s – with a combination of krill and squid oil omega-3s from the purest sources you can find.■

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Sneak Preview!

Cancer Cure From Paradise

I tried every new food I could the first time I went to Bali, like I do everywhere I travel, but I never got an upset stomach or any type of indigestion.

Normally, I don't experience much of that anyway. I like to challenge my body, because I know it will help my immune system become stronger.

But Lelir had me eat guava every day for breakfast and I never thought twice about what I ate during my entire visit. Lelir's family has been using guava to relieve an upset stomach and cure occasional diarrhea for as long as they've been herbal healers.

When I go to Jamaica, I notice they use guava much the same way. They usually eat it as a fresh dessert fruit. But they also use guava to make jam and jelly, and as a sweet base for syrup or wine.

They also use guava leaves in "bush baths" to relieve skin rashes and to treat skin diseases.

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I liked having my tea in Westi and Lelir's shop every day, but before I left the house, Lelir always gave me some guava...

Guavas are rich in dietary fiber, vitamins A and C, folic acid, potassium, copper and manganese.

Those alone are enough of a benefit, because they power up your immune system.

The leaves also have another surprise... they're anti-cancer.¹

Guava extracts suppress tumor growth, and in animal studies can suppress leukemia. Guava is especially good for men because it can interrupt the pathways by which prostate cells become cancerous, and it can induce apoptosis, or cell death, in prostate cells that have already become cancerous.

Scientists are studying 60 compounds from guava for their possible anti-cancer effects. But one of the compounds that could be a big reason for guava's anti-cancer power is that the leaves are a rich source of a little-known flavonoid called **morin**.

Research shows morin can block the growth of tumor cells,² and kill off colon³ and breast⁴ cancer cells.

Guava leaves can also boost your brain health. Morin can shield your neurons *and* those important brain cells

called oligodendrocytes.

In a study from the journal *Glia*, researchers found that free-radical damage from inflammation was much higher in glial cells not protected with morin.⁵

The reason this is so important is that glial cells not only support other brain cells, but they also detoxify and carry waste away from your brain while you sleep. This helps prevent the buildup of altered proteins like the amyloid protein we see in people with Alzheimer's disease.

Guava leaf also has antibacterial, antiviral, and anti-fungal effects.⁶ It even works against the H1N1 "bird flu" virus strain.⁷

When guava leaves were tested for their free-radical scavenging and antioxidant activity, they proved to be surprisingly potent.⁸

The leaves also improve your intestinal health. Guava fruit has what we call prebiotic activity. Prebiotics are non-digestible ingredients that power up the good bacteria in your gut. When these bacteria are strengthened, it improves your digestion, you can absorb essential minerals better, and it improves your immune system.

Even better in today's world, guava may help fight blood sugar problems and diabetes.

Components found in the leaves, stems and the fruit can help block digestion of carbohydrates. This means producing less insulin, and having better blood sugar control.^{9,10,11,12}

In one study, 15 pre-diabetic men took a guava extract at every meal for 12 weeks. They all had reduced blood sugar, and a noticeable decrease in fats and triglyceride levels in the blood, which shows that their bodies were processing the carbohydrates more efficiently.

A second study done over 8 weeks looked at people who were diabetics and on diabetes medications. After supplementing with guava extract, they had reduced insulin and blood sugar as well.

Another benefit of guava comes from the essential oils. They are anti-inflammatory.^{13,14} Guava can strengthen your heart and kidneys if you have diabetes.^{15,16}

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The guavas in Bali are the largest I've seen. They look a bit like a pear, with greenish-yellow skin. These guavas were in a local market with dozens of tropical fruits, some of which I've never seen.

So there's a lot more to guava than just the fruit.

Plus, Lelir explained to me that guava has a very beneficial traditional use that might have you visiting the produce section of the grocery store instead of the drug store. Here she is, in her own words...

Quick Relief for an Embarrassing Problem

In the past few years, Ubud has become a popular spot for more adventurous visitors. They're looking for the "real" Bali. So they head away from the tourist beaches and into the interior.

Some of these intrepid visitors wind up in our shop. It's always fun to chat with them. They're interested in discovering the real Bali, and Westi and I are happy to tell them about our corner of the island.

But some of our visitors arrive at our shop a little uncomfortable. Unfamiliar food and water can loosen your bowels. And that's distressing when you're in a new place and don't know where the nearest restroom is.

I remember a curious young American couple dropped into our shop a couple of years ago. They were

very nice, but the wife seemed on edge.

After we had talked about herbs for a few minutes, she asked if there was a restroom nearby. She'd had mild diarrhea for a couple of days.

Once we'd helped them with their problem, we showed them how to relieve her problem without using drugs.

Here in Bali, we've used the leaves of a plant we call Jambu Batu or Jambu Biji to relieve diarrhea for hundreds of years. It is guava – and it grows throughout the Pacific islands.

For our new young friend, I washed about an ounce of young guava leaves. Then I mashed them with a mortar and pestle.

Next, I added a cup of clean water to the mash and then squeezed the water out of the leaves. Finally, I added just a little honey and salt and gave it to her to drink.

This is the same recipe we used for our son when he was little. Any time he got diarrhea, we'd mix up a cup for him and have him sip it. It always cleared up his diarrhea quickly.

Guava is also very nutritious and delicious. Guava trees grow wild in sunny spots all over the island. But if you want to try it, you won't have to find a tree. Any market in Bali will have guava available in season.

But be sure you don't eat too much. Guava fruit is famous for causing constipation.

But that's also good news. Because you probably can't find young guava leaves where you live. Instead, when you feel a bout of diarrhea coming on, eat some guava fruit. Eating a little guava every day when you have a stomach bug will help you avoid the discomfort of diarrhea.

Science backs up guava's use in traditional medicine.

Not long ago, researchers in China tested guava leaf. They confirmed the leaf contains compounds that have a strong anti-diarrhea effect.¹⁷ A number of studies prove guava's effectiveness against diarrhea.^{18,19,20}

And guava leaves are strong enough that they not only relieve mild stomach problems, but they can also cure ulcers.

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In fact, the leaf and its extracts are so powerful they can block giardia^{21,22} the parasite that can give you a virulent form of diarrhea.

Guava fruit is in season from September through December. When it's in season, you don't have to look too hard to find it.

In the U.S., many of what they call "Mexican" markets have a nice selection of guava. Guava usually smells nice and sweet when it's ripe, and should be slightly soft when you press on the rind. And when a guava fruit is ripe, you can eat it just like an apple. Eat the seeds, too! They're crunchy and have a lot of nutrients in them.

You may want to freeze your guava if you want to have it during the summer, because ripe guava only lasts about two days in the refrigerator.

You may have to search a bit for the leaves. You can often find sellers on places like Amazon.com or Localharvest.org. Occasionally, you'll see the fresh leaves at a health-food store, but you're more likely to find the dried leaves. And that's okay because they make more potent teas and decoctions anyway. Fresh leaves contain more water so you need to almost double the amount to dried-leaf infusions.

To make a decoction of guava leaves, which can help cure bad breath, gingivitis, mouth and stomach ulcers, and relieve indigestion and diarrhea, here's what Lelir recommends:

- Place 1 cup of water into a pot made from non-reactive metal (such as stainless steel or enamel; do not use aluminum).
- Cut or crush 1 oz of dried guava leaf or root and add it to the water in the pot.
- Turn on the heat to medium. Simmer your decoction with the lid off until the volume of water is reduced by one-quarter (so, three-quarters of a pint remains).
- Cool and strain. Store in the fridge for no more than 72 hours.
- Take in divided doses according to use. Swish three times a day.

To make a tea, take 1 teaspoon of the decoction above

and add it to 8 oz of water. Add honey or stevia for a bit of sweetness.

If you use fresh guava leaves, you may need to add 2-4 teaspoons of the decoction to an 8 oz glass of water.

Also, if you want some guava leaf tea, remember that the time of year leaves are harvested plays a role in their free-radical scavenging activity, or how high their antioxidant strength is.

Leaves harvested a bit before the fruit, between May and August, have higher levels of antioxidant power.²³ ■

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Al Sears, M.D.

Al Sears, M.D., is a medical doctor and one of the nation's first board-certified anti-aging physicians. As a board-certified clinical nutritionist, strength coach, ACE-certified fitness trainer and author, Dr. Sears enjoys a worldwide readership and has appeared on more than 50 national radio programs, ABC News, CNN and ESPN.

In 2010, Dr. Sears unveiled his proven anti-aging strategies in *Reset Your Biological Clock*. As the first U.S. doctor licensed to administer a groundbreaking DNA therapy that activates the gene that regulates telomerase, Dr. Sears made history by bringing telomere biology to the general public.

Dr. Sears shocked the fitness world by revealing the dangers of aerobics, "cardio" and long-distance running in his book, *PACE: The 12-Minute Fitness Revolution*.

In 2004, Dr. Sears was one of the first doctors to document the true cause of heart disease and expose the misguided and often fatal drugs-and-surgery approach to heart health.

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An avid lecturer, Dr. Sears regularly speaks at conferences sponsored by the American Academy of Anti-Aging Medicine (A4M), the American College for the Advancement of Medicine (ACAM) and the Age Management Medicine Group (AMMG).

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