



Dr. Sears'

# CONFIDENTIAL CURES

Your Guide to Truth and Lies in  
Medicine from Around the World

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## How to Cure the “Heart” Condition Cardiologists Got Wrong

I know I’m not very popular with cardiologist but I’m going to tell you this anyway. No one has “missed the boat” on health improvement more than your average cardiologists.

It’s a true but sad state of affairs that a cardiologist can’t tell you any more about how to improve the health of your heart than the average person you meet on the street. They know virtually nothing about it. They have specialized in something else – how to use modern technology to determine which of their currently en vogue heart drugs to take.

Today I want to tell you about one of the most glaring examples of this troubling situation. It’s an exceptionally common condition that in my opinion mainstream doctors don’t quite get.

You might have been told you have this condition, and that simply going to the dentist can be dangerous - so they tell to take an antibiotic before having any procedure.

Or you may be told that you need to take a drug every day for the rest of your life. Even worse, you might be told that you need heart surgery to correct it.

None of it is true.

But in this issue of *Confidential Cures*, I’m going to do something they don’t seem to be that interested in – expose the root cause so that you can really cure this modern condition.

It takes only a few simple steps, and like many solutions to modern illnesses, part of the cure involves returning to some of the practices of your ancestors.

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Modern medicine has turned this common “heart” condition over to cardiologists. But they’re taught to do diagnoses that always end in a drug therapy or an operation. Anything else is not worthy of consideration. But the problem is not in the heart, and the solution requires no drugs and no surgery.



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How did cardiologists get this so wrong?

Because they are all about the methodology of using heart drugs and technology, but are opposed to the general concept of analyzing your health and how to improve it.

They know how to use drugs. But the drugs are not health enhancing. In fact, there are no categories of cardiac drugs that I agree with. One by one, I stopped using each category as I found alternative solutions.

Yet modern medicine has turned treatment of this condition over to cardiologists.

And boy did they ever drop the ball.

The problem I'm talking about is *mitral valve prolapse*.

But here's the main point: Even though the mitral valve is in the heart, in my view, mitral valve prolapse (MVP) is not a heart condition. What I mean is that the problem that occurs with the valve is not the cause but a consequence of the condition.

## It's Not In Your Heart

You could call your mitral valve is the most important valve in your heart. It blocks off the left ventricle when the left ventricle contracts so that blood doesn't go backwards, but flows forward eventually flowing through your aorta and arteries supplying blood and oxygen to your entire body.

To determine if you have MVP, they do an echocardiogram. Then they tell you the result – that your



**For a strong heart and healthy blood flow, all you need are four simple steps and you never have to worry again.**

mitral valve folds back on itself a little bit, a normal amount, or that there's no flow in the wrong direction.

But all they're looking at are the mechanics of the valve as reported from that ultrasound image. It's not a complete picture to just look at an echocardiogram, and then prescribe drugs and surgery. You have to look at how it fits in with other symptoms.

Maybe this is why an editorial in the American Heart Association's journal *Circulation* that read "echocardiographic methods and criteria for diagnosis for MVP over the last 30 years have often obscured rather than enhanced our understanding of the disorder."<sup>1</sup>

Standard medicine calls MVP a "common heart defect."<sup>2</sup> The official position of cardiologists on MVP, like The Society for Mitral Valve Prolapse Syndrome or Midwestern Heart Specialists, is that there's no cure.

If you look up their protocols you'll find that they tell you to beware of exercise, eat more carbs and cut fat from your diet. Then take beta blockers and other heart drugs to control your symptoms and antibiotics to prevent infection. Then take other medications or go to a psychologist to manage the anxiety your "MVP is causing you"<sup>3,4</sup>

But this is backwards advice. In my years of experience in helping people overcome MVP, I and other doctors who take a more whole-body approach to medicine, have come to believe MVP is not a problem with the heart. The prolapsing, or folding back of the mitral valve, is a consequence of a non-cardiac disease.

And that disease is too much stress for too long. A condition I call *adrenal burnout*.

MVP occurs for a reason. You're not born with it. It usually develops in adolescence or early adulthood and progresses. Some people never have it diagnosed, and probably 80% of people with MVP are not having it treated.

If you are getting treatment, you are probably on beta blockers. But think of what cardiologists are doing there. They're now giving you a drug that blocks the regulation of your heart, blocks your capacity to get your heart rate up, and suppresses your heart's natural capacity to beat more firmly.

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Initially, your heart will calm down. But now you can never get the benefit of exercise.

So over time, beta blockers will turn your heart into a fat, lazy, incompetent water balloon. You already had MVP to deal with, now you have a gross de-conditioning of your heart.

By the time I see patients like this, they're usually on an anti-anxiety drug, a sleeping medication, an anti-depressant, and a beta blocker.

You look up the side effects of those drugs, you put them together, and you've got one dysfunctional person.

Some of these people will end up having surgery. In fact, a class of heart doctors called "interventional cardiologists" has just come up with a new surgical treatment for MVP. They insert a catheter up through your groin all the way to your heart. Then, they slide a clip up through the catheter and clip the flaps of the valve. The surgery takes two hours, and the recovery time takes two weeks.

And do you know why they do this? Because people have fatigue, exercise intolerance, shortness of breath and swelling. But those are symptoms of beta blockers!

Doctors have also prescribed antibiotics, which is nonsensical. These are never going to help to solve the problem, were never needed, and there were never good statistics backing their use.

There was a single case of someone who went to the dentist with an infection – and happened to also have MVP – so then all doctors started to prescribe antibiotics defensively.

Now we have a whole generation of evidence of all the damage we did by giving those people antibiotics when they didn't need them.

## I Can Feel It When I Walk Into the Room...

Here's where the story gets really interesting. There have been a number of studies that curiously find a triad of symptoms associated with MVP that you would think would be unrelated to the heart.

- **They tend to have anxiety.** Often anxiety

attacks, and sometimes all-out panic attacks. They'll be driving or trying to get their kids ready for school, and the next thing you know, they're cowering in the corner afraid they're going to die. But from what, they don't know. Many develop an all-out dread or sense of doom, and wind up in the emergency room thinking they're going to die.

We never knew why that was occurring. As I said, doctors tend to believe anxiety is because of the MVP. But what should that have to do with the flipping of the mitral valve?

- **Another symptom is headaches.** People who have MVP have a 50% chance of suffering from migraines. This doesn't quite seem to make sense from a cardiology perspective.
- The last symptom is a **combination of insomnia and palpitations.** And the palpitations tend to only occur at night when they don't sleep. Sometimes, they'll get an acute episode where they can't sleep, and they'll get a thumping in their chest as well. Which also tends to play into their anxiety.

If you look at this as a heart problem, you can't explain the symptoms. But if you look at it as adrenal burnout, the symptoms make sense.

When I listen to a heart, I listen for that crescendo-decrescendo heart murmur, and I teach my physicians assistants what to listen for as well – and think MVP first.

But I often don't need to listen any more. I can walk into a room with an MVP patient and feel it somehow – especially when I put my hands on them. And sure enough, it's often there. And everything the patient is suffering from fits into place.

By the way, this is the best argument for a doctor putting their hands on a patient and getting to know them as a person. Because people with MVP have a "pressured" kind of speech. And they have an uneasiness that you can feel if you're receptive to it. And they seem to have personalities that are similar.

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Also, most MVP tends to occur in women. More than a few times, I've seen MVP sufferers that you would swear were sisters.

There's been so much controversy about MVP because there was not a clear understanding of what pathology they were dealing with. So you'll see statistics that go from one extreme to the other: That 25% of American women have MVP, to only 8% have it; from saying 90% of MVP is in women, to 50% is in men.

The reason for the conflict is in the measurement. You could have all the symptoms, and be diagnosed. But since they think of MVP as a heart pathology they do an echocardiogram. And then the radiologist often finds there is no regurgitation, or that the amount is normal. But it's often there.

What's more, according to the cardiologists it's not supposed to be possible to resolve MVP, yet I've resolved it dozens of times. It's supposedly a permanent disease that is progressive. According to the textbooks, if you have MVP, you will always have it. And it's expected to get worse throughout your life.

But if that's true – if it's a mechanical disease of the heart – why does it get worse only until menopause? Why at menopause does it start to get better? Why do most women have a decrease of symptoms?

The reason is that at menopause, you stop producing as much of your excitatory hormones. Your testosterone, estrogen and progesterone all fall, and you calm down.



**The stress hormones cortisol and adrenaline are destructive over the long term. When you have too much stress, your immune system is neglected; your repair and maintenance features are neglected.**

In other words, MVP is a hormonal problem created by a mismatch between the world we were built for and the one we live in.

We were built for a sudden onset of acute stress that we handle. You're attacked by a wild animal, your cortisol is secreted momentarily, adrenaline gets your blood pressure up, makes your blood vessels dilate ... and increases the pressure inside the heart, and you fight off the attack.

The heart is stimulated, which means the heart beats faster, but also harder. All that momentary stress tenses the heart up, and it squeezes hard.

If you have that going on for too long, it's as if you are that tense all the time. That increases the pressure inside the heart. This increased pressure over time becomes too much for the competency of the mitral valve.

And remember, that's the most important, most muscular, most dynamic chamber of the heart. So if it's operating under too much pressure, the mitral valve wasn't built to handle that long-term.

Stressors in our native environment usually were very brief, lasting only minutes. If they lasted hours or days, that was the exception. Your body was built to count that as an exception.

And here's the important thing about stress' effect on your whole body and not just the heart. The stress hormones cortisol and adrenaline are destructive over the long term. When you have too much stress your immune system is neglected; your repair and maintenance features are neglected.

I often tell my patients that our brains are sometimes too powerful for our own good health. We worry, we try to plan ... we have stressors that can last for weeks, months, even years. A good example is a 30-year mortgage. That's 30 years of anxiety right there.

In fact, I believe that even conditions like TMJ (lockjaw) are examples of the mismatch between the length of stressors we have in the modern world, and the physiological reaction we have to them.

In fact, I don't find many people thinking about physiology this way – that your body is constantly making

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decisions based on your environment. That everything your body does is an evolutionarily-designed response to make you more survivable.

But your physiology came from a different world, and now the stressors and our physiological reactions are mismatched, because the stress is never over in today's world.

## Doctors Don't Recognize the Problem

What's worse is that if you go to your doctor, chances are they won't know what's happening. In medical school, they are only taught to look for extreme adrenal malfunction. Either Addison's Disease, which is when the adrenal glands don't produce enough cortisol, or Cushing's Syndrome, which is when they make too much.

They check adrenal function by testing ACTH levels. But only the top and bottom 2 percent are considered abnormal. Everything in the middle is considered "normal." Yet adrenal burnout happens to 15 percent of people on either end of the testing.

That means your adrenal glands could be working far from normally, but most mainstream doctors won't even recognize that you have a problem.

The good news is, your ancient ancestors have shown us the way to overcome it all. You can completely reverse adrenal burnout in four easy steps.

I have seen this completely reverse mitral valve prolapse. It relieves the symptoms and the condition, and will give you all the energy, enthusiasm and relaxed, confident happiness you were built for.

**Step 1) Let Your Food Be Your Medicine:** Our modern diet has replaced nutritious, healthy protein and fats with worthless grains and starchy carbohydrates. Your body's not designed to recognize them as food.

And all those "low -at" foods flying off store shelves just make it worse. The advertising and labels seem to promise that they're better for you because they're "fat-free." But they're basically the original food with the fat removed and with refined sugar added.

Refined sugar stimulates your adrenal glands to unnaturally release a cascade of the hormones that adversely affected you in the first place.<sup>5</sup>

Protein, on the other hand, is an essential form of fuel. So when you eat protein, your body uses this energy source to function at its best. Your body also uses the good fats you get from eating protein-rich foods to deliver nutrients to your organs.

Going back to the protein-based way your ancestors ate is essential for balance within your body. Here are three tips on how to eat for increased stamina and energy:

- Focus all your meals around high-quality animal protein. You should eat a large variety, and plan your meals around which kind of protein you'll be eating.
- Fruits and vegetables, not grains, should make up your carbohydrates. And the more variety you can get the better. Eating seasonally grown produce is a good idea, because it'll be local and not frozen or imported from long distances.
- Watch what you snack on. Make your snacks natural. Berries, nuts, and other treats like pumpkin seeds.

**Step 2) Rejuvenate Your Muscles:** In a groundbreaking study, researchers took muscle samples from young adults and older adults. The older group exerted themselves intensely three times per week.

Before exercise training, the older adults were 59 percent weaker than the younger adults. After several weeks, the older individuals were able to improve muscle strength by approximately 50 percent.

But here's something even more remarkable: After exercise training, their muscle tissue was re-energized from a cellular level. In fact, *most of the genes that express aging were reversed back to younger levels!*<sup>6</sup>

This study gives us new insight into the role of exertion and keeping the vitality of youth. Because strong muscles maintain adrenal production.

But there's a catch: long, drawn-out endurance exercise will only drain your energy and further wear out your adrenal glands. Instead, I recommend P.A.C.E. workouts.

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<b>Endurance Exercises – Aerobics and Cardio</b>	<b>P.A.C.E.</b>
Shrinks muscle mass	Builds muscle
Diminishes lung capacity	Increases your lung capacity
Reduces secondary sexual features. Men, lose broad shoulders and deep voice. Women, lose breast tissue and curvy figure.	Enhances secondary sexual features—builds a desirable, attractive figure
High rate of injury	Low rate of injury
Lowers overall energy levels	Raises energy levels – wipes out fatigue forever!
Takes 60 to 90 minutes, 5 times a week	Takes 12 to 20 minutes, 3 to 4 times a week
Hard to stick with	Easy to stick with

In fact, my new POWER Fit program will show you both how and what to eat, and when, and how to work out to rebuild the lean, energetic body you were meant to have. Look for it soon.

**Step 3) Use Nature’s Pharmacy:** I call DHEA the “anti-stress hormone.” It is the most abundant product of the adrenal glands. DHEA is the precursor used by your body in producing sex hormones like testosterone, estrogen and progesterone. It is produced in large quantities in youth but its production dwindles with age.

You secrete DHEA when times are good – when you are well fed, secure and free of stressors. The more DHEA in your body, the less effect stress will have on you.

If you want to turn back the effects of our stressful modern environment, you can supplement with DHEA. I use it at my Wellness Clinic regularly. DHEA therapy has successfully treated many of my patients who suffer from lack of energy, depression and chronic fatigue syndrome.

It is important for you to get your DHEA levels checked. Your doctor can perform the simple test. After your levels have been checked, you can determine optimal dosing. A common starting dose that I use is 10 mg daily. DHEA is absorbed well and can be taken at any time but best mimics the natural daily fluctuation when taken first thing in the morning.

**Step 4) Take time out for yourself.** Participate in a meditative practice like yoga or tai chi to release any pent

up stress and emotions.

These were the tools the ancients used to slow their brain waves and feel a sense of calm and joy.

In fact, simple yoga breathing can help. It’s a technique I learned from a yoga master when I was in India. It balances your adrenal hormones and makes you relax and recuperate.

Before you begin, sit in a comfortable spot, and control your breathing. Bring it back to deep breaths, in and out.

Step 1: Empty your lungs until there’s no more air. Exhale completely. Force out every drop.

Step 2: Inhale deeply for at least a slow count of 4. Fill your lungs until you can’t inhale any more.

Step 3: Hold your breath for at least a slow count of 7. Anticipating the exhalation like this creates a calming and rebalancing effect.

Step 4: Now exhale for at least a slow count of 8. Empty your lungs fully, then push out any remaining air. This is the part we usually forget, but it’s the most crucial. As you exhale, you will feel yourself relax.

By adding this exercise to your daily routine, you’ll not only boost your immune system, you’ll also effectively deal with problems like stress, anxiety and isolation that cause adrenal burnout and conditions like mitral valve prolapse. ■

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# Is Your Heart Starving?

Back in medical school, I remember the initial shock when I discovered nutrition was not a required course. I thought there must have been some mistake. Was there a misprint on my schedule?

Not only was it not required, a course on nutrition was difficult to find at all. The only instruction was an elective “overview” course. Not anything that would give an up-and-coming doctor enough knowledge to help his patients.

Sadly, traditional medical education focuses on sickness rather than health.

As a result, most doctors remain woefully unable to advise you about nutrition and nutritional supplements to help you heal your heart and avoid cardiovascular disease.

Yet good nutrition is essential for a healthy heart. Your heart never gets to rest. Until the moment of your death, your heart steadily and tirelessly keeps the rhythm of your life. Your heart can only perform this staggering feat if it has an adequate supply of nutrients.

**To keep your heart pumping strong, feed it the nutrients it needs.**

Research conducted at my *Wellness Research Foundation* along with the experience with thousands of patients shows that most heart disease sufferers are deficient in one or more of five key nutrients: CoQ10, L-carnitine, L-arginine, vitamin E, and vitamin C.

I'm sure you already know about CoQ10. It's one of the core therapies I use with my patients, and it's strong enough to reverse congestive heart failure and keep your arteries clear of deadly plaque.

But there are four other heart-critical nutrients almost all cardiologists, and even some “alternative” doctors, don't consider when consulting with their patients.

Yet you can almost totally rejuvenate your heart with these 4 “super-nutrients.”

I always consider food as the best source of nutrition. And today, with the depletion of our soil and nutrient-robbing toxins in the environment, a good multivitamin helps put back what you need for a good foundation toward a well-nourished



**Soil depletion, toxins in the environment and a nutrient poor Western diet can leave your heart starving for the nutrients that keep it disease-free and energized.**

heart.

But for a heart that lasts a lifetime, you'll want to add a few key nutrients...

## **1. The first is L-carnitine, a superfuel for your heart muscle**

L-carnitine plays an essential role in the healthy functioning of your body. Every form of life, from the simplest single-cell organism to the unfathomably complex human body, depends on carnitine for energy production within the cells.

Carnitine shuttles fat (or long-chain fatty acids, to be more precise) into the energy centers (or mitochondria) of the cells, where the fat can be burned to produce energy.

Without enough carnitine, the cell's furnace cannot work at peak efficiency, and its energy-production system slows down or stalls. When you have sufficient carnitine reserves, the cells can burn more fat and generate more energy.

In addition to generating energy, fat burning creates even more health benefits. For example, carnitine-enhanced fat burning prevents the accumulation of excess fat in the heart, liver, and muscles.

If allowed to build up, fat that builds up around the organs, called “visceral fat,” contributes to a number of different health

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problems.

It's far more dangerous to your health than subcutaneous fat, which lies right beneath your skin. Subcutaneous fat is what you poke at and pinch. Like the "spare tire" you get around your middle.

**Visceral fat** is a storehouse for toxins that pump directly into your body. When you have too much visceral fat, you can almost guarantee you'll develop heart disease, diabetes, and cancer. Too much of it produces excess secretion of a substance called adipokine. This causes body-wide inflammation that leads to these diseases.<sup>1</sup>

You don't have to be overweight to have it. Over 30 million normal-weight Americans have high levels of visceral fat. You can be perfectly thin on the outside and fat on the inside.

Carnitine is present in greatest concentrations in the heart, brain, muscles, and sex organs, all of which require lots of energy.

Carnitine is often referred to as "the energy vitamin," but it is not really a vitamin at all. A vitamin is a substance that cannot be produced by the body and must be obtained through food. Because the body can synthesize carnitine from the amino acids lysine and methionine, carnitine is not a true vitamin.

Other people classify carnitine as an amino acid, but it isn't a true amino acid, either. While carnitine has a chemical structure similar to many amino acids, technically it's a nitrogen-containing, short-chain carboxylic acid.

In simple terms, carnitine is a water-soluble, vitamin-like compound similar to the B-complex groups of vitamins.

More than 20 placebo-controlled studies support L-carnitine's role in protecting your heart.<sup>2</sup> **Carnitine reduces arterial plaque, lowers LDL cholesterol, and increases HDL levels.** These benefits appear in healthy subjects as well as in patients with heart disease.

You obtain carnitine from red meat and dairy. In fact, when scientists first isolated it from the muscle tissue of several animals, they named it carnitine, using the Latin root *carn*, meaning flesh or meat. Unless you eat a diet high in red meat and dairy, it can be difficult to obtain optimal amounts of carnitine from dietary sources alone.

I recommend at least 500 milligrams of L-carnitine as a supplement every day. It is most absorbable in the liquid form.



**Carnitine reduces arterial plaque, lowers LDL cholesterol, and increases HDL levels. You obtain carnitine from red meat and dairy.**

It is also important that you choose the naturally occurring L-carnitine and not the synthetic D, L-carnitine. The D-form interferes with the natural action of the L-carnitine.

## **2. The second is L-arginine, nature's key to powerful blood flow**

L-arginine, a naturally occurring amino acid, is the precursor to nitric oxide. L-arginine improves blood flow because in the bloodstream it breaks down into nitric oxide, which helps dilate the blood vessels in the lining of the heart.

Without nitric oxide, your blood vessels narrow. Arterial plaque can build up and make these vessels rigid and restrict blood flow. Recent studies show that arginine supplementation effectively increases the elasticity of blood vessels, **providing a much safer alternative to prescription drugs.**<sup>3</sup>

L-arginine also assists in muscle building, and remember, your heart is a muscle. One double-blind study – the gold standard to scientific researchers – measured the change in muscle strength and lean muscle mass in men taking L-arginine.

Men in the study took either L-arginine or a placebo while participating in a strength-training program. Those taking the L-arginine showed a significantly greater increase in muscle strength and lean muscle mass after only five weeks.<sup>4</sup>

Good food sources of L-arginine include red meat, fish, chicken, beans, chocolate, raisins, nuts, sesame seeds, and sunflower seeds. You can also now find it in supplement form in most nutrition stores.

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**Take 500 milligrams of L-arginine daily** with food to support muscle growth and heart health. Like carnitine, buy only the L-form of this amino acid.

### **3. The third is vitamin E... but not just the kind in your multivitamin**

You may already know that vitamin E helps protect your heart.

Vitamin E lowers your risk for heart disease. Two landmark studies in *The England Journal of Medicine* show heart protection from vitamin E alone.

One eight-year study tracked more than 87,000 registered female nurses.<sup>5</sup> A related study followed nearly 40,000 male health care workers.<sup>6</sup> People who took daily vitamin E supplements (as little as 100 IU) for as few as two years had about a **40 percent lower risk of heart disease.**

**They also had a 29 percent lower risk of stroke, and a 13 percent reduction in overall death rates.**

In nature, vitamin E exists as a mixture of **four tocopherols and four tocotrienols**. So there are eight forms of vitamin E in total.

The typical vitamin E you find on the drug store shelves usually has only a single type of tocopherol known as *alpha-tocopherol*.

But tocopherols and tocotrienols work together to lower your risk of heart disease by increasing your blood circulation. Many of my patients have been able to give up their blood-thinning drugs after they begin tocopherol supplementation.

And there is evidence that a daily supplement of mixed tocopherols increases the elasticity of the arteries.<sup>7</sup> These nutrients also lower your risk of heart disease by increasing blood circulation and decreasing the stickiness of platelets in your blood.<sup>8</sup>

But there's even more to vitamin E than we ever thought. Because **two forms of vitamin E can activate telomerase and lengthen your telomeres.**

The alpha-tocopherol protects against telomere shortening by activating and restoring telomerase.<sup>9</sup>

But there's more: One of the four lesser-known forms of vitamin E, gamma-tocotrienol can **"modulate the length of the telomere possibly via telomerase."** During one study, telomere lengths were **16% longer** than controls when exposed to

gamma tocotrienol.<sup>10</sup>

Why is this important? Longer telomeres mean less chance of heart disease and heart attack, plain and simple.

Researchers investigated the first long-term connection between telomeres and heart health over the span of two decades. The team of doctors at a research hospital in Denmark *followed almost 20,000 people for 19 years.*

The people with short telomeres had a...

- 50% increased risk of heart attack
- 25% increased risk of early death

Another study found an alarming increase in heart attack risk. This time, *people with the shortest telomeres had an increased risk between 280% and 320%!<sup>11</sup>*

Aside from heart attack, your risk of atherosclerosis or hardening of the arteries, goes up too.

In a study published in the prestigious journal *The Lancet*, researchers found an association between short telomeres and atherosclerosis.<sup>12</sup> The people with short telomeres had accelerated aging of their blood vessels and had *a buildup of plaque that correlated to someone 8.6 years older.*

This increased risk extends into the very fiber of your heart muscle.

In a study published in the *Journal of the American College of Cardiology*, researchers discovered that *people with heart failure had telomeres that were 40% shorter than normal.<sup>13</sup>*

You find tocopherols and tocotrienols in "fatty foods," including meat, fish, nuts, oils, dark-green leafy vegetables, seeds, and avocados.

But, most people are unlikely to eat a wide enough variety of foods to get enough vitamin E, so you can supplement.

**Take 400 IU of vitamin E (mixed tocopherols) with at least 5 mg (20mg is optimal) of mixed tocotrienols daily.** Vitamin E and the other tocopherols are oil soluble. Like CoQ10, your body can only absorb these nutrients when you eat enough fat. Take them with a teaspoon of almond butter or other natural fat or oil like cod liver oil.

A couple of things to remember: Don't take too much alpha tocopherol. I recommend 200 IU (about 20 mg). Also take tocotrienols a few hours apart from other sources of vitamin E

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so that the alpha-tocopherol doesn't lessen their benefits.

#### **4. The fourth is most essential yet most ignored heart protector – vitamin C**

The modern medical industry can only stay in business by selling you drugs and surgery. So they don't want you to know about natural cures they can't patent, and would like you to think that the ones you do know about aren't effective.

But I do, because I want you to know that most heart disease is man-made, and because of that, we already have the cure.

In fact right now, you could say that many of our diseases are because of a deficiency of nutrients. And they can be directly linked to the fact that almost no one gets enough essential nutrients, especially the most essential, most basic one of all, vitamin C.

It's been marginalized as unnecessary and ineffective. But you can't live without it. And for the most part, it's also the reason you don't see heart disease in animals as much as you do in people. Because every animal on the planet – except people, primates, guinea pigs and fruit bats – can make its own vitamin C.

In fact, it's the reason guinea pigs are... well, used as guinea pigs. *They can easily be made sick, because they don't make their own vitamin C.*

It's a human weakness that we don't make it. We need vitamin C to live, and we're totally dependent on our diet to get it.

In a minute I'll explain how this affects you, how you can protect yourself, and the latest research on how to use vitamin C to strengthen your heart and even *slow down aging*.

You see, vitamin C acts as an electron donor for eight important enzymes in humans and helps stabilize the plasma in your blood.

Vitamin C is also an effective scavenger of ALL of the worst free radicals that can break down and damage the tissue in your heart – the superoxide radical anion,  $H^2O^2$ , the hydroxyl radical, singlet oxygen and reactive nitrogen oxide.

And did you know that your body uses vitamin C to build collagen and elastin, the supportive proteins in your tissues and especially your blood vessel walls?

Without vitamin C, your heart would fail and your blood

vessels would fall apart.

Vitamin C also helps you produce amino acids that regulate the nervous system – keeping your heart beating for a lifetime.

When it comes to cardiovascular disease, studies find a link between low levels of vitamin C and risk of stroke. A 10-year study of more than 2,400 middle-aged men established a relationship between vitamin C intake and reduced risk of stroke.<sup>14</sup>

Men with the lowest vitamin C levels had an **increased risk of having a stroke 2.4 times greater** than men who had higher vitamin C levels. The researchers found that taking vitamin C had more impact on the risk of stroke than being overweight or having high blood pressure.

In addition, researchers at the University of California analyzed the vitamin C intakes and death rates of more than 11,000 men and women.<sup>15</sup> The study showed a dramatic decline in death from heart disease among the men with the highest vitamin C intake, especially among those who took a vitamin C supplement.

The Noble Prize winning scientist Linus Pauling was the first to claim that vitamin C could extend your life. Dr. Pauling took between 12,000 and 18,000 mg of Vitamin C every day for 40 years and lived well into his 90s.

And vitamin C, like vitamin E, has another benefit that we've only discovered recently, but which could be one of the reasons these antioxidants help you live better for longer:

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**Did you know that your body uses vitamin C to build collagen and elastin, the supportive proteins in your tissues and especially your blood vessel walls? Without vitamin C, your heart would fail, and your blood vessels would fall apart.**

A Japanese study tested vitamin C's effect on telomeres. ***They discovered that raising the level of vitamin C in the cells could slow down the shortening of telomeres up to 62%.<sup>16</sup>***

Keep in mind, you can't make vitamin C. In scientific terms, we are missing the enzyme L-gulonolactone oxidase that allows other animals to make vitamin C.

Based on what they produce, your body would make between 3,000 mg and 10,000 mg a day if it could – over 100 times more than the recommended daily intake!

Unfortunately, one-fourth of all Americans do not get even that (90 mg), much less the minimum amount of vitamin C that cells need to perform basic biological functions (60 mg).

Foods like oranges, strawberries, broccoli, and bell peppers contain substantial amounts of vitamin C.

But then common drugs, including aspirin, alcohol, analgesics, anti-depressants, anti-coagulants, oral contraceptives, and steroids reduce the levels of vitamin C in the body.

The bottom line is you're going to need more vitamin C than the minimum daily requirement.

**Take at least 500 milligrams of vitamin C twice a day with food.** At higher doses for shorter periods, vitamin C provides some protection against viruses. If you have a viral illness (such as a cold), take 1,000 milligrams every couple of hours with a full glass of water.

A little-known source of vitamin C is peppermint leaves. I like to make peppermint tea. Just make sure to cover the mug while brewing to keep in the oils, which have most of the vitamin C. You can also freeze it to make iced peppermint tea during the summer. Or you can toss the leaves into a salad, or add some to your salad dressing oil. ■

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**A little-known source of vitamin C is peppermint leaves.**

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# Life-Giving Tree Protects Your Heart, Defends Against Cancer

In most of the world, the trees just have names.

In Africa, the trees have *stories*.

And for the incredibly massive, strange-looking tree I'm going to tell you about – and how you can benefit from its cancer-killing leaves and seeds, and ultra-healthy sweet fruit – the story they tell in Africa goes like this:

“The baobab was among the first trees to appear on the land. Next came the slender, graceful palm tree. When the baobab saw the palm tree, it cried out that it wanted to be taller.

Then the beautiful flame tree appeared with its red flower. The baobab was envious for flower blossoms.

When the baobab saw the magnificent fig tree, it prayed for fruit as well.

The gods became angry with the tree and pulled it up by its roots, then replanted it upside down to keep it quiet.”

It's one of the more massive living things I've ever seen. Even small African baobabs can be as wide as a car.

Another story I heard about the baobab's funny look is that it refused to grow where the world's creator planted it. It kept deciding on its own to grow in random places; anywhere except where it was supposed to. So the creator pulled it out of the ground and replanted it upside down.

Of course, nature designed it “upside down” like this for a reason... in the wet season, the baobab (*Adansonia digitata*) stores up to 30,000 gallons of water in its thick, corky, fire-resistant trunk for the nine dry months ahead.

The locals tell me that if you're thirsty, you can just break open the bark and take a drink, like from a straw.

In its native areas, the baobab is only green for those few wet months of the year. And during that time, **the baobab tree produces a fruit that's a superfood unlike any other.**

It's a sweet fruit, but it's not fruit like we think of in the United States. Grapefruits, oranges and apples are colorful and have juicy liquid inside. The baobab fruit has a pasty, soft, white pulp. It tastes like... “citrusy” cake batter.

Almost as if it's Africa's version of the cupuaçu fruit from South America.

It's sometimes called *Judas fruit* (each baobab is said to have 30 seeds, and Judas betrayed Jesus for 30 pieces of silver) and also *monkeybread fruit*, because monkeys love the sweet pulp.

But the leaves, roots, fruit and seeds of the tree – even the bark – all provide life-giving food and their healing power to people, too. Here's just some of what Africans call the “Tree

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of Life” can do for you:

- The leaves have protein, fiber, potassium, calcium and vitamin C, alpha-carotene and cryptoxanthin.

Alpha carotene is a less well-known carotenoid than beta-carotene. But it may be even more important. A recent study from the *Archives of Internal Medicine* followed over 15,000 people for nearly 20 years. Researchers found that the people who got the most alpha-carotene were 39 percent less likely to die from *any* cause than people who got the least.<sup>1</sup>

The study also found that alpha-carotene protects you from cardiovascular disease and skin and liver cancer.

Cryptoxanthin is another neglected carotenoid that’s essential for eye health and stronger bones. It’s a strong antioxidant, destroying free radicals that age and damage your cells. It also defends you against different cancers, including stomach<sup>2</sup> and breast cancer.

The leaves also have a component called galacturonic acid, which has been shown to kill colon cancer cells.<sup>3</sup>

Researchers have also been looking into this acid, a main component of pectin, because it can help protect bone marrow and blood stem cells – both critical to a healthy immune system.

They’ve found that galacturonic acid helps protect these immune cells from being destroyed by chemotherapy. Galacturonic acid also helps eliminate harmful toxins from your body, which may explain why citrus pectin is such an effective metal detoxifier.

- The fruit and the seed kernels have the nutrients I just mentioned, as well as magnesium, iron, zinc, thiamin, riboflavin, niacin, and healthy fats. The fruit also has citric, tartaric, malic, and succinic acids.<sup>4</sup>

Malic acid helps you use oxygen better and is a natural pain reliever. Succinic acid is a detoxifier.

- Baobab seeds also have gamma-tocopherol, squalene, beta-sitosterol and many healthy fats.

Gamma-tocopherol and delta tocotrienol are the



**The large baobab flowers open mostly at night when they are pollinated by bats. After pollination, they become the delicious baobab fruit.**

strongest forms of vitamin E. And gamma-tocopherol has been shown to have a lot of benefit for your heart and blood vessels.

Squalene is a major component of your skin and the oils that keep it healthy and supple. That’s why it’s a major ingredient in many cosmetic products.

Squalene also helps normalize cholesterol and carries oxygen and antioxidants to your tissues.

This might be part of what gives squalene its cancer-killing and cancer-preventive properties. Squalene from other plant sources has been shown to kill breast cancer cells, colon cancer cells and to reduce tumors. Not only that, but squalene reduces the negative side effects of chemotherapy, because it enhances immune response.<sup>5</sup>

And when you have a lot of squalene in your skin from eating baobab seeds, it prevents oxidative damage from ultraviolet light, helping you avoid skin cancer.

Baobab seeds are so healthy they’re eaten as snacks (roasted and sugared) and made into a kind of coffee replacement (roasted and brewed).

Another baobab health superstar is the oil derived from the seeds. Baobab oil has been used in African skin care for centuries as a rub to relieve aches and rheumatism. In Zambia, Africa, they use an infusion of the roots to bathe babies to promote smooth skin.

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In and around Uganda where I'm staying, baobab is called *omukindukindu*. The oil is a moisturizing ingredient used in local formulas for skin and hair. Studies show it improves elasticity and encourages regeneration of skin cells. It doesn't clog pores, which makes it excellent for treating skin ailments like eczema and psoriasis.

The locals here also dry the fruit into a powder and use it to sweeten drinks, make ice cream... they add it to soups and sauces... they even bake with it after it's been dried and powdered.

My friend Dr. Kizito, South Africa's best herbalist, tells me that when you make tea from the bark, it can be both a treatment for and protection against fever. And when you grind up the bark and rub it on your gums, it relieves inflammation and toothaches.

Fortunately, you can now buy almost every part of the baobab tree even if you don't live in Africa. You can buy the bark from the Canadian website [botanicalspirit.com](http://botanicalspirit.com).

Powdered baobab fruit is available at many specialty stores and online. You can get bulk powder at [baobab-fruit.co.uk](http://baobab-fruit.co.uk) and [mightybaobab.com](http://mightybaobab.com).

Baobab seeds are difficult to get here in the U.S., but you can get the seed oil online from places like [abesmarket.com](http://abesmarket.com).

The extract is becoming more available, and I'm looking

into adding it to several unique healing formulas I'm developing that will use only ingredients from Africa.

If you'd like to use baobab extract as a kind of nutritional supplement, the best form would be one that uses the leaves, seeds and fruit. Most are probably only going to have the fruit pulp, leaving out other health-giving parts of the Tree of Life.



**When you break open a baobab fruit, you don't get colorful juicy liquid like the fruit in the US. Instead you get pods of sweet pulp that taste almost like a "citrusy" cake batter.**

In fact, that's often the case. And that's why I'm developing my own formulas from these unique and powerful plants, which you'll hear about first as a *Confidential Cures* subscriber. ■

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