Dr. Sears'
CONFIDENTIAL CURES
Your Guide to Truth and Lies in Medicine from Around the World

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Forbidden Fruit

Go Ahead ... Eat This Taboo Food For Perfect Nutrition

You are dieting without your consent.

In fact, you've very likely been on an unnatural diet since the day you were born – without realizing it.

Giant food corporations and huge agriculture companies control what foods you're offered, you've been forced onto a radical, unhealthy, inflammatory, disease-producing, early death-inducing diet ... *no matter which choice you made from the foods you were presented with.*

Every choice you were given came from misinformation – intentional deception, suppression of information, and production of misinformation for profit.

I'll tell you more about that in a minute. But what I want you to know is that what is going to keep you healthy so you never have to worry about chronic diseases like obesity, diabetes, heart disease and high blood pressure is eating the "forbidden foods" modern advice tells you will kill you.

And you're going to be better because you'll be giving your body what it really needs.

Because the truth is, Big Agra and misguided advice have been denying your body everything that it craves. But all you have to do to beat modern chronic disease is give your body the good-tasting fun things it needs. You don't have to live the life of a monk and deny yourself any more.

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You should be able to enjoy your food, and feel like you're eating the things you want to eat while staying healthy.

Dr. Sears graduated from the University of South Florida College of Medicine, with honors in Internal Medicine, Neurology, Psychiatry, and Physical Medicine. He is board-certified as a clinical nutrition specialist and an ACE-certified fitness trainer.

In This Issue…

The Risky "Diet" They Have You On Is Dangerous

I would normally define "diet" as the food naturally consumed by an individual or a population. But the food you've been consuming isn't natural. It bears little resemblance to the native diet our ancestors enjoyed for hundreds of thousands of years.

In evolutionary terms, the appearance of processed foods happened in the blink of an eye. Your body simply isn't designed to handle them. For instance, the diet of early man was naturally low glycemic. But today, the foods we regularly consume cause huge spikes in blood sugar, which puts your body in a constant state of stress.

Deviating from your natural eating pattern this way has dangerous consequences.

In fact, what agribusiness has done, is doing and is currently expanding is, in my view, MUCH WORSE than anything any of the tobacco companies ever did.

It's intentional deception, with huge consequence to our health, our future, and any potential our children have.

Your ancestors only ate grains in an emergency. They thrived on foods like eggs, meat, and fish. This is what gave them power, strength, and vitality.

I remember staying at my grandparents' place when I was a kid. I'd wake up to the smell of steak and eggs and race down the stairs to get my place at the table.

Your grandparents ate this way, too. It's much better for you than what the media and food producers want you to believe.

Today, you're bombarded by commercials for low-fat granola, Cheerios, and Special K. You are encouraged to believe you're eating healthy products because they tell you it's "high-fiber, whole oat, and whole grain wheat."

And it has worked.

There is so much misinformation out there that most people believe cereals are "healthy" and natural. Few people think of cereal as being a threat to their health.

But no matter which one you choose, all those low-fat

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Pssst … I'll Let You In On A Secret …

The reason the perfect food got a negative reputation so that people are afraid to eat it is because of two brothers who had a product to sell.

A hundred and fifty years ago, Americans ate pork, beef, chicken and eggs for breakfast. In the 19th century, Americans ate breakfasts heavy on the protein and natural fiber, light on grains. Heart disease was extremely rare.

The Kelloggs ran a sanitarium, and were vegetarians. They developed what we now call "granola" and eventually corn flakes to feed their patients instead of animal products. The patients started requesting it by mail after they left the sanitarium because they believed it was healthy. The Kelloggs started packaging it, and had a business on their hands.

But before they could get people to eat this new, unnatural and disease-producing invention of theirs that they wanted to sell for a very high profit margin, the Kelloggs first had to convince you that cereal is good and the food they were eating was going to kill them. Not because it's true, but because it was in their commercial interests.

And that's exactly what they did, very skillfully, with shrewd advertising and the help of the government. For decades now ads touting cereal as Mother Nature's wholesome solution for obesity and heart disease have been very effective... even though it's completely false.

Cereal is bad for you. It's not healthy. It will make you fat. It will spike your insulin and put you on the road to diabetes.

About the only thing good about cereal is that it won't lower your cholesterol – and you don't want to lower your cholesterol anyway.

The truth is, Mother Nature didn't intend for you to eat breakfast out of a box. In fact, it would harm your health less for you to eat the cardboard box than what's inside. At least you won't digest the box!

carbs throw your metabolism out of whack. And eventually, your health will suffer.

They Fooled Us All

They also tricked us by packaging things to have the same appeal as something that's actually good for you. But they aren't any good for you. It's fake food.

One reason you like corn chips and pretzels are that they're small and you can sit there and crunch them…

In nature, the real snacks you want that are small and crunchy are nuts and seeds. Nuts and seeds are packed with nutrients – omega-3, vitamin E, etc. And they have the fat to help deliver the nutrients.

That's another reason why you like potato chips so much. They're fatty and salty. You like things with fat and salt. Your body wants and needs real salt and sweet and fat. Sweet is how you tell if a fruit is ripe. Salt is how you can tell that your food has animal product in it, which will deliver you the fat. And fat is what your body needs to transport vitamins and minerals to your body. Naturally occurring fat is the best food you can eat.

The giant food corporations combined chemicals that mimic salt and fat and combined them with things that are horrible for you, to attract you to eat them.

The *New York Times* just did an investigative story on how food companies have fooling you down to a science. [1] They've tested and tested until they've overcome what they call "sensory-specific satiety."

What that means is that they create fake flavors that entice you, but don't overwhelm you. Then they combine those flavors in grain-based foods that have no nutrients so your brain never gets the signal to stop eating.

One scientist in the *Times* article was right when he said snack foods have what's called vanishing caloric density. He said, "...if something melts down quickly, your brain thinks that there's no calories in it... you can just keep eating it forever."

Eat This Forbidden Food and Rediscover Nature's Nutritional Miracle

In the battle to reclaim your health and conquer chronic disease, it's the reverse of what food corporations want you to eat and the opposite of the mainstream medical position that's the real cure for chronic diseases.

You *should* eat red meat, oysters and steak...

And you should also not be afraid to eat the only known complete food left in the word, eggs.

Modern advice on eggs is not to eat them at all, or at least to throw the yolk away because it will kill you. It's a shame because eggs are a perfect food.

The yolks have all the fat soluble vitamins and the whites have all the water soluble vitamins. Every vitamin you need is there in an egg.

Red meat is the only other thing that comes close but you would need to get the red meat fresh so that it still has the blood in it and still has its CoQ10, and hasn't been overcooked. It's hard to get meat that way today, though.

So the only remaining complete food in the modern world is the egg.

Eggs are the standard by which all other proteins are measured.

The protein value of a food is measured on the BV (biological value) scale. It tells you what percentage of a given nutrient source your body uses. Since eggs are the best source of protein because your body completely digests and uses them, they have a value of 100. A perfect score.

Protein Ratings

FOOD	PROTEIN RATING
Eggs (whole)	100
Eggs (whites)	88
Chicken/Turkey	79
Fish	70
Lean Beef	69
Cow's Milk	60
White Rice	56
Whole Wheat	49
Soy Beans	47

Soy, considered so "healthy" and full of protein by nutritionists and conventional doctors, scores only a 47.

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But there's more going on with eggs than just protein.

They're perfect because of what they are designed for. Food for the embryonic chicken.

Get All the Nutrients Your Body Requires

It reminds me of the saying "ontogeny recapitulates phylogeny." I love the saying even though it's not taught anymore because it's not exactly true. But it is useful in looking at how valuable an egg is.

The phrase means that the developmental sequence of the embryo's development follows the transitional sequence as the classification of animals as you go from lower to higher orders of species. So for example a chick would go from a single celled organism to a multi-celled invertebrate, a fish, a lizard-like reptile, an ancestral bird, and then a baby chick.

The truth is ancestral characters are often, but not always, preserved in an organism's development.

But the reason it's important is that our embryos go through a stage where we look like a bird. And an egg has to go from embryo to chickling and so it has to have all the same nutrients that we require. And it has them in exactly the right proportions. Including CoQ10 which is very rare but it's in yolk of the egg ... the exact part you're warned not to eat at any cost.

A study from Canada shows that yolks don't just have CoQ10, protein, and minerals like calcium and selenium, but it also has antioxidants.

As I read into the study I noticed that two egg yolks have almost twice as much antioxidant power as an apple, and about the same power as 25 grams of cranberries. [2]

Free-range organic eggs give you even more benefit. We now know they're antioxidant powerhouses that can improve your vision, and fight inflammation.

Many grocery stores will have eggs marked as organic for sale. But it makes me feel good to know where my food is coming from, and I don't feel comfortable buying eggs at the grocery store.

I read one report where a few "organic" egg sellers in California were getting their eggs from huge industrial chicken farms that pack a coop with 36,000 birds that never see the light of day.

I recommend getting to know a local organic egg producer yourself.

Here in our office, all of us are getting our eggs from a local farmer. I thank A.N. and her family. My foundation, Wellness and Research Foundation, assisted her in converting her farm to organic.

Her chickens are cage-free and pastured. The hens go outside and eat grass, grubs, and worms. At night, they usually come in but she lets them roost wherever they want. Sometimes they lay eggs all over the place. A.N. says it drives her crazy... but she says it with a smile.

Switching them over from soy-based feed to a mix of natural feed and free-range feeding has also made a huge difference in the quality of the chickens lives, and in the eggs. A.N. tells me that her 60 hens would produce maybe 6 eggs total during the summer.

We realized that it was because of the huge amounts of

The organic eggs from my friend A.N.'s farm come to us in all shapes and sizes – and in white, brown, green, blue and olive. But it's inside where they are far superior to store eggs.

estrogen they were getting from the soy feed. I remember her saying to me "That's not good for a bird that ovulates almost every day."

As soon as she stopped feeding them soy, their egg production went up 70%.

Also, most hen farmers have birds with a lot of tumors on their ovaries. I believe it's because they're fed too much soy. A.N.'s birds almost never have these kinds of health problems.

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I had the eggs tested by an independent lab and the organic eggs my staff and I eat have:

- 65% fewer carbs than a regular egg
- 10% more protein
- 20% more iron
- 72% more vitamin A
- 211% more of the carotenoids lutein and zeaxanthin
- 319% more healthy omega-3s
- 1,664% more calcium

You can tell right away organic eggs have more carotenoids because the yolks are more yellow. It has a lot to do with the fact that A.N.'s hens are allowed to run around in the warm sunshine instead of being caged up like commercial chickens are.

The minute you taste an egg like this, you swear you'll never eat any other.

It may be worth it to you to know where your eggs are coming from. Do a little investigation into your supplier or farmer. Visit their farm if it's local. Or call them up and ask questions. Make sure the eggs you buy come from hens that are cage-free and pastured.

I suggest you look for a local source like I did. If you don't have a local egg farmer or can't find one, here are four resources you can use to find free-range organic eggs:

- cornucopia.org/organic-egg-scorecard – the Cornucopia Institute has an excellent list of the best organic egg producers in the country
- lionsgrip.com/farms.html – a list of how-to's when approaching a local farm to inquire about eggs and produce
- localharvest.org/index.jsp – A complete index of farms near you.
- apppa .org – The American Pastured Poultry Producers Association, a nonprofit educational and networking organization dedicated to encouraging pasture-raised poultry.

You may come across a few other choices when you shop for eggs. So here's a short breakdown of what else you might find.

1. Free-Range: Free-range may also mean cage-free and pastured, but not necessarily. There's a wide variety of interpretation by farmers. The USDA defines free-range as "Allowed access to the outside." Chickens do have a door, so they can get outside. But chickens may never learn to go out. They get sunlight, exercise, and fresh air. Free-range eggs have better nutrition than conventional eggs.

The chickens on A.N.'s farm are free to run around in the sun, producing eggs that are much more nutritious than store-bought, or even "organic" eggs...

2. Vegetarian: Vegetarian eggs come from cage-free hens. They may be pastured. But they're only fed vegetarian feed. But this isn't a normal diet for chickens. If they're let outside, chickens will naturally eat bugs, worms, and other non-vegetarian fare. Vegetarian eggs have better nutrition than conventional eggs.

3. Omega-3: Omega-3 eggs may come from cage-free hens. They may be pastured. Chickens are fed more flax and canola seed to increase the omega-3 content of the egg. But you get far less than what you find in a small piece of salmon or fish oil supplement. Omega-3 eggs have better nutrition than conventional eggs.

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4. Organic: Organic eggs come from cage-free hens fed organic, vegetarian feed. Neither the hens nor their feed are subjected to antibiotics, hormones, pesticides, or herbicides. Organic eggs have better nutrition than conventional eggs. Look for the emblem on the right.

5. Certified Humane Raised and Handled: This means the eggs come from cage-free chickens that are raised and treated humanely. Look for an emblem like this:

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Dr. Sears' Adaptive Biology 101

Now You Can Have Strength Like You Never Dreamed Of and Triumph Over One of the Biggest "Health" Mistakes Ever Made

I'm going to teach you some basic biology that most doctors don't know.

Now I know you probably don't have an interest in biology ... but I bet you do care about having the strongest most disease-resistant body you ever dreamed possible.

That's why this is so important. You can use this very fundamental principle that has escaped doctors to stay independent and live a long healthy life.

Doctors don't think of it this way... you won't find it in the textbooks ... but it's my own version of the most important part of biology.

I've talked about this to many different groups many time all around the world. But I can't stop talking about it because I still see Insanity workouts being sold on TV. I still see P90X. There's another one called Tap Out. I see Jillian Michaels all the time. All they're doing is different versions of cardio and aerobics.

So I'm going to keep talking about this basic principle of biology because mainstream fitness is still taking you in the wrong direction.

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The Big Mistake

You see, your body is not a machine. It's a wonderfully self-healing, adaptive system. It notices things that are done to it and tries to correct and bring things back to balance.

I call this reaction your "adaptive response."

But our own powerful ability to adapt has gotten us into big trouble.

You see, we are still perfectly adapted for a life and death struggle between predator and prey. Yet we no longer have to hunt for our food, we grow it. And we no longer have to chase our food, or fight off predators, so we've become more sedentary.

We've traded bursts of intense exertion for constant "busyness" that causes constant stress.

Then, in the 1960s, a HUGE mistake made things much worse.

I'm talking about the advice that tells you that cardiovascular endurance exercise ... aerobics, cardio, and running ... will make you healthy.

The problem is this advice is all built on misguided thinking.

Sure, the fitness industry in the United States has ballooned into a $200 billion dollar business. And if you include personal trainers, corporate wellness programs, equipment, fitness DVDs and so on, it's even bigger.

At first it sort of seems like a good idea. Doing something is better than doing nothing when it comes to fitness. But over time, doing cardiovascular endurance exercises will make your body adapt in the wrong direction... and trade in your natural power for efficiency.

Why is this a mistake? Because it makes you weaker, you'll be in pain, it gives you inflammation and you become old before your time.

The flip side of that is there's a lot of power in your adaptive response and you can use it to your advantage to build yourself a disease-proof, resilient and stronger body...

In fact, today I'm going to show you how to make it happen naturally, and easily.

Aerobics Is Far from Natural

If you believe what modern doctors and exercise gurus have been saying for years, when you want to drop some weight or "get in shape," you're likely to do some form of cardio or aerobics like running, or maybe one of those "insane" workouts.

But if you do that, what adaptive response are you stimulating?

Your body will adapt, all right. It will react to the "injury" you're inflicting on it (see below) with an adaptive emergency-repair response. Your adrenal glands and brain produce the stress hormones cortisol and vasopressin. Your damaged muscles churn out cytokines, which trigger inflammation throughout your body. Even your heart gets damaged.

Does Running Create the Same Symptoms as Heart Disease? Yes!

Dr. Arthur Siegel, the director of internal medicine at Harvard's McLean Hospital has some really good insight on this. His more than two dozen studies on runners were published in the American Heart Association's journal Circulation.

When it comes to running long distances, Dr. Siegel was right on the mark when he said, "Your body doesn't know whether you've run a marathon, or been hit by a truck."

And the "inflammatory storm" triggered by the stress of running a marathon creates the exact same symptoms as heart disease.

In one study they tested the blood of 60 marathon finishers and found that after the race, some runners' hearts had trouble pumping the blood back out to the lungs. They also found increased pressure in the heart, enzymes leaking through the heart's membrane, and heart cell injury.[1]

1. Neilan TG, et. al. "Myocardial injury and ventricular dysfunction related to training levels among non-elite participants in the Boston marathon." Circulation. 2006 Nov 28;114(22):2325-33.

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The reason this unwanted response happens is that routinely forcing your body to perform the same continuous cardiovascular challenge – by repeating the same movement, at the same rate, thousands of times over, without variation or rest – is unnatural.

We're only supposed to be running to save our lives. And here we are, running when there is no need to.

Don't get me wrong, you can train for endurance ... but nobody ever stopped to think if you should.

If they had thought it through, they would have realized that the long term consequence is that cardiovascular endurance exercise robs your heart and lungs of their power.

In fact, the wrongheaded advice to do aerobics is so popular, you might be asking yourself...

How Did They Get It So Wrong?

I blame Dr. Kenneth Cooper.

In the early 1960s, the Surgeon General of the U.S. Air Force was Lt. Gen. Richard L. Bohannon, M.D. He arranged for a young exercise physiologist and Air Force captain named Dr. Kenneth H. Cooper to research the benefits of exercise for Air Force pilots who were grounded due to health problems.

Cooper decided that by exercising the cardiovascular system, he could strengthen it and prevent or reverse the pilots' heart disease.

The pilots wanted to get back in the sky, so they were motivated to do the hours of exercises Dr. Cooper was putting them through. They ran so much and were so exhausted they called themselves "Cooper's Poopers."

What Dr. Cooper thought he had discovered in his research was that the more oxygen you take in over time, the more benefit you get.

There was no real science behind his theory. In fact he had disregarded the studies done on other military personnel warning of the dangers of exercising for long periods.

"Why Are Our Soldiers Becoming Less Fit?"

Back in 1942, one study looked at the case of a normal young soldier who suffered cardiac arrest after a "Pack Test." This involved soldiers drudging along for miles at a time with full equipment packs on their backs..

The researchers were puzzled, and began to wonder if this kind of long endurance training was the cause of sudden death after exercise.

In 1955, two men named Laddell and Kenney published an exercise study in the journal Experimental Physiology. The study found that during a two-month military exercise, troops were becoming less physically fit after long-distance "pack-tests." They wrote, "The possible causes of this deterioration in fitness are examined. The most probable appeared to be repeated daily physical stress" from the constant running.

None of the scientific warnings about whether or not it was a good idea to slog on repeatedly for long periods of time stopped Dr. Cooper. He went ahead and developed a point system to tally up a person's oxygen use through running, biking and swimming. In his system, the farther and longer the pilots went, the more points they got.

He soon got the idea that his methods – which involved exhausting the heart-diseased Air Force pilots he was experimenting with – should be used to train everyone.

So in 1968 Dr. Cooper published his system in a book called Aerobics. The public went nuts and thought he had found the cure for heart disease. It was the first time anyone outside the military had heard the word aerobics.

And even though aerobics was never a proven science, his book was such a success that the aerobics craze took hold, and the modern fitness industry was born. In fact in that same year, Gen. Bohannon created the National Jogging Association.

Ever since then, we've been told to train our bodies to jog for miles and miles.

And ever since then, rates of obesity and heart disease have kept going up and up.

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Because Dr. Cooper had made a critical error.

For Dr. Cooper, the only important thing you needed to do when you exercised was to take in oxygen over a long time, so you can keep going and going. He even defined aerobics this way, writing that it is a "method of physical exercise… by activities which require meeting a modest increase in oxygen intake [that] can be maintained."

To him, exercise over a long duration is what brought on the benefits.

This is the biggest fallacy in the history of physical fitness, and has led to 40 years of wrongheaded exercise practices all over the world.

Rebuild Your Power and Regain Strength by Doing the Opposite of Aerobics

Since 1968, people have been jogging and plodding on for endless hours, putting themselves through what I call "cardio hell."

The problem is, your body is designed for power. Your heart needs reserve power in times of stress and trauma. Weak blood and oxygen output, which is what you get as a runner, for example, spells heart attack.

Dr. Cooper dismissed building this power. And now we have millions of people around the world making their hearts and lungs smaller, weaker, and more prone to disease and heart attacks.

However, when you tap the power of your adaptive response, you can retrain your heart and lungs, you regain your capacity and have immediate power – and power to spare.

Sudden bursts of progressively intense exertion are the only way to get your body to adapt and build up your power.

High intensity exercise has been shown to help you live longer. A Harvard study compared vigorous and light exercise. Those who performed exercise that is more vigorous had a lower risk of death than those who performed less vigorous exercise.

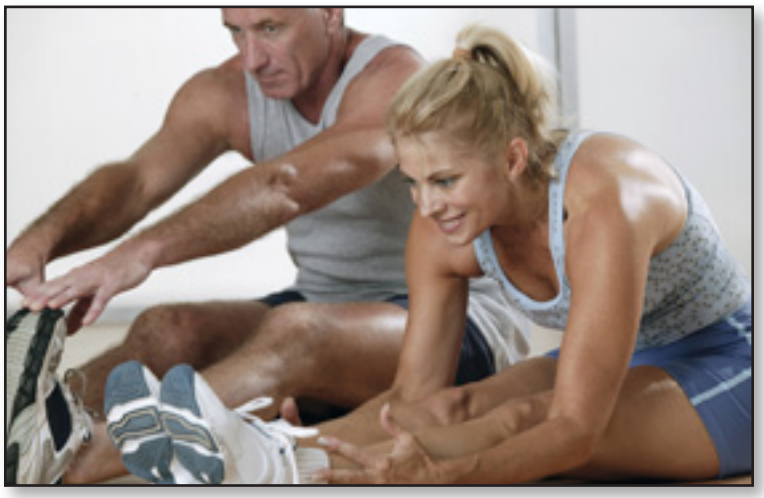
In your arms and legs, there's only one way to build strength. And that's to physically challenge their power. Your heart is the same. You need to challenge its power – not duration – to make it stronger.

We get a great source of data about heart health from the landmark Harvard Health Professionals Study of over 7,000 people. They found that the key to exercise is not length or endurance. It's intensity. The more energy a person exerted, the lower their risk of heart disease.

When I first started working with people on their fitness, I wanted to help people who were deconditioned become more fit so they could do interval training.

Then I found out that the journey was greater than the destination.

People were getting more benefit from the incremental increases while trying to get to the level of being able to do intervals than they were from the static interval training program.



There's a lot of power in your adaptive response and you can use it to build yourself a disease-proof, resilient and stronger body.

Progressively accelerated intensity with progressively focused recovery is even better.

The best part is you can use any activity that will give your heart a bit of a challenge. My favorites are swimming, biking, running and elliptical machines.

I switch my patients among them to keep it fun and lower the chance of "overuse injuries." What you use will depend on your level of fitness.

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Choose any exercise that will make you stop and pant for breath. It could be as simple as going up and down the stairs, jumping rope, or performing traditional body weight exertion. The most important strategy is to increase your challenge gradually over time.

I design conditioning programs for my patients with this goal in mind.

Here's a simple routine I came up with for one of my readers in Chicago. She uses the stairs in her apartment building, but you can do any exercise you like. "Exertion" is the amount of time she goes up the stairs:

Warm-Up	Set 1		Set 2		Set 3	
	Exertion	Recovery	Exertion	Recovery	Exertion	Recovery
2 min	3	3 min	5	4 min	4 min	4 min

As you can see, your total exertion time is only 12 minutes.

Treat this as a simple framework. Tailor each set to your particular level of conditioning. I've found that three sets is best, but you can do five if you like. Just remember to keep the total exertion time less that 20 minutes.

The key is to listen to your body. You should be panting at the end of each exertion period. You should *not* be taxed and exhausted through the whole workout.

It's that simple.

Even if your current lifestyle is relatively inactive, working out this way – with the program I call **P.A.C.E.**, or **P**rogressively **A**ccelerating **C**ardiopulmonary **E**xertion – will help you dramatically reverse the effects of our modern environment. Just use these simple techniques and you'll reprogram your body for power and fix the "aerobics" mistake.

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Two Simple Steps to Beat Chronic Inflammation

Protect a little-known organ that's key to defending against high blood pressure, diabetes and heart disease

A young man came to me with a surprising problem.

D.B. is very young, and was suffering from a lack of energy and found it very difficult to concentrate during the day. He had lost his appetite and was in a kind of general malaise.

Young men are usually full of energy, so at first I thought it might have been the flu.

But he had gone to two other doctors who had sent him to a lab for tests ... and he brought his lab report with him.

He had no other symptoms except his blood pressure was a bit high. Right away the doctors who looked at the report put him on blood pressure medication.

Yet he felt no different on the synthetic prescription drug than he did before.

I told him, "I'm worried about how your body will adapt from lowering your blood pressure from the outside with a drug when we don't know what's causing the overall problem you're having."

"So let's stop the drug, let the dust settle and see what happens."

Continued on the next page…

He's got high blood pressure by labs, but he has no heart problems … and he's too young to be taking a drug every day of his life.

It didn't add up for me ... but I had a suspicion. So we measured his heavy metals.

We found that his lead was slightly elevated… and his cadmium was 6 times the upper limit of normal.

Most doctors don't know this but even so-called "normal" or acceptable amounts of cadmium can still be toxic to your cardiovascular system.

That's because science often ignores an organ you've probably never heard of that protects your other organs, and is the target of inflammation. Including from pollutants, toxins and metals.

We don't know how D.B. got so much cadmium, but it's not hard to guess. Common sources are things you encounter every day ... burning waste, cigarette smoke, car exhaust, coffee, some processed and refined foods like hydrogenated oils ... even shellfish and simple tap water.

I put D.B. on oral chelation. It took five weeks but after his latest lab I can tell you his blood pressure is back to normal. No drugs necessary. He told me during his follow-up visit, "I feel young again instead of tired and weak."

D.B. is not an isolated case. I've treated hundreds of patients for the disease of inflammation.

It's the silent cause of most of today's chronic killers like heart disease, diabetes, and high blood pressure.

And this disease attacks a delicate but dynamic system that also regulates the flow of almost every biologically active molecule in your body.

That's why I want to show you how to keep this organ healthy and inflammation-free so you can have:

- Low blood pressure
- Healthy vascular system growth
- No blood clots
- Improved delivery of nutrients to your organs
- Protected blood and lymph vessels
- Properly synthesized and activated hormones
- Normal blood supply to your organs
- Activated microbe-killing white blood cells
- Reduced inflammation
- Suppression of heart-damaging genes
- Reduced swelling, pain and stiffness [1]

Dynamic Organ Ignored by Medicine

The real victim of inflammation is a living, intelligent and reactive organ that modern medicine continues to ignore…

It's called the *endothelial cell barrier*, or ECB for short.

It protects the vessels of every other organ system, even your eyes and your brain.

It's a dynamic system that also regulates the flow of almost every biologically active molecule in your body.

You could think of it as a relative of the largest organ in your body, your skin. Skin shields you from attacks on the outside, and your ECB does a similar job for other organs on the inside.

The part of your ECB that's in your blood vessels produces nitric oxide (NO) to fight inflammation. But pollutants in our environment and the blood sugar-inducing effects of common processed foods both attack your ECB and reduce nitric oxide production.

This makes your ECB vulnerable to toxins that cause inflammation.

What's worse is that nitric oxide is the compound that keeps your blood pressure normal. Less NO production means higher blood pressure, and this is what I was seeing in D.B.

But in their rush to treat the results of his lab report, D.B.'s doctors forgot to cure the underlying cause of his problem. I'm seeing more of this… doctors treating a lab report instead of a human being.

Just to give you a drug and think the problem is solved goes against my instinct.

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This is so important that if you can't come to a clinic like mine, I want to give you two steps that will help cure your inflammation and protect your ECB so you never have to worry about chronic disease again.

Step 1: Douse Inflammation with the True Wonder Drug

Let me ask you a question... what if there were a drug that dramatically reduced the risk of heart diseases, inflammation *and* cancer?

It would be front-page news. You'd be hearing about it every day.

Well, there is such a thing, but it's not a drug.

- It's proven to reduce the risk of *all* cancers by 77 percent. [2]
- It also lowers the risk of Type-1 and Type 2 diabetes
- It helps prevent auto-immune disorders like M.S. and rheumatoid arthritis.
- This "non-drug" has no side effects, and you can get it absolutely free.
- And, the more you get of it, the better you feel.

Enjoy the sunshine and get the Vitamin D you need for optimal health.

It's called a vitamin but it's also a hormone, a gene regulator and the initiator of your immune response...

I'm talking about vitamin D. And it protects your ECB from inflammation.

Vitamin D activates a set of anti-inflammatory genes called *sirtuins*. These help preserve your ECB and help you function normally.

A study I found that backs me up on the protective effects of vitamin D – that hasn't even been published yet – comes from a little-known journal called the *Journal of Cardiovascular Translational Research*. The researchers nailed it right on the head when they explained how this works.

Vitamin D increases sirtuin activity by destroying a vicious free radical called the superoxide anion. This free radical causes intense inflammation in your ECB. It also sends sirtuin activity on a downward spiral.[3]

Vitamin D rescues your ECB by protecting your sirtuin genes. Vitamin D repairs DNA damage and helps to "turn on" sirtuins. They promote healthy tissue, and "turn off " genes that promote disease.

The good news is that for the most part, vitamin D is completely free. Just go outside and spend 10-20 minutes in the sunshine and your skin will synthesize 10-50,000IU of vitamin D.

Except that doctors have you scared to death of the sunshine. On top of that, nutritionists are trying to convince you that the *most* vitamin D you should get is 600IU.

But the RDA (recommended daily allowance) is only the bare minimum you need to prevent deficiency. 600IU is nowhere near what you should be getting for optimal health.

Making things worse for healthy levels of vitamin D, it's not so easy to get enough sunshine in the winter, or in the far northern or southern hemispheres.

The bottom line is you're probably not getting enough

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vitamin D. That's why I recommend you supplement with at least 5,000IU of vitamin D every day.

The two best ways to supplement Vitamin D are:

1. **Eat foods with high vitamin D.** Best sources are small fish like herring, sardines, and anchovies. Stay away from the larger fish that are higher up on the food chain, as the mercury content may be too high to safely eat.

2. **Take some cod liver oil.** Besides sunlight, the best natural source of Vitamin D is cod liver oil. Just two teaspoons full contain almost 3,000IU of Vitamin D.

A quality vitamin D supplement from a capsule, caplet or from liquid drops is your next choice for protecting against ECB inflammation. But make sure it's in the right form.

What makes a good form of vitamin D? The D3 form, which is the bioactive kind of vitamin D. And don't rely on your multivitamin to give you all the vitamin D you need, even if it does have D3. It's a good start, but most still only have around 400 IU.

Step 2: Protect Your Cells Completely

An adaptogen is a natural substance that helps your body normalize its processes. Ginseng is a good example. But American ginseng (*Panax quinquefolius*) is also a secret weapon against inflammation of your ECB.

It's not very well known, but American ginseng is a powerful antioxidant that fights off the worst free radicals that attack your ECB.

In one study, researchers tried to induce inflammation in ECB cells. Treating them with American ginseng protected the cells completely from free radicals and stopped DNA damage,[4] like vitamin D does.

Compounds in ginseng called ginsenosides help regulate cortisol (a hormone released during stress) and reduce cytokines involved in inflammation. One of these cytokines, called *resistin*, gets completely blocked when you treat cells with ginseng.[5]

The College of Life Sciences at Zhejian University in China found that ginsenosides can block 80% or more of ECB cell inflammation. Ginsenosides also reduces your body's production of the most destructive free radicals, and enhance your own production of other antioxidant enzymes.[6]

I advise my patients to take 200 mg to 500 mg of American ginseng daily if they are feeling fatigued or stressed. It works to give you energy no matter the source of your inflammation or toxicity ... even if you have cancer (a study reported at the American Society of Clinical Oncology's annual meeting last year revealed that American ginseng helps reduce fatigue experienced by up to 90 percent of men and women with cancer [7]).

You can get American ginseng as a capsule, or as a liquid extract. An extract of the whole plant is best, but a root-only extract is OK, too, just make sure to try and find a manufacturer that hand-harvests organically grown ginseng and doesn't fumigate the dried plants.

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