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

November 2013 Vol. II Issue XI

Deadly Drug Conspiracy Still Killing

You and I face seemingly unbelievable restrictions over natural solutions to health problems… it's like something out of a George Orwell novel. But it's not fiction.

Let me illustrate my point like this…

Did you ever apply ice to reduce swelling? Probably yes. Now that's legal for you to do. And it's legal for you to tell someone that ice can do the same thing for them. So far so good right?

But here's where it gets bizarre… if you sell your ice to anyone, now it becomes illegal for you to tell them that they can use it to reduce swelling or even to mention that you have used it for that purpose.

I can't even use certain words like anti-inflammatory to describe any naturally occurring product or I could be prosecuted, fined or jailed for selling you an "unapproved drug."

Our government is trying to extend its power over people to control discourse between private enterprise and individuals about something that seems like a basic human right.

Spice...or drug? The FDA says if it's anti-inflammatory it's a drug.

I just read about the FDA's "Warning Letters" it sent to companies that sell topical creams and lotions. [1]

The FDA is warning us not to use certain words or phrases like: [2]

- anti-inflammatory
- anti-microbial
- antibacterial
- antifungal
- antiseptic
- bactericidal

While no one is looking – or even attempting to check these attempts to extend their reach – each agency, branch and division seeks its own agenda to expand its jurisdiction and with it, its power.

The result in this case is the preposterous stretch that to claim something is antimicrobial makes it a drug.

Brilliant, right?

So now they've extended their power to regulate salt, honey, iodine, a mother's milk … even heat.

And what about the phrase anti-inflammatory? This includes a good portion of all the plants we use for food and spices.

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In This Issue…

A restaurant selling fish and chicken soup, or food with garlic, onions, pepper, cloves or, hell, just about any spice, is selling a drug if they mention the simple undeniable truth that they're anti-inflammatory.

Meanwhile, look at what the FDA and its partners the drug companies are doing… hundreds of thousands of people are dying from their products.

You would think by now that drug deaths would be going down because of public awareness…

Remember these deadly drugs that were approved for prescription?

- **Avandia:** 83,000 heart attacks, 304 deaths and thousands of reports to the FDA, and 10 separate studies say it increases the risk of heart attack by up to 80 percent… and it's still being prescribed to thousands of diabetes patients. [3,4]

- **Baycol:** This statin drug caused a rare but sometimes fatal muscle ailment. There were 31 reported deaths directly linked to it before Baycol was pulled from the market.

- **Vioxx:** Prescribed 105 million times … it killed 57,000 people before its maker finally stopped selling it.

These made the danger of drugs very public, and a big part of people's consciousness.

That's not even mentioning the lawsuits. The Vioxx settlement was the biggest lawsuit in history at the time. And after the settlement was announced, it was the biggest stock decline in history. Merck lost a third of its value. Tens of billions of dollars.

Yet I have patients come to my wellness center who are still taking a painkiller nearly identical to Vioxx, called Celebrex.

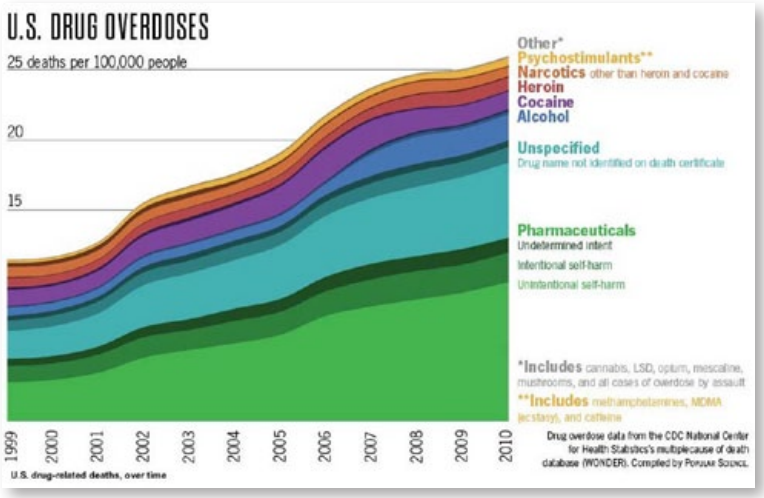
I ask them, "You do know this was found to kill people and cause heart attacks?"

"Oh, no one told me."

Doctors are prescribing it and drug companies are selling it without telling anyone that it can kill you. But that's OK with the Pharma-Med-Insura Complex. As long as everyone gets paid their fees.

And in fact, drug deaths have not gone down – they continue to increase.

Take a look at this chart, compiled from the Centers for Disease Control's database.



And here's the real bad news:

Doctors are only allowed to see half the information they need to know before they ever prescribe these drugs.

You might ask, and rightly so, "How is that possible? Don't all the studies on drugs and their effects get published? Aren't they in the science journals?"

Don't all studies on pharmaceuticals up for approval have to get turned over to the FDA?

For decades, Big Pharma and the medical establishment have worked to make you believe that's true.

But that's a lie.

Behind the scenes, Big Pharma has been very aggressive at trying to bury negative trials. And it uses its lobbying power to shut down public discussion on the subject.

Yet a scientific study of the problem estimates that Big Pharma has gotten so good at hiding the effects of their drugs that **half of all clinical trials on pharmaceuticals in development have never been published**. [5]

And the study says that's just their best guess. The number may be much higher.

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Pharmaceutical companies spend over $57 billion a year marketing their drugs to doctors.

In fact, as I read further into the study, I found something even worse: Studies with negative findings are twice as likely to get buried. [6]

That means no one ever hears about them...

Not your doctor, not the FDA, and not you.

Very often, medical practitioners only know what a drug does because they've been told about it from a representative of the drug company pushing it.

Pharmaceutical companies spend over $57 *billion* a year marketing their drugs to doctors. [7] That includes about $14 billion a year for what the industry calls "unmonitored promotion." Those are the posh parties and conferences passed off as continuing education paid for by drug companies.

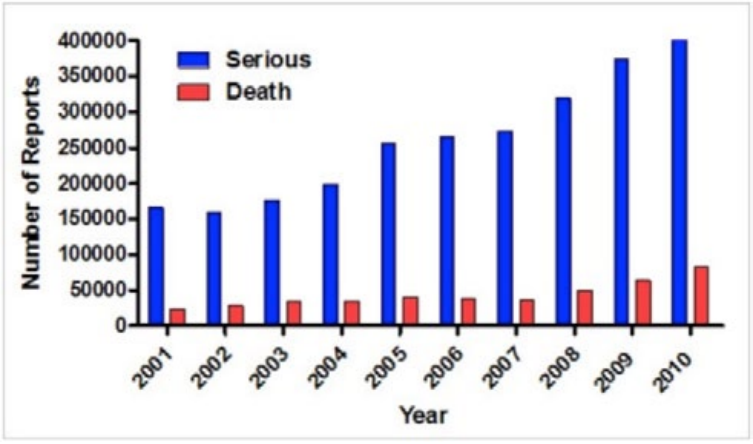
Of course, the doctors aren't hearing about the effects and dangers of most drugs leaving most doctors pretty clueless about the side effects. Much of the evidence has been withheld or buried.

And the record of the drugs' effectiveness?

The Adverse Event Reporting System (AERS), where people can report the effects of medications to the FDA, shows that just for 2010, there were 471,291 "adverse" events caused by prescription drugs. [8]

82,724 people died from taking medications in 2010. And the number of serious, adverse outcomes has increased every year since the FDA started the report system.

Take a look at the trend represented by this graph of deaths and serious side effects:



A chart of patient outcomes after reporting to AERS. Adverse events, according to the FDA, include death, hospitalization, life-threatening events, disability, and congenital anomalies, among other things.

Despite the deaths and injuries from pharmaceutical drugs, doctors are prescribing them more and more.

Doctors like drugs because it's a tool they have in their hands to seemingly deal with the problem. Remember the "Rule of the hammer"? If you hand a 5 year-old boy a hammer, everything in his reach will suddenly need a good hammering.

I have a different perspective.

The longer I practice medicine, the less faith I have in pharmaceuticals to address a long-term issue. I always opt for the old-fashioned approach of getting to the root of the problem, and helping your body fix it naturally.

It's part of the issue I deal with every day in trying to help people who come to my Wellness Center.

They're on medications, usually they don't know why they're taking the drugs, and their doctor has not told them about any alternatives to the drug.

Sometimes the doctor takes their nutritional supplements and throws them in the garbage.

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After 25 years of following this issue, it's apparent that you have to take charge of this issue yourself. You have to be aware and stay vigilant.

Here's a few basic tips:

First, keep reading *Confidential Cures*. We'll continue to have a whole series of reports which will give you alternatives to the drugs, like I did recently when I told you about the new and dangerous side effect of the drug Tylenol, for example.

Second, know the risks. Always read drug labels. You can find them online. The label clearly indicates the approved use of the drugs, side effects, and FDA warnings. If your doctor has prescribed a drug for anything other than its approved use, ask questions, seek a second, third or fourth medical opinion, and be sure to seek counsel from an alternative health doctor.

Third, take advantage of the information revolution and do your own homework.

I'd recommend these two websites for information about side effects and reactions to drugs and treatments.

- www.drugs.com
- www.rxlist.com

Fourth, talk with your own doctor about this issue. Make sure he's looking for the underlying causes of your problem and not just writing a prescription. Many times a condition can be resolved once the underlying cause is treated. The best doctors will prescribe a combination of therapy to treat your condition – such as natural foods and vitamin and herbal supplements – along with possible behavior or environmental changes. ■

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Keep Big Pharma from Poisoning Your Bones

Osteoporosis drugs *poison your bones.*

The pharmaceutical industry's advertising ignores this central reason why there's such a wide gap between the promise of these drugs and their performance.

Fosamax, Boniva, Reclast, Actonel ... these medications are supposed to help stop you from getting bone fractures as you get older.

But the way they work is they kill your own cells. They're like rat poison attached to a specific trigger that gets the cells that they want to kill to eat the poison so they die.

You have two kinds of bone remodeling cells in your body: Osteoblasts lay down new bone, and osteoclasts break down old bone.

Big Pharma's strategy is to kill off the cells that break down bone. This increases bone mineral density. But the bone that's left is non-functional.

Your body is prohibited from removing bone when it wants to, and it needs to be able to do that to remodel your bones constantly under the stressors that a normal life provides.

Every time you walk, every time you exercise, every

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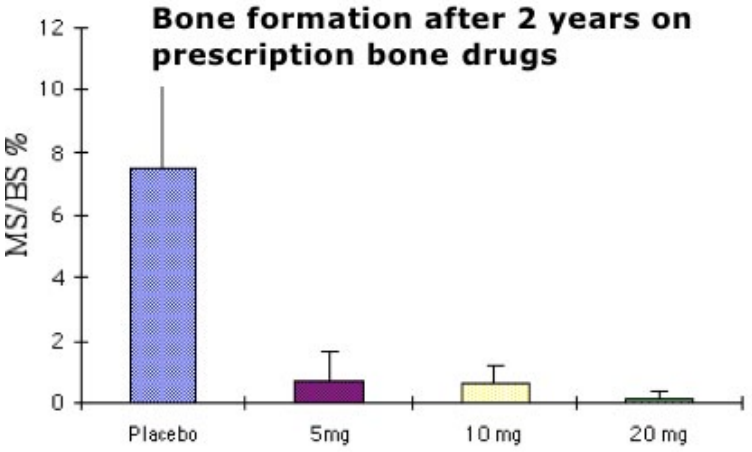

Bisphosphonate drugs poison bone cells, so they cause dramatic reductions in bone formation. In this graph, you can see how after two years, people on the drugs have almost no new "mineralized bone surface." The bone that's left is old and brittle. (Adapted from Chavassieux et. al. J Clin Invest. 1997;100(6):1475–1480.)

time you stand up, there's a signal sent to your cells telling them which part of the bone needs strengthening. And your bones respond by removing what is not used and depositing bone where it's needed.

So you're constantly rebuilding the architecture that makes your bones strong.

Big Pharma says, "Let's just kill those cells."

What an asinine idea.

It's a bad idea to poison a part of your body. Yet they've come up with one drug after another that does exactly that (and not just for bones, but I'll tell you more about that in future ***Confidential Cures*** issues)…

What happens is that you take the medicine, the osteoclasts absorb it, and it poisons them by cutting off their blood supply. Your bones become dense, but with old bone and with old calcium deposits.

What's worse is that osteoblasts can't make new tissue if the old tissue is still there.

After a while, the old-bone tissue becomes brittle and fragile like glass, because it's not as strong as the newer bone that would have formed without the drugs.

You end up with technically "dense" bones, that is they will appear denser on scans, but they will be weak bones that can fracture.

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Avoid These Common Bone-Busting Drugs

It's not only the drugs designed for osteoporosis that can weaken your bones… some other very common medications can also wreak havoc on your bones and make them more likely to break.

For example:

- If you use cortisone for your asthma or arthritis for longer than only three months, it increases risk of fracture regardless of bone density.[1]

- Acid reflux medications like Nexium and Prevacid increase risk of hip fracture. A review so new it hasn't even been published yet looked at over 230,000 fracture cases. These medications, called proton pump inhibitors, upped the odds of a suffering a hip fracture by 25%. The odds of getting a spinal fracture increased by 50%![2]

- Antidepressants like Paxil and Prozac (called SSRIs) contribute to bone loss and a higher risk for fractures. That's because antidepressants increase serotonin levels, and too much serotonin restrains osteoblasts from making new bone.

- The journal *Bone* published a study on almost 80,000 people and found SSRI users had almost twice the risk of osteoporosis-related fractures as those who didn't use those medications. Even people who used non-SSRI antidepressants had around a 40% higher risk for a break.[3]

- Long-term therapy with antiepileptic drugs (phenobarbital) can cause the metabolic bone disease osteomalacia. This causes "soft bones" and increases fractures. In one study, antiepileptic drugs reduced both neck and hip bone density, and caused significant bone loss.[4]

- Another study from *Bone* done just last month found that the odds of getting a fracture were 56% higher for people who use acetaminophen (Tylenol, Excedrin) compared with people who don't. Adjusting for age, bone mineral density, weight, smoking, calcium and other factors didn't change the results.[5]

And we have evidence that these drugs cause bone breaks.

Researchers studied women taking these medications – called bisphosphonates – who experienced some sort of fracture. Over 65 percent had the same rare fracture in the same area of their thigh bones. The middle of the thigh bone, where you should never get a fracture. [1]

And these were the women who had been on the drugs for the longest periods.

Besides breaks, the other thing that can happen – although almost no one talks about it – is osteonecrosis.

When bones become too dense with old tissue, there's not enough space in the inner bone for your bone marrow, which keeps your bones alive.

Your bones then start to die.

This often happens in the jaw.

This is why in my practice, I don't use these drugs. I've helped thousands of patients – both men and women – increase their bone mineral density by directing their bodies to build healthy, new bone naturally.

My secret is that bone building begins with your hormones.

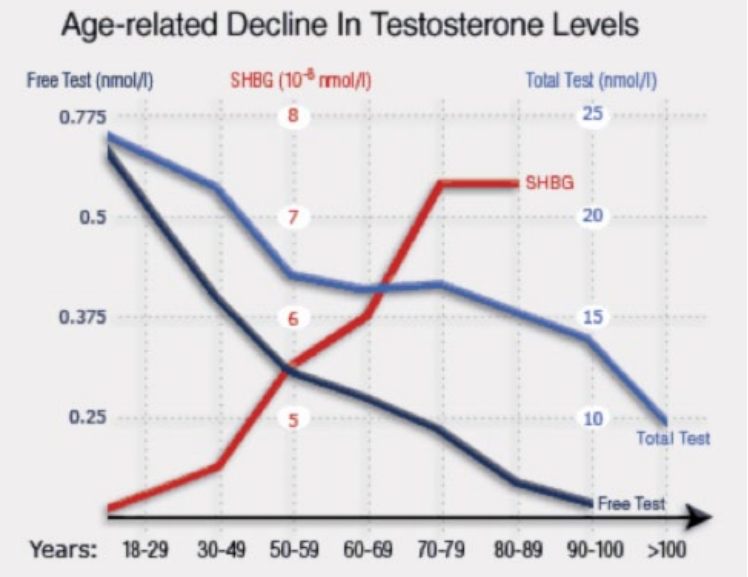
For example, hormones control the amount of calcium that sticks to your bones. You can take all the calcium supplements you want, but if the right hormones aren't working normally, calcium will drop away from your bones and they'll become weak and frail.

So what you want to do is take control of your hormones and direct them to make your bones healthy and strong for life.

You can do that by following these three easy steps for iron-hard bones for life:

Step 1) Both men and women need the #1 bone hormone – Nothing builds stronger harder, more disease-resistant bones than this:

Testosterone.



It's central to bone mass and strength. But the amount you have declines as you age, resulting in decreased bone strength, lower levels of calcium in the bone, and increased risk of breakage.

And here's something most people don't know, and that many doctors forget when they assess testosterone: Only about 2% of your testosterone is free to be active in your body. Most is bound to a protein called SHBG, making it inactive.

As you age, the amount of SHGB in your system goes up, binding up some of that small amount of free testosterone so it's unable to bind with the androgen receptors that are supposed to receive it.

What's worse is that estrogen-mimics in the environment also cause you to increase the production of SHBG. This ties up even more of your free testosterone.

So while raising testosterone is important, even more important is lowering SHBG.

Fortunately, there's an herb that can help. It's called nettle. Nettle has a compound that can bind with SHBG and free your testosterone so it can go toward bone building.

Two good ways to get nettle are from a tincture and a capsule. If you're going to use a tincture, make sure the nettle comes from fresh leaves for the most bioavailability.

Also, when you're looking at the bottle, make sure the mixture is at least 65% nettle. The scientific name is *Urtica dioica*, which is what might be on the label.

For a capsule, some will have just the extract of the root, and some will have dried powder from other parts of the plant.

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Make sure you get at least 140 mg of the root extract, which is more concentrated with the special compound that lowers SHBG.

My friend Ivey Harris, the traditional healer and herbalist from Jamaica, recommends getting nettle by making a nettle leaf tea. Pour 4 cups of boiling water over a cup of fresh nettle leaves. Steep for 10-15 minutes and then strain.

Step 2) The Right Kind of Exertion – There is a membrane that lines the outer surface of your bones called the *periosteum*. Its cells turn into osteoblast cells that make new bone.

The "stress" hormone cortisol reduces bone density by stopping those cells from becoming osteoblasts. That's why the higher your cortisol levels, the lower your bone density and the faster you lose bone. Cortisol also reduces calcium absorption.

Both mental and physical stress increase cortisol, and those stressors are constant in the modern world. Also, most hormones decline with age, but cortisol increases.

To lower cortisol naturally so you can keep your bones strong, you can counter cortisol with the right kind of physical exertion.

My P.A.C.E. program is designed specifically to return your body and metabolism to their natural state. With P.A.C.E., you incrementally challenge your body and restore your native metabolism and hormone levels.

The other benefit you get from P.A.C.E. is that weight-bearing exercise is one of the most effective ways to increase your bone strength and help prevent fractures. These include walking, bicycling, sprints, swimming or weight training.

When you focus on progressively increasing the challenge, not on duration, it helps normalize cortisol even faster to give you iron-hard bones.

Step 3) Don't forget the real bone-building nutrient: Vitamin D is both a vitamin and a hormone. It directs how much calcium you store in your bones so you can use it when you need it. Too little vitamin D can lead to thin, brittle bones and osteoporosis.

By preventing bone loss, vitamin D:

- Reduces risk of breaking a bone in any part of the body by 33%.
- Reduces risk of a breaking a hip by 69%.
- Reduces risk of having constant bone pain – a condition called osteomalacia.

Your best source of vitamin D is sunshine. You don't need more than 20 minutes out in the sun to get all your vitamin D for the day. Your body converts sunshine into the D3 form of vitamin D and uses it to make osteoclast and osteoblast cells.

I always recommend sunshine as the best source of vitamin D.

But because it's almost winter and you might not be able to get that much sun on your skin, you can:

- Eat some mushrooms: They're the only vegetable that has vitamin D.
- Eat seafood: Everyone knows by now that cold-water fish have lots of vitamin D. But did you know that oysters have as much vitamin D as salmon? You get about 350 IU for every 3.5 ounces.
- Eat liver: Pork and beef liver are good sources. Braunschweiger pork sausage has 27 IU for every 2 slices, and beef liver has 42 IU for every 3 oz.
- Also, remember the more protein you eat, the easier it is for your bones to absorb calcium and the stronger your bones will become.[2] You want to eat as many different kinds of protein as you can. When choosing animal protein, be sure to opt for natural, hormone-free meat and eggs. Grass-fed beef, free-range chicken, and cage-free eggs are good choices.
- Supplement: I recommend 3,000-5,000 IU of vitamin D per day. The D3 form is the bioactive kind of vitamin D. But 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 4) Get "superior" bones with the forgotten nutrient – You can regulate the bone-enhancing hormone osteocalcin and stabilize your bones using a special bone-building nutrient... but it's not calcium.

It's vitamin K.

One study finds that high vitamin K intake means higher bone mineral density, and less bone loss with aging.[3]

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The authors wrote that vitamin K gave people "superior bone properties."

But, the form you take is important. Leafy greens have the K1 form... but that's not the form your body uses to give you better bones. That job falls under the control of vitamin K2.

You see, osteocalcin goes through a process called carboxylation to help create new bone tissue. When levels of critical vitamin K2 are low, osteocalcin can't glue itself to the bone and create new bone tissue.

There are several foods you can eat that will give you a bit of K2. Some are foods that the people who tell you to take lots of calcium warn you to stay away from, like egg yolks, raw milk and organ meat. Make sure you get these from grass-fed, free-range animals.

You can also get vitamin K2 from natto. This ancient Japanese dish contains, by far, the highest concentrations of K2. Natto is made of soybeans that have been fermented naturally, with no modern processing. Some grocery stores carry it. But you can also check local Asian markets in your area. I must warn you though, natto is an acquired taste.

Supplementing K2 is a good option. When you look for it, the MK-7 form of vitamin K2 is the one you want. This is usually made out of a Natto extract. Be sure to choose a supplement that's been extracted from non-genetically modified (non-GMO) soybeans. I recommend 45 to 90 mcg per day. ■

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Six Easy Steps to Avoid These Food Package Poisons

No matter how good a food looks, if it comes in a pretty package, you probably don't want to eat it.

Ever hear of benzophenone? It's a component of the printing ink they use on food packaging.

Benzophenone is known to cause liver and kidney disease when tested on animals.

This chemical in the ink from the label can even leach through a cardboard box into the sealed food inside.

Another known offender is BPA. It's the cancer-causing, estrogen-mimicking chemical they use on receipt paper and in many food containers and packaging materials.

And the list goes on… have you heard of bisphenol S (BPS)? BPS disrupts cell signaling at extremely low doses. [1] They're also using bisphenol F and bisphenol P. And bisphenol E, G, M… there's even bisphenol AF, AB and Z.

Even the rubber stoppers, plastic coatings, and sealed cardboard that are all supposed to shield food from contaminants are now a source of contamination themselves.

These packages also have things like di(2-ethylhexyl) phthalate, a plastic softener that is a potential carcinogen and endocrine disrupter. And Irganox 1076.

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And PETG, polyethersulfone. All of them disrupt your hormones.

Any amount of these hormone-disrupting chemicals is bad for you.

A new study shows that what used to be considered an incredibly low and safe dose of BPA – ten to forty times lower than what's studied in toxicology trials – can have a terribly adverse effect on your hormones.

That review that looked at 450 other studies on BPA concluded that your body will be adversely affected at doses up to 4 times lower than what is currently thought to be safe. [2]

The powers-that-be were only off by 400% when they told us how much BPA was safe.

BPS is just as bad for you… and they put 40% more of it on paper products. Maybe that's why one recent study showed that 81% of 315 urine samples from men and women in the U.S. had BPS in them. [3]

Meanwhile the industrial giants from all over the world are rushing to say that chemicals like BPS and benzophenones are "safe for most people" at the everyday amounts we get exposed to. [4]

So I started to research this for myself. I knew I had to do something about this completely new problem.

Many of your attributes – energy, libido, strength – are evolutionarily-designed responses to make you more survivable. And nature gives you these traits through your hormones.

The physiology you have today came from a different world. In just the last few decades, the world has changed so fast that our evolutionary responses haven't been able to keep up.

Now the world we live in and our physiological reactions are mismatched.

We've gotten away from eating the foods that help you maintain balanced hormone levels and replaced them with foods that disrupt hormones. On top of that, we're putting hormone-disrupting packaging on even fresh foods.

The good news is that I have evidence that you can quickly lower your blood levels of these disrupting chemicals by simply eliminating them from the foods you eat.

I read a recent study where all the people did was stop eating processed food for three days and their BPA went down by 66%. They started eating processed food again and it went back to what it was before. [5]

So you *can* reduce your exposure to toxic packaging, rid yourself of hormone-bending chemicals, and return your hormone balance to normal.

For more than 2 decades, I've been helping my patients use a simple approach that helps reduce the effects of these hormone-disrupting products. I've helped thousands of people keep their strength and vitality, and rid themselves of these chemicals.

Here are my six simple guidelines:

1) Don't believe "recycle number" theory of "safe" plastics. There's a popular theory that you can use plastics with the recycle numbers 2, 4, or 5 on the bottom because they would be BPA or phthalate-free.

But a study in the journal *Environmental Health Perspectives* looked at about 500 chemical containers. Almost all had some kind of hormone-disrupting activity.[6] Some BPA-free containers released chemicals that were more hormone-disrupting than the ones that did have BPA in them.

Avoid all plastic containers if you can.

2) Reduce your consumption of canned foods and soda. Many tin and aluminum cans have an epoxy liner made with BPA, which leaches into the food or drink. Refrain from canned goods except those – like Eden Foods and Heinz – that are transitioning to BPA-free lining alternatives. [7]

3) Do not heat plastic containers in microwaves. Many claim to be microwave-safe, but a wide variety of these products – from disposable foam containers to Tupperware – leach styrenes and phthalates into food.

4) Cook and store food in glass, ceramic and stainless steel containers.

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However, be aware that minerals or metals can leach from recycled glass. [8]

For food, only use new containers.

5) Buy unwrapped, organic fruit and vegetables. Avoid the pre-packaged, plastic wrapped, ink-labeled polystyrene-packaged produce at the store. The wrapping, the label, and the polystyrene can all leach chemicals into your produce.

6) On your way out of the store, use your own fabric or hemp grocery bag. Many grocers allow you to bring your own carry-out bags. So avoid the ink-printed paper bags and those so-called biodegradable bags (they're made from polyethelene, a chemical plastic, and don't degrade for 20 years). ■

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Share Your Story With Me

I've made it my personal mission to bring you back hidden and forgotten cures from around the world, and return to your body what's missing from our modern environment so you can live a full life without worry.

I often hear great things about my books, special reports, and products from patients who come in to my clinic. But I'd love to hear from you, too.

Click here to take a moment below to share your thoughts with me.

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.

In ***The Doctor's Heart Cure***, Dr. Sears outlines the easy-to-follow solution that effectively eliminates your risk of heart disease, high blood pressure and stroke.

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).

The information and material provided in this letter are for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a competent medical professional before acting on any recommendations in this publication.