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## Is Your Fat Getting Old?

**The notion that it's normal to gain body fat with age – and that it's healthy to keep that old fat – is dead wrong... and deadly!**

I'm starting to hear a lot of talk that it's OK to be "fat and fit."

It's becoming a part of standard medical advice.

A few years ago it was, "Cut all the fat from your diet and do cardio to get rid of body fat."

If you've been a subscriber for a while, you've heard me say many times that this made everyone fatter. Doing hours of cardio makes you store more fat. And you've probably heard me say that the Western diet, which forces high-carbohydrate foods on you, makes you gain fat as well.

But in this issue of *Confidential Cures* I feel I need to speak out again.

Because it's bad enough their advice made people gain fat. But now, instead of changing their advice, they doubled down!

Today the mainstream message is, "Body fat is just fine. You're going to get fat. It's part of getting older. So keep running on that treadmill so you stay 'fit.' And keep eating those grains because they're 'healthy.' But you're going to age, slow down, and gain weight. There's no way to stop it."

What a bunch of lies.

This notion that you're going to get fat and there's nothing you can do, and even worse that excess fat is just fine... let's call it what it is:

It's sneaky and evil.

Excess fat is not natural. And the longer that fat stays on you, the more dangerous it becomes. It robs you of strength and mobility; it makes you old and sick; and it can kill you early.

But don't believe even a minute of what the "experts" are telling you.

It's not "Father Time" that's slowing you down and making you gain fat. It's not perfectly natural and normal to have excess fat on your body for years.

What's making you gain fat that can slowly kill you is 50 years of their wrongheaded diet and fitness advice!

And now they want to tell us that the result of their bad advice – obesity and excess body fat – is normal?

No way.

Excess fat is not natural. But it is dangerous.

The good news is, you can get rid of the fat, stay young and strong, and have a youthful body. You can do it naturally, and I'll show you how.

*Continued on the next page...*

### In This Issue...

IS Your Fat Getting Old?.....	1
Big Pharma's "Psychotic" Drug Campaign .....	6
Dangerous Packaged Foods.....	10

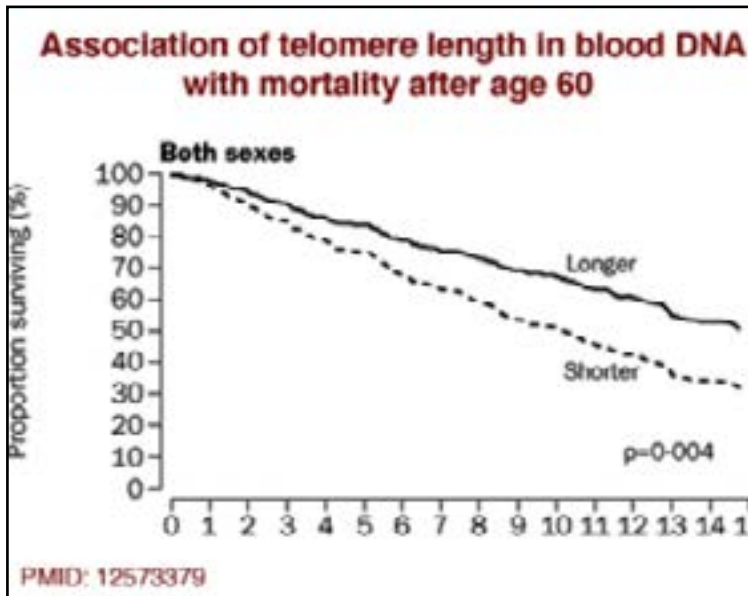
## Big Fat Lie

Evil is a strong word.

But how else would you describe advice to keep excess fat on your body, when we have plenty of proof that it will kill you before your time?

Fat literally makes you older.

It doesn't surprise me that most "experts" don't know this. Most of them have no knowledge of one of the biggest health breakthroughs of all time, the discovery of how and why we age: the telomere.



**Simply having shorter telomeres, regardless of anything else, will cause you to die earlier. And body fat shortens telomeres fast...**

Most of these health, fitness and nutrition "experts" have never read one scientific study that shows how having more body fat shortens your telomeres and makes your body act much older than your years. Here are three off the top of my head:

- Researchers at the German Cancer Research Centre looked at 29 other studies on the relationship between fat and telomere length. Almost all of them found that the more overweight a person is, the shorter their telomeres are. <sup>1</sup>
- When researchers at the National Institute of Environmental Health Sciences looked at

women over 30, they discovered that as the women gained fat, their telomeres got shorter. And the shorter their telomeres, the faster they aged. <sup>2</sup>

- Another study found that as you gain fat – as your BMI (Body Mass Index), waist circumference, hip circumference, total body fat, and the amount of fat around your vital organs go up – the shorter your telomeres become. <sup>3</sup>

One of the reasons for this could be that telomeres, the biological clocks at the ends of your DNA strands, are very sensitive to inflammation. Excess fat – in medicine we call it adiposity – increases inflammation, shortening telomeres.

This makes your body act older, slowing you down and robbing your strength and mobility.

## Slow March to Death

Did you know that if your step or "gait" speed slows, it increases your risk of dying from any cause?

Every 0.1 meters per second slower that you're able to move raises your rate of mortality by 12%. If you move a foot slower with each step than you used to, your risk of death goes up almost 50%!

And do you know what slows people down the most as they get older?

Extra fat.

In one study that followed over 2,000 people for more than four years, the only thing that predicted slower gait speed was more body and thigh fat. Just two extra inches of fat slowed people down and increased their risk of death. <sup>4</sup>

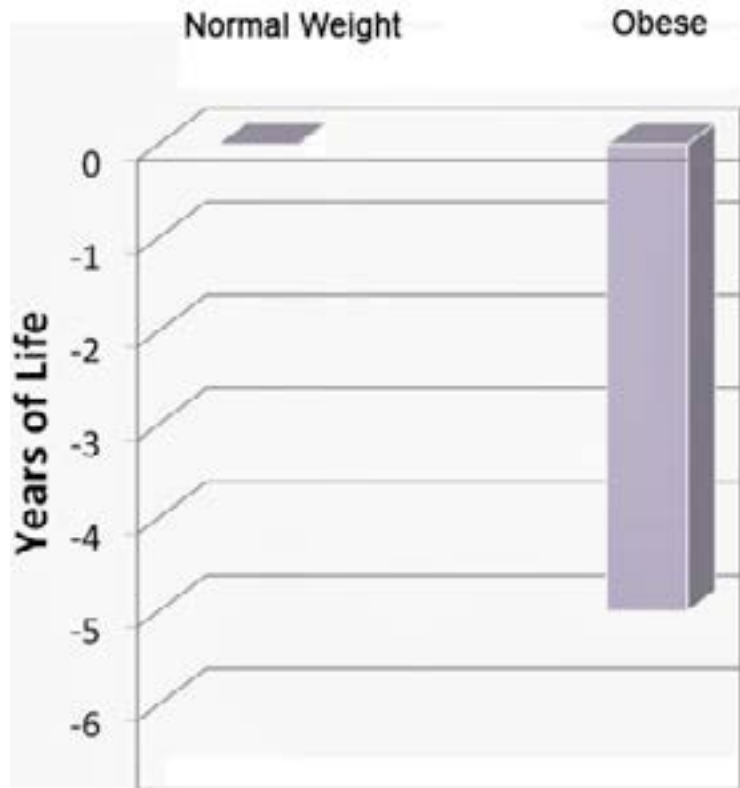
Other studies show that even if you're healthy and middle-aged, extra fat can make you unstable and lose your balance and the ability to get around easily. <sup>5</sup>

For men, extra belly fat is even worse than losing testosterone. In a Danish study, men who had extra fat perform worse in measures of physical activities, pain, vitality, social functioning and emotional and mental health than those with low testosterone. <sup>6</sup>

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## Fat and Fit takes years off your life:

As you can see, studies show that when you have excess fat, even if you're active, you lose as much as six years off your lifespan.



Studies show that gaining excess fat naturally as you age isn't natural. As you can see from this chart, the more fat you have, the shorter your lifespan is.

### The Double Danger: Old Fat

But there's another danger hidden inside the danger of excess body fat. It goes beyond getting old and losing your independence.

The older excess fat gets, the more dangerous it becomes.

You see, old fat doesn't just shorten telomeres. Old fat gets fibrous – or stiff, thickened, and scarred.

Why is that important?

Fibrous fat can be deadly.

Especially the fat you can't see, or visceral fat, that can build up around your organs. When fat has accumulated around your heart or liver, your organs have to work harder to function.

Over time, as fat becomes stiffened and old, it can strangle your heart and other organs to the point they prematurely age from overwork.

That means fat tissue becomes dysfunctional tissue the longer it's on your body. If you don't get rid of it, the fat gets more fibrous and tougher to get rid of *as it's becoming more and more dangerous.*

### Who Benefits?

This is not how nature designed you... to get fatter and sicker as you age. I've visited many of the ancient cultures around the world that still live as they have for thousands of years.

If you visit the Masai and the Batwa in Africa or the Ashaninka in South America, you'll look around and notice the same thing I did... there are no fat people.

The oldest-lived people in the world, like those on the islands of Okinawa in Japan and Icaria off of Italy, don't have excess body fat, either.

Even in Western countries, you'll notice there aren't a lot of very old people with a lot of excess fat... because fat bodies don't last.

Mainstream medicine is just plain wrongheaded when they tell you fat is normal and natural, that you're going to get fat and old and there's nothing you can do about it.

The question is, if older fat is so dangerous... if it's slowing you down, strangling your heart and other organs, and making you old before your time... why would anyone recommend keeping it around?

Why would they tell you fat is OK, and that it's natural?

There's a Latin phrase that fits here. The police use it all the time to find the real culprits who committed a crime. The phrase is "Cui Bono." It means "Who benefits?"

So... who benefits from telling you to only trust your mainstream doctor?

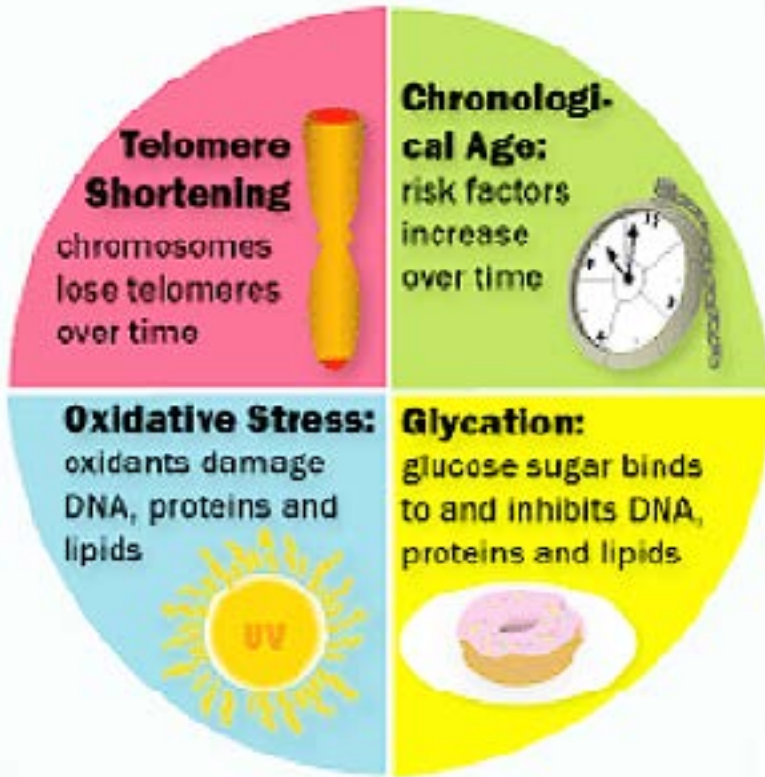
Who benefits from telling you the only way to remove fat is with surgery or a drug that doesn't exist yet, and that nothing natural is even worth considering?

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Who gains from telling you to keep going to the gym and walking for hours on a treadmill?

Who gains from telling you that your health insurance company is giving you “health care” to keep you alive when you’re fat, old, and sick due to mainstream medical advice?

## SOME FACTORS IN AGING



### Fat contributes to three of the four things that cause you to age faster:

Excess blood sugar causes you to gain fat; Fat produces oxidative stress; and fat shortens telomeres.

Who benefits from selling you those “healthy whole grains?” Who gains from advising you to eat pre-packaged, low-fat “health” foods?

If your instincts tell you to follow the money, you have very good instincts.

The biggest businesses in the country are Big Agra, Big Pharma, Big Insurance, the surgical-industrial complex, giant food manufacturers, and the fitness industry.

They lose billions if you stop taking their advice and listening to their advertisements. They can’t patent what’s natural and mark the price up thousands of times like they do with grains.

If you practice real anti-aging, they go out of business.

It’s not in their interests for you to stay young and lean.

So they tell you it’s not possible. Or at least they tell you it’s not possible until they invent a drug for that.

But you don’t need a drug. You don’t need their fake foods, or their exercise.

You can shed old fat, get back to your naturally lean state, and rejuvenate your body.

Here’s what I tell my patients:

**Burn Dangerous Fat Faster** – You’ve heard me say the short-duration pulses of exertion you do when you’re doing PACE burn *9 times more fat* than with long-endurance exercise for every calorie burned.

This is essential for getting rid of dangerous, older fat, especially the dangerous visceral fat, which is much worse than the white fat under your skin. Visceral fat is a storehouse for toxins that pump directly into your body.

In fact, when researchers looked at how exercise can rid the body of visceral fat, they looked at a group of 44 obese girls and divided them into three groups. One group did bursts of exercise, one did resistance training, and one did nothing.

After a few weeks, those who did bursts of exercise had lost a significant amount of visceral fat compared with the other groups. And they weren’t even doing PACE. Imagine how much more fat they would have lost if they had been!

To take it a step further, what I discovered in my practice is that you can increase the fat loss by focusing on *progressivity* in your exertion. You don’t have to start with a high-intensity workout right off the bat.

The idea is to work out for shorter periods, and then incrementally increase the challenge to your body.

Your body will burn the visceral fat off your organs and keep burning off body fat long after your workouts.

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**Natural Way to Resist Fat Gain and Build Muscle** – Just like increasing fat-burning compounds through the right exercise gets rid of excess fat, there are natural ways to increase compounds that make you burn fat, and resist gaining fat.

Mainstream medicine doesn't want you to know these things exist. They want to make drugs that will do this. And since there are none, they tell you burning off fat naturally is impossible.

But researchers who aren't under the thumb of Big Pharma are starting to discover what I've known for years. There are natural compounds that fight fat.

Ursolic acid is one of them. This plant-protecting compound is anti-cancer, which I'll tell you about in a future issue. But it also helps you build muscle and increases "brown adipose tissue." This is the brown fat that helps burn off "white adipose tissue"... that's the harmful body fat that makes up an oversized waist and thighs.

Humans don't have much brown fat, which is why we can so easily store white fat. And the brown fat we do have starts not to work very well as we age.<sup>7</sup>

Ursolic acid increases brown fat, helps you shed the bad fat gained from the Western diet, and can even get rid of that dangerous visceral fat around your organs,<sup>8</sup> keeping it from becoming fibrous.

Ursolic acid also stops sarcopenia, or muscle loss that occurs with age.

Herbs loaded with ursolic acid are holy basil, peppermint, oregano, thyme, rosemary, and French lavender. But sage has the most.

Bilberries, cranberries, pears, and prunes have it. And the food with the most ursolic acid is apple peels.

You can also get ursolic acid as a supplement. Make sure it's extracted from natural sources, and try to find a supplement that's over 90% pure.

**Turn on Your Natural Fat-Burning Engine** – Fucoxanthin (pronounced *foo-coh-ZAN-thin*) is an extract of *Undaria pinnatifida*, or brown sea vegetable. It helps you increase brown adipose tissue, too. Fucoxanthin throws the switch that burns white adipose tissue into the "on" position.<sup>9</sup>

In a Japanese study, mice given fucoxanthin had significantly reduced white adipose tissue.<sup>10</sup>

People in the control group of a recent study on fucoxanthin took a placebo and dropped an average of three pounds in four months. But those taking fucoxanthin dropped an average of 15 pounds of fat during the same time period.<sup>11</sup>

Fucoxanthin can even prevent potential fat cells from "growing up" and becoming mature fat cells.<sup>12</sup>

My favorite way to get fucoxanthin is to eat wakame, one of the most common types of edible brown sea vegetables. Wakame has a mild flavor and tastes delicious in soups and salads.

You can also get fucoxanthin as a supplement. I recommend 300 mg a day for fat-burning. ■

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# 9 Steps to Prevent Big Pharma's "Psychotic" Drug Campaign From Lobotomizing You

Big Pharma has managed to use sneaky tactics to make an extremely powerful and dangerous group of drugs the number-one selling class of pharmaceuticals.

They've gotten doctors to prescribe them to all kinds of people with all kinds of issues the drugs definitely were not intended to treat.

And that's dangerous.

**They've been linked to pneumonia, high blood pressure, heart disease, weight gain, stroke and diabetes.**

Yet Big Pharma continues to push more and more uses for these drugs that were originally created only to treat extreme mental illness. They're trying to have their drugs given to people with depression, dementia, autism, ADD, post-traumatic stress disorder (PTSD), and even Tourette's syndrome.

And that's why I'm writing to you about them in this issue of *Confidential Cures...*

Because Big Pharma is looking to push these drugs to even more people than ever.

They're called antipsychotic drugs.

The facts so far are scary. Seventy percent of them have already been used for completely non-serious reasons. <sup>1</sup>

But Big Pharma wants more. They want to get you hooked on their dangerous drugs even for mild problems. For example:

- Some antipsychotics are now used for eating disorders (Risperidone).
- If you have restless leg syndrome, they might give you an antipsychotic (Aripiprazole).
- If you're slightly agitated or have insomnia, you might get one (Quetiapine).
- You might even get one of these mind-bending drugs if you simply stutter (Olazapine). <sup>2</sup>

The problem is, these are powerful medications that can give you a "pharmaceutical lobotomy."

## **Dirty Deceptions and Legalized Bribery to Push Dangerous Drugs**

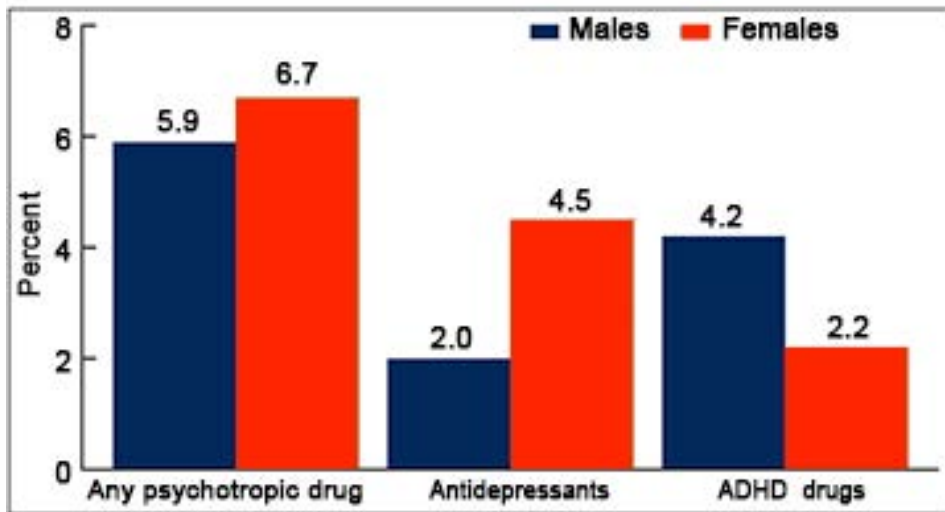
Remember the movie *One Flew Over the Cuckoo's Nest*? They were able to make Jack Nicholson's character docile and apathetic at the end because they gave him a frontal lobotomy.

Doctors don't do surgical frontal lobotomies any more, but they can give you drugs that do the same thing. The antipsychotics.

They were originally created only to treat extreme conditions like violent schizophrenia.

But that all changed when drugmakers began to use clever marketing tactics to promote broad use of the drugs for anything they could think of so they could increase expense. Now they're prescribed more than any other related medication.

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As you can see, doctors are prescribing antipsychotics more than any other drug to adolescents... the statistics are even worse for adults.

And that's just scratching the surface of their legal bribery. It reaches further than that.

Big Pharma also learned to cleverly downplay the dangers. You see, many of the "scholarly" studies about the safety and effectiveness of antipsychotics were really ghostwritten by pharmaceutical marketing execs!

Then, these studies became the basis of even more research that reaffirmed the "safety" of antipsychotics. That's because many of the legitimate researchers didn't know the previous studies were bought and paid for by Big Pharma to begin with.<sup>3</sup>

Drugmakers also found clever ways to get around regulations aimed at reining in their marketing practices.

For example, drug companies can't promote off-label uses of drugs. But they can hire researchers, consultants and others to do it for them. And that's just what Pharma giants like Astra Zeneca, Johnson & Johnson, Bristol-Myers Squibb, Eli Lilly, and Pfizer have been doing for years.<sup>4</sup>

Case in point: Harvard professor, Joseph Bierderman. A 2008 Senate investigation revealed he received more than \$1.6 million from makers of antipsychotics for children.

According to the *Archives of General Psychiatry*, his studies on bipolar disorder led to a 400% increase in children being diagnosed with conditions that make them treatable with antipsychotic drugs. And some of his studies were published during the same time he was getting paid by Big Pharma.<sup>5</sup>

Drugmakers also took advantage of the loose definition of "psychiatric problems"<sup>6</sup> which can range from depressed mood to anxiety disorder to schizophrenia, and everything in between.

That's because they know doctors can legally prescribe any approved drug to patients – even if it's for a condition other than what the drug has been approved to treat.

## “Stroke” of Pure Evil

This practice of prescribing drugs for something other than what they were tested and approved to treat is called “off-label” use.

This is very dangerous, because these drugs can have terrible side effects.

A recent study that examined the effects of antipsychotic drugs found that **any adult who takes antipsychotics has a 225 percent greater chance of suffering a stroke.**<sup>7</sup>

These drugs are so bad that the huge corporations that created them – Astra Zeneca, Johnson & Johnson, Bristol-Myers Squibb, Eli Lilly, and Pfizer – have either settled healthcare fraud lawsuits filed against them for the fraudulent marketing of antipsychotics, or they're currently under investigation for healthcare fraud.

There are still more than 1,000 of these suits, many focused on the deceitful promotion of antipsychotics.

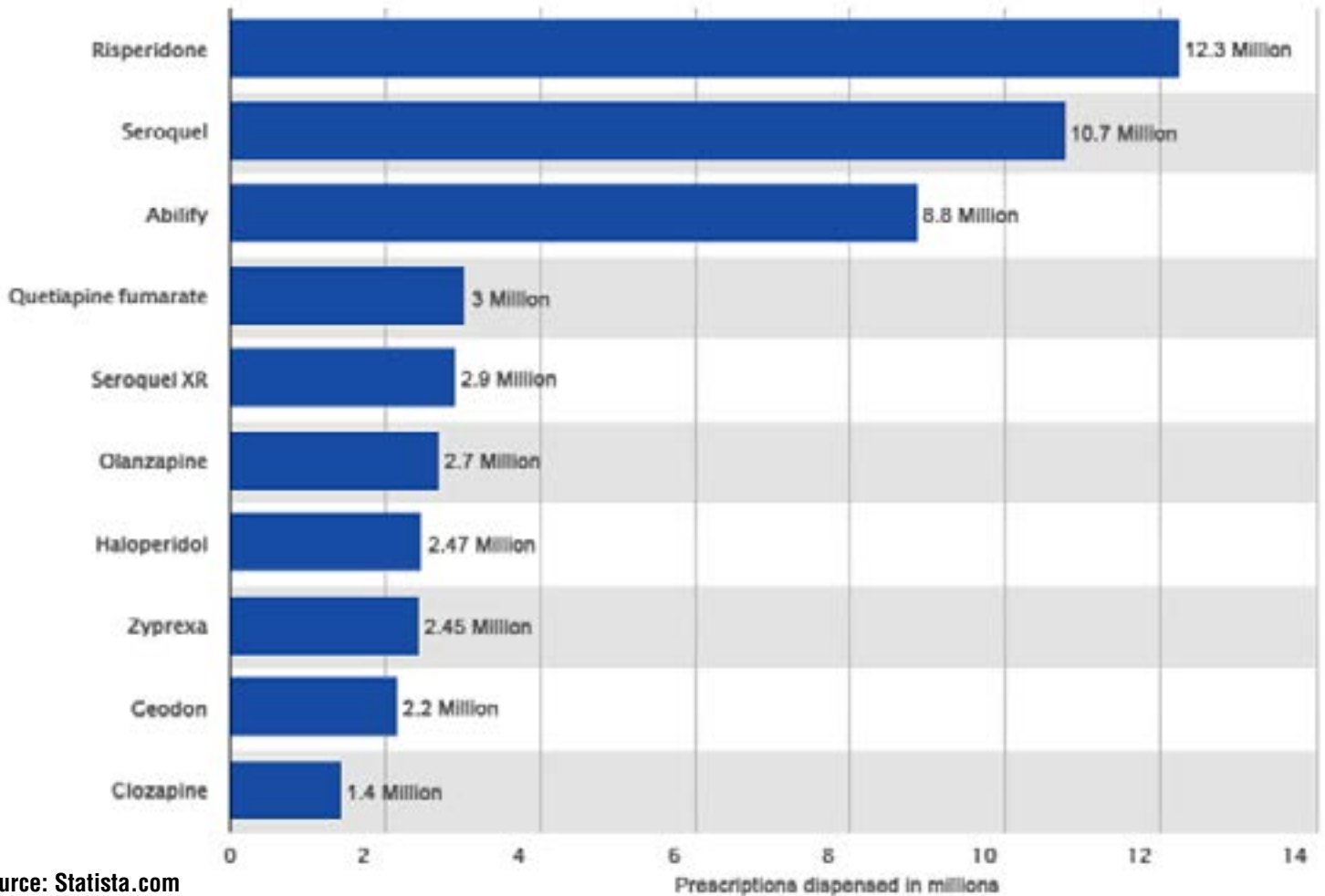
Problem is, the drug companies still make it worth a doctor's while if they prescribe these drugs for anything and everything.

So if you go in for a checkup and you have anything as mild as agitation or insomnia – beware of a prescription. What's hiding in that bottle could be a drug lobotomy, or even a stroke waiting to happen.

**If your doctor recommends antipsychotic drugs for you or someone you love, consider these alternatives.**

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## Top antipsychotic drugs by prescriptions dispensed in the United States in 2011-2012



Source: Statista.com

**1. 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. Also, do your own homework. I'd recommend these two websites for information about side effects and reactions to drugs and treatments.

- [www.drugs.com](http://www.drugs.com)
- [www.rxlist.com](http://www.rxlist.com)

**2. Make sure your doctor is looking for the underlying causes and is 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 a condition.

I find most all cases of insomnia, brain fog, depression and many other issues can be cured with simple steps like:

- Eating clean, whole, natural foods instead of processed.
- Supplementing missing nutrients with vitamins and minerals.
- Using natural herbs to gently and effectively make beneficial physiological changes.

Also, there are many behavioral or developmental therapies available that work better than any drug. So if a doctor prescribes an antipsychotic to you as a first – and not last – resort, run in the other direction.

**3. Eat foods that will lift your spirits.** That means natural foods high in protein, vitamin B1, and vitamin C. Proteins contain amino acids which help to regulate



emotions. Also, foods rich in vitamin B1 – such as asparagus, romaine lettuce, mushrooms, spinach, green peas, tomatoes, eggplant and brussels sprouts – help to metabolize carbs that give your body energy and improve your mood.

I also recommend a daily dose of vitamin C. A new double-blind study published in *Nutrition* shows that it's not just one of nature's best immune boosters. It's also an effective antidepressant.<sup>8</sup> The best way to get your dosage of vitamin C is to eat citrus fruits, green pepper, broccoli, kale, brussel sprouts, steak and oysters. Or you can supplement with 500 mg twice a day.

**4. Get your omega-3s.** Omega-3s fight chronic illnesses and ease symptoms of mental and developmental disabilities. That's because they play a critical role in brain development and functioning. A deficiency in omega-3 can affect the levels and functioning of dopamine and serotonin – your body's feel-good hormones, which play an important role in your mood and behavior.

A new study published in the *Archives of General Psychiatry* examined 81 people at high risk of psychosis. Half of the participants received fish oil supplements for 12 weeks, and the other half took a placebo. After 12 weeks, only two people in the fish-oil group developed a psychosis compared to 11 in the placebo group.

The best omega-3 sources are wild-caught salmon, grass-fed beef, sacha inchi oil, nuts, leafy green veggies, eggs and avocados. Or you can supplement. I recommend 18-24 grams a day.

**5. Consider this natural amino acid.** Amino acids such as 5-HTP increase levels of chemicals in the brain connected to mood and concentration. These are natural and safe alternatives to antidepressants, antipsychotics and ADHD drugs I use in my medical practice. They aren't harmful or addictive, and they actually work. They're easy to find at health-food stores. I recommend 50 to 100 mg of 5-HTP three times per day with meals.

**6. Sleep.** Inability to sleep is one of the most common symptoms of psychiatric problems, and it can throw your whole body out of whack. One of the most powerful sleep aids I recommend is melatonin. Look for drops, or a sublingual, that melts under your tongue. It's easier to absorb and works fast. Start with 0.5 mg and work your way

up to 3 mg max. Take it 20 minutes before you want to fall asleep.

**7. Avoid long-term stress.** This underlies many behaviors – from anxiety, agitation, frustration and outbursts of anger, to difficulty sleeping, eating and getting through each day. You can get your life back in balance by identifying what's causing chronic stress and taking action to alleviate it. Often this alone can “cure” many behavior problems and struggles with depression.

**8. Limit sugars and grains.** Eating starchy carbs can cause too much insulin to build up in the blood. When this happens, your body will release insulin to try to bring your blood sugar down. But if your blood sugar gets too low, you become hypoglycemic. And hypoglycemia can spike glutamate to levels that can cause everything from agitation and depression to anger and panic attacks.

**9. Exercise at least three or four days a week.** It'll boost your body's feel-good chemicals. One of the most important is serotonin. Your brain needs balanced levels of this hormone to maintain a good mood. Short duration, high-intensity workouts, like my PACE program, are all you need to increase your serotonin levels. It only takes 12 minutes a day. ■

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# How to Fight “Mind Control” That Tricks You Into Craving Dangerous Packaged Foods

## Four Ways to Know Your Food Is Real

They’re in every grocery store... those brightly colored boxes of prepared foods loudly claiming how healthy they are.

But they’re not what you think.

Nearly all of the prepackaged “low-fat,” “low-carb,” and “heart-healthy” meals lining the shelves at the market are just shadows of real food... with literally no nutritional value.

Today I’ll uncover the hidden dangers of eating these chemically enhanced “health” foods and how you can stay healthy by eating the way nature intended.

Most people think of “flavoring” as something that comes directly from the food it tastes like. For instance, most people assume that strawberry flavoring comes from squeezing a bunch of strawberries and extracting the flavor from the concentrate.

But the truth is something else entirely.

The strawberry flavor found in many diet-food snacks and desserts is made up of 50 different chemicals. So your mind is tricked into believing you’re eating the flavor of fresh-picked strawberries. It’s kind of like mind control... your whole taste function is “hypnotized.”

The science that goes into flavor-making is quite advanced. And it’s a closely guarded secret. An elite group of chemists creates these mind tricks. Companies call them “flavorists,” and they pay them a lot of money. After all, it’s their art that really drives sales.

If something doesn’t taste good, people won’t buy it... plain and simple.



**If the people who create flavors need to be protected from their chemical creations, do you really want those chemical flavors in your food?**

## Corporate Fat Cats Know... You Couldn’t Stand Their Food Without Tricks

Why do companies have to add “flavors?”

It’s because the act of processing the food strips the flavor right out of it. Imagine what it takes to prepare a prepackaged “low-fat” roast beef dinner...

First, a factory processes the beef to remove the fat. While they’re at it, they add chemicals to make sure it doesn’t spoil. Then they add more chemicals ... in the form of food coloring... to make it look more appealing.

Next, they sterilize the food and cook it to excess to ensure there’s no risk of bacterial contamination.

Then it’s tossed through handling and packaging machinery and sent to another machine where it’s ultimately frozen.

With the extreme heat, machine-handling and extended exposure to air, more vital nutrients are lost with each passing second.

It’s a far cry from the roast beef dinner I used to eat on the farm when I was growing up. I’d ride with my dad to pick up a fresh roast from the butcher. Then my mom would cook it. The only processing it went through was a mouth-watering, slow roasting in the oven.

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But a factory-prepared dinner – before added colors and flavors – would taste (and smell) bland, lifeless, and sterile. It definitely wouldn't make your mouth water!

That's where the flavorist comes to the rescue. You see, he's created a delicious new "roast beef" flavor. And it's *very* convincing.

If you were to close your eyes and smell their carefully crafted clear liquid potion, you'd swear someone had been slow cooking a perfectly seasoned pot roast all day in a crock-pot.

In other words, one micro-drop of this stuff and you'll think that mechanized, frozen roast beef dinner is as good as Mom used to make.

But it's all a dangerous trick. These foods are chemical weapons in a box, plain and simple.

## Even "Natural" Isn't Natural

"Natural" comes with a definition that's hard to believe.

That's because natural flavors can perversely mean any chemical approved for use in food.

The FDA makes manufacturers declare if a flavoring has any of the eight major food allergens – milk, eggs, fish, crustacean shellfish, tree nuts, wheat, peanuts and soybeans.

But companies *don't have to tell you* the sources of any other chemicals used for flavoring.

This deceptive labeling is particularly devious at the ready-made meal section of your grocery store. These are different from frozen TV dinners in that they look like meals made out of ingredients you might put together yourself.

The difference is that, to preserve the meals for longer shelf life and to make them look good in the package, the food is heavily processed with methods like these:

- Boiling
- Pressurizing
- Oxidation
- Osmotic inhibition
- Freezing
- Extremely high water pressure
- Dehydration
- Smoking (sometimes using carbon dioxide, vinegar or even alcohol)
- Mineral removal through chelation

All of these processing methods leach the taste out of food. So food makers add chemicals back in to make what they're selling taste like real food.

As I've said, the flavors are created by chemists called "flavorists."

They distill flavors from foods before they get packaged, and then combine them with chemical compounds.

These potent flavor potions are created to taste like the flavors that were processed out.

Any food pre-packaged in a can, foil wrapper, sealed package, plastic container or box has a cocktail of natural flavorings added back in after it's processed.

And you can't always avoid flavorings by buying organic – many have "natural flavors" added to them, too. <sup>1</sup>

Because the law doesn't require companies to disclose the ingredients in their flavorings, they can maintain their "trade-secret" tastes used for products.

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They also can conceal the truth about the laundry list of chemicals in foods.

For example, the strawberry flavoring in a Burger King strawberry milk shake has 74 chemicals with names like *amyl acetate* and *benzyl acetate*. It's not just that they clearly have nothing to do with the word natural that should bother you – these chemicals can harm your health. <sup>2</sup>

Take amyl acetate, for example. It can be claimed as natural on a label. But it's been linked to nervous system problems, depression, indigestion, chest pain, headaches, fatigue and irritation of mucous membranes.

And benzyl acetate has been found to cause gastrointestinal, bronchial, eye and ear irritation.

And this is just scratching the surface.

## Could That Yummy “Butter” Smell in Microwave Popcorn Give You Alzheimer’s?

You may have heard about how hundreds of workers at popcorn plants that dealt with the artificial butter flavoring they use have “popcorn lung?” It's no joke... this is a rare, irreversible, deadly lung disease called bronchiolitis obliterans.

Popcorn lung is caused by inhaling butter flavoring made from a chemical called diacetyl. <sup>3</sup> Diacetyl is in that yellow liquid you may mistake for actual butter in your microwave popcorn. It smells like it, tastes like it, and it even looks like butter.

It's also in margarine, candy, baked goods, and even pet food. Which means it's not just factory workers who have gotten this lung disease. There have been a couple of cases of popcorn lung in consumers as well. <sup>4</sup>

Yet the FDA continues to give diacetyl its GRAS – generally recognized as safe – label, despite calls from the medical community for it to investigate the dangers further. <sup>5</sup>

This is just one example of the dangers lurking in these chemical concoctions.

The fact of the matter is that the FDA is asleep at the switch when it comes to food safety.

In its response to those calling for a ban on diacetyl, the FDA said it didn't reach a decision due to “limited availability of resources and other agency priorities.”

In other words, the FDA fails to act even when it's handed evidence that a substance poses a threat.

Over the years, the FDA has banned 23 artificial flavors, colors, and preservatives in the U.S. Most were deemed unsafe only after years and years of human consumption. For example, it took 50 years for the FDA to ban the food dye orange #1 when it was shown to cause organ damage.

Plus, even when the FDA recommends banning a dangerous food additive, it can be overruled. The FDA wanted to ban saccharin in 1977. But the political forces at play at the time lobbied to keep it in use. And in 1997, the diet food industry pressured the government to remove saccharin from its list of cancer-causing chemicals altogether.

Still, several food additives are the target of independent food safety organizations today, including red dye #3, saccharin, sodium nitrate/nitrite, potassium bromate, aspartame, and others. <sup>6</sup>

Bottom line: It's better to be safe than sorry. Avoid these packaged chemical weapons as much as possible, and concentrate on getting your nutrition from *real* foods.

## Four Ways to Eat Real Food

If you don't want to consume any of these unnatural and toxic chemicals, here are some easy ways to eat natural food with REAL flavor:

**1. Go back to the basics.** Our native ancestors ate what they could hunt and gather. And that was natural meats and eggs, veggies, unmodified fruits and nuts, and olives.

They ate a lot more protein and fats than most modern Americans. And they ate fewer carbs – and no processed foods or food cooked with vegetable oils. As a result, their archaeological records show virtually *no* heart disease, diabetes, osteoarthritis or obesity.

**2. Eat fresh, locally grown, organic fruits and veggies as much as you can.** Food grown from local farms is much fresher than food at the grocery store.

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<b>Ingredient</b>	<b>Used in</b>	<b>Caution</b>
Blue 1	Beverages, candy, baked goods.	Suggestions of a small cancer risk.
Blue 2	Pet food, beverages, candy.	The largest study suggested, but did not prove, that this dye caused brain tumors in male mice.
Green 3	Candy, beverages.	A 1981 industry-sponsored study gave hints of bladder cancer.
Red 3	Cherries in fruit cocktail, candy, baked goods.	The evidence that this dye caused thyroid tumors in rats is "convincing," according to a 1983 review committee report requested by FDA.
Yellow 6	Beverages, sausage, baked goods, candy, gelatin.	Animal tests indicate causes tumors of the adrenal gland and kidney. In addition, small amounts of several carcinogens contaminate Yellow 6.
Sodium Nitrite	Bacon, ham, frankfurters, luncheon meats, smoked fish, corned beef.	Studies link consumption of cured meat and nitrites with various types of cancer.
Potassium Bromate	White flour, bread and rolls.	Causes cancer in animals. Banned virtually worldwide except in Japan and the United States.
Saccharin	Diet, no-sugar-added products, soft drinks, sweetener packets.	Animal studies link to cancer of the bladder, uterus, ovaries, skin, blood vessels, and other organs. Increases the potency of other cancer-causing chemicals.
Aspartame	"Diet" foods, including soft drinks, drink mixes, gelatin desserts, low-calorie frozen desserts, packets.	Brain tumors in rats; lymphomas and leukemias mammary (breast) cancer.
Acesulfame-K	Baked goods, chewing gum, gelatin desserts, diet soda.	Two rat studies suggest that the additive might cause cancer. In addition, large doses of acetoacetamide, a breakdown product, have been shown to affect the thyroid in rats, rabbits, and dogs.
Butylated Hydroxyanisole (BHA)	Cereals, chewing gum, potato chips, vegetable oil.	U.S. Department of Health and Human Services considers BHA to be "reasonably anticipated to be a human carcinogen."
Propyl Gallate	Vegetable oil, meat products, potato sticks, chicken soup base, chewing gum.	The best studies on rats and mice were peppered with suggestions (but not proof) that this preservative might cause cancer.
Olestra (Olean)	Lay's Light Chips, Pringles Light chips.	Diarrhea and loose stools, abdominal cramps, flatulence, and other adverse effects.

Source: Center for Science in the Public Interest

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That's because most produce is transported an average of 1,500 miles. And many of the nutrients get depleted during transit. But not only is locally grown food more nutritious, it also tastes great. And if the farmer uses organic methods, you don't have to worry about consuming harmful pesticides and fertilizers.

3. If you have to shop at grocery stores, stay in the exterior aisles and stick to organic dairy, meats and produce. You can pretty much disregard everything in between. Those aisles are filled with nothing but processed foods loaded with harmful chemicals.

4. Read labels carefully, even for organic food. If you shop in the exterior of the grocery store, you won't need to take this step. But if you ever need to grab something in the interior, check the labels of anything packaged in a can, box or plastic (even the organic stuff) for "natural and artificial flavors." If you see these terms on labels, stay away. ■

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## Al Sears, M.D.



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

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

public.

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

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

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).

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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.](#)

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