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The Oxygen Secrets That Beat Cancer

You may never know your cells are being starved of oxygen.

You just feel the effects like headaches, chronic pain, constant fatigue, lack of focus and memory loss. Over time, those dying cells lay the foundation for disease, dementia and cancer.

But now you can do something about it.

More oxygen refreshes your mind, repairs your aging brain, purifies your blood, and powers up your tired heart. ***It even destroys cancer cells on contact.***

When you expose bacteria, viruses and cancer cells to oxygen... ***they die.***

The Nobel Prize-winning scientist Dr. Otto Warburg discovered that a low-oxygen environment is why healthy cells turn into cancer.

Here in my practice, I'm adding on a special new room to my wellness center just to give patients hyperbaric oxygen therapy that I'll tell you about in just a minute. The best cancer specialists in the world consider this a must-have for cancer patients...

Why? Because when you get more oxygen into your cells and you can wash away toxic heavy metals... you flush out the buildup of chemicals, revive stressed-out glands and breathe new life into old, dying cells.

The fact is, oxygen is nature's most important healer.

It's the best detox agent, it's your brain's main nutrient, it's a natural antibiotic, and it directs your immune system to kill off invaders, especially cancer.

The more oxygen you have, the better your lungs can breathe, the stronger your heart beats, and the faster your brain thinks.

Oxygen is why you can digest and absorb nutrients from your food, and why you can move every muscle in your body.

Oxygen also plays a huge role in giving you energy. Every cell uses oxygen to make the energy that keeps you going and lets you do all the things you want to do every day.

But if you don't have enough oxygen ... if you have chronic hypoxia, which is low amounts of oxygen in the cells ... it can lead to cancer.

But it doesn't have to be this way.

Today I'm going to show you what you can do to flush your body with oxygen so you can defend yourself against illness, toxins and cancer.

Unfortunately, in our modern world, low-oxygen or **chronic hypoxia** is almost universal. Low oxygen in our cells has become common.

And even though we know it's a major cause of cancer, no one is talking about how we're all suffering from chronic hypoxia.

Cancerous Environment?

We've evolved over millions of years in an atmosphere with a set amount of oxygen that was constant.

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But in our modern world your cells are having the breath choked out of them.

We've cut down trees, cities have fewer parks, and there are fewer plants to produce oxygen. Add in pollution around major cities and the result is as much as a 30% cut in oxygen.

But even if you live out in the country with pure air, you're still not getting as much oxygen as your body and cells were made for.

Making things worse, most people are deconditioned and don't have enough lungpower. The less we use our lungs, the more your lungs shrink and the less oxygen you can get to your cells.

That's bad news, because we already get a LOT less oxygen than our ancestors did:

- **We've lost 15% of our oxygen-producing trees:** After the last ice age ended, forest covered about 45% of the earth's land area. Now they only cover about 30%.¹
- **Our oxygen-producing plants are disappearing:** Deserts are taking over land that used to have oxygen-producing plant life on it.²
- **The oceans are dying:** Did you know that 50-70% of our oxygen is produced by microscopic plants that live in the oceans? They're called marine algae, or phytoplankton.³ Oxygen-producing phytoplankton concentrations are as much as 30% lower today than they were *just 30 years ago*.⁴
- Today, estimates are that we only have about 21% oxygen in our atmosphere ... and if you live in a populated area, without many trees and with industrial complexes and cars and other pollutants, you might only have 15% or less oxygen to breathe.

Professor Robert Berner of Yale University researched levels of pre-historic oxygen. He analyzed the air trapped in fossilized tree amber and found that there was much more oxygen available 10,000 years ago.⁵

But he's not the only scientist sounding the alarm about chronic hypoxia:

Professor Robert Sloan, paleontologist at University College London, found that the dinosaurs had oxygen levels as high as 35%. That's what you would get in a supposedly "high-oxygen" environment like an oxygen tent in a hospital.⁶

So even if you live out in the country with what you would normally consider "pure" air, you may not be taking in enough oxygen. Plus, most people are deconditioned and don't have enough lungpower. The less we use our lungs, the more they shrink.

All of that can add up to an oxygen deficit.

How is this affecting our health, and what does it have to do with cancer?

Suffocating Cells

The damage from oxygen deficit begins in the mitochondria, the energy-producing organelles inside your cells.

They make energy by using the flow of oxygen. Mitochondria turn the air you breathe into energy. They use nutrients and oxygen to make a fuel molecule called ATP that your muscles can burn.

Without oxygen, there's no flow of energy, no spark of life, no ATP for fuel... and no energy for your tissues and organs.

Without enough oxygen, your cells start to suffocate.

First, your muscle cells burn through the little bit of ATP they can make without oxygen (anaerobically).

Then your muscles begin to "cramp up," getting stiff and achy.

Your adrenal glands and thyroid gland pump out more of their hormones to try to get more fuel to the cells.

But while this will give you energy, it is not the kind of energy that feels good. It's a "fight-or-flight" kind of energy that feels stressful and depletes your body even more.

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Oxygen is the vital factor for life

Polluted air reduces amounts of oxygen in the body, and indoor air has even less oxygen content. And to make things worse, many people don't breathe deeply enough because of their sedentary life style.



Additional Benefits of Oxygen:
Improves physical performance

Relieves headaches

Refreshes your energy, eliminates tiredness

Boosts the immune system

Helps depression

2,500 ml.

1,000 ml.



Your nerve cells and brain cells have no way to make energy besides using oxygen, and they suffer the most. You start to think more slowly, even to the point of being unable to follow normal conversation.

You have slowed reaction time, and it might be difficult to drive.

You start to do everything in slow motion, and take a long time to “think about it” before you can do the next thing.

Have you ever opened the refrigerator door and just stood there, staring at everything for a few seconds before being able to remember what you wanted?

This is what happens when you can't use oxygen in your cells. You could also experience poor athletic performance, have poor hearing, or weak muscles.

The Cancer Connection

Cellular energy is where the body gets the ability to make repairs and the strength to fight the mutations that lead to cancer.

Some of these cancerous mutations begin with damaged mitochondria from low oxygen.

The process begins when low oxygen, free radical attacks, toxins in the environment, or even excess ultraviolet radiation, which result in premature shortening of the telomere.

Abnormally shortened telomeres can cause your body to produce the "DNA damage response." That's when the cells send in the repair teams of molecules to fix the DNA.

Problem, is, all that repair activity generates a lot of cellular waste in the form of more free radicals. And when there's not enough oxygen, this process can go haywire...

"Metabolic Reprogramming"

As I mentioned, when your cells don't get enough oxygen to make energy, telomeres are abnormally shortened and the cell goes into full repair mode.

This sets off a chain reaction where the *wrong mitochondrial genes are expressed*.

The body sends out a new set of instructions to cells. It says to the mitochondria, "We have hypoxia (low oxygen). Please use sugar instead of oxygen to make energy." That's called glycolysis.

When hypoxia goes on for long enough, old mitochondria, and new mitochondria created in that cell, are "metabolically programmed" to use glycolysis to make energy. The cell begins running in reverse, making energy from sugar instead of oxygen like it should. This generates huge amounts of free radicals that can then damage other cells' telomeres, causing the same chain reaction.

Cells then become dependent on glycolysis and hardly use oxygen for energy anymore. Some use no oxygen at all.

We call those cells cancer cells. And the chain reaction effect that creates these kinds of cancerous cells is called the Warburg Effect.

The secret to stopping the process is to make sure your body is flush with oxygen. This will prevent the process that can lead to tumors and cancer, and fight cancerous mutations.

So, how do you get more oxygen in today's world?

1) Lungpower. The first step I advise all my patients to take is to increase the power of their lungs.

Aerobics and cardio and long-distance running and jogging *shrink* your lungpower. Give your lungs a challenge, and your body will adapt. It will realize your lungs can't get blood and oxygen out to your tissues as fast as you're asking them to. So they make an adaptive response by increasing reserve capacity to grow more powerful.

And, by being progressive – challenging your limits a little more each day – you force your body to make adaptive changes and respond by growing stronger to meet the challenge.

You may already know this, but I call this style of brief but progressively intense exertion P.A.C.E. It stands for Progressively Accelerating Cardiopulmonary Exertion.

2) Hyperbaric oxygen.

As I mentioned, I'm adding a hyperbaric oxygen chamber to my wellness center very soon. We can already use hyperbaric oxygen because it very rapidly helps the body form new blood vessels that can deliver healing oxygen to tissues that could never get enough before. That is like a cure-all ... and essential for cancer therapy. You see, the more hypoxic a cancer is – meaning the lower its oxygen concentration – the more aggressive it is.

We know that when a cancer does not have much oxygen, it releases a substance called hypoxia-inducible factor-1 alpha. That turns on the cancer's ability to utilize glucose and become more aggressive.

Studies show that if you saturate a tumor with hyperbaric oxygen, it turns that aggressive nature off. That's why hyperbaric oxygen is used as an adjunct treatment for cancerous tumors.

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Hyperbaric oxygen therapy can also:

- relieve painful migraine and cluster headaches⁷
- regenerate brain cells⁸
- reduce inflammation and oxidative stress⁹
- mobilize sleeping stem cells¹⁰

You can get hyperbaric oxygen therapy at many hospitals and at famous healing centers like Johns Hopkins and the Cleveland Clinic, but at those places, they use it mostly for post-surgical wound healing. You can't go there electively.

Fortunately, there are a few places you can go to get hyperbaric therapy.

The Duke Center for Hyperbaric Medicine is one (dukedivemedicine.org). Duke is the only hyperbaric facility in the Mid Atlantic Region staffed with physicians who are all board certified in the specialty of Hyperbaric Medicine.

Here are all the resources you need to find a hyperbaric therapy provider near you. Each of these sites has links, resources, providers and information:

- Undersea and Hyperbaric Medical Association – uhms.org
- International Hyperbaric Medical Association – hyperbaricmedicalassociation.org
- International Hyperbarics Association – ihausa.org
- International Hyperbaric Medical Foundation – hyperbaricmedicalfoundation.org
- American College of Hyperbaric Medicine – hyperbaricmedicine.org
- Baromedical Nurses Association – hyperbaricnurses.org
- European Underwater and Baromedical Society – eubs.org
- Center for Hyperbaric Publications virginiamason.org/CenterforHyperbaricPublications

- Hyperbaric Oxygen Therapy Association (HOTA) – hotaweb.org

- National Baromedical Services, Inc. Scientific Literature – baromedical.com

3) Magnesium peroxide:

This immensely useful, magnesium oxide compound releases nascent oxygen, or mono-atomic oxygen, progressively upon coming into contact with the acids present in water.

Magnesium peroxide (MgO₂) is “oxygenated magnesia.” When it contacts the fluid in your stomach, the water releases the oxygen from the magnesium.

It is 43.17% magnesium and 56.83% oxygen. That helps out the friendly bacteria in your gut which help you make vitamins, and helps get rid of the unfriendly anaerobic bacteria that are undesirable.

This also has an alkalizing effect on your body. That's a good thing. Our bodies like to be slightly alkaline, but processed foods and toxins are constantly making us more acidic, so anything you can do to restore a natural balance is good.

Magnesium peroxide also helps remove any undigested or impacted matter in the intestines or colon.

The spent magnesium peroxide is converted to magnesium hydroxide (Mg(OH)₂). The safety of this material is easily conveyed by the fact that a suspension of magnesium hydroxide in water is ordinary Milk of Magnesia, which explains its gentle, yet reliable laxative effect.

Just one tsp. generates about 7.5 liters of available oxygen for your cells. This oxygen is made bioavailable to the stomach ... which might not seem like the best place for oxygen. But the stomach is actually pretty good at absorbing oxygen through its capillaries.

How much is 7.5 liters of oxygen? Quite a lot.

A casual breath gives you about 0.1 liters of O₂, and a deep breath can give you around 0.5 liters.

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You can find magnesium peroxide combined with some cleansing products, or bound with other minerals, but it's more effective as an oxygenator on its own in capsules.

You can also get powdered magnesium peroxide. Just a few sprinkles in a glass of water is enough to give you an oxygen boost, but you can use up to a spoonful a day.

4) Ginkgo Biloba

You've probably heard of ginkgo for its use in improving memory. It's a tree used by the Chinese for thousands of years. Even Germany's Commission E, which rigorously regulates supplements, officially endorses ginkgo. Ginkgo improves blood circulation and allows the brain to tolerate low oxygen levels.

Ginkgo biloba increases the amount of oxygen that reaches the extremities. Studies show it helps increase the distance patients with poor circulation can walk without pain.¹¹

Two major studies show that ginkgo has powerful effects for treating low oxygen.

One study called the Pike's Pike study – because they conducted it high in the mountains of Colorado – involved 40 men who previously had experienced AMS. The men were taken rapidly from 4,957 feet to 14,110 feet. Five days earlier, half of the men took a placebo and the other half took ginkgo. Those who took ginkgo had half the incidence of AMS symptoms.

People who took ginkgo and still experienced AMS had far milder symptoms.¹²

In another study, twenty-six people who lived at sea level like I do took ginkgo or a placebo 24 hours before ascending Mauna Kea, in Hawaii. They were taken to the summit (13,700 feet) in 3 hours. Those taking ginkgo had significantly less intense low-oxygen symptoms than those taking the placebo.¹³

I recommend ginkgo extracts to improve oxygenation. If you're going into higher altitude, take a bigger dose – 325 to 500 mg. of ginkgo for five days before. For regular use, take 60 mg. a day for five days on and two days off.

You can get ginkgo biloba in extract form, but be sure to look at the label. Make certain it contains a standardized

amount of ginkgo's active ingredients: flavone glycosides and terpene lactones. There should be at least 24% flavone glycosides and 6% terpene lactones.

And remember, one of ginkgo's mechanisms of action is blood thinning. If your doctor has prescribed a blood thinner, talk to him before taking ginkgo. Better yet, question him on why you are taking harsh drugs when there are natural alternative.■

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Heart of a Warrior

I always wanted to meet the Maasai tribe in Kenya.

During my first trip to Africa – when I climbed Mt. Kilimanjaro – I wasn't able to spend as much time with them as I would have liked.

So when I traveled there this year, I made sure to meet with them again. This way I could have enough time to really experience their culture firsthand.

I heard stories from warriors and met with some of the most respected herbalists in their villages. And I'll be sharing those stories and what I found there with you in future issues of *Confidential Cures*.

Today I want to share with you something about the Maasai that was remarkable...

I didn't see one overweight person the entire time I was there.

Everyone I came across in every single village was lean and strong.

And they have almost zero heart disease ... in fact, they don't suffer from any of the chronic diseases that have become the world's worst killers. There's a good reason for that...

It's a secret inherent in their native diet. I was fortunate enough to have shared it with them, and I saw what they eat... but I'll be among the last to do so.

You won't hear about the secrets of these native tribes from any other doctor ... and not from anyone else, either.

Soon, there will be no one left who remembers what was natural for native cultures, because they'll be gone forever. Even the Maasai, as healthy as they are, will probably become Westernized.

It's why I travel around the world and have been concentrating on Africa for the past few years. I am looking for the last remaining native cultures and trying to visit as many of them as I can because they've almost all disappeared.

Our generation is the last – forever, for all future existence – that will ever know, or will have ever had a chance to encounter native populations firsthand who have never been influenced by the West.

So I wanted to preserve as much of the Maasai's local herbal healing knowledge and plant lore as I could. And find out what it is that keeps them so lean and healthy.



The Maasai are fiercely independent, so they still look like hunter-gatherers. Here I am with my Maasai warrior guide in Eastern Africa. He wears red to show bravery and carries his hand-carved Rungu (Swahili for “walking stick”) wherever he goes.

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I feel I owe it to future generations to visit these cultures, and to tell their stories and pass on their knowledge. Otherwise, what guideposts will we have to tell people what is normal and natural when we're totally disengaged from our environment?

But those last remaining cultures that were still there in the 80s and 90s when I began my quest have mostly disappeared in a single generation.

The Maasai are fiercely independent and are still hanging on, but other cultures aren't so lucky. I saw this firsthand when I went in search of another native tribe in South America...

Modern Food Destroys Pristine Health

Deep in the Amazon jungle on the Rio Perene – shaken and weathered, but in good spirits – we arrived at Puerto Ocopa, the last jungle outpost, our destination and home to the Ashaninka.

When I got there, you could just see far enough back into their past that they were still living natively. I ate caterpillars and drank the native spit brew.



The Ashaninkas still lived in huts the first time I visited them. They were warm and welcoming, offering me their traditional “spit brew.” But their environment had changed by the time I went back...

The people had smooth skin, perfect teeth, strong legs and shiny hair.

Only a few years later when I went back, they were living in mobile homes the government had forced them into, on plateaus above the river.

They were driving 4-wheel-drive ATVs and eating bags of chips and Doritos, and drinking 2-liter bottles of orange soda and cola.

It wasn't even a single generation later and you could see their health changing. They had bad, crooked teeth with lots of cavities.

Their robust health was gone.

Since they had switched to modern food, they had the same problems as people in the West. Obesity, infections and disease that they didn't have before.

Between the first and second times I went there, there was a people that were in pristine health but were now gone forever.

Another African tribe I visited was the Batwa, a pygmy people from Uganda. They were also forced out of their forest home and lived in trailers alongside it.

Their leader said to me, as best I can remember, “We are staying close to our forest so that when the people who asked us to leave will ask us to return, we will be ready.”

But the Ugandan government wanted them out of the Bwindi Impenetrable Forest so they could have more tourists see the gorillas. So the Batwa will never be asked back ... and their health will suffer, too.

Ancient Blueprint for Stopping Disease and Obesity

The Maasai, by contrast, are still in good health because they've held on to their culture longer than others.

What's their secret?

They eat very few vegetables and almost no grains. They love to eat red meat and drink raw milk.

Yet no one in any village I went to was overweight.

They do exactly the opposite of what the American Heart Association and nearly every standard American doctor recommends ... yet their rate of heart disease is almost zero.

There's a complete absence of dental cavities. There's no obesity.

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And the Maasai don't suffer from chronic aging problems like our culture does.

From all my experiences with patients, and in all my travels around the world, from Africa to Bali to South America, here's what I've learned:

You can avoid disease and obesity and the chronic conditions that plague us in the West. But it has nothing to do with following standard medicine's recommendations to eat grains and avoid all fat.

Instead, if you want to be strong, muscular, robust, lean, healthy and happy, eat the fat-rich foods you were born to eat. You have a natural desire for them. Dropping weight will come easier and faster, you will wake up charged with energy that will last the whole day, and you'll stay strong and healthy, and you'll never have to fear heart disease.

I've helped hundreds of people use this approach. I've watched them make a remarkable transition. They are becoming leaner, healthier and they stay free of heart disease.

Unfortunately the modern medical establishment has been nagging you for over 50 years to drop foods with fat from the list of what you eat. They claim that saturated fat – one of three main nutrients the human body needs to survive and thrive – is bad for you.

But it's not true. Our own ancestors knew this less than two generations ago...

Big Agribusiness Sold Us the Biggest Scam in Medical History

When I was little, my grandmother's kitchen was the place to be on Sunday afternoons. That's when she used to bake pies. She would trim the edges and I got to eat some of the delicious leftovers. Her crusts were second to none.

What was *her* secret? Homemade pig lard. Good old-fashioned lard is one of the most natural fats. In its unpolluted, unadulterated form it's also one of the healthiest fats you can eat.

This goes against everything we've been told for more than 50 years.

The diet dictocrats are doing everything they can to ban natural fats like lard from your food because they say it causes heart disease.

Why would they do that?

Because natural fat is not "proprietary." By proprietary I mean something that they manufacture, patent, trademark, corner the market and sell it to you at a huge profit.

They do this with synthetic fat substitutes. But even before they created synthetic fats, they were trying to tell you fat was bad for you. Because carbohydrates are easier to produce cheaply.

Fats in nature have a fixed cost. But carbohydrates... you can grow them in huge quantities, get the government to subsidize and pay you for growing them, and sell them cheaper than dirt.

That's what attracted the big food manufacturers to carbohydrates. For example, there's only about 20 cents worth of wheat in a \$4 box of Wheaties. A loaf of white bread has around 15 cents worth of wheat. Peanut butter has maybe 35 cents worth of peanuts.

With fat, it's hard to make a 5,000% profit like you can selling a box of cereal.

Vanderbilt University scientist, George Mann, M.D., studied the Maasai tribes in Kenya and Tanzania just like I have. They were not only lean and virtually free of heart disease, they also had some of the lowest cholesterol levels ever measured.

In an editorial published in the *New England Journal of Medicine* in 1977, Dr. Mann called the cholesterol theory of heart disease "the greatest scam in the history of medicine."

Mother Nature didn't intend for you to eat breakfast out of a box. 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.

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."

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And it has worked. There is so much misinformation out there that most people believe grains are “healthy” and natural. Few people think of grain-based foods as being a threat to their health.

It’s hard to keep perspective with such intense, widespread and effective marketing.

I’ve devoted much of my professional career to this subject. I’ve read scores of books on nutrition, I’ve attended multiple conferences, and I’m a certified clinical nutritionist. Yet their disinformation campaign is still overwhelming, even to me.

But before you start writing to me telling me how ignorant I am, let me give you three reasons why telling you not to eat fat anymore is a bad idea. Then I’ll show you the best places to get the healthiest fats.



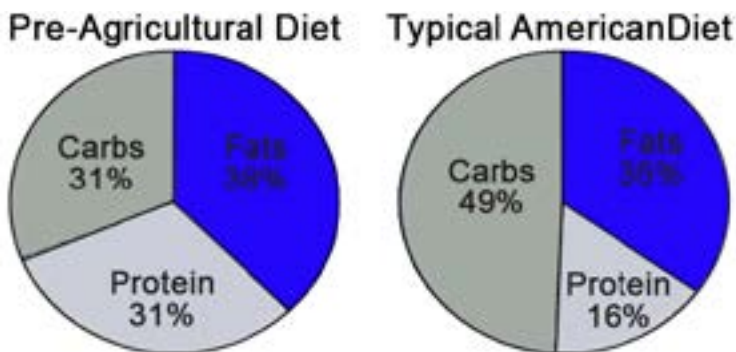
Reason 1: Fat is one of our three macronutrients.

You need this nutrient to give you energy, maintain your body temperature, transport nutrients, and build a faster brain.

Fat is so important that if your body senses you’re starving, it does *everything it can to preserve your fat stores*.

Reason 2: We eat less fat than our ancestors and our heart disease rates keep going up.

Compared to how hunter-gatherers ate, our percentage of carbohydrates consumed has skyrocketed. Plus, the character of the carbohydrate has changed to a much higher glycemic index.



Your body converts carbs into either sugar or fat. So if you religiously follow the latest low-fat, high-carb diet, your waistline will only get bigger and your heart health will suffer.

Reason 3: Saturated fats are a natural part of your diet and they don’t raise your risk of heart disease.

Take a look at the science that backs me up on this.

Contributors to the *American Journal of Clinical Nutrition* did a review of 21 studies and found *no evidence* that eating less saturated fat lowers your risk of heart disease.¹

Another study followed 235 women for over three years and the more saturated fat they ate, the less their arteries got clogged. But, the women who ate processed fake fats had more atherosclerosis, especially when eating carbs and a lot of high-glycemic foods.²

This was backed up by another study that found almost the exact same thing. More saturated fat meant less heart disease.³

I tell patients who come to my Wellness Center that I recommend eating as many different natural foods as possible to get the widest variety of healthy fats. You should get at least 50% of your fat from saturated fats.

That’s why I give different advice to my patients than what the American Heart Association and their partners in Big Agra have been telling people for over 50 years.

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Here's what I tell the patients who come to my Wellness Center in South Florida:

Eat foods that you naturally crave and enjoy in a form as close to how nature made them as possible.

When you do, you'll stay lean and healthy – and lower your blood pressure, reverse diabetes, and lower your heart attack risk.

Plus, you'll never have to worry about heart disease or cholesterol again – while eating the delicious natural foods that you love.

Here's a chart I use to give you an idea of which fats have more of the “good” saturated and monounsaturated fats and which have man-made trans-fats:

Fat (per Tablespoon – 1 tbl = 14g)	Saturated Fat (grams)	Mono-unsaturated Fat (grams)	Poly-unsaturated Fat (grams)	Trans Fats
Coconut Oil	11.7	0.8	0.2	0.0
Butter	7.2	3.3	0.5	0.0
Beef Tallow	6.4	5.4	0.5	0.0
Lard	5.0	5.8	1.4	0.0
Veg. Shortening	3.2	5.7	3.3	1.7
Sesame Oil	1.9	5.4	5.6	0.0
Olive Oil	1.8	10.0	1.2	0.0
Corn Oil	1.7	3.3	8.0	0.0
Margarine (stick)	1.6	4.2	2.4	3.0
Avocado Oil	1.6	9.9	1.9	0.0
Canola Oil	1.0	8.9	3.9	0.1

Also, remember:

- Animal fat is good for you, as long as it's from disease-free livestock that haven't been injected with hormones or fed antibiotics.
- If you gravitate toward bacon and sausage, well, those are highly processed foods. So look for grass-fed and brands that don't contain nitrates. Nitrates can cause cancer and changes to your DNA.
- If you really need a carb fix, save it for the occasional dessert. Don't make it a part of your breakfast. The addiction may be hard to break, but you'll be a lot happier – and more productive.
- If you want to try lard, you should get it from natural sources. The lard sold in most grocery stores is typically hydrogenated to give it a longer shelf life. It's not the real stuff. One rule of thumb: *If it's not refrigerated, you don't want it.*
- Other good food sources of healthy, natural fats are eggs and nuts.
- Coconuts have two unique fats – lauric and cupric acid – that are among the heart-healthiest from any food.

- Stearic acid, which is found in beef and pork, skinless chicken, olive oil, cheese, and chocolate, is one of many saturated fatty acids found in food. Other healthy fats include lauric, myristic and palmitic acids.

Here are two of my favorite breakfasts you might enjoy. They'll start your day the right way, with lots of protein and healthy fats:

1. Fried eggs with a side of steak: Look for cage-free eggs at the grocery store. They come from antibiotic-free chickens raised in a natural, healthy environment. Fry them in organic butter.

Make sure to buy grass-fed beef. Animal fat is good for you, as long as it's from disease-free livestock that haven't been injected with hormones or fed antibiotics. Stores like Whole Foods carry it, or see if your butcher can order it for you.

If you don't like frying, take a few extra moments and scramble some eggs. Before you throw the eggs in, sauté some sliced tomatoes and mushrooms. Maybe some onion, too.

2. Cheese omelet with salmon: Fish is a fantastic breakfast food. The Japanese eat fish and vegetables first thing every morning. They have for over 1,500 years, and have had virtually no heart disease or diabetes.

I like to add a leafy green vegetable to my omelets, usually spinach. For the cheese, look for 100% organic from grass-fed cows, if you can. You get none of the hormones and antibiotics and far more nutrients. Buy wild salmon instead of farm-raised. It has no dyes, less toxins, and higher levels of omega-3. ■

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How to Get More of the Incredible Nutrient That Trumps Statin Drugs

“The first thing I want you to do is stop taking Lipitor.”

“Well, I can start tapering...” my patient said.

“Don't taper it,” I said. “Just stop it today. Stop it immediately.”

He got so excited he had to get up and leave the room to go see his wife in the lobby ... and they hugged each other. Then she came and hugged me!

They had a little celebration right there in my office. They were so elated, because a doctor had told them he could finally stop the statin drug.

He was feeling miserable on the statin drugs. Hand pain, fatigue and brain fog had become his life.



Add statin drugs to this pile of trash to be thrown away.

But he had been scared to stop.

Now I have him taking a nutrient that's so powerful, he won't ever have to worry about cholesterol or again. I'll tell you more about it in a minute...

But I was also happy for my patient because he won't have to listen to his doctor tell him what almost anyone whose cholesterol is even a bit elevated hears from their traditional doctor: Take a statin drug or you're going to die.

Doctors browbeat their patients and hound them until they take the drugs.

But people don't want statin drugs. They've heard about the list of side effects that's so long your eyes would glaze over if I printed them all here.

Just the fatigue, muscle cramping, and muscle weakness, or even *rhabdomyolysis* (when your muscle cells burst and disintegrate) are enough to tell me this is a class of drugs you don't want to go anywhere near.

Statin can also cause diabetes. And if you've been paying attention to the recent "Ice Bucket Challenge" videos, you know what ALS, or Lou Gherig's Disease, is. But did you know that people on statins can develop symptoms of neurological diseases like ALS? ¹

And the worst part is that cholesterol is *good* for you. I want you to have cholesterol. You need it. Life without cholesterol is miserable. You will be weak, slow, frail, and impotent.

Cholesterol makes up much of your brain. It helps you make vitamin D and your sex hormones. It helps you think faster. And you'll live longer.

The prestigious medical journal *Lancet* did a study that looked at 724 people and followed them for 10 years. Those with higher cholesterol had a lower chance of dying from any cause. ²

If you want to live a long, healthy life, stay away from statin drugs. Just stop taking them.

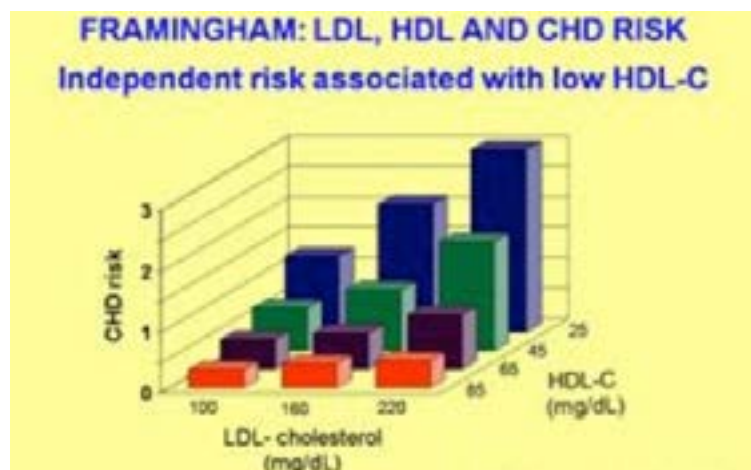
In fact, statins are completely unnecessary because ...

HDL Is Your "Trump Card" to Fight Heart Disease

This is the real eye-opener: If your HDL is above 85, you are at no greater risk of heart disease even if your total cholesterol is over 350.

The Framingham Heart Study showed this more than 20 years ago

They published this chart in one of the biggest most prestigious medical journals in the world, the *New England Journal of Medicine*.



Look at the front row... notice that if you keep your HDL high, you still have a very low risk of heart disease, even as your LDL goes above 200.

It's only when your HDL drops (the back row in blue) that your risk of heart disease rises.

Why do I mention a 20-year-old study?

Because mainstream medicine buried their heads in the sand back then. And even though I've been talking about this for over 20 years, their lies and deceit have gotten even worse.

A recent study is called the Emerging Risk Factors Collaboration. The results are published in yet another of the biggest medical publications in the world, the *Journal of the American Medical Association*, or *JAMA*.

The study looked at more than 300,000 people and delivered the same news: The more HDL you have, the lower your risk of heart disease.

Continued on the next page...

Even an “adequate” amount of HDL lowers risk of heart disease by 22%.³ Imagine what having high HDL can do?

So, why isn't this simple and powerful advice getting through?

Why are Big Pharma and the medical establishment still lying to you about statin drugs and cholesterol?

For one reason, there is no drug to boost HDL (high-density lipoproteins).

Drugmakers haven't been able to find something they can patent and sell at a huge markup that will increase HDL.

But they DO have a drug that will lower LDL...

Perpetuating the Statin Myth: Big Bucks for Drug Makers

Statin drugs alone generate about \$26 billion in revenues each year and are being prescribed more each year ... while prescriptions for other heart drugs are decreasing.

And they're expensive, costing about \$1,000 to \$1,500 per year.

The drug companies have bamboozled both the public and the medical profession into buying their hype. They run million-dollar ad campaigns that try to convince you that you need these drugs to live a longer and healthier life with your family.

Even if you don't have heart disease, the companies running the ads suggest you mention their drug to your doctor and ask him to prescribe it to you.

At the same time, these big pharmaceutical companies send out teams of drug reps to your local doctor's office – armed with free samples, glossy brochures and studies funded by Big Pharma itself that show only the results they want doctors to see.

Without even realizing it, many physicians get caught up in the marketing blitz. And since most doctors do not normally spend a lot of time reviewing studies, they often are not aware they're being sold half-truths and creative statistics.

Unfortunately, the majority of them never take the time to learn the whole story.

So, most doctors still consider cholesterol screening to be one of the best predictors of heart attack.

And don't forget the fact that today doctors are trained to treat with drugs. Writing out a prescription is often their first line of treatment when, in fact, medication should only be prescribed when less harmful treatments have failed.

Also, the big drug makers love to run slick TV ads trying to convince you that lowering your LDL will protect you from heart disease. Doctors often further misinterpret the science and lead patients to believe they have to lower their cholesterol with drugs or die of heart disease.

If you've gone to a cardiologist, you know what I'm talking about. Virtually every cardiologist in the country is putting virtually every one of their heart patients on a statin drug.

And it's about to get worse. The FDA has given the okay for statin makers to market their drugs to completely healthy folks. They wrote more than 215 million prescriptions for statins in 2013,³ and new guidelines mean millions more people “eligible” for statin drugs.

The companies are now allowed to try and get you to take a statin drug if you're a man over 50 or a woman over 60 and you have one heart risk factor. *Even if you are currently healthy with no history of heart problems.*

And they have everyone convinced this is what you need, even though science shows HDL is the single most important cholesterol factor in determining your risk of developing heart disease.

The truth of the matter is you don't have to worry about lowering your total cholesterol level or your LDL. *Just raise your HDL cholesterol.*

I've found this to be true in helping hundreds of my own patients.

How HDL Healed Roy's Heart

One of my patients, Roy, saw astounding success because we worked on increasing his HDL.

Roy had suffered a heart attack and came to me because he had terrible pain in his back and legs and always felt weak and tired.

Continued on the next page...

He felt like he was 80 and thought it was because of the heart attack.

I had him stop the statin drugs his doctor prescribed, and counseled him on raising his HDL, eating the right foods, and doing the right kind of exertion. Within a few days of stopping the drugs, Roy's pain lessened, and his energy levels started to rise.

Within months, Roy went from 235 pounds and 30% body fat to 185 pounds with 16% body fat – and his HDL soared by 37%.

His initial stress test after the heart attack showed significant damage to his heart... now his latest stress test showed very minimal damage, to the point where it was difficult to see any evidence that Roy had ever had a heart attack.

That's the healing power of HDL.

My experiences treating thousands of patients have made my approach to heart health radically different from what cardiologists have been telling people for decades.

It also contradicts 80% of what the American Heart Association recommends in their publications.

It is difficult for some people to accept that. It is scary to think that all those brilliant doctors and scientists from Harvard and Stanford are wrong.

But my experience has shown me there are things you can do to avoid being pushed to an early death by the side effects of statin drugs and never have to worry about heart disease again.

What I do in my practice is use a breakthrough solution that shoots HDL through the roof. It can raise HDL to extraordinary levels ... even if you've had trouble raising your HDL in the past.

Your Most Needed Nutrient

What I've done is figure out a way to get your body's most-needed nutrient DEEP into your cells.

The nutrient I'm talking about is *DHA*.

DHA is one of the "good fats" that's flown under the radar for years.

But today I'm shining a spotlight on this unsung hero. As you'll discover, DHA can quickly turn your life around.

My patient David M. had concerns about his low HDL (good cholesterol) and high triglycerides (blood fat). We tried large doses of fish oil, along with changes in his diet and a new exercise routine... *but only made modest improvements.*

But after using a new therapy, his short-term gains were the biggest I've ever seen.

A week later, he sent me an email he wanted me to share with you:

"For years I've been trying to get my HDL up and my triglycerides down, but both numbers were stuck in a rut. But when Dr. Sears showed me my new results, my eyes popped. My HDL, which was always in the high 40s or low 50s, shot up to an amazing 75! That's never happened! EVER! And my triglycerides dropped from a high of 150+ down to 88! Again, that's never happened. Thank you, Dr. Sears!"

I couldn't be happier for David. It shows the...

Incredible Power of DHA

It seems like there's almost nothing DHA can't do.

DHA can heal the macula and retina in the eye,⁵ improving eyesight and help you avoid macular degeneration, the number one cause of blindness in the U.S.

It lowers inflammation and keeps nerve tissue healthy.

Your brain uses DHA to stay sharp and accurate. People with higher levels of DHA have more plasticity, which means they can learn faster and retain memories more easily. DHA also boosts a protein in your brain that enhances learning and recall.⁶

Best of all, DHA raises protective HDL cholesterol and defends you from heart disease.⁷

In fact, in one study that looked at 11 other clinical trials, German researchers discovered that on average, if you get just 1.5 grams of DHA per day for a few weeks, it will shoot your HDL up by 7%.⁸ There's no drug that can do that.

Continued on the next page...

Even more important, DHA increases the particle size of both HDL and LDL. The small dense LDL particles are dangerous if you already have arterial plaque. And the larger HDL is the most beneficial to have. DHA gives you both of these benefits in a single nutrient.⁹

But if you're relying on fish oil for DHA – obsolete, outdated, smelly fish oil – you're not getting nearly enough of the single most vital nutrient your body needs to raise HDL.

I used to avoid fish oil and instead recommended eating wild-caught fish and cod liver oil as the best sources of DHA.

But, to tell the truth, wild-caught fish is not the clear-cut choice it used to be. When about 300 streams across the U.S. were tested, **one hundred percent** of the fish were found to be contaminated with mercury.¹⁰ It's gotten that bad.

But now, with the newest DHA-rich sources of omega-3s coming from krill oil and calamari oil, I am now recommending all my patients get very high doses of vital DHA.

Because the DHA in krill oil is in the “phospholipid” form, it has the power to penetrate deep into heart cells, so it's better absorbed than fish oil.



I've also combined the penetrating power of krill oil with the world's richest source of DHA, calamari or squid oil. I found a unique squid that lives off the coast of South America in the pure waters of the Southern Pacific (*ilex argentinus*). After the oil is distilled, it's over 65% DHA – the highest concentration of DHA I've found anywhere.

No one else is doing this ... we've combined squid and krill oil to get DHA into every cell in your heart. This breakthrough treatment could skyrocket your HDL high

enough so you never have to worry about your doctor forcing you to take a statin drug.

Here's What to Do:

The thing to remember is that this combination is very powerful, and works very well. What that means is that the word is starting to get out about the value of krill and squid oil to your health.

That means there will be a lot of cheap “krill” products out there. So here's exactly what you need to know...

There are a lot of mass-manufacturers out there that cut corners. So make sure you know and trust your source of pure DHA. For example, when I designed my omega-3 product, I was very careful.

It's at least three generations ahead of fish oil, and certainly head and shoulders above any omega-3 supplement you will find anywhere because I used:

- Pure krill oil farmed from the crystal clear and frozen waters of the Austral-Antarctic Circumpolar Ocean – possibly the purest place on earth...
- Calamari oil, also an incredible source of DHA and DPA, that I'll tell you more about soon...
- Omega-3s cold-pressed from wild coldwater Alaskan fish, the best source of EPA you can find...

The DHA penetrates where other sources *can't get to*. With calamari and krill oil, you can flood every cell in your heart with the world's most penetrating DHA and get all its heart-healing power without having to worry ever again.

Look for DHA in its phospholipid form, so it penetrates deep into the cells that need it most, like your brain and heart.■

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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 to share your thoughts with me.](#)

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.



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).