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How Many People Need to Go Blind While Big Pharma Hides Nature's Cure for Macular Degeneration?

A billion dollars is a lot of money, right? But to my way of thinking (and probably yours, too), there's no amount of money that's worth letting someone needlessly go blind.

Right now 15 million Americans are going blind from some form of macular degeneration¹ while a natural, effective and inexpensive prevention and treatment is actively suppressed.

I'm not talking about a drug. Big Pharma makes one that treats age-related macular degeneration. And they're happy to sell it to you.

What they don't want is any word to get out that there may be a less expensive treatment that can prevent and cure the disease.

In fact, if I offer that cure to you and they get word of it, they have a track record of notifying their partners at the FDA who will harass me, fine me – or even throw me in jail – if I tell you what I'm offering will prevent or cure the disease.

Just how far will they go to protect their profits?

Not only will they suppress what I say ... they'll even suppress cures they have of their own if it will increase their profits!

That's right ... Pharma giant Genentech is actually suppressing their own drug so they can make even more money.

You see, Genentech has two drugs that doctors use to treat macular degeneration.



They're basically the same drug made from the same molecule, and studies show they're equally effective.²

The only real difference is the price. One drug costs about \$2,000 per injection, and the other costs about \$50 per injection.

Guess which one they make available and convince doctors to prescribe?

But it's not just that they prefer to sell you one and not the other... they only released the \$2,000 drug and they're letting the \$50 drug sit on the shelf, unavailable for use.

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This is where the billion dollars comes in.

For four years running they've made more than \$1 billion in sales of the \$2,000 drug in the U.S. alone. Another Swiss company, Novartis, in partnership with Genentech, had sold billions overseas, too.

But luckily, so far, the First Amendment protects me in this information and advice-only newsletter, and so I can tell you that you don't need Big Pharma's drug... not the \$2,000 one, and not the \$50 one.

You can find an even better cure in the world's most powerful antioxidant. It turns out the world's strongest antioxidant just happens to have a special affinity for your eyes.

Strongest Antioxidant Saves Sight

Genentech's drug is made to suppress a protein called VEGF. A Genentech microbiologist found that over-expression of VEGF causes macular degeneration. So Genentech created a synthetic drug to stop VEGF production in your body. Then they patented it, and now they want to give it to you at \$2,000 a shot.

But there's something else that suppresses VEGF production ...

It's a pinkish carotenoid called astaxanthin, the antioxidant that's 6,000 times more effective than vitamin C, 800 times stronger than CoQ10, and 550 times more powerful than green tea. ^{3,4}

How effective is astaxanthin at helping cure macular degeneration?

I read a Japanese study that looked at astaxanthin's effect on AMD and choroidal neovascularization (CNV) in mice. CNV is a symptom of macular degeneration. It's when protrusions, capillary buds and sprouts grow from pre-existing blood vessels.

During the study, they replicated AMD in animals by stimulating blood vessel growth in the eye with a laser. Three days before, and every day until the end of the study, mice received astaxanthin.

At the end of the study, they found astaxanthin helped suppress the growth of CNV in the eye by inhibiting the expression of VEGF. ⁵

Astaxanthin's ability to suppress VEGF is obviously very important in curing macular degeneration.

But, unlike the drugs, astaxanthin works in other ways to protect your eyes.

For example, one of the biggest risk factors for macular degeneration is weakened blood flow in your eyes' blood vessels. It can directly lead to CNV. ⁶

Astaxanthin increases flow in your blood vessels, reducing the likelihood of getting AMD in the first place.

A double-blind, placebo-controlled study – the gold standard of scientific research – looked at 20 healthy people and examined astaxanthin's effect on circulation in the layer of your eye that has blood vessels. Half were given 12 mg of astaxanthin, and the other half a placebo.

After four weeks, people who took astaxanthin saw a major increase in blood flow in the eyes, while the placebo group saw no difference. ⁷

“Cell Stress” Means Bad News For Your Eyes

It should be no surprise that oxidative stress affects the eyes. All over the body, free radicals attack your cells causing oxidative stress that can lead to cell and tissue damage.

Oxidative damage in the eyes is normally minimized by the presence of a range of antioxidants and efficient repair systems. But as we age, oxidative damage increases. Antioxidant capacity decreases. And the efficiency of the repair systems becomes impaired, especially in your eyes, which are very delicate and susceptible to oxidation. ⁸

Age-related oxidative changes, like retinal dysfunction and cell loss leading to visual impairment, are a hallmark of early age-related macular degeneration. ⁹

That's why astaxanthin is such a breakthrough. Its ability to cross the blood-brain barrier means it can enter the inner layers of the eye where it can deliver its protection. Retinal pigment cells are particularly important.

They're the layer of cells just outside of the retina that nourishes retinal visual cells.

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This past July, a Chinese hospital published a study on astaxanthin's ability to protect retinal cells from oxidative stress. They exposed retinal cells to hydrogen peroxide to oxidize them, and treated with astaxanthin.

After the study, they found astaxanthin:

- Reduced damage to cell viability caused by oxidation
- Stopped premature retinal cell death
- Reduced oxidation to eye cells¹⁰

It's so effective because astaxanthin activates pathways that protect cells from oxidative stress-induced cell death.

This is the benefit you get from astaxanthin being the world's strongest antioxidant. It has an unparalleled ability to fight off free radicals and protect against oxidative stress.

Even if you don't have macular degeneration, I recommend astaxanthin as a way to protect and strengthen your eyes, because 80% of *all* visual impairment can be avoided or cured.¹¹

How Can You Get Astaxanthin?

Perhaps the best source is salmon. Make sure its wild-caught salmon. It contains far more natural astaxanthin than farm-raised salmon.

Four ounces of farm-raised Atlantic salmon contains about 0.5 to 1.1 mg of astaxanthin. Wild-caught sockeye salmon contains a whopping 4.5 mg.¹² You can also find astaxanthin in pink-colored seafood like lobster, crab and shrimp.

If you prefer to supplement, I recommend you take at least 10 mg of astaxanthin a day. However, I've found something closer to 50 mg gives you the full benefit of astaxanthin.

Unfortunately, most astaxanthin supplements aren't as reliable. You can find it easily on the internet, but much of it is synthetic.

They use petrochemicals to make synthetic astaxanthin. It's also more than 20 times weaker than natural astaxanthin.

Yet, they'll tell you all about the benefits from the different scientific studies.

Problem is, those studies use 10 mg of natural astaxanthin.

Most supplements only give you 5 mg or synthetic astaxanthin, so their supplement isn't as effective when it comes to protecting your eyes.

Be careful, and do your research when picking up an astaxanthin supplement. Make sure it contains all-natural astaxanthin at the right dosages or increase your intake accordingly. ■

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The Still Much-Maligned Miracle Medicine

How can something so safe get so much bad press? My presumed answer is that standard medicine *really* wants you to stop taking this stuff so you'll use their drugs instead.

A new study insists – in fact, the authors demand! – that everyone stop taking it. Even the headline from the *Annals of Internal Medicine* is “Enough Is Enough: Stop Wasting Money on Vitamin and Mineral Supplements.”¹

And they write this even though many different and independent sources of research prove most people don't get nearly enough of this essential and original antioxidant powerhouse.²

One patient of mine who had prostate cancer, J.M., wrote me saying, “Help! I take [it every] day. I am in the middle of pouring through the information and I am perplexed...”

I'm not surprised ...

So let's review the real facts. The evidence is clear that this super-antioxidant:

- Protects you from at least 10 different kinds of cancer
- Lowers your risk for cardiovascular disease
- Protects you from cognitive decline with age³
- Relieves arthritis, muscle pain, and nerve pain
- Restores nerve function⁴
- Is key for eye coordination and eye movement
- Defends you from allergies⁵
- Soothes asthma⁶
- Protects your skin from overexposure to UV radiation⁷

What is this incredibly powerful healing medicine?

It's humble vitamin E. And yes, it has all the health benefits I just described.

So, why the bad rap?

First, like almost all natural substances, vitamin E can't be patented. That means big money interests can't make their own drug version and sell it to you at a huge markup.

They try, though. There's a lab-created synthetic version used in scientific clinical trials. And that's where the problem begins.

Most of the scientific research into the effects of vitamin E uses man-made all-rac alpha-tocopherol acetate, which is a lab-created look-alike.

It's only half as biologically active as natural alpha tocopherol.⁸ And what's worse ... what misinformed journalists and even most doctors fail to recognize ... is that this “Franken-vitamin” can be derived using petroleum products or genetically modified vegetable sources like corn and soy.⁹

Maybe that's why all-rac alpha-tocopherol has all kinds of known toxic effects. Nausea, muscular weakness, fatigue, headache, and blurred vision are just a few of them.¹⁰

Still, most clinical trials on vitamin E give people only this synthetic clone.

You rarely hear about the studies that use natural versions of the different forms of vitamin E – the other three tocopherols or the four tocotrienols.

That's why today I want to help you cut through this mess, show you what's really going on with vitamin E, and give you two simple ways to get the best of vitamin E's benefits.

In fact, let me show you what just a few studies find when they study the natural forms of vitamin E... like the tocopherols.

- 1.** A small study was done at The Ohio State University which looked into increasing blood vessel function. The results were presented at the annual Experimental Biology meeting in Boston but never published anywhere.

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What they did was take a group of smokers, and test their vascular function and inflammation levels and then have them stop smoking for 7 days. Some got additional gamma tocopherol, and some got a placebo.

After only 7 days, people who stopped smoking but took a placebo increased their vascular function by 2.8 percent. Those who quit smoking and also took the gamma tocopherol form of vitamin E had an added 1.5% improvement in vascular function.

That doesn't seem like much... except that every 1% increase means a 13% reduced risk for cardiovascular disease. That means gamma tocopherol reduced their risk for heart disease by 19% overall.¹¹

2. In a study on preventing colon cancer, the delta tocopherol inhibited colon cancer cell growth, decreasing cancer cell colony formation, and induced cancer cell death.¹²

3. A new study of cognitive decline followed people from Finland for 8 years. It was part of the CAIDE trying to detect Alzheimer's. They looked at 140 people and the association between vitamin E and cognitive impairment. People who had higher levels of gamma tocopherol had a 73% lower risk for cognitive problems and Alzheimer's.¹³

4. Another vitamin E study on Alzheimer's looked at 232 people from the Kungsholmen Project in Sweden and followed them for 6 years.

They looked at the effect of each form of vitamin E, and found that each was effective against developing Alzheimer's. But the beta tocopherol was the strongest, reducing the risk by 38% for people with the most of it.¹⁴

The authors wrote what I've been saying for years: "The neuroprotective effect of vitamin E seems to be related to the combination of different forms, rather than to alpha-tocopherol alone."

Biologically, you have more of the alpha tocopherol inside you than the other forms. But, you can't just grab that, do a study on it and tell people it's not healthy.

By the same token, you can't throw it in a vitamin and tell people that it *is* "healthy."

These attempts to outsmart nature run into predictable problems. Only giving people the alpha tocopherol can make a lack of vitamin E worse. It will keep you from absorbing the other forms of vitamin E.

The trick to getting all the benefits of vitamin E is to get it as close to the form nature intended as possible, so you get all four tocopherols (and all four tocotrienols... I'll tell you about their benefits in an upcoming issue of *Confidential Cures*).

There are two ways to get enough natural vitamin E:

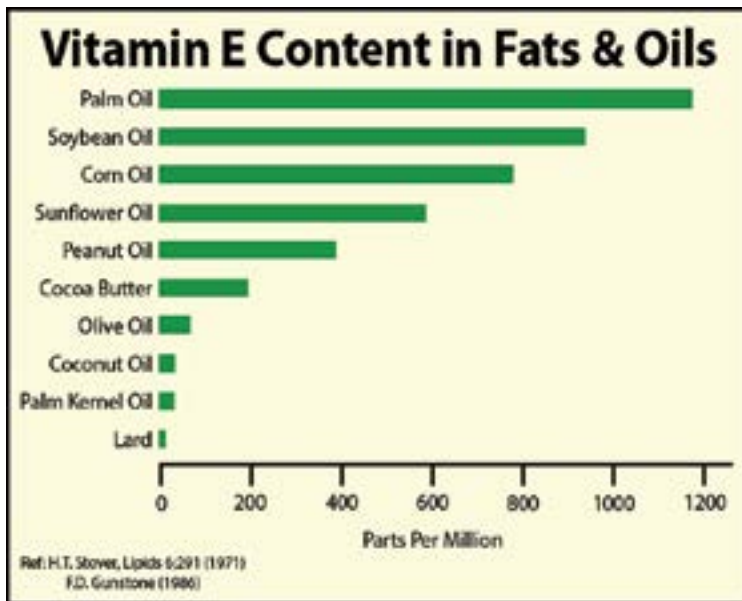
The first way is to eat foods rich in vitamin E.

Getting your vitamin E from natural sources will give you a mix of tocotrienols and tocopherols. Plus, your vitamin E will have all its micronutrients, co-factors and minerals, just like nature intended. Good sources are:

- **Eggs and Avocados** – Eggs and avocados are almost perfect foods. Whether it's vitamins, proteins, minerals or nutrients, they're a great source for all of them.
- **Nuts** – I've heard nutritionists claim that walnuts have vitamin E, but they have very little. Pecans and Brazil nuts have a good amount, but the kings of vitamin E are hazel nuts and almonds. One handful a day will significantly boost your intake of vitamin E.
- **Plants** – Alfalfa leaves have a lot of vitamin E, but the seeds and sprouts do not. You can get dehydrated leaves at most health-food stores. Asparagus, Brussels sprouts, parsley, spinach and broccoli also have vitamin E.
- **Fruit** – Black currants, blackberries and the avocado pear all have vitamin E, as do dried sultana grapes – raisins!

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- **Grass-Fed Beef** – Do you know why all those nutritionists tell you beef doesn't have a lot of vitamin E? Because the only beef they know about – commercial, grain-fed beef – doesn't have a lot of vitamin E. Grass-fed beef, on the other hand, has four times as much.¹⁵
- **Annatto Oil** – I first encountered annatto in the Andes Mountains. After you ascend the Andes from the east and start down into the Amazon basin, annatto grows in the foothills before you get to the dense rainforest. It has more tocotrienols than any other oil, but here are some other plant oil sources:



The second way to get enough vitamin E is to supplement, but only if you can't get what you need through your food. And remember:

- Make sure you're not getting the synthetic version of only one form of vitamin E.
- Stay away from any vitamin E labeled d-alpha or especially dl-alpha tocopherol. The "dl" means it's synthetic, and if it only contains "alpha-tocopherol, then it has no gamma tocopherol.
- Some vitamin makers will list each tocopherol individually. Others may list all of the forms as "mixed tocopherols and tocotrienols."

- Try to get at least 400 IU a day, but no more than 200 IU of alpha tocopherol so that it doesn't lessen the effects of the other tocopherols and tocotrienols. ■

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LUNGPOWER

Neglected Source of Energy, Vitality, Youth and Heart Health

All of our power for healthy living starts with how we breathe.

Our lives begin and end with a single breath, yet most of the time we inhale and exhale unconsciously, with no knowledge of how important the power of your lungs is... or how essential breathing is to heart health.

As you age, your ability to breathe gradually decreases. If you don't do anything about it, you'll lose 45% of lung capacity by age 75.¹

Why is that important? Because reduced lung capacity is directly linked to other consequences of aging, including diminished heart health. Smaller lung capacity means less oxygen makes its way to all your vital organs, especially your heart.

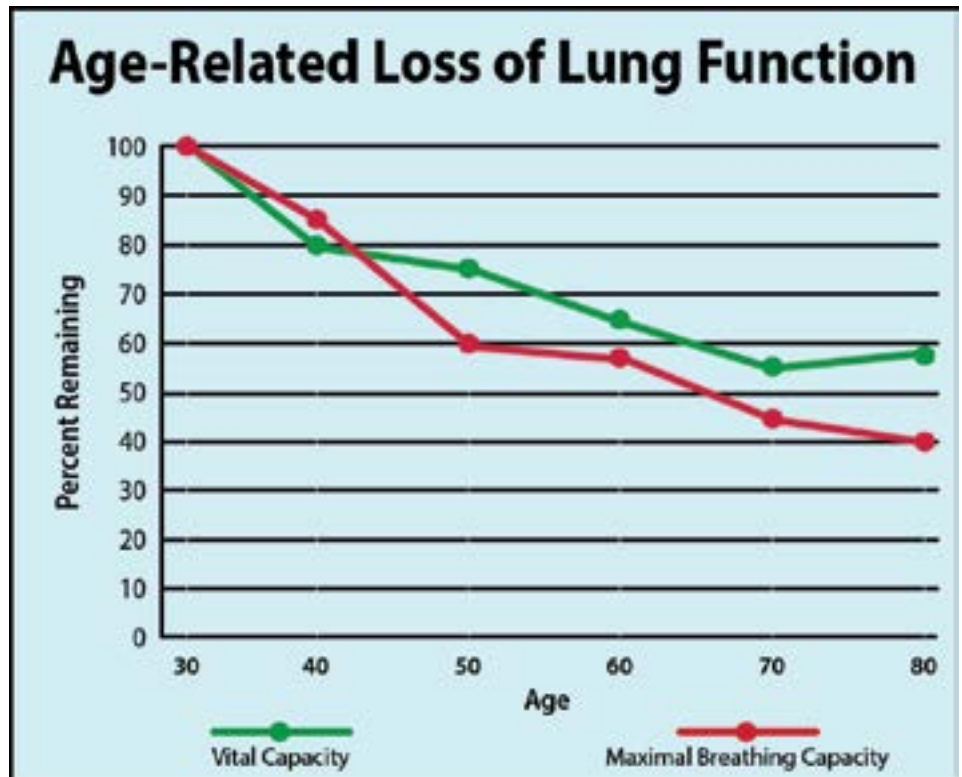
This can be deadly:

- A study published by the European Society of Cardiology reported that even a moderate decline of lung volume increases your risk of **heart disease** by 200%. This is true even for those who have no family history of heart disease.²
- The Copenhagen City Heart Study found that a loss of lung volume raises the risk of first-time **stroke** by over 30 percent. And low lung function boosts the risk of fatal stroke by 200 percent.³
- Loss of lung function is tied to a huge increase in the risk of **heart failure**. A *European Journal of Heart Failure* study followed 16,000 people for 15 years. And even after they adjusted for age, prior heart disease, or other cardiovascular risk factors like smoking, or even if the people in the study never smoked at all... there was still as much as a 391% increased risk for heart failure for the people with the lowest lung volume.⁴

These predators may attack with sudden, deadly ferocity. Stroke victims rarely see it coming. Half of all heart attack deaths have no other symptoms prior to the attack that kills.

I began to see the connection between lungpower and heart health back in the early 70s. That's when I discovered the pioneering work of Dr. Dean Ward, who uncovered clinical evidence connecting the loss of lungpower to aging. He even found that lung strength, or capacity, is the key indicator of how long you'll live.

Look at this graph, adapted from his later research... by the time you're 50, you've lost 40% of your breathing capacity.



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This should have shocked the medical establishment... but Dr. Ward's observation fell on deaf ears.

To this day, mainstream medicine continues to ignore the vital importance of lungpower and the connection between lungpower and heart health.

For 30 years doctors, and even the government, have told you the way to better, stronger lungs is to do "cardiovascular" endurance exercises like aerobics. And you've probably heard that if you could just make yourself do enough "cardio," it would protect your heart.

If this were true, why do very "conditioned" endurance runners drop dead of heart attacks at the height of their running careers? Their rate of sudden cardiac death is 50 percent higher than that of other athletes.⁵

They die when there's a sudden increase in cardiac demand that exceeds the heart's capacity.

Unfortunately, adding "cardio" to our busy days and pushing for greater endurance produces the *opposite* result of what we need in the modern world. Forced endurance exercise forces your heart and lungs to "downsize."

Your heart and lungs become efficient. There is some benefit to that, if endurance is what you're training for.

But if you **ONLY** train for endurance, you'll have less power, or "capacity."

When you do aerobics or jog, it forces your heart to operate dangerously close to the maximum of that reduced capacity. Giving up your heart's reserve capacity to adapt to unnatural bouts of prolonged durational exercise only increases your heart risk ... and shrinks your lungs as well.

All the focus on "cardio" ignores the most important ally you have on your side when it comes to fitness...

Your lungs.

As I've shown you, the better they work, the longer you'll live. But your lungs do not work better when you do "cardio" and "aerobics." They work less.

Instead, think "cardiopulmonary exertion."

That's what P.A.C.E. stands for – Progressively Accelerating Cardiopulmonary Exertion. That's why I developed P.A.C.E. It helps you put the focus back on capacity.

All you have to do is increase the challenge to your lungs and heart little by little, and then accelerate it. It gives you the extra capacity your lungs need to do the things you want to in your everyday life. Like take a long walk with your dog. Roughhouse with the kids or grandkids. Have an intense session in the bedroom with your partner.

The secret is pushing yourself in your workouts so you have to catch your breath.

When you breathe hard, your body is trying to get more oxygen faster. By increasing the intensity of your workouts, your body responds. Your lungs get stronger and your capacity increases so you can be ready for the next challenge.

If all you ever do is "aerobics," you work out for longer, but you never challenge your heart and lungs, so your capacity disappears.

Having greater lung capacity means you have the ability to get more blood faster to the tissues that need it most and deliver life-giving oxygen to your whole body.

Let me show you what I'm talking about...

In one study, they put cyclists in Spain on a P.A.C.E.-like exercise program. Short-duration, high-intensity workouts with recovery periods in between. When tested after only two weeks, the people had significant increases in maximum oxygen use and exercise capacity.⁶

And that study wasn't even about P.A.C.E. They were simply looking at higher intensity for short periods vs. lower intensity for longer periods. If they would have tested for P.A.C.E., there would have been even more dramatic results.

Challenging your peak capacity this way is the most important thing you can do to strengthen your lungs to handle any of life's demands.

In fact, P.A.C.E.-like exertion pumps oxygen-rich blood to your vital organs by up to 18 times more than something light like walking.⁷ P.A.C.E. brings 331% more oxygen from your heart to your body.

One thing to remember is that P.A.C.E. is about **exertion** ... not exercise.

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“Exercise” has negative connotations. We expect it to take a lot of time and be boring. Traditional exercise feels like a chore. And no one gets excited about doing chores.

A Whole New Category

The good news is P.A.C.E. feels more like play. You can use any physical activity you want, as long as it gets you pumping *more intensely*, not pumping over a longer period of time.

That means reversing this problem of lost lungpower is easier than you might think. You don't need to force yourself through grueling monotonous “cardio” at all.

With P.A.C.E. your body will be naturally strong and resilient. You'll feel energized, motivated and ready to take on any challenge. Your muscles will be their intended size – no bigger or smaller. Your breath will be deep and focused.

The key is to build back the reserve capacity our modern world has taken away. You do this by incrementally challenging your heart and lungs, and then accelerating the challenge.



Certified PACE trainer Rob Iannuccilli demonstrates the backward or running lunge in my PACE Express video program.

That's why I call P.A.C.E. a new category of exercise. It expands your lungs and builds back your capacity with focused exertion and recovery. No other exercise category does this.

An easy way to start is by using movements you're familiar with, but that we can totally re-imagine using P.A.C.E.

This is called a **circuit-style** workout.

You start by picking 5 or 6 movements that you already know – one for each major muscle group in the body (the smaller muscles don't increase lungpower or capacity) – and apply P.A.C.E. to doing them.

That way, it's fun, quick, and easy to create variations. Plus, those variations will keep P.A.C.E. effective over time.

For example, here's what a simple circuit could look like:

- Push-Ups – 10
- Pull-Ups – 10
- Lunges – 5
- Dips – 10
- Run/Sprint – 40 seconds

At the end of this set, rest until your heart rate has recovered to within 20% of your maximum heart rate. Then repeat the circuit.

To make it a P.A.C.E. workout, add one or two reps to each movement (or sprint for 40 seconds, for example), and then shorten (accelerate) your recovery time.

As you become more conditioned, you can make progressive changes by adding sets and changing the exercises in the circuit pattern.

Try out this simple circuit, and I guarantee you'll build back your lung and heart capacity to avoid the deadly consequences of lost lungpower. ■

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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.](#)

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).