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You Were Born to Be Lean

NEW Discovery Shrinks Your Waistline By Turning on Your “Skinny Genes”

Deep inside your cells you have the solution to every diet and weight-loss problem you’ve ever faced.

I like to call them your “skinny genes.”

These genes “tell” your body to slim down.

Our ancient ancestors “selected” these genes and enjoyed strong, lean bodies without even thinking about it. Their environment was so perfectly matched to their physical needs, they had their skinny genes “turned on” from the moment of birth.

But in our modern world, things are different. We face toxic environmental threats like chemical pesticides, polluted air, water and soil on a daily basis, as well as the threats from processed foods, unnatural oils and fats, an inactive lifestyle and misleading diet advice. It causes our cells to “select” or express genes that make us fat.

Today, I’ll show you how to use this little-known secret to get the kind of body you’ve always dreamed of, but could never achieve through diet and exercise alone.

The secret lies in a little piece of genetic material called the *telomere*.

Telomeres are the tiny bindings at the end of each of your strands of DNA.

As I’ve explained in previous issues of *Confidential Cures*, your telomeres are like a ticking biological clock.

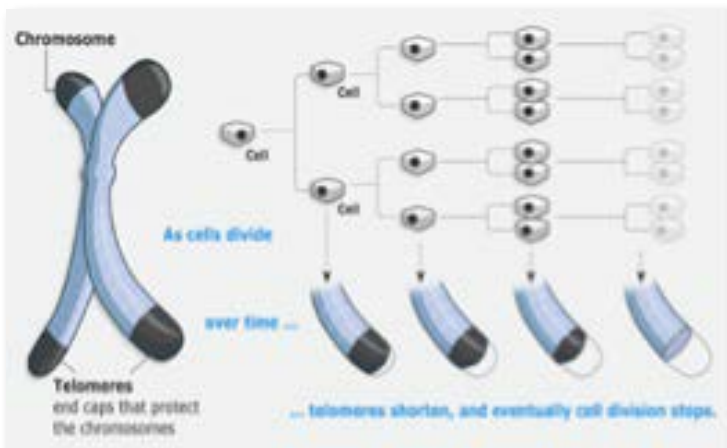
Each time your cells divide, a tiny bit of each telomere gets used up. Over time, these telomeres get shorter and shorter until your DNA can no longer make correct copies, and that cell stops working.

This process happens slowly, and it makes your cells act older and weaker.

But, what you may not know is just how many of today’s most widespread conditions and illnesses are associated with shorter telomeres.

Research shows that with longer telomeres, you have a better chance to avoid almost every illness and disease.... But new studies, which I’ll show you in just a minute,

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suggest ***the telomere is ALSO your body's "fat switch."***

This new discovery confirms people with long telomeres have lean, trim bodies.

The opposite is also true: People with short telomeres struggle with their weight and are considered "obese."

Now that we know the telomere can control your weight, we have a NEW way of getting rid of fat and managing weight. And when you lean down, you won't just enjoy a fat-free body, *you'll stay younger longer.*

Here's how it works...

Your Cells Contain the Greatest Weight-Loss Secret Ever Discovered

Telomeres are the "time keepers" attached to every strand of your DNA. Each time your cells divide, your telomeres get shorter. When your telomeres run down, your body becomes weaker, more frail and open to all the pitfalls of aging.

That includes your waistline, too.

The amount of fat your body stores is EXTREMELY sensitive to telomere loss.

Have a look at these studies:

- When researchers at the *National Institute of Environmental Health Sciences* looked at women over 30, they discovered that, ***as the women got fatter, their telomeres got shorter.*** And the shorter their telomeres, the faster they aged.¹
- In the *American Journal of Human Biology*, doctors discovered that the most common measures of obesity, including Body Mass Index (BMI), waist circumference, hip circumference, total body fat, and visceral adipose tissue volume (the amount of fat around your vital organs), were inversely proportional to the length of their telomeres. ***In other words, as BMI, waist size, fat levels, etc. went up, telomere length went down.***
- A study from the *European Journal of Endocrinology* shows that men with low levels of the hormone adiponectin (the hormone that tells your body to burn fat) ***had shorter telomeres.***

These studies, all published within the past few years, show NEW evidence that your telomeres act as a kind of "fat switch." As telomeres become shorter, your risk of getting fat skyrockets.

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People Who Live Past 100 Have Longer Telomeres

When you have longer telomeres, your cells don't age as quickly, which means that not only do you avoid diseases like cancer, you live ***younger longer.***

Have a look at these study results:

100-year-olds in good health had "significantly longer" telomeres than those with health problems.¹

Your risk of heart attack increases the faster your telomeres break down. When researchers looked at people in perfect health who later died from heart disease, they found the death rate from heart attack was ***3 times higher*** for men whose telomeres got short the fastest.² ***The shorter your telomeres, the higher your risk of death from heart attack.***

People with shorter telomeres in their immune cells had twice the risk of death from heart failure as patients with the longest telomeres. The study, published by the American Heart Association, found the highest-risk group had telomeres half the length of the lowest-risk group.

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2. Cathryn Delude in "Genetic clues to predicting life span: Inside chromosomes are telomeres that age as we age, and may serve as indicators of how long we'll live." *Los Angeles Times*. March 2, 2009.



A study shows those with the highest omega-3 levels had the slowest telomere shortening. Excellent sources of omega-3 include mackerel, wild salmon, lake trout and herring.

But there's more than just your waistline at stake. The health and longevity of every cell in your body is tied to the telomere.

The message here is clear. When you preserve telomere length, you preserve life and youth. It means we now understand the very mechanism by which you age. And we've found a **simple system** that helps you preserve your telomeres and extend your lifespan.

And, when you preserve your telomeres, you LOOK slimmer and more attractive, too.

Here are the best ways to both protect your telomeres and burn unwanted fat. You'll also discover ways to maintain your ideal weight once you get rid of the extra padding in your back, thighs and around the middle.

Eat the Right Fats and Have Longer Telomeres

A study in the *Journal of the American Medical Association* looked at patients from the Heart and Soul study and followed them for five years. Those with the lowest levels of omega-3 (DHA+EPA) had the fastest telomere shortening. ***Those with the highest omega-3 levels had the slowest telomere shortening.***²

But remember: There's more than one kind of omega-3.

Plant-based omega-3s are mainly alpha linoleic acid

(ALA). Your body breaks this down into the two types of omega-3 you need for maximum health: Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

Animal-based omega-3s aren't just ALA. They also contain EPA and DHA.

It's important to get omega-3s from both plants and animal sources, because the ability to convert ALA from plants into EPA and DHA can vary from person to person. So, getting an animal source is essential.

Animal sources of omega-3 are cold-water, high-fat fish like mackerel, wild salmon, lake trout and herring. Or, you could take cod liver oil.

Also, you can eat plenty of raw nuts and seeds. Walnuts, Brazil nuts, almonds and pumpkin seeds are some of my favorites. I also love Sacha Inchi oil. Packing more than 48% ALA, Sacha Inchi oil is one of the richest plant-based sources of omega-3 in the world. That's 5.15 grams of linoleic acid in each tablespoon full.

You should try to get 3 to 5 grams of omega-3 every day.

Not just for longer telomeres, but because omega-3 fats help you BURN fat, too.

Accelerate Your Fat Loss By Choosing the Right Fats

Researcher Dr. Peter Howe from the University of South Australia studied overweight to obese people for 12 weeks. He divided them up into groups for a trial that looked at the effect of omega-3 fish oil taken daily in combination with exercise three times a week.

They were compared with three other groups taking just fish oil, just sunflower oil or a combination of sunflower oil and exercise.

“Our research showed that the fish oil and exercise group lost significantly more fat mass than any other group in the study,” reported Dr. Howe.

“Seeing the impact on body shape and body composition of these participants has been the most exciting outcome of the research.”

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He added: “Omega-3 fatty acids in fish oil are polyunsaturated fats that can **switch on enzymes specifically involved in oxidizing or burning of fat**, but they need a driver (in our case, exercise) to increase the metabolic rate in order to lower body fat.”

This study proves the effectiveness of omega-3s to burn fat. Yet the media still claims that “low-fat” diets will give you a dream body and protect you from disease.

Where Do You Find the Best Omega-3s?

We used to think cod liver oil was the best form of omega-3s. And for a long time, it was.

We know better now. Turns out, fish oil is poorly absorbed, and many of the DHA and EPA molecules never make it into your cells.

Today, we’ve discovered that sources of omega-3s like squid oil and krill oil are not only better sources of vital DHA, but they’re able to cross the blood-brain barrier and are better absorbed.

Krill oil, for example, contains phospholipids that are identical to the thin layer of fat that surrounds every one of the trillions of cells in your body. This perfect match makes

it easy for your cells to take in and absorb the essential omega-3s.

Squid oil is one of the best sources of DHA in the world, and contains a ratio of 4:1 DHA to EPA. **That’s the same as breast milk**, which is so important in the brain development of children.

Krill oil is concentrated and well-absorbed, so you don’t need as much as cod liver oil. Up to 500 mg. a day is a therapeutic dose. Take around 200 mg. for a maintenance dose.

For squid oil, take 3,000 mg. for optimum heart and brain health, and maximum fat-burning. You can take up to 5,000 mg. if you feel you need more help.

Both krill and squid oil are available online or at your local vitamin, or health-food store. ■

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Bypass Mainstream Medical Advice on Cholesterol or Risk Your Brain, Your Sex Hormones...Even Your Life

The biggest health epidemic we face today is that we are burdened with this horrible, crippling, continuous inflammation that our bodies weren’t built for.

We were built for a different environment than the one we’ve created, and it causes a reaction. Our paleo ancestors had an anti-inflammatory diet and the way they exerted themselves was anti-inflammatory, too.

But today, we’ve gotten far from what’s natural to us, and our bodies’ reaction is the disease of inflammation.

In your cardiovascular system, inflammation acts on a part of your body called cholesterol.

And this is where mainstream medicine has made the biggest mistake in medical history. They saw cholesterol at the scene of the crime – cholesterol is there when the

cardiovascular system becomes inflamed – and wrongly blamed it as the guilty culprit in heart disease.

Drug companies quickly engineered a pharmaceutical called a “statin” drug to stop your body from making this “presumed enemy” called cholesterol.

Food companies went right along. They’ve convinced the whole world that cholesterol is an enemy in your diet. They’ve created these new foods without cholesterol, and people will pay extra for nutritionally deprived products that are devoid of cholesterol.

Mainstream doctors all around the world are getting away with lowering people’s cholesterol, even if they don’t have any disease, and causing millions of people to suffer.

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Helping You Avoid the Downward Drug Spiral

That's why, when I see patients, one of the best things that makes me feel good about what I do is getting them off statin drugs.

Often, patients who come to me have gotten caught up in this system where they start taking one drug their doctor has prescribed for them, then another for the side effects, and another and another.

A cardiologist will start off with a statin drug which can cause nerve pain... and then prescribe a pain drug that can cause heart attacks.

Or the doctor prescribes a statin drug and it causes diabetes... then they prescribe a diabetes drug and it causes a heart attack.¹

They prescribe a statin and it causes brain fog... so they prescribe anti-anxiety drugs which are linked to heart disease, stroke and diabetes.

No wonder heart attacks and heart disease are still the biggest killers!

Does that stop mainstream medicine from recommending statins to everyone, even people who don't have heart disease?

Far from it... in fact, they're looking to give statins to even MORE people. Especially to people who don't have heart disease.

Millions of Reasons to Put Millions of Healthy People On Statins...

The newest recommendation from the American Heart Association (AHA) and the American College of Cardiology (ACC) is that anyone who has a greater than 7.5% chance of getting heart disease in the next 10 years should be on a high strength statin drug.²

A new study out of Duke University says these guidelines will make 13 million more Americans eligible for statins.

What does that mean?

- 49% of all Americans over 40 would need statins under these guidelines.³



Doctors are looking to give statins to millions of people. Especially to people who don't have heart disease!

- If you're over 60, there's a 77% chance your doctor will put you on a statin.
- If you're a man over 60, your chance of being put on a statin jumps to 87%.

The AHA and ACC put together a task force of "experts" to make the new cholesterol guidelines. These experts were supposed to use scientific research to create them.

But they didn't use science... they used marketing, influence peddling, Big Pharma's financial interests.

Guess who was on the task force?

Doctors working for the drug companies.

- The chairman of the task force had financial ties to six corporations that make cholesterol drugs.
- One of the co-chairs admitted she took more than \$450,000 in research money from seven companies including statin makers. And it was while she was on the task force.
- Another task force member received lecture fees, research grants, and consulting fees from 16 different drug companies.
- All in all, of the 15 task force members, 8 had drug industry ties. And 6 had financial ties to cholesterol drug companies.

Big Pharma needs to create new "patients" for their patented lab creations, and the American Heart Association plays along.

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Mostly because they play the same game. You see, the AHA can't speak up because they have their own big money heart scam going on. The moneymaking "Heart Check Program."

The AHA sells the Heart Check stamp-of-approval to the giant food manufacturers which pay as much as \$7,500 PLUS yearly renewal fees in order to be certified.⁴

Almost 900 foods manufactured by Big Agra have been certified as "heart-healthy" under the program.

The AHA gets even more in return... in their last annual report they listed Conagra Foods, Quaker Oats, Campbell Soups and others as lifetime donors of over \$1 million each.

I'm all for making a profit. That's the American way. But to use marketing to create medical guidelines that turn disease-free people into Big Pharma customers? That's as evil as what Big Tobacco did.

It's sad because most doctors still consider cholesterol screening to be one of the best predictors of heart attack. If your cholesterol levels are even the slightest bit high, they pull out the prescription pad and write up a prescription for a statin – despite the fact that nearly 75 percent of people who have heart attacks have normal cholesterol.⁵

And the plain truth is cholesterol doesn't cause heart disease. In fact, it's essential for good health.

Your entire nervous system needs cholesterol. It builds cell membranes, your brain, and the protective layer of your nerves.

It's also a key building block for sex hormones. Without it you wouldn't be able to produce testosterone, estrogen, or progesterone.

And it's critical for a long life. In a 10-year study published in *The Lancet* people with higher cholesterol had a lower risk of dying from all causes.⁶

First Thing To Do: Stop Taking Statins

Don't taper them, or wean yourself off. Just stop immediately.

Cardiologists seem to think people are sick because of a deficiency of medication.

The truth is that if you want to have higher HDL and avoid being pushed to an early death by the side effects of statin drugs, here's one of the best things you can do to raise HDL and lower the risk of heart disease.

The biggest threats to heart health are oxidative damage and chronic inflammation.

So a powerful antioxidant –THE most powerful antioxidant in the world – is the solution. It protects your heart from both oxidation and inflammation. And most mainstream medical doctors have never even heard of it.

I'm talking about astaxanthin. It's the red carotenoid found in marine algae. When shrimp, lobsters, salmon and other fish eat this red algae they develop a beautiful pink color. Even flamingos owe their pink feathers to it.

Astaxanthin is part of the carotenoid family but it's 54 times stronger than beta-carotene.⁷

It's also 6,000 times more effective than vitamin C, 800 times more than CoQ10 and 550 times more powerful than vitamin E or green tea.⁸

What makes it so potent? Astaxanthin has a unique structure. It's able to trap free radicals inside cells but also in the cell membranes. That means it's more powerful in protecting cholesterol from free radicals. They can't cause oxidation. And it's only oxidized cholesterol that can cause you a problem.

Astaxanthin also helps improve cholesterol balance. In a Japanese study, people taking 6 or 12 mg per day significantly increased their HDL levels.⁹

That may be the single most important thing you can do for your heart. The famous Framingham Heart Study shows if you raise your HDL levels high enough you'll have almost no chance of developing heart disease.¹⁰

And astaxanthin helps calm your immune system so it stops creating chronic inflammation.¹¹ It lowers levels of C-reactive protein (CRP). That's the marker I use to measure how much hidden inflammation my patients have. In one study, when people took 4 mg three times a day their CRP dropped 21%.¹²

How do you get enough astaxanthin for heart protection?

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1. You can eat more fish who feed on red algae. They include red trout, red seabream, lobster, shrimp, crawfish, crabs, lobster and salmon roe. But the richest source of astaxanthin by far is salmon. Just remember though that the right type of salmon is critical.

Four ounces of Atlantic salmon contain less than 1 milligram of astaxanthin. The same amount of sockeye salmon can contain up to 4.5 milligrams.¹³ That's the difference between farmed fish and wild-caught salmon.

You can see it with your own eyes at the fish counter. The wild-caught salmon always has a deeper color than the pale, washed-out farmed salmon. You see, wild fish feed on living algae to get their astaxanthin. But farmed fish owe their color to eating yeast that's not natural to their diet.

2. Even though it's a great source, you'd have to eat wild-caught salmon three times a day to get the amount of astaxanthin used in the studies. That's why it's a good idea to add a supplement.

Studies found daily doses of 6 to 12 mg per day were effective. They raised HDL levels and lowered inflammation. I recommend you take at least 10 mg of astaxanthin per day.

3. Remember not to waste money on astaxanthin your body can't use. Carotenoids like astaxanthin are oil-soluble. They don't mix well with water. Your body can have a problem absorbing them without fat. In fact, you may only absorb 50% of your supplement.¹⁴



You'd have to eat wild-caught salmon three times a day to get the amount of astaxanthin I recommend. That's why it's a good idea to add a supplement

Instead of doubling your dose, I recommend taking it with meals containing a good amount of healthy fat. It can significantly boost what your body absorbs.¹⁵

4. Also be careful of cutting corners. You can go out on the Internet and find cheap astaxanthin. But it will be synthetic... made using petrochemicals.

What's worse is synthetic astaxanthin is more than 20 times *weaker* as an antioxidant than natural astaxanthin. So those people who go for the "cheap" option are really getting robbed. They're paying \$1 for 5 cents worth of antioxidant strength.

And here's the real shame... most companies make an astaxanthin product tell you all about the benefits from all the different scientific studies... problem is, those studies show their benefit at 10 mg of natural astaxanthin. Most supplements only give you *half* that amount and again, use a much inferior form than was used in the studies. ■

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Antidote to Diabetes – The Paleo Solution for Perfect Blood Sugar

I'll tell you straight up: The USDA can rearrange their recommendation for what you should eat into any shape they want. Until they cut down on the starchy carbohydrates and increase the portions of protein and fat, it will still be a health disaster.

For example, if you followed the pyramid, you'd be eating 6 to 11 servings of grains every day. Grains are low in fat and high in fiber, and you've been told that's "healthy."

Well, here's the thing... your body isn't designed to eat that way. Your caveman ancestors hardly ate any of those types of carbs. Unless they were starving.

Yet today, almost every meal in America centers on grains and other carbohydrates – breads, cereals, rice, corn and sugars.

After decades of this advice, one in four Americans over the age of 60 struggles with blood sugar problems.¹ Millions of people are pre-diabetic and don't even know it. And millions more already have diabetes.

And the American Diabetes Association's (ADA) recommended diet advice?

It's like pouring gas on a wild fire.

One of the cornerstones of the ADA's diet program is to eat "whole grains" and high-fiber foods. But that doesn't take into consideration that fibrous whole grains and



The USDA swapped the Food Pyramid for a Plate...but the message is still a recipe for high blood sugar and weight gain.

starches spike your blood sugar *more* than sweets.

To top it off, studies even show that low-fat and high-carb diets, like the one recommended by the ADA, just don't work.

Mainstream Medicine is Making a Health Mess Out of Mealtime

In a recent study published in the prestigious *Journal of the American Medical Association (JAMA)*, 210 patients with blood sugar concerns followed either a low carb/low glycemic diet or a high cereal/high fiber diet. Those on the low carb diet saw a larger reduction in blood sugar (fat production) compared to those who were on the high cereal/high carb diet.

In a study that looked at low-carb vs. low-fat diets, the people who ate low-carb had better HDL and triglycerides

– both measures of heart health and evidence that their metabolisms weren't building fat – PLUS reduced body weight and waist size.

In a new study, people who ate lots of protein and fat for breakfast had normal blood pressure, less hunger, lower blood sugar and more energy.

And a study out of Duke University says that less carbs means lower triglycerides and higher HDL and lower fasting blood sugar.

The USDA and the ADA have forgotten their roots... back to a time when there were almost none of the chronic diseases we have today like heart disease and diabetes.

Their recommendations more than doubled the percentage of carbohydrates that we consume compared to the way our ancestors ate. Plus, the character of the carbohydrate has changed to a much higher glycemic index. And you are told to avoid animal protein, even though it helps normalize your blood sugar.

That's a huge problem that overcomes almost anything you can do about it. You can prescribe statins 'til the cows come home, but adhering to the Western diet is still going to produce the modern disease called diabetes.

The good news is you don't have to rely on the USDA to tell you what's good for you. Your body has evolved to know – you just have to listen to what evolution is telling you...

Five Secrets to Perfect Blood Sugar

I've developed this protocol as an antidote to the bombardment of bad diet advice.



“High-fiber” and whole grain snack foods can throw your metabolism out of whack. And eventually, you become inflamed and you're on the road to diabetes and heart disease.

Advertisements tout low-fat snacks, “high-fiber” and whole grains creates such a constant stream of misinformation that most people believe they're “healthy” and natural.

Few people think of these carbs as the real threat.

But they all throw your metabolism out of whack. And eventually, you become inflamed and you're on the road to diabetes and heart disease.

Why do these sugary and starchy carbs wreak so much havoc on our bodies?

That answer is that your body has evolved to control fat building with hormones. The hormone insulin in particular.

You probably already know that carbohydrates kick your body's insulin factory into gear.

Insulin is a complicated little hormone with surprisingly powerful effects on your metabolism.

Look what happens when you eat carbs like a slice of bread...

Insulin tells your liver, muscle, and fat cells to start absorbing the carbs from that bread as blood sugar. Some of that sugar gets used for energy . . . but the rest gets stored as fat.

Lowering the amount of carbs you allow into your body can have a huge effect on reversing that fat-building process.

You see, when you eat protein and dietary fat, you produce zero insulin. So you don't create spikes in blood sugar.

Eat more carbohydrate and you will secrete more insulin and your blood sugar will rise. You'll gain weight, have poor blood sugar control and become diabetic.

If you want to live better and disease-free, you should forget about the modern recommendations to eat like a rabbit and listen to your ancestors.

Which means that fixing this blood sugar mess is not as hard as you might think.

You can fix what was caused by farming and worsened by weak science and bad advice.

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The solution is not more drugs. The answer is to eat a wide variety of low Glycemic Index foods. Follow the example handed down by our primal ancestors. Choose foods you could have gotten either by hunting or gathering.

Let me show you the prescription I give my patients for perfect blood sugar to beat the threat of diabetes:

Take a “Load” Off

I’ve used the *Glycemic Index* (GI) for years to help people avoid foods that spike blood sugar with great results. But it does have drawbacks. The GI is helpful because it tells you *how fast* foods spike your blood sugar. As I mentioned, high-glycemic foods will drive up insulin in your blood.

But here’s the problem: The GI does NOT tell you HOW MUCH carbohydrate per serving you’re getting. And that can be a problem. Some foods can trick you.

Take watermelon, for example. The GI of watermelon is 71, which is very high. That means it should break down into sugar very quickly.

But the glycemic LOAD of watermelon is only 8. ***That makes it a very safe food.*** The amount of carbs per serving is very small.

It works the other way, too.

Pancakes have a glycemic index of 67, which is a little on the high side. But its glycemic load is a belly-aching 39!

When 20 is considered very high, pancakes are off the charts. Pancakes are not sweet and sugary, but they are starchy and very heavy, with a BIG load of carbs.

It’s best to choose foods with a smaller load of carbs: grass-fed beef; small, wild-caught, coldwater fish; beans; plenty of above-ground and green, leafy vegetables; onions and garlic; nuts and seeds ... are all low-glycemic foods.

Avoid the blood sugar busters like: potatoes; most grains such as rice, corn, and wheat; cereals; cereal bars; and low-fiber or sweetened foods. These foods are all broken down into blood sugar. For more information on the glycemic index, [click here](#).

Power Up Your Insulin

It’s not very glamorous to talk about, but the organ

FOOD	SERVING SIZE(G)	FOOD	SERVING SIZE(G)	FOOD	SERVING SIZE(G)
CANDY/SWEETS		VEGETABLES		NUTS	
Stevia	1 packet	Celery, raw	1 stalk	Hazelnuts	50 g (1 ½ oz)
Xylitol	1 tsp.	Cauliflower	1 cup	Macadamia	50 g (1 ½ oz)
Erythritol	1 tsp.	Cucumbers	1/2 cup	Peanuts, salted	50 g (1 ½ oz)
60% or more plain dark chocolate bar	37g (1 oz)	Green Beans	1 cup	Peanut Butter	1 tsp.
Peanut M&Ms	30 g (1 oz)	Mushrooms	1 cup	Pecans	50 g (1 ½ oz)
BAKED GOODS & CEREALS		Spinach	1 cup	Pumpkin seeds (dried)	1 oz (28 g)
Chocolate cake w/chocolate frosting	64g (1 slice)	Bell pepper (green, raw)	1 cup	Pine nuts (dried)	1 oz (28 g)
Ezekiel Sprouted Grain Bread	26g (1 slice)	Peas, Frozen	72g (1/2 cup)	Walnuts	50 g (1 ½ oz)
Pumpernickel bread	26g (1 slice)	Sweet Potato	133g (1 cup)	MEAT/PROTEIN	
Vanilla Cake and Vanilla Frosting	64g (1 slice)	Tomato	123g (1 med)	Beef	100 g (4 oz)
BEVERAGES		Yam	136g (1 cup)	Chicken, skinless	100 g (4 oz)
Coffee (Black)	1 cup	FRUIT		Eggs	1 egg
Tea – Black, Green, Herbal	1 cup	Blackberries	1 cup	Fish	100 g (4 oz)
Water (Sparkling or Flat)	1 cup	Blueberries	1 cup	Lamb	100 g (4 oz)
Apple Juice	248g (1 cup)	Grapefruit	123g (1/2 fruit)	Pork, chop	100 g (4 oz)
		Honey dew melon	1 cup (177 g)	Shell Fish	100 g (4 oz)
		Peach	98g (1 med)	Veal, chop	100 g (4 oz)
		Pears - Fresh	166g (1 med)		

I’ve used the Glycemic Index for years to help people avoid foods that spike blood sugar with great results. [Click here](#) to see more details.

that makes insulin is the pancreas. And the nutrient that gives your organs energy – especially your pancreas – is Coenzyme Q10.

Your pancreas especially benefits from CoQ10 in two important ways.

The first is that the islet cells in your pancreas, which make insulin, use CoQ10 as the fuel they need for energy. Without CoQ10, the islet cells get tired, and can’t make insulin as efficiently.

The second benefit comes from CoQ10’s unique dual role. At the same time it powers up your islet cells, it protects them.

You see, the Western diet, with all its starches, grains and sugars, can cause you to produce a lot of insulin. When that happens, the energy-making centers of your islet cells can become dysfunctional. This can then cause their DNA to be damaged.

CoQ10 is an incredibly powerful antioxidant that stops DNA damage, and helps keep the mitochondria of your islet cells from becoming dysfunctional.

The best source of CoQ10 is the closest thing you’re going to get to a wild animal like the kind you would have eaten in your native environment. It’s grass-fed meat – nature’s antidote to the Western diet. I was lucky to grow up eating grass-fed beef, and I still do today. Grass-fed beef contains more CoQ10 than any other meat on the planet.

Continued on the next page...

You can take a CoQ10 supplement, but many of the powder and tablet forms are worthless. They won't get absorbed. Absorbability is a crucial point when you're looking for a CoQ10 supplement.

That's why I recommend the ubiquinol form of CoQ10. It's the world's most potent and absorbable form of CoQ10 because it's already in the form your body uses. Take 50 mg of ubiquinol each day.

Use Anti-Aging Technology to Reverse Diabetes

Diabetes occurs after environmental stress from too much carbohydrate, too many high-glycemic foods, and too much demand on the pancreas. This exceeds the ability of the beta islet cells in the pancreas (which make insulin) to reproduce.

These cells reproduce for a time in our abnormal environment, and that can stave off the symptoms of diabetes. But when the telomeres in the islet cells get too short, diabetes presents itself.

So when you are looking at what to do about diabetes – being born into this environment you weren't built for – it makes good sense to maintain and lengthen your telomeres if you want to prevent or reverse diabetes.

When we put together the evidence of how restoring nutrient deficiency in the modern world makes you healthier with the evidence that those nutrients also slow telomere shortening, we have more proof of what has gone wrong, and how to make it right.

And we have a lot of evidence that the gamma tocotrienol is one of those nutrients.

Gamma tocotrienol is one of the four lesser-known forms of vitamin E which can, according to studies lengthen telomeres. During one study, telomere lengths were **16% longer** than controls when exposed to gamma tocotrienol.

Most people don't know this, but there are eight forms of vitamin E: four tocopherols and four tocotrienols. While they're all antioxidants, there are big differences.

Tocotrienols help:

- Reduce cholesterol oxidation.



Annatto oil has more tocotrienols than any other oil, including palm kernel or rice.

- Maintain healthy triglyceride levels.
- Support normal blood pressure levels.

Tocotrienols are hard to come by. You won't find them in most foods. In fact, it's almost impossible to get enough of them even if you do eat the few foods that contain them.

For instance, palm and rice oils have tocotrienols, with rice oil having the most gamma tocotrienol. But you have to drink a cup a day to get enough gamma tocotrienol.

Personally, my favorite way to get tocotrienols is annatto oil. I first encountered it 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.

Annatto oil is full of tocotrienols, and it's becoming easier to find in health food stores.

You can also get the gamma tocotrienol through a supplement. The problem with most vitamin E supplements is they contain no tocotrienols ... only the alpha tocopherol. So look for a vitamin E with "mixed tocotrienols."

Some vitamin makers will list each tocopherol and tocotrienol individually. Others may list all of the forms as "mixed tocopherols and tocotrienols." Try to get at least 400 IU a day, but make sure you get no more than 200 IU of alpha tocopherol so that it doesn't lessen the effects of the gamma tocotrienol.

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Mineral Secret to Better Blood Sugar

Chromium is an important mineral to help control and even reverse diabetes. It makes your insulin work better and moves your blood glucose from the bloodstream into your cells for energy.

It's like instant protection from diabetes. What's more, if you already suffer from the disease, chromium supplements can improve glucose tolerance and normalize insulin levels naturally.

In one study, people with diabetes took chromium for 30 days. After 30 days, their average fasting blood sugar level fell by a remarkable 26 mg/dL.⁷ That's better than any drug.

Chromium also does wonders for your cholesterol and triglyceride levels. Studies show chromium can lower cholesterol and triglycerides by nearly 20%.

And chromium can help you reverse another curse of the modern world... it can help you burn fat – even if you don't exercise...

Dr. Gil Kaats and a team of researchers from the Health and Medical Research Foundation and the University of Texas Health Science Center studied over 150 people to see if they would lose fat just from taking chromium.

They split them into three groups. One group received a placebo (dummy pill). The other two groups received chromium: one getting 200 micrograms a day and the other getting 400 micrograms a day.

The participants were told not to change anything about their diet, exercise habits or how much they ate. In essence, they were allowed to do whatever they wanted.

After three months, the group taking the placebo showed no changes. The 200-microgram group lost an average of

3.4 pounds of body fat. The 400-microgram group lost an average of 4.6 pounds of body fat – about 35% more. In addition, both chromium groups gained an average of 1.4 pounds of muscle.⁸

Since then, independent reviews of the studies on chromium have found they all come to the same conclusion: Chromium helps you drop excess fat.⁹

Chromium controls your appetite, especially cravings for sweets. It also has the ability to carry protein where your body needs it most. This helps you lose fat while building lean muscle mass.

Ninety percent of American adults have a chromium-deficient diet even though chromium is in foods like meat, cheese, fruits, and vegetables. So a supplement is often necessary.

I've treated hundreds of patients with chromium with good results. One of the most common questions I get asked is what's the most effective form of chromium to take?

When you're looking for a chromium supplement, remember that chromium can't be absorbed when taken by itself. So look for either chromium picolinate or chromium polynicotinate. They're the most bioavailable forms. For example, polynicotinate contains a carrier molecule to help it get into your blood and tissues.

That's important because chromium does its work inside the cell... so you have to give it a way to get in the cell for it to be effective.

While the study above used either 200 or 400-microgram doses, you can safely take up to 600 micrograms a day. It's best if you take chromium with meals. I use a 400-microgram chromium polynicotinate supplement with my patients once a day with food. ■

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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Al Sears, M.D.

Al Sears, M.D., is a medical doctor and one of the nation's first board-certified anti-aging physicians.

As a board-certified clinical nutritionist, strength coach, ACE-certified fitness trainer and author, Dr. Sears enjoys a worldwide readership and has appeared on more than 50 national radio programs, ABC News, CNN and ESPN.

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

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

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

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

An avid lecturer, Dr. Sears regularly speaks at conferences sponsored by the American Academy of Anti-Aging Medicine (A4M), the American College for the Advancement of Medicine (ACAM) and the Age Management Medicine Group (AMMG).

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