



Dr. Sears'

CONFIDENTIAL CURES

Your Guide to Truth and Lies in Medicine from Around the World

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Surprising Source of Swagger for Men ... and Slimming for Women

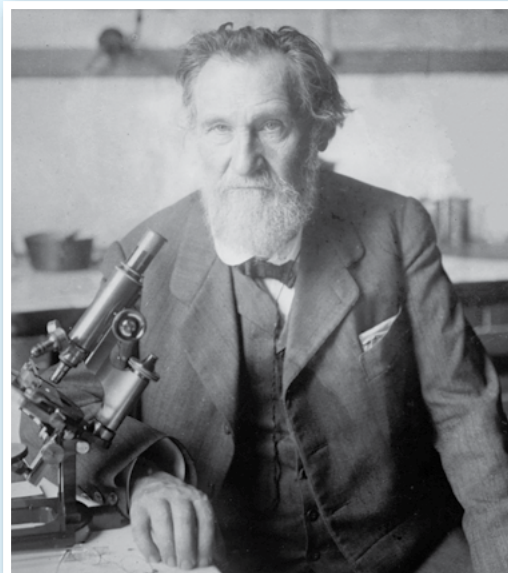
More than a century ago, Russian scientist Ilya Metchnikoff won a Nobel Prize for discovering the amazing health and anti-aging benefits of balancing the trillions of “good” and “bad” microbes that teem inside your gut.

His great discovery, which was almost forgotten before making a comeback in the 1990s, revealed that your body needs the “good” microbes to crowd out the “bad” ones that cause disease and aging.

The idea eventually gave birth to the “probiotics” industry. And it has also inspired one of the hottest areas of biology – the **microbiome**, the community of more than 100 trillion microscopic partners that live in your gut, mouth, skin and elsewhere in your body.

Metchnikoff knew these good microbes – bacteria, viruses and fungi – help you by digesting your food and training your immune system. He also understood your health could be dramatically improved and that age-related diseases can be delayed by manipulating the intestinal microbiome with “friendly” bacteria in yogurt.

But here we are, more than a 100 years after Metchnikoff won the Nobel Prize, and still no one is talking about what may be the two most powerful hidden benefits of these good microbes.



Ilya Metchnikoff... the Nobel Prize-winning, Russian scientist who is widely regarded as the founding father of microbial immunology.

Turns out the beneficial bacteria that live in your digestive tract are responsible for much more than digestion...

These good microbes interact with cells that influence your energy levels, your skin tone and how you burn fat.

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Compelling new studies suggest these microbes also help women slim down and help men acquire a certain “swagger” that makes them more popular with the ladies.

A recent study from the European Association for the Study of Obesity discovered **women are more than 41% less likely to be fat if they replenish these good bacteria.**

Another study, which was published in the highly respected *European Journal of Clinical Nutrition*, followed a group of people for 12 weeks as they drank fermented milk enhanced with a strain of bacteria called *L. gasseri*.

Compared with the control group, those who took L. gasseri lost more weight. And they also **lost more belly fat.**

But there’s much more to the story...

After the Harvard School of Public Health released a long-term study showing the good bacteria found in some pure forms of yogurt may be the best way to fight obesity, researchers at MIT launched a new study to find out more.

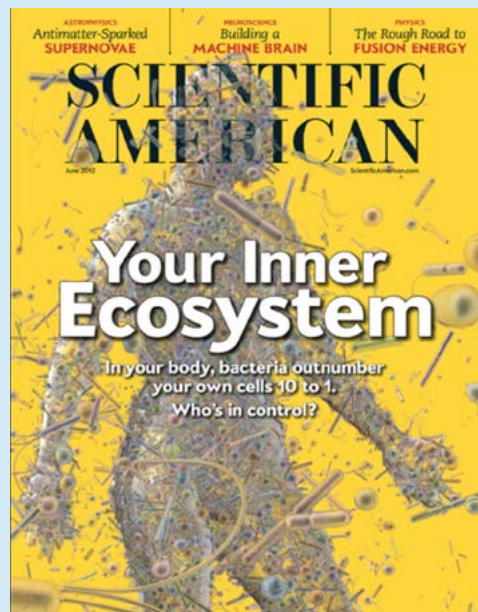
Not only did MIT researchers confirm the results of the Harvard study, they also discovered something new...

Good bacteria: The secret to sexual potency

I learned about the remarkable details of this study while reading through my monthly issue of *Scientific American*.

It revealed how male mice that were fed yogurt with the right beneficial bacteria were regarded by female mice as *more attractive, and they were also more sexually potent.*

The researchers noted that the mice taking these probiotics carried themselves with a “mouse swagger” that made them irresistible to females.



The journal in which I first learned about “mouse swagger.”

The males that had been fed this particular strain of bacteria inseminated their partners much faster and had more offspring. And they had brighter, shinier coats.

The authors of the study concluded:

“The microbes in the yogurt help to make the animals leaner and healthier, which indirectly improves sexual machismo.”

What’s more, the female mice fed this beneficial bacteria had larger litters and were more likely to raise their young successfully.

How is this possible?

The beneficial bacteria in your gut are not passive creatures.

They have the ability to communicate with the rest of your body by sending out signals and influencing other cells.

And their impact on how your food is digested and how nutrients are absorbed have a slimming effect on your body.

What you're about to read may surprise you. Tell any doctor that replacing your good bacteria might help you slim down and they'll probably call it a "conspiracy theory."

But as you're learning today, there are cutting-edge studies that support what I see in my own practice, with my own patients.

Even before these studies were published, I realized from my own experience and research:

Beneficial bacteria play a more important role than we ever realized, and that includes how you look and how much fat you store.

In this article, I'll show you how to tap into this "secret benefit" and the research behind it. Plus, I'll show you sources of good bacteria that are FAR MORE effective than plain old yogurt.

First, I need to clear up a misconception...

I never liked the word 'probiotic'

Probiotic is a Greek word that means "pro life," or "for life." It has become synonymous with "good bacteria" – but this is highly misleading.

While I always tell my patients to repopulate their gut bacteria, and **rebuild a healthy microbiome**, I don't always recommend probiotics.

I'll tell you why in a moment.

When discussing this topic, it's hard not to use the word "probiotic," but I want to tell you right now that probiotics don't always work... especially the ones you see on the yogurt commercials.

However, there are probiotics that can successfully replenish these good bacteria.

Just keep in mind that individual probiotics vary in strength.

Having said that, let me show you why I'm excited about the overlooked ability of beneficial bacteria to help you slim down.

Good microbes really can make you leaner and more attractive

The European study that concluded women were more than **41% less likely to get fat** when taking a specific, well-researched probiotic, followed 256 women for more than a year.

The researchers measured the women for what they call "central obesity," which is the accumulation of abdominal fat that gives you a bigger waistline. This common form of obesity is also the kind that causes serious health concerns.

But the results were clear: The women who took the probiotics **significantly cut their risk of being fat**.¹

And that's not the only study to connect probiotics with weight loss:

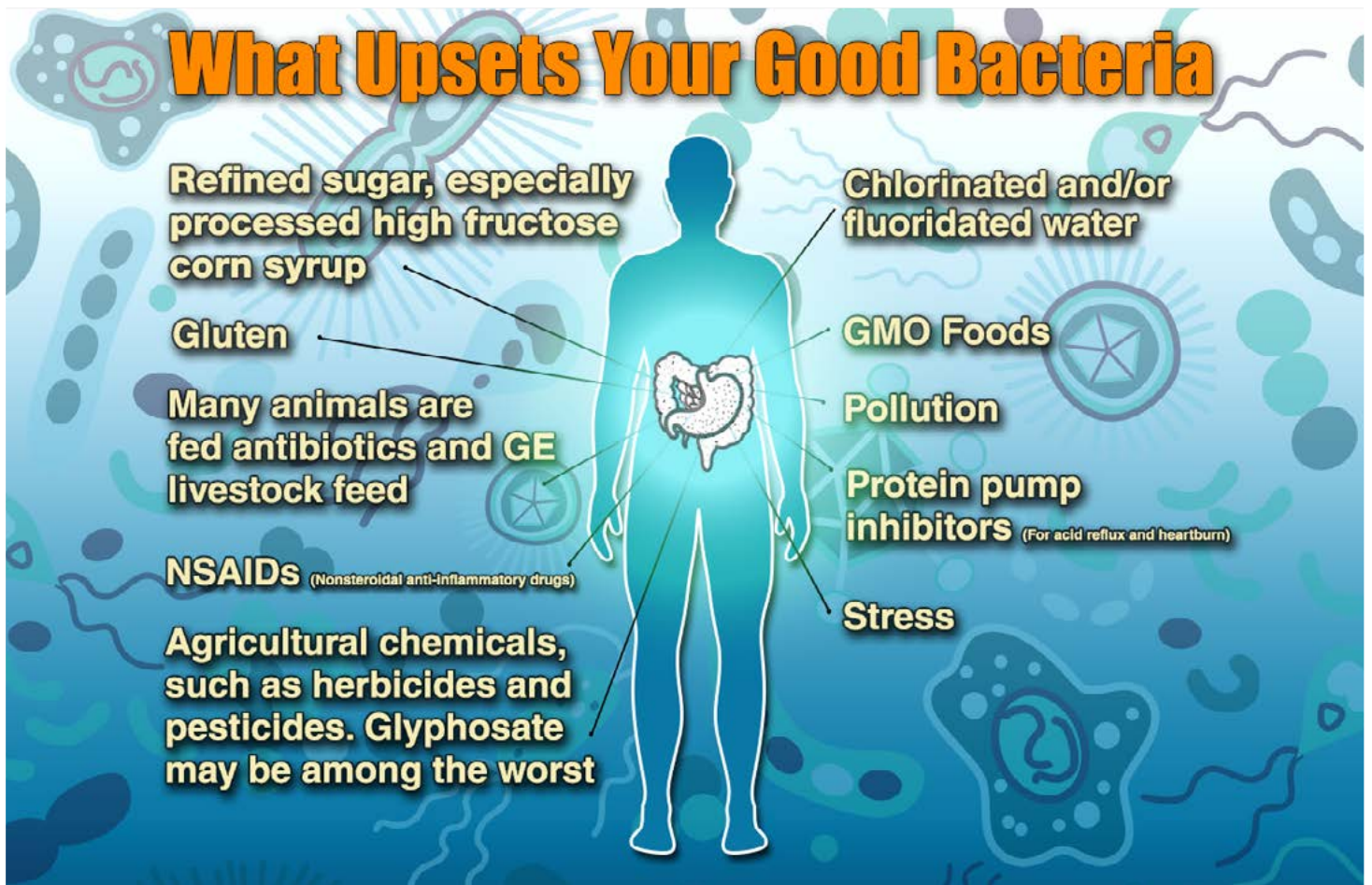
- An animal study published in the journal *Microbiology* showed a specially engineered probiotic impacted the metabolism and fat composition of mice. The authors concluded that **rebuilding a healthy microbiome may play a role in preventing obesity**.²
- Another study published in the *Journal of Gastrointestinal Surgery* followed patients recovering from gastric bypass surgery. Split into two groups, the patients who received the beneficial bacteria **showed significantly greater weight loss than those who didn't**.³

But even more remarkable than lowering your risk of getting fat is the "mouse swagger" – the term used by the researchers themselves.

This new study strongly suggests that this particular form of probiotics could make you more attractive by improving your mental focus, skin quality, sexual potency, and overall confidence.

The fact is that beneficial bacteria are grossly underappreciated. I call them one of the "secret controllers" of your body.

What Upsets Your Good Bacteria



Most doctors don't talk about this, but the "good bacteria" in your gut has a direct influence on how often you get sick, how much energy you have, how well you digest your food and as you've seen... whether or not you get fat.

But there's a problem...

Your "good bacteria," are under constant attack...

Our modern world is killing off the "good guys"

As Ilya Metchnikoff realized more than 100 years ago, keeping a healthy balance of good and bad microbes in your body is a real problem – especially in our modern world.

The chlorine in our water supply kills off many of the "bad bacteria" that might make us sick, but it kills off the good guys, too. Just drinking tap water can cause an imbalance.

Chlorine doesn't discriminate. It kills the bacteria it comes in contact with – good and bad. It's an equal opportunity destroyer.

Basically, the shortage of good intestinal bacteria over the years has turned your gut into a wimp. Our stomachs cower when it meets anything stronger than the bacteria found in the yogurt at the grocery store.

But it's not just chlorine that's a problem.

Much like chlorine, antibiotics were a major development in helping to fight off diseases like tuberculosis, syphilis and meningitis.

There's no denying that antibiotics have saved millions of lives but like chlorine, antibiotics don't discriminate.

Like the word "probiotic," the term "antibiotic" comes from the Greek words, meaning "against life."

The job of antibiotics is to kill off “live bacteria.” And, unfortunately, that’s not just the harmful bacteria... but the good bacteria, too.

You see, antibiotics are on a “scorched earth” mission.

A 2009 study of antibiotics by the University of Michigan Medical School concluded there is a compelling need to “revitalize the gut microbial community” in our intestinal tract – the community of good bacteria that is wiped out by the use of antibiotics.⁴

Unless we reestablish that beachhead and “revitalize” these beneficial bacteria in our gut, we remain at the mercy of whatever we put in our stomachs.

Like antibiotics, many prescription medications kill off good bacteria, especially laxatives and anti-inflammatory drugs, like corticosteroids.

And it’s not only chlorine, antibiotics and prescription drugs that impact the good bacteria. Pesticides and herbicides in your food have also killed off billions of the “good intestinal flora” that line your digestive tract.

Once upon a time, we pulled our fruits and vegetables right out of the ground – dirt and all. No chemicals. No processing. No “cleansing.” That nutrient rich earth transferred its minerals, vitamins and – yes – beneficial bacteria into the foods we ate. And those naturally balanced foods made us strong and healthy.

But for most of us that’s just a distant memory.

Nowadays, with the rise of mega-corporate farming, and the ever-increasing use of pesticides and herbicides, much of the good bacteria that you need to support a healthy digestive tract are hijacked before they ever make it into your body.

There’s a price to be paid for all the sterile and perfect-looking fruits and vegetables that line the shelves of our neighborhood grocery stores.

But when it comes to modern-day fruits and vegetables, “beauty is only skin deep.”

Your water supply, your foods, even your medicines... they’re all robbing you of the good bacteria you need to maintain the “delicate balance” of your intestinal terrain.

It’s like trying to fight a modern army of tanks and armored vehicles with nothing but spears and swords. Would you call that a fair fight? I sure wouldn’t.

And that’s just the beginning of the problem.

Feeling gassy, burpy and bloated after you eat?

If you’ve ever experienced gas, belching or gurgling after you eat, there’s a good reason for that.

When your gut bacteria are not balanced, they cause all of those embarrassing problems... and usually at the most inconvenient times.

And over time, those embarrassing moments can turn into something far worse.

Here’s why...

Our diets are full of foods that disturb our gut’s microbial balance.

Feeling gassy, bloated and tired are only a few of the problems. Often, you’ll end up with constipation or chronic diarrhea.

If this goes on long enough, your immunity drops and your risk of more serious problems rise.

Your gut is something you want to take care of... and when I talk to my patients about this, I give them a two-pronged strategy:

- Organic foods low in starches and sugars, and...
- A probiotic that is truly qualified to not only survive in your gut, but to colonize and thrive in your gut.

Sugar and bread are two of the worst things to give your body. It’s like pouring gasoline on fire.

Of course, it’s difficult to avoid bread and sugar

altogether. But if you have trouble in your gut, I would give them up for at least six months. After that, eat them in moderation.

And while it sounds like a simple advice...

Effective probiotics are hard to find

I never used to recommend probiotics... For the most part, they get killed off by your stomach acid.

When ConsumerLab.com tested a variety of probiotics, more than a third of the samples flunked the tests. Most failed because they contained, “too few live bacteria to be effective.”

Check out their press release:

“ConsumerLab.com’s Product Review of Probiotic Supplements revealed that one third of the products tested contained less than 1% of the expected number of viable bacteria — with several products containing one-ten thousandth of the amount expected.”⁵

Probiotics are live “good bacteria” cultures that help the body digest your food, absorb vitamins and nutrients, fend off attacks and support your immune system.

But anything that is living can die.

And that’s exactly what happens: Processing, heat and time kill off the good bacteria in these products.

The fact is... probiotics won’t do you any good unless they make it to your gut.

That’s tougher than it sounds. Imagine if you had to swim across an ocean of battery acid. That’s the challenge bacteria face in your stomach.

And even if they make it through your stomach, they have to survive all of the bile salts in your upper intestine.

You see, not all bacteria are created equal. While acidophilus (*Lactobacillus acidophilus*) is the best known probiotic, it’s not necessarily the best performer.



Probiotics won’t do you any good unless they make it to your gut alive.

Based on the studies I’ve seen, *Lactobacillus rhamnosus* GG (LGG) offers far more health benefits. But the food industry uses LGG far less often than *acidophilus*.

So before you rush out and buy expensive yogurt products, here are a few simple ways to increase the good bacteria in your gut.

Like other living things, bacteria thrive when the conditions are right. You can help the good bacteria in your gut flourish by following a few simple tips:

- ✓ Stay hydrated. This helps the good bacteria establish themselves.
- ✓ Avoid sugars and starches.
- ✓ Eat more foods that contain inulin, a type of fiber your good bacteria need to thrive. Garlic, onions, leeks, artichokes and chicory root (often used as a coffee substitute) are good sources of inulin.
- ✓ Eat organic fruits and vegetables. And don’t wash them too thoroughly. Our ancestors got lots of good bacteria from the organic foods they ate.
- ✓ If you need additional good bacteria, choose an organic yogurt or kefir product with as little added sugar as possible, preferably none at all.

But there’s good news for probiotics...

New delivery technology helps good bacteria arrive alive

A “delivery breakthrough” changed my opinion of SOME probiotic supplements.

By wrapping probiotics in a protective layer, scientists discovered they could deliver high-powered, healthy bacteria to your gut WITHOUT the probiotics being killed off by the acid in your stomach.

These researchers successfully bred new strains of good bacteria that are highly resistant to both stomach acid and bile salts.

This acid-proof delivery is the ONLY way to make probiotics survive your harsh stomach environment and colonize your gut.

My research shows this technology can help one capsule deliver up to **35 billion healthy bacteria cells to your gut**, including the highly effective LGG strain.

Equally important, these super-charged probiotics “stick” to the walls of your intestines and “colonize” your gut. That means they can set up shop and start to multiply.

In as little as two weeks, this new “colony” of good bacteria gives you the powerful slimming effects I told you about at the beginning of this article.

This breakthrough makes it possible to take SOME probiotics and get a result you can see and feel.

When you have the right conditions, probiotics have the potential to: ⁶

- ✓ Survive the hostile environment in your gut and is resistant to stomach acid, bile, pepsin and pancreatin;
- ✓ Adhere to intestinal cell lines, meaning it can actually **colonize** in your gut, turning the tide in your favor;
- ✓ Slow the growth of “bad” bacteria;
- ✓ Modulate your immune system, making you stronger and more resistant;

✓ Provide a “slimming effect” that helps keep you lean.

4 simple steps for choosing a reliable probiotic

Choosing a REAL probiotic is not easy. What follows are my four easy steps to help to you choose...

✓ First check for gut survivability. The manufacturer should be using some form of “acid proof” technology that protects the organisms from your stomach acid.

✓ Also look for CFU, or “colony forming units.” This is the number of bacteria that are expected to reach, and then survive, your gut. The higher the number the better. A good target to shoot for is at least 30 billion CFU per capsule.

✓ Choose a probiotic that uses mixed strains, especially Lactobacillus and Bifidobacterium. The strain used in the weight-loss study I mentioned is Lactobacillus gasseri (LG2055).

✓ Don’t skimp on price. You really do get what you pay for. If it doesn’t meet the qualifications above, don’t waste your time or money. And remember to take them regularly. After a “loading dose” of once a day, most brands can be taken every 2 or 3 days thereafter. But don’t lapse. Keep feeding your gut what it needs.

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Spring Clean Your Cells

Unlock Trapped Energy and Banish Fatigue

I'll bet your doctor never told you this, but you have a major organ that controls your body's overall energy levels.

I'm not talking about your heart, your brain or even your lungs.

I'm talking about your body's largest internal organ – YOUR LIVER.

Your liver is your main metabolic engine. And it's your liver that converts glucose or blood sugar into the components that make energy.

Your liver also clears away toxic waste. Toxic blood is heavy and weakens circulation, while a healthy liver improves oxygen and nutrient delivery to your cells.

If you ever lose your focus, feel persistently worn down, get headaches or feel overly angry and frustrated, these are signs your liver is “sluggish.”

But as you'll discover, a simple “spring cleaning” can generate waves of new energy, and clear up the heavy fatigue that brings you down.

Restoring power to this “energy storehouse” is one of the secrets of my three-decade medical career. But it's something most doctors completely overlook or ignore.

And that's a shame. Because 90%

of those “hard to diagnose” patients that come to my clinic — the ones who go from doctor to doctor with no results and no answers — make a dramatic comeback when their energy source is “switched back on.”

Let me explain...

When a patient – I'll call him “RL” – came to my clinic recently, he told me about his lifelong struggle with a “heaviness” and lack of energy. Simmering below the surface was a “constant frustration” and a volatile temper.

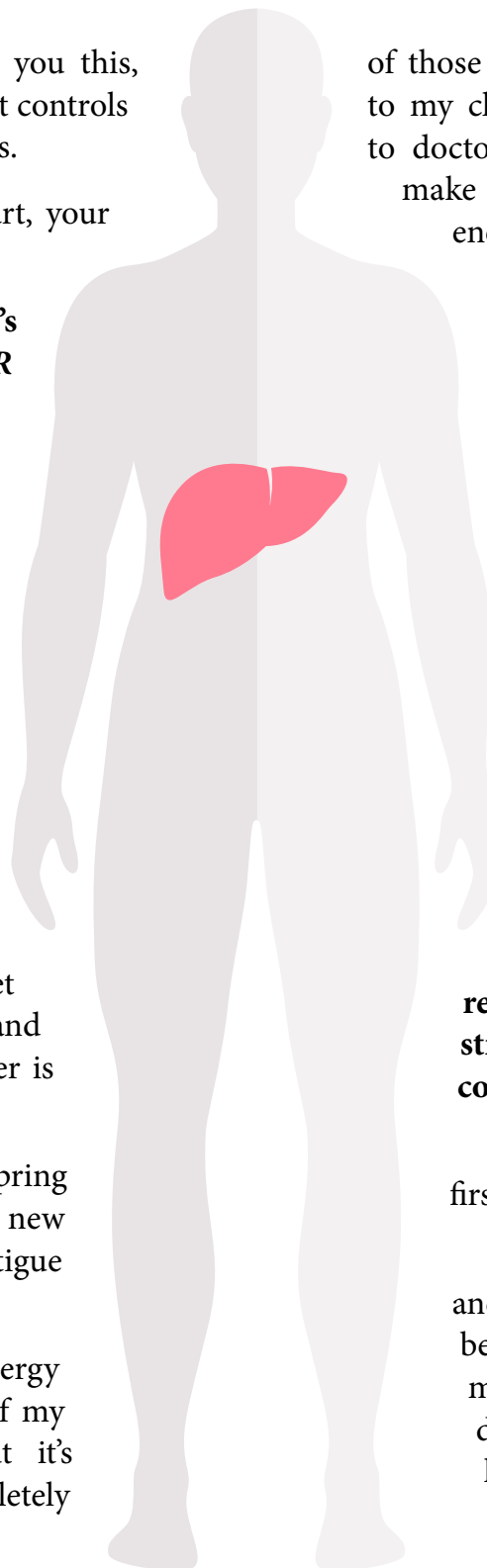
He had tried just about everything, and not surprisingly, the other doctors he consulted gave him only prescriptions and anti-depressants.

After ruling out other possibilities, I began a protocol to restore the health of his liver. It was a strategy that no other doctor had even considered.

When he came back for a follow up, the first thing I noticed was his big smile.

Aside from more ambition, get-up-and-go, better sexual performance and better mood, this energy secret helped RL maintain normal blood sugar, slowed the damaging effects of aging, and helped him lose stubborn fat.

But RL is just one example of the kind of transformation that happens when you



Back in the saddle

I came back from a slump I thought I'd never get over. The difference in my life, my energy levels and my mood is like night and day. My sex life is back on the mend, too. I feel revitalized as a person and, after worrying about me for some time, my family is relieved to see me back in the world of the living.

- Email from RL

address the one source of energy almost everyone else pays no attention to.

When your liver is clean, robust and operating at optimum levels, just about EVERY other organ and tissue in your body gets a boost of energy and performance.

And there's an easy way to make this happen...

Ancient secret to boundless energy and sexual stamina

In Ayurvedic medicine – the ancient medical system that originated in India more than 3,000 years ago – the liver is considered to be the bodies “master controller.”

When I traveled through southern India to the city of Kerala, I had the privilege of studying Ayurvedic medicine with some of India's top physicians at one of the oldest hospitals and healing centers called AyurMana.

It was there that I gained a deeper understanding of Ayurvedic medicine, and their insight that your liver has authority over every other system.

And this isn't far from the truth.

Your liver is responsible for up to 500 different functions you need to stay alive.

Its primary job is to detoxify and process the toxins that get into your body from your food, drink and

environment, and to filter any drugs or medications you may take.

Your liver is also:

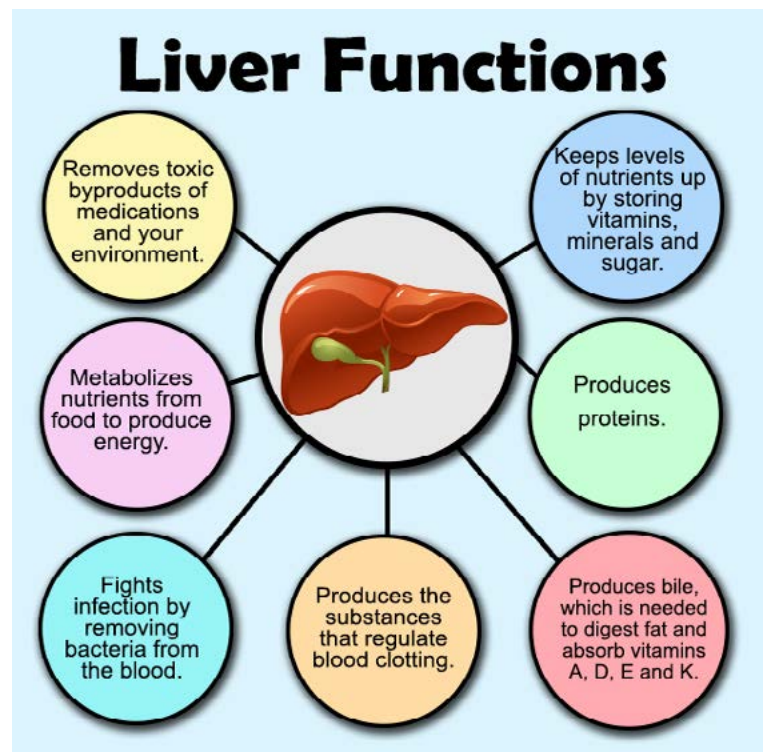
- A storehouse for vitamins and nutrients, and has the ability to release them into your bloodstream when you need them;
- A kind of “pharmacy” that makes more than 13,000 key chemicals, hormones and “base materials,” like cholesterol and glycogen (one of the keys to maintaining high energy);
- Responsible for managing some 50,000 enzymes and compounds you need for good health and long life.

Think of it this way...

When your liver is overwhelmed by toxins it can't get rid of, you get a “traffic jam” where everything else gets backed up.

Imagine you're a foreman at a construction site and you're waiting for a delivery of building materials that never shows up.

What do you do? You can't repair or maintain a house without wood, nails, and roofing tiles, right?



Your liver is like your body's Home Depot. It's the source of many of the raw materials you need to stay productive and healthy.

And when these "deliveries" don't show up, you're in trouble.

For example, if your liver doesn't have the energy to produce cholesterol, your body can't make sex hormones.

If your liver has trouble storing glycogen, it can't regulate your blood sugar and your energy levels will plummet.

And if your liver can't process all of those toxins, they end up in your bloodstream and in your fat cells.

This can lead to increasing sensitivities to environmental toxins and irritants, allergies and feelings of lethargy, heaviness and a lack of energy.

But there's a great way out of the energy crisis that may be pulling you down with feelings of fatigue and heaviness...

Liver Cleanse #1: Sweep the toxins from your liver

More than 2,000 years ago, the ancient Greeks used **milk thistle** as a liver tonic to boost energy, improve digestion, support a healthy metabolism, and for a regular "spring cleaning."

This practice continued through Europe during medieval times. Even today, milk thistle is approved in the German "Commission E Monographs" for liver concerns.

These monographs were compiled for the licensed medical prescription of botanicals in Germany, and they rank among the world's most respected and definitive evaluations of the safety and efficacy of herbs and phytonutrients.^{1,2}

In other words, milk thistle has been proven to work.

Here in the U.S., the Mayo Clinic tested silymarin (the active ingredient in milk thistle) on people with damaged livers. And these were folks who were so overwhelmed by poor diets, alcohol and other toxins, their livers could barely function.

But the Mayo Clinic researchers discovered that people who took silymarin experienced "significant improvement" in liver function.³

I began using milk thistle to treat liver disease after I discovered that it's been used by natural healers for more than 2,000 years.

Besides cleansing the liver, it can treat jaundice, gallstones, and peritonitis, a potentially lethal abdomen infection.

This medicinal plant detoxifies and protects the liver. Its powerful silymarin helps repair liver cells and also keeps new liver cells from being destroyed.

A University of North Carolina study reported that milk thistle significantly reduced liver damage in nonalcoholic fatty liver disease, cirrhosis caused by hepatitis C virus and inflammation.⁴

In another recent study, milk thistle decreased the indicators of fatty liver disease, as well as the size and weight of livers in patients suffering from the disease.

But medical researchers have





WARNING:



Do you have any of these?

Learn to recognize the signs of a toxic liver...

Primary Signs:

- **Fatigue, heaviness and lack of energy;**
- **Headaches, including migraines;**
- **Foggy thinking, loss of concentration;**
- **Weight gain;**
- **Insomnia;**
- **Food sensitivities;**

Secondary Signs:

- **Blood sugar concerns;**
- **Period problems & severe PMS;**
- **Gallstones;**
- **Alcohol and substance abuse;**
- **Stiff, tense, aching muscles and nerves;**
- **Weak tendons;**
- **Eye problems: including spots, floaters, dry eyes, cataracts, and sore eyes;**
- **Dry and cracked nails;**
- **Tics and tremors;**
- **Easily tired;**
- **Allergic reactions;**
- **Constipation;**
- **Disturbed equilibrium.**

barely scratched the surface of the anti-aging magic of milk thistle. ⁵

By measuring liver serum enzymes, I have personally documented this potent herb's ability to rejuvenate.

Apart from its benefits to the liver, silymarin can help us live longer by lengthening your telomeres, the vital "countdown clocks" at the end of your chromosomes.

Your telomeres count down how long your cells will live. Every time a cell duplicates, its telomeres become shorter, until the chromosomes unravel and the cell dies.

Studies show that silymarin strengthens cell walls against invaders and stimulates enzymes that combat toxins. It also defends against "free radicals," biochemical byproducts that can damage cells.

I recommend taking one 200 mg. capsule of dried milk thistle extract twice a day. And make sure the capsules contain at least 80% silymarin.

Here are four additional herbs and extracts you can combine with milk thistle for added liver-cleansing power:

1. Turmeric root extract: This inflammation fighter has a long history with liver health and helps protect against the buildup of too much fat in your liver... one of the tell-tale signs of a "sluggish liver;"

In one study, rabbits fed a high-fat diet showed *significantly less fat build up* in their livers and arteries after supplementing with turmeric root extract; ⁶

2. Dandelion root: This herbal superstar of Traditional Chinese Medicine is a natural liver cleanser;

With powerful antioxidants, dandelion root is clinically supported to flush toxins out of your liver and support normal blood pressure and blood sugar; ⁷

3. Artichoke leaf: This ancient herb boosts your liver's bile production, which helps fat digestion and prevents the buildup of fat in your liver.

A study published in the medical journal *Phytomedicine* showed bile production increased by up to 127.3% in just 30 minutes after taking artichoke leaf. ⁸

4. Oregon grape root and yellow dock root: Both are clinically supported to help stimulate bile flow, clear away infections and bacteria and rejuvenate poor liver function. ^{9,10}

Liver Cleanse #2: Chinese Bitters

This uses two common Chinese herbs to stimulate bile production, clear toxins and restore the liver's hormone regulation and detox power.

The first herb, **Chinese gentian**, which is also known as “long dan cao” and “dragon gallbladder herb,” contains some of the most acrid plant compounds known to us, and is used by science as a measure for bitterness.

The second is **bupleurum**, a bright yellow perennial that is native to China, also called “hare's ear root.”

This has been used for more than 2,000 years by traditional Chinese medicine to cleanse and increase ‘energy’ to the liver.

The bitter taste comes from plant metabolites that protect against germs and free-radical damage. When your tongue tastes a ‘bitter’ food, it gets bile production going and stimulates the liver to clear away toxins before food arrives for digestion.

I've found that bitters like **gentian** and **bupleurum** **work to** get the liver prepared for healthy digestion.

I recommend tinctures of Chinese bitters in an alcohol extract or in a tablet form.

The tablet form has the advantage of avoiding the bitter taste of the herb.

For a tincture, take one teaspoon on an empty stomach before breakfast every day. For tablets, I recommend taking two 700 mg. doses twice daily before meals.

You were NOT designed to live in the modern world

Today, you are exposed to around 70,000 different chemicals, toxins and other solvents...

And only a tiny fraction of these chemicals have ever been tested to determine what effect they have on our bodies.

We are literally taking part in an experiment that we never consented to.

A study by the Centers for Disease Control (CDC) analyzed the blood of 2,500 Americans and found traces of 148 different chemicals and toxins in EVERY PERSON they tested.

And your liver takes the brunt of the damage.

Your liver simply wasn't designed to thrive in this industrial world.

In spite of all the assurances that many mainstream sources will tell you, your liver just isn't equipped to handle synthetic, manmade chemicals.

Remember, when you're cleansing, drink lots of water so you can flush out the toxins and protect your kidneys.

Liver Cleanse #3: Olive Oil and Citrus

There is not much clinical science behind this cleanse – but it has been around for millennia. And it works!

Ancient Egyptian and Ayurvedic healers used oils and citrus to stimulate the clearing of the stones from the liver and gall bladder. And German and English homeopathic doctors during the 1920s and 1930s

recorded the use and results of olive oil and lemon to clear out gallstones.

But it shouldn't come as a surprise that mainstream medicine has never investigated it. It's the simplest, lowest-cost home remedy around.

And it has been known to successfully remove gallstones without surgery.

According to a 1998 study by the North American Primary Care Research Group, six patients diagnosed with gallstones used an olive oil-lemon juice mix to stimulate a natural removal of the stones in an effort to prevent surgery.¹¹

After a treatment that lasts for three days, five of the six patients expelled their gallstones. This was confirmed by ultrasound and it eliminated the need for surgery.

It works, because as the oil and citrus mixture enters the stomach, the liver releases a large dose of bile. The resulting rush through the bile ducts in the liver clears the stones. Here's what to do:

- 1.** Drink raw apple juice or raw apple cider vinegar for a week with meals prior to the cleanse. Avoid alcohol;
- 2.** On the day of the cleanse, fast for eight hours before drinking the oil and citrus mixture. This fasting period allows the liver to build up bile and fill the gall bladder;
- 3.** Before going to bed, take half a cup of olive oil and the juice of two lemons or one grapefruit. Then lay down. Sleep on your back or on your right side. Keeping your head and torso slightly raised with pillows will help speed digestion and reduce any nausea;
- 4.** Around noon the following day, you can begin to eat again. Start with juices.

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Amazon Jungle Trip Turns up ‘Magical Healing’ Leaf

I Found a Local Herb that “Bullet-Proofs” Your Immune System

My guide hacked a narrow path for me through the underbrush. It was the second day of our journey, deep into the jungles of the Amazon.

I was on my way to speak to a *curandero*, a native healer, about a plant the locals believe has magical healing properties. This herb is also used in many rituals.

When we finally arrived at the small village, the *curandero* prepared a bath infused with the herb.

It smelled a little like garlic, and he said it would protect me from witchcraft.

I was happy to wash away the grime.

But I noticed almost immediately that my scratches, scrapes, and bites seemed to heal as the herb took effect.

Afterward, the *curandero* described other ways he uses this magical plant.

It brings down fever, and helps with parasites and fungus. He also uses it for aches and pains, colds and coughs, and even skin diseases. And he had me rub it on my skin to protect against insects.

But here’s something else..

This herb the *curandero* introduced to me in the Amazon jungle has the power to **shield you from the invaders that break down your body’s defenses.**



I hacked my way through the Amazon jungle to find a local *curandero*.

By multiplying the power of your body’s “fighter cells,” the leaves of this herb will help you “bullet-proof” your immune system, and keep you on the move with fewer sick days.

Not only does that help minimize your risk of colds and infections, it gives you a better chance of fighting off more serious threats, like antibiotic-resistant “superbugs,” and even chronic diseases like cancer.

Here’s how the rest of the story unfolded..



Anamu Power

The leaves of the anamu plant throw up a “defense shield” around your immune system.

The leaf that kills cancer cells

The plant they gave me turned out to be *anamu*.

Its Latin name is *Petiveria alliacea* and it grows throughout Central and South America, in the Caribbean and in Africa.

And once I returned from my trip, I discovered plenty of research to support the folklore claims.

Anamu contains many active compounds that protect your body against bacteria, fungus, and even diseases like cancer.

In one review, more than 1,400 plant extracts were evaluated as therapies to protect against and prevent cancer.

Anamu was one of only 34 plants identified.

It contains two properties that **kill cancer cells but do no damage to healthy cells.** ¹

Anamu also stimulates your immune system.

In one study, ***anamu increased natural killer cells***

by a dramatic 100%.² These are the cells that kill disease throughout your body.

But anamu also increases chemicals such as interleukin and interferon. These help protect you against future infection and disease.³

The more I looked, the more scientific research I found to support the claims of the curandero.

Anamu protects against bacteria, viruses, fungi and yeast.⁴ It guards against urinary problems and diabetes. In fact, in one animal study, **blood sugar levels dropped more than 60% in one hour.**⁵

The curandero I met used anamu as a pain reliever, too. I later learned it contains COX-1 inhibitors. This is the active ingredient in the arthritis drugs sold by pharmaceutical companies.⁶

Your immune system needs help

Your body wasn't designed to fight off some of the modern threats we face every day.

Take a look around and you'll see that our world is flooded with tens of thousands of manmade chemicals, solvents and other toxins.

PLUS, the viruses and airborne germs we face are constantly mutating, creating “superbugs” as a result of modern world... and the majority of our food is genetically modified and sprayed with powerful toxins that are giving rise to more superbugs.

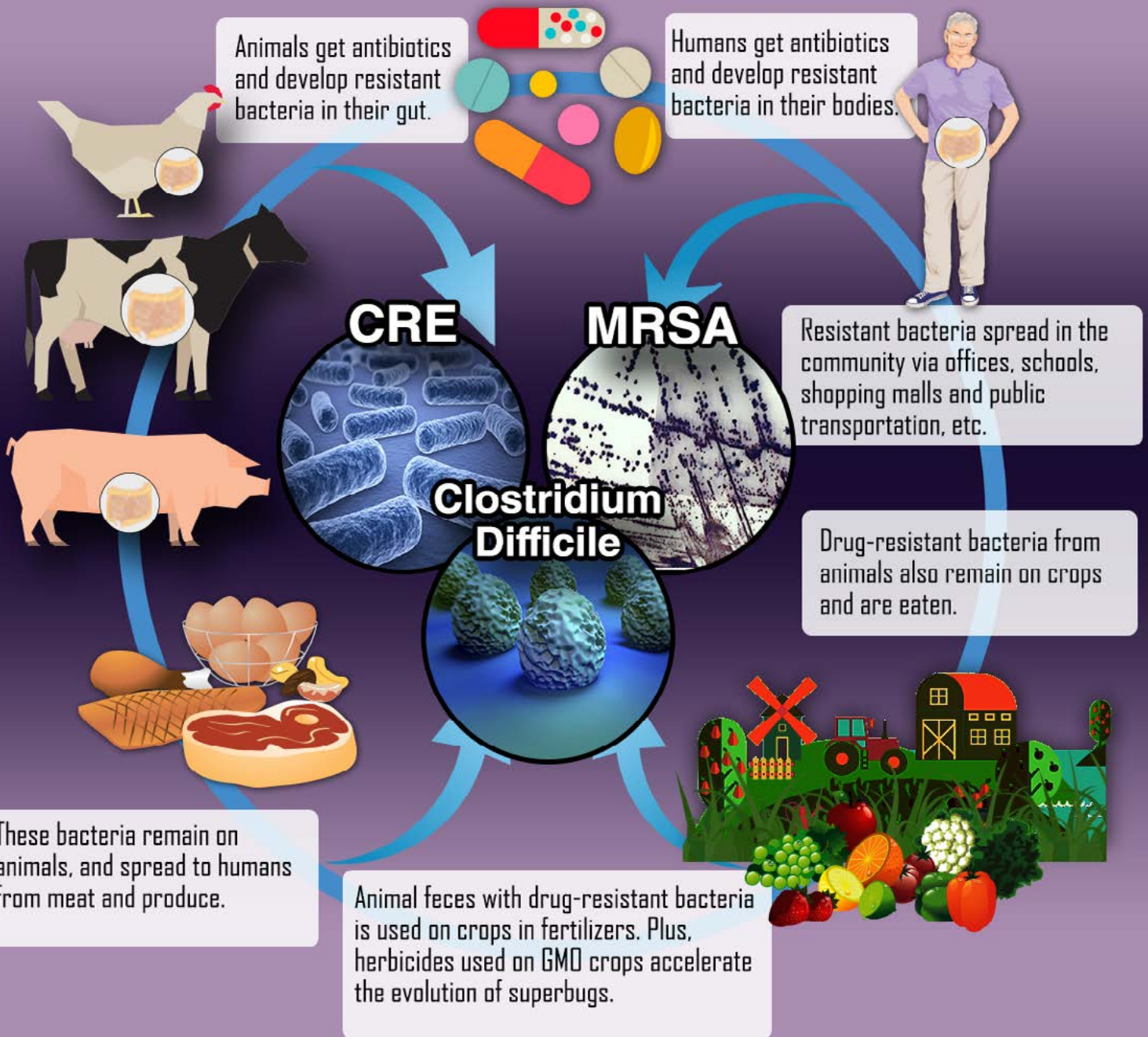
Our environment has *changed*, but not for the better.

On top of that, you have to deal with all those crowded places, like airplanes, offices, schools, shopping malls and public events, where you're exposed to everyone's coughs, colds, and contagious illnesses... as well as the superbugs.

INVASION OF SUPERBUGS

Animals get antibiotics and develop resistant bacteria in their gut.

Humans get antibiotics and develop resistant bacteria in their bodies.



Resistant bacteria spread in the community via offices, schools, shopping malls and public transportation, etc.

Drug-resistant bacteria from animals also remain on crops and are eaten.

These bacteria remain on animals, and spread to humans from meat and produce.

Animal feces with drug-resistant bacteria is used on crops in fertilizers. Plus, herbicides used on GMD crops accelerate the evolution of superbugs.

That's what you face EVERY DAY.

balance and lower your defenses.

Your immune system's "fighter cells" are the guardians and tireless warriors that identify and destroy the invaders that make you sick.

To stay healthy and energetic, you need to RAMP UP your number of fighter cells.

But all that daily pressure can easily knock you off

balance and lower your defenses. But when your body needs extra help, what do you do? Where do you turn?

Modern medicine has no answers, because they can't be bothered with prevention. They have no reason to give you something that will strengthen your immune system or keep you from getting sick.

Remember, they're in business to sell you drugs AFTER you get sick.

If you go to the drug store or grocery store, your options aren't much better.

The TV commercials tell you anti-bacterial soaps, and anti-bacterial wipes will help "protect" you, but anti-bacterial products don't protect you from *anything*.

In reality, they actually INCREASE your risk of allergies, and other illnesses, including asthma, and weaken your immune system.

We're also constantly adding new anti-bacterial products to our cleansing arsenals, giving us a false sense of cleanliness.

I tell my patients and readers that using anti-bacterial soap not only kills off harmless bacteria, it leaves the room for leftover bacteria to grow stronger.

Science agrees with me: A double-blind study by researchers at the *Annals of Internal Medicine* found that subjects who used anti-bacterial soap gained *no preventive benefit* over the subjects who used regular soap.⁷

And recently, the conservative *American Medical Association (AMA)* rejected the idea that these soaps are good for you.

Here's what Myron Genel, the former chairman of the AMA's Council on Scientific Affairs, said:

"There's no evidence that they do any good and there's reason to suspect that they could contribute to a problem by helping to create antibiotic-resistant bacteria."

Six more rainforest boosters

After some research, I discovered other immune boosters, some of which are from the same rainforest area, that may strengthen the effect of the *anamu plant*.

To help give you EXTRA defensive power, here are six other antioxidants and immune boosters to add to your arsenal:

✓ **Astragalus:** Used in Traditional Chinese Medicine (TCM) for thousands of years, astragalus was often combined with other herbs to strengthen the body's immune defenses. Astragalus is called an "adaptogen," meaning it is thought to help protect the body against various stresses, including physical, mental and emotional stress.

✓ **Cordyceps Sinensis:** Cordyceps have a long history as a "medicinal mushroom." In Traditional Chinese Medicine (TCM), these mushrooms are used to treat medical conditions by modulating and boosting your immune system and inducing what's called "cell apoptosis." (That's when your immune system kills off cells that are sick or mutated.)

✓ **Cat's Claw:** Named after its hook-like horns, cat's claw is a woody vine that's native to the Amazon rainforest. Studies suggest that cat's claw can boost your immune system.

✓ **Camu Camu and Acai Berry:** These two Amazon rainforest fruits are high in powerful antioxidants that support your immune system.

✓ **Maca Root:** The potent South American root was known to the Incas and used for increased energy and immune strength.

But here's the GOOD news: The anamu plant I discovered in the jungles of the Amazon rainforest gives you a *reliable way* to get your body to make MORE of these fighter cells.

Give yourself an “impenetrable shield”

Scientists now know why these healers, or *curanderos*, put so much faith in anamu.

This plant contains a powerful compound that kicks your immune system into high gear, shielding you from the stress and strain of daily life.

Remember, multiple human and animal studies show that anamu **DOUBLES** *the number of your body's natural killer cells*.

It also fires up the production of other critical immune cells, like interferon, interleukin-2, and interleukin-4. ^{8, 9, 10, 11, 12}

When I was in the Amazon, I found out first hand.

I'm sure you know the Amazon is not the most travel-friendly place in the world.

And I've seen things in the jungles, rivers and the high mountain passes that would give even the most adventurous traveler cause for concern.

I've seen mosquitoes the size of dragon flies, along with countless types of insects and crawly creatures I didn't even recognize.

When you factor in tainted water supplies, questionable food sources, and all the other unknowns, suffice to say that it's very easy to get sick.

And I've seen tourists get nailed down in these places.

But when I was there – even in the deepest jungles – I knew I didn't have to worry.

And my trust in anamu paid off...

To date, I've made at least eight expeditions into the Amazon region, including Peru and Brazil, and I've NEVER been sick.

I wasn't even sick after drinking “spit brew” with the Ashaninkas in Peru, a concoction of fermented spit and saliva so foul it makes you dry heave just smelling it.



I've made many trips to the Amazon, and I never got sick.

When I got back to the States after my most recent trip, I knew anamu was something I had to tell you about.

Build your own defense shield.

I believe the anamu plant can help you build up a super-strong immunity that helps shield you from the defense-draining threats that stress you out and make you sick.

To me, it feels like having an energized “defense shield” that gives you a level of security that makes you feel safer and more secure.

I'm so impressed with anamu, I'm now hard at work doing further research on how it will benefit my patients - and I'm also trying to import the herb from a reliable source.

Traditional healers make an infusion using 30 grams (slightly more than one ounce) of dried anamu in a liter of water. You drink 1/4 to 1/2 cup, one to three times per day. Or you put it on your skin, depending on the condition.

You can also take the dried, powdered herb as a capsule. I suggest taking 500 mg. to 1,000 mg. per day in divided doses.

Anamu can cause uterine contractions, so don't use it if you're pregnant.

And it contains a low concentration of natural coumarin, which has a blood-thinning effect. So if you're already on blood-thinning medication, check with your doctor before using it.

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Al Sears, MD, CNS, 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 Ageless Heart Manual: Advanced Strategies to Reverse Heart Disease and Restore Your Heart's Pumping Power***, 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).

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.](#)

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