

# A Three-Punch Alzheimer's Healing Protocol

Of all the diseases I see, Alzheimer's disease is one of the cruelest and most debilitating.

But it's the disease I'm most excited about for two reasons...

Firstly, because mainstream medicine will tell you there is no cure for Alzheimer's and that its effects are irreversible.

*We're proving that Alzheimer's disease is not hopeless.*

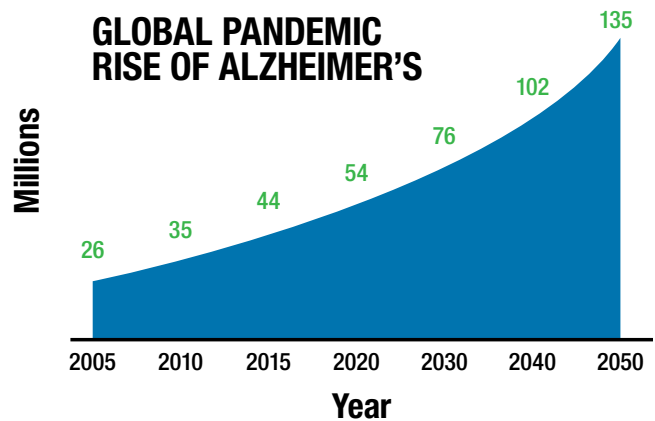
And, secondly, most scientific research into this dreadful disease is centered on efforts to clear away the beta-amyloid plaque and tau protein tangles, the classic hallmarks of Alzheimer's.

These disruptions cause nerve cells in the brain to stop working, lose connections with other nerve cells, and finally die.

This research has led to years of trying out all sorts of vaccines and monoclonal antibodies in an attempt to remove these protein tangles and the buildup of plaque.

Sadly, all of them have failed.

I like a different approach to defeat the disease — a three-pronged attack that involves:



*The global rise of Alzheimer's disease is terrifying. Today, around 44 million people worldwide suffer from Alzheimer's, with the vast majority of them in Western Europe and America.*

- Gene therapy to replace genetic triggers of Alzheimer's;
- Stem-cell therapy to replace dying cells in the brain;
- Dietary changes to repair damage in your brain.

## Also in This Issue...

- Keep Your Arteries Clean with Activator X .....7
- How to Beat the Toxic Seafood Mess .....12

Each of these safe and painless treatments involves the latest scientific breakthroughs and technologies — and the results have been nothing short of remarkable.

*This **Alzheimer's Healing Protocol** includes key changes to your lifestyle habits you can implement easily at home. And this protocol has the power to significantly lower your risk of becoming a victim of advanced Alzheimer's.*

The problem is that most people wait too long before seeking treatment. But if you can attack Alzheimer's early enough with gene and stem-cell therapy, as well as nutritional therapy, it can be slowed — and even prevented — from progressing into serious neurodegenerative dementia.

I've recently enlisted Dr. Burton Feinerman, the renowned physician, author and a pioneer of stem-cell therapy to help me research new protocols.

Dr. Feinerman owns patents for therapies for 15 diseases and the number of successes he's had is simply astounding.

## **The Cruellest of Diseases**

As you probably know, Alzheimer's is a progressive brain disorder associated with acute memory loss, language problems and unpredictable behavior — mostly among seniors, although in some cases it strikes earlier.

In its advanced stages, Alzheimer's not only steals its victims' memories, language skills and their ability to function routinely in their own homes, it also impairs the ability to recognize faces. This is one of the most painful aspects of the disease, because it widens the gulf between victims and their loved ones as the disease progresses.<sup>1</sup>

Alzheimer's affects more than five million Americans. It is the sixth-leading cause of death in the United States, and it strikes one in nine people over 65. Over the age of 85, that figure rises to a shocking one in two.

Sadly, it has become so common you probably know someone who has it — if not someone near and dear to you.

That's because, unlike our ancestors, we're all victims of our toxic modern world — industrial pollutants, excess sugar, processed foods, and other contaminants that didn't exist thousands, or even hundreds, of years ago.

There's a clear link between our poisoned environment and the surge in the number of Alzheimer's cases. And there's also a link to the massive sugar overload in our modern diet. I've seen it in my own research, and science backs me up on it.

Today, about 44 million people worldwide suffer from Alzheimer's, with the vast majority of them in Western Europe and America. And that number is expected to more than triple to 134 million by the year 2050.

## **You Don't Have to Wait**

This three-step Alzheimer's Healing Protocol is the most effective therapy I've ever seen for treating this terrible disease.

In a few years, this treatment is likely to become standardized throughout mainstream medicine.

Most doctors are wary of implementing therapies the medical establishment regard as “experimental” or “cutting-edge.”

The problem is that Alzheimer's is a *neurodegenerative disease*. That means there's a progressive loss of structure and function of your neurons. In other words, the disease simply gets worse and worse until your brain loses its ability to function at all.

*But there is no reason you have to wait until the damage is done.*

Let's look at each of the steps in detail...

### **Step #1: Gene Therapy**

The concept behind gene therapy is elegantly simple: You replace a defective, mutated gene with a healthy one and cure the disease.

Since the National Institutes of Health successfully conducted the first gene therapy procedure in 1990 on a four-year-old girl with adenosine deaminase

(ADA) deficiency, a severe, inherited immune system disorder, thousands of patients have been treated worldwide in more than 2,200 studies.

But it's only recent developments in gene therapy that have transformed it into a progressive treatment for Alzheimer's.

You see, Alzheimer's is a genetically complex condition. The disease can involve mutations in four specific genes:<sup>2</sup>

- Amyloid precursor protein (APP)
- Presenilin 1 (PSEN1)
- Presenilin 2 (PSEN2)
- Apolipoprotein E (APOE)

A few years ago, there was nothing that could be done about any of these defective genes.

*But now, if an abnormal gene is present, we have the ability — by using a specific protein agent called **shRNA** — to knock out the mutation.*

Once the defective gene is “switched off,” a healthy, replacement gene is introduced into the spinal canal in the lower back. The spinal canal contains cerebrospinal fluid. The gene then flows up the spinal cord, passes easily through the blood-brain barrier and travels directly to the brain.

This new gene ensures there is no further buildup of amyloid plaque and tau protein tangles.

And now you're ready for the second step...

### **Step #2: Stem-Cell Therapy**

You may be unfamiliar with stem-cell therapy... but that's about to change. These special cells have the potential to transform how modern medicine treats every disease.

You see, you were born with a reserve of “replacement cells,” called stem cells. These are like blank slates, and you can use them to replace any kind of cell that's damaged, old or dying.

Stem cells have the power to replenish and renew damaged neurons in the brain. That's why stem-cell therapy is playing an increasingly important role in treating Alzheimer's.

Healthy adult stem cells can now be “harvested” from your own body and used to repair and regenerate diseased or dying cells and tissues. The “secret weapon” inside stem cells that makes this possible are tiny proteins called **human growth factors**.

These growth factors send signals to activate the production of new cells, or to instruct a cell to create new cells with different functions. It's this special signaling mechanism that triggers the wondrous healing power of stem cells.

A major breakthrough came in 2013 when researchers at UCLA, discovered stem cells in human adipose (fat) tissue that can be differentiated into virtually every cell type in the human body.<sup>3</sup>

Stem cells are introduced painlessly into the spinal canal shortly after the healthy, replacement genes.

They have the power to repair the damage that has already been done by Alzheimer's and also regenerate the areas of the brain where new cells and tissue are required.

And now you're ready for the third step...

### **Step #3: Activate Your Brain's Waste System**

The buildup of amyloid plaque and tau protein tangles means that your brain's waste-disposal system is not working properly. In fact, science has only recently discovered the brain has a waste-disposal system. It works in a similar way to your body's lymphatic system.

And like the rest of your body, your brain produces large amounts of waste, which have to be cleared away before it clogs up its delicate system of neural connections.

Researchers at the University of Rochester Medical Center recently identified a system of hydraulic “pipes” running alongside blood vessels in the brains of mice. These pipes carry cerebrospinal fluid, which

enters the intercellular spaces of the brain and pick up its waste products as it flows.

In a sense, Alzheimer's disease strikes as a result of the brain's failure to take out the garbage.

But with our new knowledge of your brain's waste system, the simple use of sleep and a special diet, you can boost your brain's ability to self-clean.

Here's what I recommend...

## Your Key Alzheimer's Fighters

There are a number of things you can do to keep the brain's waste-disposal system running smoothly.

Few are more important than quality sleep.

► **Sleep:** Numerous studies have linked poor sleep quality and disturbances to dementia and cognitive decline.<sup>4,5</sup>

The Baltimore Longitudinal Study of Aging questioned 70 adults between 52 and 91 years old on the length and quality of their sleep and then conducted neuro-imaging on their brains. They found that sleep traits associated with greater amyloid buildup included:

- Shorter sleep duration;
- Poor sleep quality.

Proper sleep protects your brain cells. And in the same, sleep disturbances can also cause neurodegeneration.

*You need eight hours of uninterrupted sleep each night.*

It's also important to sleep on your side, because this is the position in which your brain's waste-disposal system runs at its most effective.<sup>6</sup>

► **Brain Food:** Your brain requires specialized nutrients for optimal neurological function.

That means a diet rich in:

**1. Omega-3 fats:** Your brain is 60% fat. It needs omega-3 fatty acids to build brain cell membranes

and nerve connections. Omega-3s also cause brain cells to produce a protein that helps clear the amyloid plaques found in Alzheimer's patients.<sup>7</sup>

And researchers at UCLA recently reversed Alzheimer's disease in nine out of 10 patients using a comprehensive treatment protocol that used a combination of omega-3s and vitamin D3.

In one study, mice bred to develop Alzheimer's were given an omega-3-rich diet — and they had fewer brain-clogging plaques.<sup>8</sup>

And researchers at UCLA recently reversed Alzheimer's disease in nine out of 10 patients using a comprehensive treatment protocol that used a combination of DHA and vitamin D3.<sup>9</sup>

At the end of this study, *90% of the participants displayed significant improvement* in their memories and cognitive functioning within just three to six months.

Good dietary sources of omega-3s include fatty fish, like **wild salmon, tuna, trout, mackerel, and sardines**. But after years of tracking my patients' omega-3 levels, I know it's almost impossible to get enough from your diet.

Most doctors recommend fish oil capsules for omega-3s. But I don't. Most of them are tainted by ocean pollution.

Instead, I advise my patients to take krill oil and calamarine oil, because they're purer and more absorbable than other fish oils. Both of these creatures store their oils in a phospholipid form that can get into every cell in your body.

I recommend you take a minimum of 1,000 mg of omega-3s per day — and 3,000 mg is even better.

I've also found it's best to take your daily omega-3 dose with a meal, preferably at dinner time. But it's advisable to avoid taking omega-3 at the same time as other supplements or medicines, because it can slow the absorption.

**2. Antioxidant-rich fruits and vegetables:** The antioxidants in many fruits and vegetables counteract the damage of chemicals called free radicals that are

caused by environmental toxins, chemical reactions and stress.

Antioxidants neutralize free radicals, which can be destructive to cell production in high quantities. Though the production of free radicals is a natural part of life and an important agent in oxidation in our bodies, environmental factors can increase the occurrence of these potentially destructive molecules.

You see, free radicals attack fat molecules, which can cause deterioration of the cell membrane, and can ultimately lead to diseases like Alzheimer's.

Antioxidant-rich foods popular in southern Europe include **spinach, broccoli, cranberries, asparagus, tomatoes, peppers, eggplant and apples.**

**3. Grass-fed red meat:** In terms of optimal brain food, grass-fed red meat contains a real dynamic duo — **CoQ10** and **creatine**.

CoQ10 is a powerful *antioxidant* and the fuel source that feeds high-energy organs, like your brain. Its strength lies in its power to protect and fire up your mitochondria, the microscopic power plants of your cells. Without enough CoQ10, your neurons become weak and open to attack.

Grass-fed beef contains more CoQ10 than any other meat on the planet. But it is still hard to get enough CoQ10 from your diet alone.

I also recommend supplementing with 50 mg of **ubiquinol** CoQ10 daily. The ubiquinol form is eight-times more powerful and stays in your bloodstream longer than conventional CoQ10.

And to give CoQ10 a boost, add 10 mg of the antioxidant **PQQ**. This is the first nutrient ever discovered to multiply the number of mitochondria in your cells.

Red meat is also rich in creatine. You may have heard that weightlifters use creatine, because it builds muscle. But what we know now is that using creatine along with CoQ10 can give you a real brain boost.

One study published in the *Journal of Neurochemistry* shows that taking CoQ10 and creatine blocks the loss

of dopamine in the brain, protects cell membranes, and reduces oxidative damage.

Your body — primarily the liver — makes creatine naturally. But for every 2 lbs. of beef you eat, you will gain 5 grams of creatine. Grass-fed red meat is also a rich source of omega-3s.

**4. Coconut oil:** While olive is the classic Mediterranean oil, and it contains healthy monounsaturated fatty acids, I prefer coconut oil as an Alzheimer's-fighter. Coconut oil has been shown to control and even reverse the progression of Alzheimer's.

And the great thing is that coconut oil takes action on the brain after just one 40 ml dose.

When brain cells deteriorate because of insulin resistance and can no longer accept glucose, fatty acids in coconut oil, called medium-chain triglycerides (MCTs), break down into *ketones* in the liver. These provide an alternative fuel for the brain as efficient as glucose.

MCTs rapidly help boost brain metabolism and increase cognitive functioning. A recent study showed that patients experienced significant neurological healing after four-to-six weeks of including coconut oil in their nutritional plans.<sup>10</sup>

The great thing about coconut oil is you can eat it by the spoonful or use it to cook. It also makes a good substitute for butter on your toast, for sugar in coffee and tea. And if you like to fry foods, use organic, virgin coconut oil instead of vegetable oil.

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# Keep Your Arteries Clean with Activator X

Let me tell you a story...

Back the 1920s, Canadian dentist and nutritional anthropologist Dr. Weston Price had a hunch that an entire generation of Americans was developing bad teeth.

He was working in a practice in Ohio when that hunch led him to embark on a 10-year expedition to some of the world's most traditional and remote communities. These included dairy farmers in Switzerland's Löetschental Valley, Maoris in New Zealand, Indians in Peru, aborigines in Australian and Seminoles in the Florida Everglades.

One of Dr. Price's many interesting findings was that the dairy-rich, vegetable-impooverished diet of the Löetschental Valley produced hardly any dental cavities and very few illnesses.

The villagers dined on unpasteurized milk, butter, cream and cheese, rye bread, meat on occasion, bone broth soup and the limited number of vegetables they could cultivate during the short summer months — and they were the picture of health.

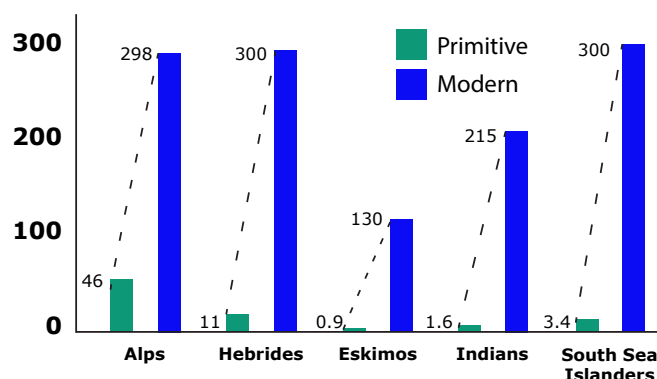
Dr. Price's investigations answered a simple but profound question... Why do isolated, traditional cultures have no tooth decay (without any dental care) and less arthritis, diabetes, cancer and heart disease than people living in industrialized nations?

When I was in medical school, I read his book, *Nutrition and Physical Degeneration*. It wasn't exactly required reading for any of my medical courses — but it remains one of my biggest inspirations.

His advice was contrary to the accepted medical wisdom of the day. And, sadly, it still is.

*His unique observation was that people were healthier when they ate traditional diets handed*

**Dental Cavities on Primitive  
and Modern Food**



*A re-creation of Dr. Weston Price's original chart, which shows how the number of dental cavities increases when cultures swap traditional diets handed down by their ancestors for modern, Western diets.*

*down by their ancestors. He also realized that each community he studied had diets rich in animal fats.*

I've seen the same thing in traditional tribes I visited. I've seen it in remote Africa, the rainforests of South America and the mountains of Peru.

And I've also seen what happens when native people switch to a modern Western diet full of sugar, refined flour and vegetable oils. They quickly develop cancer, heart disease, tooth decay, arthritis, diabetes, osteoporosis, depression and dementia.

Dr. Price discovered that animal fats provide vitamins and minerals that are key nutrients to human health — especially fat-soluble vitamins that we now know are necessary for hormone production, normal growth, neurological function, and protection against chronic disease. He dubbed these vitamins in animal fat "activators" — like vitamins A, D and E.

But there was something else. He also found all native diets had another nutrient in common, which activated these vitamins and made them more effective.

Dr. Price called this nutrient “**Activator X**” and remains the secret to your heart health.

You see, your hardened, clogged arteries are not natural.

*In this month’s Confidential Cures, I’m going to reveal how you can restore Activator X to your diet and keep your heart as fighting fit as the hearts of previous generations.*

By restoring Activator X, you can scrub your arteries clean. And that means you can prevent and reverse serious heart disease very quickly.

Let me explain...

## The Holy Grail of Cardiology

Today, we know Activator X as **vitamin K2** and by including it in your daily diet, as your ancestors did, you never have to worry about heart disease again — even if it runs in your family.

This may seem like wishful thinking — and not something you’re going to hear from a cardiologist.

But with vitamin K and a few other key nutrients, you can prevent the need for angiograms, coronary angioplasties, bypasses, stents or even the Big Pharma meds that may have already been forced on you.

You’re probably following the typical guidelines by:

- Taking cholesterol-busting statins and ACE inhibitors;
- Eating a diet of fat-free and heart-healthy foods;
- Cramming cardiovascular exercise into your already busy schedule.

But have any of these strategies reversed your heart disease?

Coronary artery disease remains the most common type of heart disease and it’s the world’s biggest killer, according to the World Health Organization (WHO).

It occurs when deposits of calcium, cholesterol and other substances accumulate in your arteries.

This buildup of *plaque* narrows the space through which oxygen-rich blood can flow — and gives rise to a condition called *atherosclerosis*.

As your arteries narrow, the flow is reduced — and your risk of a heart attack is increased.

This narrowing often builds up enough to cause chest pain and shortness of breath — a condition called angina, or it can block the vessel completely, causing a heart attack. Sometimes, the plaque that causes the narrowing of the blood vessels in the first place can rupture. This can also result in a heart attack.

That’s why the Holy Grail of cardiology has been the stabilization and reversal of this plaque buildup in your blood vessels.

But the problem is that modern medicine — with its inadequate lifestyle advice, Big Pharma meds and invasive procedures — just isn’t up to the job.

*But compelling research shows that vitamin K is...*

## The Real Culprit Behind This Modern Epidemic

Dr. Price’s book was initially lauded by his colleagues. It was even taught for a while in anthropology courses at Harvard. But it has been ignored by mainstream medicine for more than 70 years now.

His principles, which include eating unpasteurized milk, cheese yogurt and meat from grass cows, free-roaming chickens and wild fish — and, above all, staying away from industrial foods — are the real solutions to the heart disease epidemic that has besieged the developed world.

For a half a century, we’ve gobbled down cholesterol-busting statin drugs, along with low-fat, “healthy” foods, and we’ve hoped our risk of heart disease would fall. But all we’ve gained is a giant health epidemic and a multibillion-dollar cash cow for Big Food and Big Pharma.

I’m not suggesting there’s a conspiracy to keep us



unhealthy, but there's no denying that heart disease is big business. And there is more profit in selling in a box of so-called non-nutritional "heart healthy" grains than an egg or a grass-fed steak.

And, despite the preaching of mainstream medicine, cholesterol doesn't cause heart disease.

The famed Framingham Heart Study, in which researchers tracked heart disease for 50 years in this small town near Boston, proved that cholesterol doesn't cause heart attacks.

In fact, nearly 80% of people who had heart attacks in the study had cholesterol levels similar to people who didn't have heart attacks. Almost half of the people in the study who had a heart attack had low cholesterol.<sup>1</sup>

And there's not one shred of evidence that proves cholesterol drugs prevent heart attacks.

The real culprit behind our heart disease epidemic is our diet — and what's been stolen from it in the name of health.

Let me explain...

## How You Can Make "Special K"

For more than half a century, the recommendations of the American Heart Association have taken us further and further away from our natural protein-based diet. And the consequences have been disastrous.

You see, you are descended from your hunter-gatherer ancestors. Societies have changed, but your nutritional needs have not.

And despite warnings of mainstream medicine, your body evolved to eat large helpings of meat and fat. These are the best sources of vitamin K2.

But it must come from grass-fed animals.

The process begins with vitamin K1. Your body can produce its own vitamin K2 — but it needs vitamin K1 to do it. The conversion happens in the intestines using your gut bacteria.

You can get K1, which is also essential for blood

clotting, from spinach, broccoli, kale, Swiss chard and other leafy greens.

But if you take antibiotics, the good bacteria in your gut can be wiped out. That means it won't be able to convert K1.

Animals get their vitamin K1 from the grasses they eat. And they convert it to vitamin K2 in their gut the same way we do. When you eat meat, fat, organs, and dairy from grass-fed animals you take in their vitamin K2.

But grain-fed animals don't get the vitamin K1 to convert to K2. Nature didn't intend for cows to eat anything but grass.

Cattle raised in factory farms are also shot full of antibiotics to help fight the diseases that arise when they are forced to exist in cramped pens. They couldn't make the conversion in their guts even if they had vitamin K1.

Decades of industrialized food production, along with bad advice from a medical establishment that frankly should know better, have stripped essential vitamin K2 from your diet and have given rise to a health epidemic that has cut short the lives of millions of people.

## K2 is Your Heart's Scrub Brush

The latest research is now redefining heart disease as a deficiency of Dr. Price's Activator X.

You see, calcium is a mineral found in your blood. As your blood flows repeatedly through your arteries and over the aortic valve, calcium deposits build up over a period of years to form a plaque in your artery walls.

This narrows the passageway between your heart and aorta, as well as in the heart valves themselves.

*Without vitamin K2, your body is unable to clear away these deposits. And the plaque continues to accumulate, your risk of heart disease and heart attack skyrockets.*

That's because vitamin K2 activates a protein

called matrix GLA-protein (MGP). And one of MGP's jobs is to ***stop the buildup of calcium.***

If you don't have vitamin K2 to activate MGP, all those years of calcium buildup in your blood vessels will eventually block the flow of blood to and from your heart.

You need vitamin K2 to activate MGP and ***put a stop to the buildup of plaque in your arteries.***

Despite being ignored for decades, increasing numbers of studies confirm Dr. Price's findings on the vital importance of K2.

In one landmark Dutch trial, researchers followed 4,800 people. Their results revealed that high levels of vitamin K2 lowered the risk of coronary artery disease by 57%.

The study also showed that K2 reduced the buildup of plaque in the arteries by 52%. And it slashed the risk of death from any cause by 26%.<sup>2</sup>

In animal studies, mice genetically bred with an MGP deficiency quickly develop a massive buildup of plaque in their arteries and die within a few weeks of birth.

But without enough K2 in your diet, it's not just calcium deposits you have to worry about.

Vitamin K2 also activates two other proteins that play a key role in clearing away the dead cells and other debris that combine with calcium to form the deadly plaque that clogs your arteries. One is called *gas6* and the other is *protein S*.

Researchers from the University of Maastricht recently showed for the first time that plaque buildup in your blood vessels is not just preventable. K2 can ***reverse the buildup of plaque already in your arteries.***<sup>3</sup>

That's because MGP is responsible for the re-absorption of calcium into your body, so that it doesn't stick to places it doesn't belong.

*This explains why K2 is also essential for strong bones.*

The Maastricht study revealed that by activating

MGP with high doses of K2, the re-absorption process kicks into high gear.

*In just 12 weeks of being fed high doses of K2, the plaque buildup in the arteries of the subject mice was reduced dramatically.*

Hardening of the arteries, a condition once thought to be irreversible, can now be reversed with the power of vitamin K2.

## Get More K2 in Your Diet

Following the "heart-healthy" advice of mainstream medicine will leave your body utterly barren of vitamin K2 and facing the very real risk of clogged arteries and heart attack.

To make sure you're adding vitamin K2 to your diet, I recommend:

- Grass-fed meats, especially organ meats like liver and kidneys;
- Egg yolks;
- Raw, unpasteurized grass-fed milk;
- Traditionally fermented cheeses, like Swiss Emmental and Norwegian Jarlsberg;
- Natto, a Japanese dish of fermented soybeans.

But it can be difficult to get enough of these foods every day. That's why I recommend supplements — especially if you ever take antibiotics.

But make sure you get the right kind of supplement. Vitamin K2 comes in several different forms called *menaquinones*. They're numbered from 4 to 9. The higher the number, the more bioavailable and long-lasting the K2.

Look for vitamin K2 in the form of menaquinone-7. It's much more bioactive than menaquinone-4.

You can find K2 at your health food store or online. Take 45 to 90 mcg a day. And because it's a fat-soluble vitamin, it's important to take it with a meal to improve absorption.

## I Also Recommend...

**Coenzyme Q10 (CoQ10):** This a high-octane fuel used by every cell in your body. It's especially important to energy-hungry organs, like your heart. That's why when your heart's supply of CoQ10 drops — as it often does with heart disease and age — a CoQ10 supplement can bring you immediate, and often lifesaving benefits.

Your Paleo ancestors got plenty of CoQ10 from their diet. The highest concentrations are found in red meat, like beef, mutton, goat, ostrich and rabbit — particularly organ meats like heart and liver — as well as fresh-water fish like trout and fruits like oranges.

I also recommend taking a CoQ10 supplement. If you have heart disease, high blood pressure, gingivitis, memory loss, chronic fatigue or are taking statins, take at least 100 mg a day. The more common form of CoQ10 is ubiquinone. But it's the ubiquinol form that's the most potent. Ubiquinol carries an extra electron and is eight-times more powerful than ubiquinone.

**Get the Right Exercise:** Enduring hours of exercise drudgery only actually increases your risk of disease and it doesn't make sense. It isn't natural, and it doesn't work.<sup>4</sup>

A Harvard Health Professionals Study backs me up on this. Researchers followed more than 7,000 people. They found that the key to protecting your heart is exactly the opposite of long workouts like "cardio" exercises. It's not endurance. It's *intensity* that protects your heart.

That's why I came up with my PACE program. It's designed to give you the right combination of natural movement, progressive levels of exertion and functional recovery time. This is the way to build real strength in your heart.

You can get specific workouts, resources and information about exercising with PACE by [clicking here](#). PACE only takes 12 minutes a day, and it's the best way to improve your heart's capacity and increase its pumping power.

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# How to Beat the Toxic Seafood Mess

Our Paleo ancestors relied on the oceans and rivers for survival. Using spears — or just their bare hands — they could harvest fish and shellfish for a steady supply of healthy proteins and fats.

We evolved to thrive on wild fish. But sadly the world's supply of seafood today is not the same as it was when our ancestors roamed the earth. Today, seafood is a huge source of toxic chemicals that are causing a long list of chronic diseases and even death.

The sad state of our seafood supply hit home with me recently in Los Angeles. At a sushi bar I ordered spicy tuna roll, one of my favorite dishes. And just as I was finishing I was hit with a severe bout of mercury poisoning. I was so dizzy I couldn't even stand up.

I'm fine now. I had my staff give me a quick and painless treatment to cleanse my body of the mercury. In a minute I'll show you how you can eliminate this toxic heavy metal from your body, too.

But first, I want you to understand that tuna is not the only problem. Just about every fish you can name has been contaminated.

The U.S. Geological Survey tested fish from nearly 300 streams across the United States. They detected **mercury contamination in every single fish** they sampled.<sup>1</sup> And 27% of these fish contained mercury in excess of safe limits set by the U.S. Environmental Protection Agency.

Our ancestors didn't have this toxic mercury burden. But our world has changed drastically in just the past 100 years. Today we generate electricity from burning coal. That releases mercury into the air. With each rainfall mercury drops into the oceans, rivers, lakes and streams. Other industrial operations add more mercury and other toxic chemicals like DDT and PCBs.

As toxins course through the waterways, fish absorb this pollution. And as larger fish eat smaller poisoned fish, they concentrate the toxins even more.

In other words, the bigger the fish, the bigger the toxic load. The National Resources Defense Council found that predatory fish such as large tuna, swordfish, shark and mackerel can have the highest mercury concentrations. Mercury in their bodies can be 10,000 times higher than the water in which they swim.<sup>2</sup>

Recently researchers found that whales suffer some of the most damage. And they did it by looking into the whale's earwax.

You see, whales naturally collect earwax in their ear canals to protect delicate eardrums. The wax doesn't get in the way of their hearing but over the years it can build up pretty heavily. A mature whale can have a wax earplug that stretches nearly a foot long and an inch thick.

In 2007, a 12-year-old, 70-foot long blue whale washed ashore near Santa Barbara. It died after being struck by a ship. Researchers recovered a 10-inch long earplug from the whale. And when they analyzed it, they found how truly polluted our seas have become.

You see, a whale's earwax is like the rings of a tree trunk. It can reveal the animal's age and much more. According to a paper published in the *Proceedings of the National Academy of Sciences*<sup>3</sup> an earwax plug is a record of all the chemicals the animal has run into during its life.

In the first year of life, the blue whale in Santa Barbara was exposed to manmade chemicals like DDT and PCBs. Now, DDT was banned 30 years before the animal was even born. But its mother likely exposed her baby to DDT during pregnancy

and by nursing. She passed along the toxins that had built up in her own tissues.

The whale's earwax also showed evidence of two large mercury exposures. Probably, the whale swam too close to shore where mercury levels were highest.

Pollutants like DDT and mercury cause serious problems for whales and other sea animals. And eating these toxic fish can cause serious problems for you, too.

## Your Doctor May Not Recognize the Signs of Mercury Poisoning

I was lucky. I only suffered with dizziness when I ate contaminated tuna. It could have been much worse.

When you eat contaminated fish, the mercury acts as a poison to your brain and central nervous system. This is really dangerous for fetuses, infants and small children, whose brains are still developing. It can cause:

- Mental retardation
- Cerebral palsy
- Deafness
- Blindness

Studies show that mercury in the central nervous system can also cause psychological and neurological problems. It's been linked to Alzheimer's disease and autism.

Mercury poisoning can also lead to fertility problems. It may cause vision loss and trouble with blood pressure regulation.

Sadly, most doctors don't recognize the symptoms of mercury poisoning. You could forget names or have trouble concentrating or paying attention. You might complain of poor sleep, headaches, fatigue, or poor coordination. Your reflexes might slow down. Or you could develop numbness and tingling. You might even feel like you're a little crazy.

And while your doctor is trying to figure it out, the mercury could be destroying your nerve cells, and invading your bones and brain.

It can even put you on the path to heart disease. In one study of 3,000 healthy Finnish men, those who ate the most fish had the highest levels of mercury in their bodies. They also had the highest risk of heart disease.<sup>4</sup>

And in another recent study, researchers looked at Nordic whaling men from the Faroe Islands, who live on a diet of fish. As mercury levels in the men went up, blood pressure and atherosclerosis went up.<sup>5</sup>

It's ironic that we eat fish for its heart-healthy omega-3 fats but mercury can turn that healthy choice into a big threat to your heart.

### What Fish Can You Eat?

**You don't have to take fish off the menu. Here is a brief guide to choosing the lowest risk fish for your dinner table.**

#### **BEST CHOICE** (Limit: 3 Servings Per Week)

Wild Alaskan Salmon | Pacific Sardines  
Mussels | Rainbow Trout  
Atlantic Mackerel

#### **GOOD CHOICE** (Limit: 3 Servings Per Week)

Pollock | Shrimp | Catfish | Scallops  
Clams | Oysters | Anchovies

#### **AVOID** (Don't Eat Regularly)

Canned White Tuna | Orange Roughy | Shark  
Swordfish | Mahi Mahi | Tilefish | Marlin  
Big Eye Tuna

If you'd like to know more about which fish are safest to eat, I suggest you visit the Environmental Working Group's Seafood Calculator at <http://www.ewg.org/research/ewg-s-consumer-guide-seafood/seafood-calculator>. It will give you a personalized guide to which seafood is at lowest risk for mercury poisoning.



## Stop Taking Fish Oil Pills

As I said before, all fish on the planet are now contaminated to some degree. So I advise my patients to be careful when eating seafood. But you don't have to give it up entirely.

Fish oil supplements are another matter. Fish oil concentrates toxins in the fish. I don't recommend it anymore because of safety concerns.

Instead, I've found a safe source for the omega-3 fats most people get from fish oil. I advise my patients to take krill oil from the crystal clear, frozen waters of the Austral-Antarctic Circumpolar Ocean. It is possibly the purest place on earth.

I also recommend calamari oil from the pure waters of the Southern Pacific.

These krill and calamari don't swim in polluted waters. They don't accumulate toxins. So the oil from these creatures is the purest you can find.

Mercury is not the only toxin we need to deal with. Modern technology has brought us more than **80,000 new chemicals** in the last 100 years. One study found 287 chemicals and other toxins in the blood of newborn babies.<sup>6</sup> We're being poisoned before we take our first breath.

Most doctors think your liver and kidneys will remove heavy metals from your body. That was true for our primal ancestors. But our liver and kidneys haven't adapted fast enough for the onslaught of toxins and pollutants in our modern world.

So instead of removing toxins from your system, your body begins to store them. Heavy metals can remain in your body for years. Unless it's actively removed, mercury can stay in your central nervous system for between 15 and 30 years.

## The Best Natural Ways To Detox Your Body

I help my patients remove mercury, heavy metals and other toxins naturally. There are two basic methods I recommend.

**1. Intravenous Chelation:** I offer safe intravenous (IV) chelation to my patients here at the Sears Institute for Anti-Aging Medicine. This is the same treatment I used when I had mercury poisoning.

“Chelate” comes from the Greek word meaning “claw.” Chelation grabs toxins from the body and drags them out.

For IV chelation I inject calcium disodium EDTA directly into your bloodstream. It's painless. And in no time, EDTA grabs heavy metals and toxins and pulls them out.

It works fast. In a 10-minute session, you're done and on your way. Patients tell me they feel better almost immediately.

And it's proven to work. Studies show chelation:

- Protects the heart and increases vascular flexibility by dissolving hardened calcium that causes stiff arteries and atherosclerosis;<sup>7</sup>
- Restores brain function lost from mercury poisoning;<sup>8</sup>
- Reverses symptoms of Alzheimer's;<sup>9</sup>
- Protects the kidneys from chronic kidney disease;<sup>10</sup>
- Reduces the risk of cataracts;<sup>11</sup>
- Strengthens bones by improving vitamin D metabolism;<sup>12</sup>

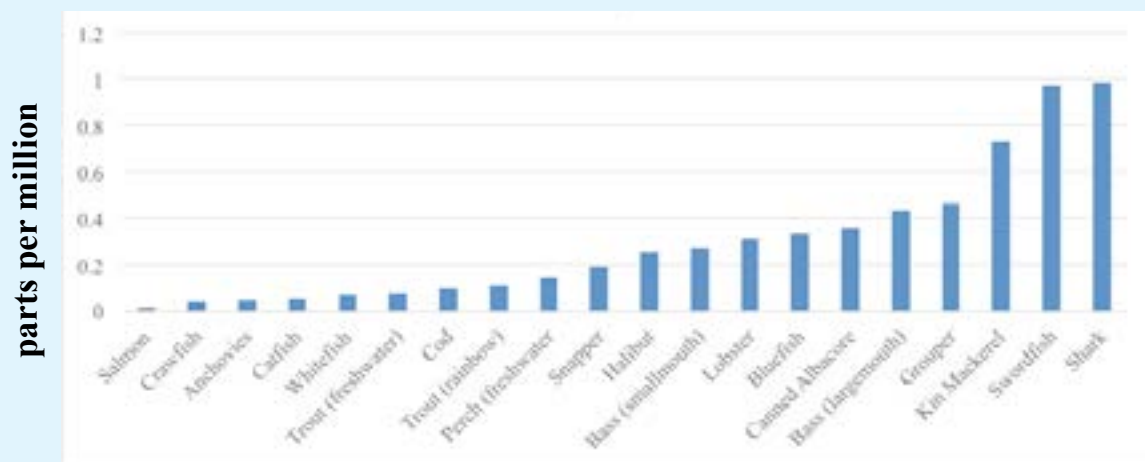
If you're interested in IV chelation at the *Sears Institute for Anti-Aging Medicine*, please call my staff at 561-784-7852. They will be happy to answer your questions.

**2. Oral Chelation:** I've found that patients get the best results when we combine IV chelation with oral chelation. But even if you don't do the IV chelation, you can still get great results. And you can do oral chelation right in your own home.

Here's what I recommend for my own patients:

**Activated Charcoal:** Hospitals have been using this form of charcoal for many years. It works as an

## Commercial Fish Contamination Levels



antidote for drugs, poisons and medicinal overdoses. Like EDTA activated charcoal grabs heavy metal molecules and pulls them from your body.

Activated charcoal is very effective and not expensive. It takes only a small amount of charcoal to safely wash away heavy metal build-up. It will also help ease digestion, gas and bloating.

Look for activated charcoal as a very fine, black powder. You'll find it in your local health food store or online. Take 20 grams to 30 grams of powdered activated charcoal mixed with water once a day for one to two weeks.

**DMSA (Meso-2, 3-dimercaptosuccinic acid):** This compound is highly effective at binding up arsenic, cadmium, lead and mercury. DMSA eliminates them from the body. It can even remove mercury deposited in the brain.

Here's how it works. Toxins reside inside cells. Glutathione (your body's natural toxin remover) pushes the metals out of the cell. As the toxins are pushed out, they bind to receptor sites on DMSA which carries them safely out.

Use DMSA in on-again/off-again cycles. Take it for three days and then stop it for 11 days. Your body

needs those 11 days to regenerate its glutathione levels.

**N-acetyl-cysteine (NAC):** This powerful detoxifier boosts your levels of glutathione, your body's strongest antioxidant. NAC directly boosts cells' defenses against lead, aluminum and other heavy metals in your organs and bloodstream. When researchers bathed cells in lead, the DNA of the NAC-treated cells lived longer, and had their DNA protected from damage.<sup>13</sup>

You can buy NAC online or at health food stores. I recommend one 500 mg tablet or capsule per day. After a couple of weeks, you can take 500 mg twice a day.

**Modified Citrus Pectin:** The inner peel of citrus fruits contains one of the most potent detox substances I've found. In one USDA study, people taking modified citrus pectin for six days were able to excrete 150% more mercury... 230% more cadmium, and... 560% more lead.<sup>14</sup>

Make sure you get the right kind of citrus pectin. Most pectin is made of large long-chain carbohydrate molecules. They're too big to digest and will just pass through your body. The citrus pectin used in clinical studies is specially formulated for absorption, so it can easily find and bind to toxins. Look for **"modified"** citrus pectin.

**Milk thistle (*Silybum marianum*):** This medicinal plant is one of the best herbs I've found for clearing toxins from your blood. It's been used by traditional healers for more than 2,000 years. But most modern doctors know nothing about it.

Milk thistle has a potent antioxidant called silymarin. It helps detoxify the liver and restore healthy liver function. And it's a great iron chelator.<sup>15</sup>

Look for dried milk thistle extract in your health food store or online. But make sure it has a minimum of 80% silymarin, the active ingredient for liver cleansing. Take one 200 mg capsule twice a day.

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The information provided in this letter is 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 medical professional before acting on any recommendations in this publication.

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## AL SEARS, MD

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).