



Dr. Sears'

# CONFIDENTIAL CURES

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

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## Never Lose Sight

### Breakthrough Technology Can Prevent Macular Degeneration

**Y**ou probably remember your mother telling you: “Eat your carrots — they’re good for your eyes.” And she was right. Beta-carotene in carrots provides the vitamin A you need for better vision.

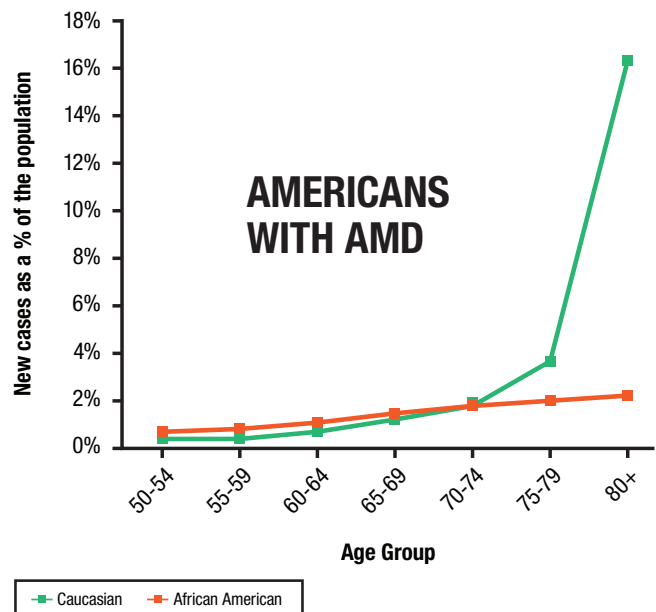
It’s a good start — but, sadly, it won’t stop the No. 1 cause of blindness for people 65 and over in the U.S. and Europe.

I’m talking about age-related macular degeneration, or AMD.

It’s a devastating condition that destroys the quality of your life. When you can’t see in front of you, daily life gets not only more challenging, it becomes hazardous. You lose your ability to drive, play golf, read and write, and even recognize the faces of loved ones.

And perhaps the worst of it is the loss of independence that inevitably comes.

A simple visit to your local market becomes fraught with peril. Your own home becomes a danger zone. You become increasingly reliant on others to help with the simple chores of daily life at home. Falls and fractures become more frequent, as do depression and social isolation.



Source: AMDBook.org

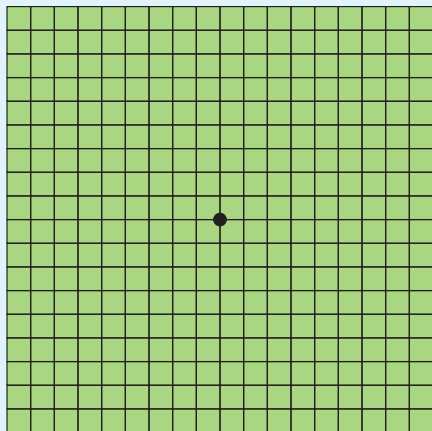
*Devastating condition... The above chart reveals how the threat of age-related macular degeneration increases dramatically as you age.*

AMD sufferers also tend to enter care homes significantly earlier than those without the disorder.

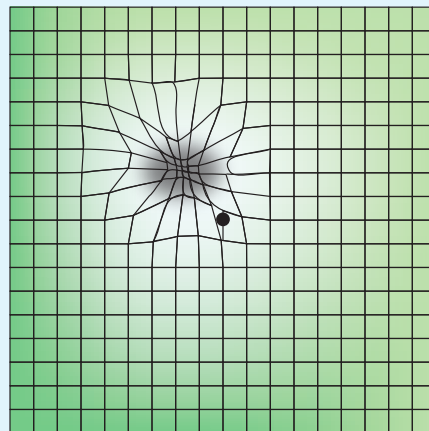
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**Normal Vision**



**AMD**



*Distorted view... The grid on the left represents normal vision, but on the right you can see how the same grid is viewed if you suffer from “wet” AMD.*

Mainstream medicine will tell you there’s no cure — but I disagree.

*AMD can be prevented and reversed. Early detection is key, and in a minute I’m going to tell you about a **breakthrough medical test** that can accurately predict your risk of developing AMD so you can act now. And to stop AMD in its tracks, you also need to make sure you get **two critical “eye nutrients”** into your diet.*

But first, let’s take a look at what happens when you get AMD.

## **The Telephone Poles All Had Kinks in Them**

Your macula is a small area at the center of your retina that allows you to see fine details clearly. It’s made up of little spots of yellowish pigments called **carotenoids**, which affect how you see colors. Carotenoids occur naturally in food, as well. They’re what make carrots orange and spinach green.

Your retina is at the backside of your eye. It records images and helps send them to your brain.

The macula plays a protective role for your retina by minimizing oxidative stress, absorbing blue light and neutralizing free radicals. It’s vital to your vision. But it can gradually waste away with age.

The main problem is that light-sensing cells in your macula, called photoreceptors, slowly break down. Scientists believe this is caused by the loss of another population of cells, called retinal pigment epithelial (RPE) cells, which support your photoreceptors.

Your RPE are essentially the garbage trucks of your retina. They remove toxic byproducts that the retina makes as it performs its light-sensing function.

The **dry** version of AMD begins when tiny deposits of fat and protein — called *drusen* — appear in the macula. As the number and size of these deposits increase over several years, things begin to look blurry in the center of your field of vision. Often straight lines start to appear wavy.

*One of my patients became extremely concerned while driving, after noticing that all the telephone poles had distinctive “kinks” in the middle. She was later diagnosed with AMD.*

Eventually, it becomes difficult to see objects at long distance. As the disease progresses, the blurriness often turns into blind spots. Face recognition disappears. And eventually whole areas of vision go away.

Dry AMD can also progress into the much more aggressive *wet AMD*. This is when blood vessels grow abnormally and leak fluid into the macula.

But recent technological advances have produced an examination called a *macular pigment optical density*, or *MOPD*, test have made early detection of AMD a reality. And that means you now have the power to prevent and reverse this devastating disease.

## The Test That Can Save Your Sight

Your macula is comprised of two specific nutrients that protect the health of your retina — lutein and zeaxanthin. These make up your macular pigment.

The MOPD test checks to see if your pigment density is thick. That means your eyes have sufficient protection. But if your pigment density is thin, you're in danger of getting AMD.

Before we figured out how to measure MPOD, a macular degeneration diagnosis was a crapshoot. No one knew where they stood. But now that's no longer the case.

*If your MPOD test shows you have low density, you can take steps to address it. And if you catch it in time, the fix is relatively easy.* If you don't, your AMD can become irreversible.

That's why early detection is so important.

The trouble is that most doctors pay little attention to MPOD. So you may have low pigment density and not even know it... until it's too late.

By getting your MPOD tested, you can now see where you are on the spectrum. And if needed, you

can make a small adjustment to your diet to increase your MPOD and drastically reduce your risk of age-related vision loss.

But you don't have to sit back and wait for your doctor to stumble upon this leading-edge research 10 years from now.

I advise you to take charge of your eye health today by following the steps I lay out for you in this article.

## Learn Your MPOD Score

The MPOD test is a simple, non-invasive procedure. Your eye doctor can give you this test. It takes just seconds and DOES NOT require dilation.

Two of the more prominent instruments are *QuantifEYE* and *MacuScope*. These devices show you two alternating lights of different wavelengths. They include blue light, which is absorbed by your macular pigment, and green light, which is outside the absorption of macular pigment.

If your eye doctor doesn't have one of these instruments, you should find one who does.

Your MPOD score is the ratio of the central blue-light absorption rate to the peripheral absorption rate.

In short, the more blue light is absorbed, the higher your MPOD. The less blue light absorbed, the lower your MPOD — and the increased risk of developing AMD.

It's critical that you learn your MPOD score to find your risk of vision loss. If you can identify low MPOD levels before things get bad, you can take immediate steps to prevent irreversible vision loss.

And you can do so without expensive prescription drugs or procedures. All you need is a simple adjustment to your diet.

Let me explain...

## Perils of a Poor Diet

Poor nutrition is the main cause of low MPOD — and AMD. Our eyes simply don't receive the nutrients they need to function properly. And our modern diet is to blame.

You see, our diet has changed drastically. For every generation over the past century, the nutrient content of our diet has decreased. And it's continuing to fall faster than at any other time in history, because of the speed at which crops are being modified.

Our produce is now grown on mineral- and nutrient-depleted soils. Most have been genetically altered to grow faster which reduces the nutrient level.

Mainstream medicine has also told us to replace meat with unnatural grains, corn and soy. But your body doesn't recognize these as food, because they don't have the nutrients you need.

Most important, we've more than doubled the percentage of carbohydrates we consume in recent decades. Plus, the type of carbohydrate has changed to a much higher glycemic load... and that spells BIG trouble for your eyesight.

Researchers at Tufts University discovered that people who ate a diet with a high-glycemic-index score faced a greater risk of developing macular degeneration.<sup>1</sup>

The study followed 4,000 non-diabetic men and women between the ages of 55 and 80, who were part of a large long-term vision study. By capturing periodic images of the subjects' eyes, the researchers were able to follow the development of macular degeneration over the course of the study.

And they found that high-glycemic foods cause a *dramatic rise in blood sugar*, which also increases the sugar concentration in the eye. And long-term exposure to high sugar loads damages the retina and tiny capillaries in the eye with oxidative stress and inflammation.

Subjects with the highest dietary glycemic index had a 40% increased risk for developing macular degeneration compared with those with the best dietary glycemic index.

But even temporary increases in blood glucose levels following consumption of simple sugars played a role in the damage.

Research shows that we can fight this damage by boosting your intake of the two nutrients that make up the macula pigment that protects your retinas: lutein and zeaxanthin.

## Dynamic Duo of Eye Health

The biggest scientific breakthrough in the fight against AMD is the discovery of how the carotenoids, lutein and zeaxanthin, can radically improve MPOD.

In your eyes, lutein and zeaxanthin filter damaging high-energy blue wavelength light from the visible light spectrum by as much as 90%, offering amazing protection.

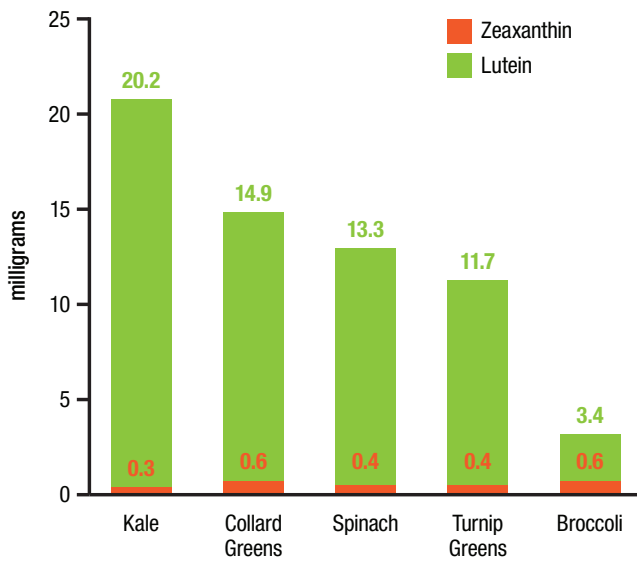
Of all the carotenoids in your diet, your macula collects only these two. And their concentration in your retina is so high, your eyes can't function without them.

Studies have shown that eating foods rich in lutein and zeaxanthin can increase the pigment density in the macula... and therefore lower the risk of macular degeneration.

Research shows that among patients with early AMD, supplementation with lutein and zeaxanthin improved macular pigment density "significantly" over the course of 48 weeks.<sup>2</sup> And there was also improvement in overall visual function.

Another study showed supplementation with lutein and zeaxanthin augments macular pigment density and enhances visual performance in both diseased and non-diseased eyes, reducing the risk of AMD development and/or progression.<sup>3</sup>

## GETTING THE RIGHT EYE NUTRIENTS



Source: EyePromise

***Food for your eyes... The chart above reveals which foods contain the highest quantities of the key eye nutrients, lutein and zeaxanthin.***

And a Harvard study found that those with the lowest levels of lutein and zeaxanthin accumulation in the outer retina were significantly more likely to suffer from AMD than those with higher pigment levels.

And the difference in risk between those having the highest and lowest levels was a stunning 75%.<sup>4</sup>

People with higher concentrations of lutein and zeaxanthin in the retina tend not to develop AMD. And the higher the density of macular pigment, the more protection your eyes have. It's that simple.

## How to “Feed” Your Eyes

Because your body can't make these nutrients on their own, you have to get them from food. And boosting your intake of lutein and zeaxanthin is an easy thing to do.

Here are a few shopping suggestions...

To load up on lutein and zeaxanthin, pick up some dark, leafy vegetables, like:

- Spinach;
- Kale;
- Collards;
- Swiss chard.

You should also eat organic eggs. The yolk provides another natural source of lutein.

And add some color to your meals. Pick a few orange peppers, zucchini and squash. Toss in a few kiwi fruit. All contain zeaxanthin.

I also recommend you take a vision supplement. Just make sure it has at least 20 mg of lutein and 1 mg of zeaxanthin. These supplements are available online and in most health food stores.

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# Censored Canadian Cancer Cure

In the 1930s, the Canadian government shut down an astonishing cancer cure. It was astonishing, because it was inexpensive and completely natural.

You and I both know that's a recipe for a Big Pharma crackdown. And that's why you've probably never heard this story.

But in a minute, I'm going to reveal the secrets of this banned Canadian cancer cure and how you can use it yourself at home.

Here's what you need to know...

The story begins back in 1922 with a kindly nurse named Rene Caisse (pronounced Reen Case), who made an unexpected discovery. While working in a Canadian hospital, Rene noticed some scar tissue on an elderly woman's breast.

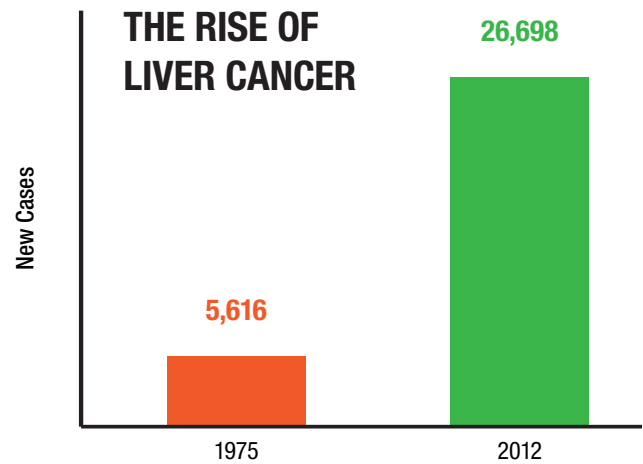
The woman told Caisse she had been diagnosed with breast cancer 30 years before. But she didn't want to go under the knife and have her breast removed. So she went searching for another way to cure her cancer.

*The woman told Nurse Caisse about how she met a Native American medicine man, who said he could cure her cancer with a special herbal tea.*

She followed his advice and — long story short — she lived to share the remedy with Rene Caisse 30 years later.

Caisse decided to put the ancient tea recipe to the test. She gave the tea concoction to her aunt, who was suffering from stomach cancer, and to her mother, who had liver cancer.

Caisse's mother had been told she had only days to live. But after taking the tea, she survived and lived for another 18 years. And her aunt, who had been



Source: National Cancer Institute

*Ancient herbal treatment... Essiac tea was used to cure liver cancer in Nurse Rene Caisse's mother.*

given six months to live, survived a further 21 years after drinking the tea.

## Big Pharma Attacks Native Cancer Cure

She didn't stop there. Caisse began to administer this "cure" to cancer patients in Bracebridge, Ontario. She called it "Essiac tea."

For her treatment, she charged only what the patients could afford. Sometimes it was eggs and farmed vegetables. Sometimes it was nothing.

But there was a problem — her success began to draw the attention of the authorities. And in 1937, some 15 years after her discovery, the Canadian government tried to shut her down for "practicing medicine without a license."

But they failed, after being presented with a petition of containing the signatures of more than 55,000 supporters.

The government relented and allowed her to keep treating patients — but with the following restrictions:

1. Nurse Caisse could only treat terminally ill patients;
2. A medical doctor had to diagnose the cancer;
3. And she could not accept any payment.

Caisse agreed to the conditions. But since she had to have a doctor diagnose the cancer and that it was terminal, the use and exposure of the tea was limited. And the restrictions by the Canadian government had the end effect of “censoring” Essiac tea treatments.

While Nurse Caisse continued to practice, she also suffered continual harassment until eventually she was forced to withdraw from the public eye.

Even though Big Pharma was still gaining its foothold at the time, it still had a lot of pull. And Nurse Caisse’s inexpensive cancer cure threatened to cut deeply into its profits. There was no way it would let anyone stop them from charging exorbitant amounts of money for radiation and surgery.

And with the advent of chemotherapy in the 1940s, she was forced to operate almost entirely below the radar.

After administering her special cancer treatment for more than half a century, Nurse Caisse died in 1978 — and with her went her perfected formula for Essiac tea.

It seemed as though it was lost to the world forever.

Through some recent, fierce investigation by a few daring individuals, the formula has now entered the public domain. But here’s the thing...

It’s still very difficult to find the original formula. Everyone claims that they have Caisse’s original cancer-curing recipe.

And that’s why I’m writing to you today. I want my inner circle of *Confidential Cures* subscribers to get the truth — along with 100% of the cancer-busting power of the original Essiac tea formula.

## What about Chemo?

There’s no denying it — chemotherapy saves lives.

But it also does a huge number on your immune system — by damaging your stem cells.

As you know, stem cells are your body’s “replacement cells.” They can turn into any type of cell your body needs.

Your adult stem cells from your bone marrow are the only cells that can become Natural Killer (NK) cells. These cells are like assassins from your immune system, specifically trained to eliminate infection and tumors.

But chemotherapy heavily damages these cells.

You see, chemo works by targeting cells that are currently dividing. Since cancer cells divide very quickly, chemo is a good strategy. The problem is the collateral damage. Healthy cells that are dividing also get damaged.

This includes the stem cells your bone marrow is producing at the time of your chemotherapy. That’s why your immune system becomes compromised.<sup>1</sup>

And that’s why you run the risk of cancer coming back — because you didn’t have enough healthy NK cells to fight off leftover tumor cells.<sup>2</sup> And here’s the kicker...

What most oncologists won’t tell you is for some types of cancer, the risk rate of recurrence is as high as 154%.<sup>3</sup>

Essiac tea may be the answer.

I want you to have options when it comes to your cancer treatment. It shouldn’t replace your treatment, but this little-known tea can help increase the power of your treatment and maybe even reduce your risk of recurrence.

I've seen the sworn affidavit, filed with the town of Bracebridge, from Nurse Caisse's assistant and best friend, Mary McPherson, which describes in exact detail her Essiac tea formula.

*In this article, I'm also going to show you the science behind this formula — and exactly how to prepare it.*

## Four-Herb Tea Blend is Packed with Anti-Cancer Properties

Essiac tea is made up of four overlooked herbs. Most people — alternative doctors included — see these as common weeds.

But there is emerging evidence that this blend does have powerful cancer-fighting properties.<sup>4,5,6,7</sup>

In fact, each of these four herbs has remarkable anti-cancer properties.

- **Herb #1: Sheep sorrel.** This is the real star of the blend. Modern research has discovered that this humble “weed” has quite a few cancer-fighting compounds in it — including *luteolin* and *apigenin*.<sup>8</sup>

These two anticancer superstars have been shown to stop breast cancer cells from growing. They also cause cancer cells to “commit suicide.”<sup>9</sup> At the same time, they also inhibit an enzyme called AKR1B10, which plays a big role in the development of several cancers — including breast cancer and liver cancer.<sup>10</sup>

Researchers have discovered that luteolin can stop liver tumors from growing and spreading in mice. This is extremely significant, because the type of liver cancer researched in this study — hepatocellular carcinoma — is one of the deadliest cancers in humans. It often kills within three to six months if it's not removed.<sup>11,12</sup>

Luteolin also kills colon cancer cells *in vitro*. It also decreases the invasiveness of pancreatic cancer cells. This means luteolin stops the cancer



*Tea cure... Essiac tea is comprised of burdock root (upper left), sheep sorrel herb (upper right), slippery elm (lower left) and Turkey rhubarb root (lower right).*

cells from spreading. Needless to say, that's a very important antitumor property.<sup>13,14</sup>

Meanwhile, apigenin interrupts the growth and spread of throat cancer cells by damaging their membranes. It also slows the growth and spread of prostate tumor cells — as it kills them.<sup>15,16</sup>

- **Herb #2: Burdock root.** This ancient herbal remedy is best known as a diuretic and a diaphoretic. This means it increases urine and perspiration production.

But research shows that it also contains several plant-based acids, including caffeic acid. And caffeic acid is known to inhibit the growth and spread of numerous types of cancer cells. It has been shown to kill colorectal cancer cells. Colorectal cancer is the second highest cause of cancer-related deaths in the United States.<sup>17,18</sup>

- **Herb #3: Turkey rhubarb.** This herb has been used in Chinese medicine for more than 2,000 years. In the United States, the supplement is used most commonly as a laxative. But its extract has been shown to slow down the spread of breast cancer cells.<sup>19</sup>

It contains a compound called “emodin.” Studies show that it can stop pancreatic cancer cells from



growing. And in other studies, it has been shown to make human cervical cancer cells commit suicide.<sup>20,21</sup>

- **Herb #4: Slippery elm bark.** There's little scientific research on slippery elm bark, but there are thousands of years of traditional use that back up its detoxifying properties.

And when scientists began studies on the Essiac tea blend, they found it contained "potent antioxidant and DNA-protective activity." It neutralized two of the most notorious free radicals, hydroxyl and superoxide. Essiac tea also prevented DNA damage, which is a major factor in good cells going cancerous.<sup>22</sup>

## Nurse Caisse's Original Preparation...

Rene Caisse was VERY insistent on her specific way to make Essiac tea. The first thing to note is this tea is a decoction, not an infusion.

When people think of preparing tea, they're usually thinking of an infusion. Infusion is the process of steeping an herb in hot water for a *brief* period of time. This works for getting the health benefits out of tea leaves and light herbs.

But for roots, barks and other harder herbs, you need a decoction. That's because the active ingredients won't release effectively in a short period of time.

For Nurse Rene Caisse's Essiac tea, you should take...

- 1 lb powdered sheep sorrel (with the root);
- 6 ½ cups cut burdock root;
- 1 oz powdered Turkish rhubarb root;
- ¼ lb powdered slippery elm bark.

Mix thoroughly and store in a dark, dry place — preferably in a glass container.

Use a ratio of 1 oz of the mixture to 32 ounces of water. That'll come out to half a cup for every gallon

of water, if you want to make it in large quantities to store in the fridge.

Put the mixture in water and then bring the water to a boil. After 10 minutes, turn off the stove but leave the pot overnight covered with a proper lid.

In the morning, bring the decoction to steaming, but do not let it boil again.

After a few minutes, strain the tea into sterilized bottles. Don't worry if the smaller particles get through.

They'll settle on the bottom, and many people swear by their own medicinal properties.

Nurse Caisse recommended a dose of 1 oz a day for a period of up to two years. And refraining from the tea for one week out of every four.<sup>23</sup>

I recommend getting your Essiac blend from **www.renecaissetea.com**. They include the sheep sorrel root, which many commercial blends leave out.

And remember, this shouldn't replace your current treatment. Rene Caisse often recommended surgery once she believed Essiac had done its work. And you should consult with your oncologist about everything you're trying before and during your cancer treatment process.

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# The Overlooked Antidepressant Alternative

Doctors have known for years that prescription antidepressants often don't work any better than a placebo. But that hasn't stopped them handing these drugs out like candy.

If you have ever gone to your doctor because you're concerned about stress, anxiety or depression, you'll know exactly what I'm talking about.

Maybe you've even scheduled a "session" with a psychiatrist. You go expecting to talk about your impossible boss, difficult relationship, financial woes or your moods. Instead, what you get is 15 minutes of working out which pill and dosage you should take.

And there's a 72% chance you won't even be diagnosed as depressed — but you'll still be prescribed antidepressants.<sup>1</sup>

I'm not saying that antidepressants aren't helpful — or even necessary — for some people.

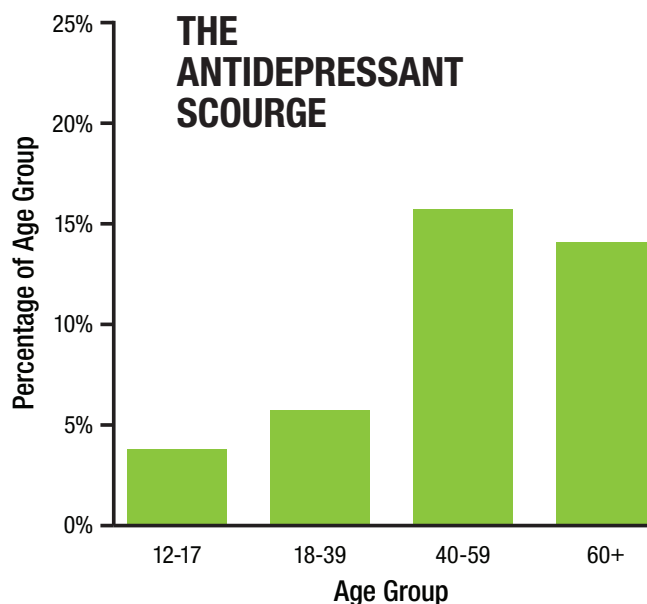
But the truth is it's only in the last two or three decades that we have begun to learn about the complexities of brain chemistry — and depression is still a long way from being fully understood.

So when psychiatrists dole out these Big Pharma antidepressants, it's little more than a guessing game.

I see more and more people in my clinic with depression — but I don't prescribe these dangerous drugs.

I do know that when depression is treated the right way, it doesn't have to be a crippling, life-ruining condition.

*In a minute, I'm going to reveal to you how depression can be treated — and, in some cases,*



Source: CDC

*Out of control... Psychiatrists have been doling out antidepressants like candy for years, even to those who aren't depressed. Americans spend more than \$70 billion on antidepressants every year — and that number is rising.*

*even cured — by restoring the right balance of key nutrients in your body.*

The fact is there's no single prescription that can "fix" something like depression. But steps like adjusting your diet, your exercise routine, finding the right therapist and the right balance of vitamins and other nutrients can offer a great deal of relief.

## One of the Biggest Frauds in Medical History

When it comes to mental health, the medical industry, Big Pharma and the FDA have pulled off one of the biggest frauds in the history of medicine.

I've been trying to get my patients off antidepressants like Prozac, Zoloft and Cymbalta for a long time.

You see, Big Pharma isn't trying to cure depression. They just want you to keep filling your prescriptions every month — for years, or even decades.

Today, Americans spend *more than \$70 billion* on antidepressants every year — and that number is rising.

Not only do they often not work, there is a huge downside to taking them. They poison your brain and your liver — and affect the rest of your body, too.

And the FDA approves these drugs in spite of serious side effects. They cause nausea, weight gain and loss of sex drive. Depression drugs can numb you and they're also strongly linked with violent behavior. I'm talking about homicides, suicides, assaults and physical abuse.<sup>2</sup>

I'm worried about more and more people ending up on prescription antidepressants — and spending the next 30 or 40 years taking a dangerous drug that either doesn't work or they don't need.

If you're one of the millions of Americans taking these scary and addictive drugs — or know someone who is — please keep reading.

I've had great success treating patients who come to my clinic with a safe, natural approach to mental wellness.

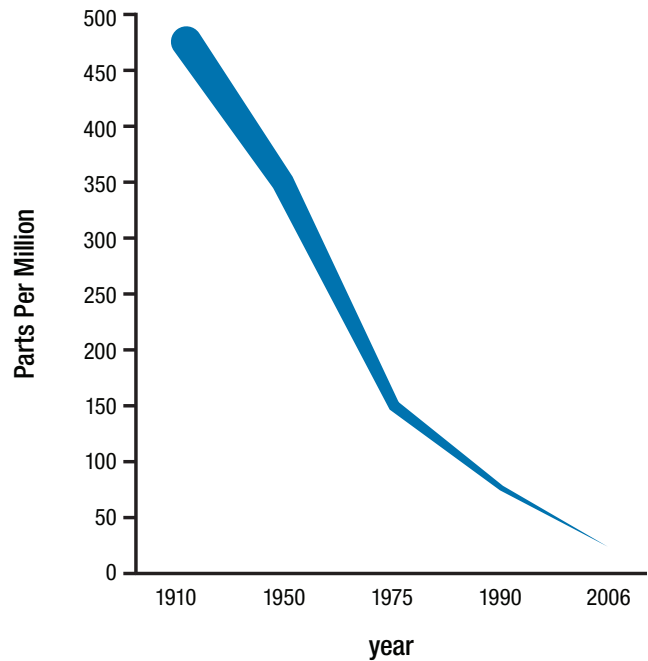
## Three Ways to Support Mental Health Naturally

It's no coincidence that the number of people with mental illness has skyrocketed as key nutrient levels in your diet have plunged.

And the link between these drastically lower levels of nutrients in your food and the rise of depression is shocking.

A hundred years ago, the occurrence of depression was extremely rare. Among Americans born in 1905 or before, only 1% developed depression before they turned 75. Today, there is a 40% depression rate

## SHOCKING DEPLETION OF MINERALS IN U.S. SOIL



Source: U.S. Department of Agriculture

*Nutrient crisis... The number of people with mental illness has skyrocketed as key nutrient levels in our soil have diminished.*

among the elderly and a near-25% depression rate among those between the ages of 15 and 29.<sup>3</sup>

Commercial farming and processing are producing low-nutrient qualities in our food that have never been seen before in history.

But that's why I've seen depression reversed once nutrient levels are raised again to where they're supposed to be.

Here's what I recommend:

- **Omega-3s:** As the rates of depression have surged, our consumption of omega-3s has rapidly declined.

The native diet of our ancestors was loaded with healthy omega-3s from wild plants and fish. The animals they hunted fed naturally on healthy, vitamin-rich plants.

Now, we eat fish raised on toxic food pellets and unnatural, corn-fed beef. These food sources have just a fraction of the omega-3s that a natural diet once contained.

And the link with depression is easy to see. The human brain is 60% fat, almost entirely made up of omega-3 fatty acids. Without these omega-3s, the brain cannot build or maintain high-quality cells.

I usually prefer to recommend dietary sources of nutrients — but when it comes to omega-3s, it's almost impossible to get enough of them from food without exposing yourself to the danger of high mercury levels found in large fish.

I recommend omega-3 supplements for my patients with depression — and the results are nothing short of transforming. And there are plenty of studies out there that back up my findings.<sup>4</sup>

But pay attention to which supplement you're taking. Because omega-3s are so important to your health, almost everyone is selling them.

If you take fish oil, you're likely to run into the same toxicity problems as you would eating fish every day. Fortunately, there are better alternatives.

I recommend krill oil and squid oil to my patients.

Krill and squid aren't exposed to the same toxins as salmon and tuna. The bigger the fish, the greater the toxins. Krill are tiny and shrimp-like, and completely safe. Squid are big, but they live so far beneath the surface of the ocean, and they aren't exposed to the pollution that exists at shallower depths.

Nevertheless, there's another reason I recommend krill oil for patients with depression. Its omega-3s cross cell membranes more easily, which is why it is so good for brain function.<sup>5,6,7</sup>

I recommend taking 500 mg of omega-3s every day, preferably from krill oil or squid oil.

- **Magnesium:** This essential nutrient has also been dramatically reduced in the average diet over the past century.

Leafy, green vegetables were once a rich source of magnesium. But over the past 100 years, farmlands have been depleted of minerals, because of industrial toxins, pesticides and chemical fertilizers.

Magnesium levels have also plummeted in an American diet that's composed largely of fried and processed foods and refined grains.

Many of you also consume large amounts of dairy products. These and other calcium-rich foods can lower magnesium levels.

Before 1905, most Americans consumed around 400 mg of magnesium per day, thanks to vegetables grown on nutrient-rich farmlands and the consumption of unrefined grains.

Now, only 16% of the magnesium found in whole wheat remains in refined flour. This has driven the average dietary intake of magnesium to just 250 mg per day.

Magnesium also used to be in your drinking water, but water with high mineral content — hard water — fell out of favor because most people don't like the taste.

Then add in Big Pharma's hand...

Water pills, which are most often prescribed as a treatment for high blood pressure, are another major cause of magnesium deficiency. These medications often leech magnesium from the body with the fluid they help release.

You see, more than 300 enzyme systems in your body need magnesium to regulate its biochemical functions.<sup>8</sup>

And magnesium enhances the effect of tryptophan, a natural amino acid that produces the sleep hormone, **melatonin**.



Without tryptophan, your body can't manufacture the neurotransmitter **serotonin**, which plays a key role in mood balance. Too little serotonin often leads to depression, anxiety and other mental health disorders.

At the same time, magnesium is essential for the function of gamma-aminobutyric acid receptors — better known as **GABA** receptors.

When functioning properly, all neurotransmitters and receptors calm the brain.

I recommend a magnesium-rich diet to most of my patients. You can get more magnesium by eating nuts, seeds, dairy products and dark green, leafy vegetables.

However, the average diet doesn't provide enough magnesium to maintain a healthy body and mind. That's why I recommend taking a supplement.

*Start by taking 600 mg a day and build slowly to 1,000 mg. Take it with vitamin B6, which will help increase the amount of magnesium that accumulates in your cells.*

If your depression is causing sleep disorders, I recommend a powdered magnesium citrate formula. This should be taken an hour before bedtime. The solution dissolves in water. That means it gets absorbed by your body much better than it would with capsules or pills.

I recommend up to 420 mg a day of magnesium citrate.

- **Vitamin D3:** There is a reason why you feel happy when you are sitting by the pool on vacation. Vitamin D3 — that wonderful vitamin that is synthesized in your body once sunlight strikes your skin — fights off depression by helping your brain make **serotonin**. In fact, vitamin D3 can boost serotonin by anywhere from **double to 30 times**.<sup>9</sup>

Our native ancestors never had to worry about getting enough vitamin D3. They got all they needed from sun exposure, and their native diet.

Our ancestors lived outdoors every moment of their lives... and they didn't use sunscreen.

Plus, they lived off a diet filled with the vitamin D-rich organ meat of animals. But modern society does neither. Most people now work indoors. And many people avoid the sun completely because an alarmist media and misinformed doctors have scared us to death about the effects of sun exposure, such as skin cancer and premature aging.

But in Norway, doctors found taking large amounts of vitamin D3 improved the symptoms of depression.<sup>10</sup>

In my patients, I recommend a daily intake of 8,000 IUs of vitamin D3 per day.

Here are the best ways to get it...

- **Get out in the sunlight.** As long as you don't get burned, getting some midday sun for about 10 to 15 minutes a day is good for you. It will give you between 3,000 and 5,000 IUs of vitamin D3. Be sure to expose some skin when you're outside. If you are all covered up, or slathered in sunscreen, the sun can't do its job.
- **Eat the right foods.** Make sure you add food rich in vitamin D3 to your diet. Wild salmon provides roughly 350 IU vitamin D3 per serving. Sardines and tuna in oil provide about 225 IUs of vitamin D3 each.
- **Take a supplement.** Your food probably won't give you all the vitamin D3 you need. I recommend taking a supplement of vitamin D3 called *cholecalciferol*. It's the same vitamin D3 that your body produces. Just be sure to avoid the synthetic form of vitamin D2 in most multivitamins because it is less potent and less absorbable.

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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).