



Dr. Sears'

CONFIDENTIAL CURES

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

October 2016

Vol. V Issue 10

This Could Save Your Life: Get Off Those Killer Meds and Live Heart Healthy

My old college friend, Roland, had a heart attack a few years ago. Thankfully, he was in that lucky 50% of first-time heart attack sufferers who survive.

Today, I want to tell you his story. It could save your life.

You see, Roland's heart attack was just the beginning of his suffering. The real trouble started when he decided to follow his cardiologist's advice.

Unfortunately, cardiologists have just one answer for heart disease — drugs. They put Roland on:

- **Nitroglycerin:** the cardiologist's go-to med for *angina* (chest pain);
- **Altace:** An *ACE inhibitor* drug to reduce blood pressure;
- **Lopressor:** Another blood-pressure lowering med, but this one's a *beta blocker*;
- **Lipitor:** a common *statin* drug to bring down cholesterol levels.

These drugs made Roland miserable. I'll never forget what Roland said when he first came to my clinic: "I wake up aching. I hurt like an 80-year-old. If this is what it's like to survive a heart attack, it's not worth it."

The nitro made him tired and gave him a constant headache. Despite taking Altace and Lopressor, his blood pressure remained high at 180/100. The Lopressor also caused intermittent impotence. And the Lipitor gave him back and leg pains.

Cardiologists prescribe these kinds of meds because studies show they reduce the risk of repeat heart attacks and worsening heart disease. But like all heart drugs, they're designed to poison a particular system in your body to produce a desired effect — and to hell with the consequences.

For example, the Lipitor lowered Roland's LDL "bad" cholesterol levels, but it also slashed his HDL "good" cholesterol. That put him at even greater risk of coronary complications and another heart attack.

After more than 30 years of helping patients reverse heart disease, I believe all prescription heart drugs are bad.

Also in This Issue...

| | |
|---|----|
| Bigger Is Better — Protect What Matters Most with These Critical Brain Boosters | 6 |
| Scared Sleepless: The Truth You're Not Being Told About How and Why You Sleep | 11 |

They come with a long list of scary side effects. And worse, they also interfere with rehabilitation, often blocking your ability to recover.

But for every dangerous heart drug, there are safe, proven and inexpensive alternatives your cardiologist will never tell you about.

In a minute, I'll show you how I transformed Roland's heart from a weak, bloated water balloon into a lean, mean fighting machine — without dangerous drugs or cholesterol fears. But first I want to warn you about the real dangers of Big Pharma's commonly prescribed heart drugs...

The Most Dangerous Heart Drugs in the World

Cholesterol busters: Doctors browbeat their patients into taking statins and other cholesterol-lowering drugs. Just the side effects — fatigue, muscle cramping and weakness, or even *rhabdomyolysis* (when your muscle cells burst and disintegrate) — are enough to tell me you don't want to go anywhere near these drugs.

Big Pharma makes billions of dollars per year by declaring war on cholesterol and hawking these drugs. The biggest problem of all is that it's all based on a lie.

Cholesterol doesn't cause heart disease.

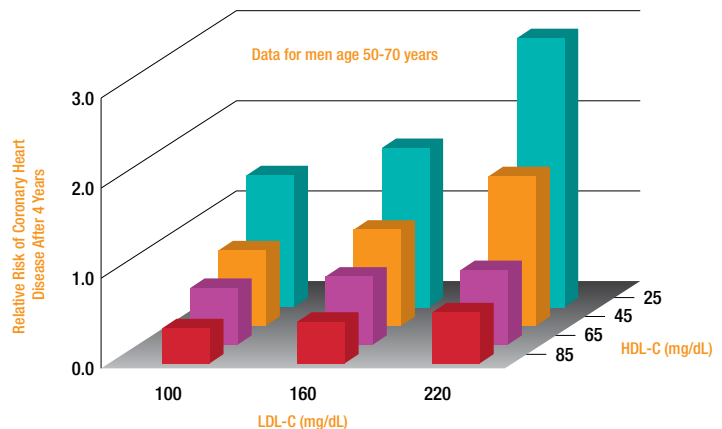
The landmark Framingham Heart Study, which has been ongoing since the 1940s and is considered the most reliable data on heart disease, found no link at all between high cholesterol and increased heart disease risk.

In fact, they found the opposite is true. If your HDL is above 85, you are at no greater risk of heart disease even if your total cholesterol is over 350. This is clearly illustrated in the chart on this page.

There are three types of cholesterol-lowering drugs:

1. Statins — like *Lipitor*, *lovastatin* and *fluvastatin* — work by blocking the production of cholesterol in your liver and alter the way LDL cholesterol enters your cells. These drugs have known

Low HDL-C Predicts Coronary Heart Disease Risk Independent of LDL-C: The Framingham Heart Study



HDL-C = high-density lipoprotein cholesterol; LDL-C = low-density lipoprotein cholesterol
Reproduced with permission from Castelli WP. Can J Cardiol. 1988;4(Suppl A): 5A-10A. Copyright © 1988 Pulsus Group Inc.

HDL is a heart protector. Your risk of heart disease increases the lower your HDL levels are. As long as your HDL is at least 85, your risk level is low... no matter how high your LDL or total cholesterol levels are.

side effects that include liver toxicity, muscle inflammation, gastrointestinal symptoms and eye problems, including cataracts.

And they also deplete your cellular energy, stealing your heart's power to pump and making it impossible for your heart to recover.

The most common — and most dangerous — effect of statins is that they lower your HDL levels — and that raises your risk of heart disease and stroke.¹

2. Bile acid binding agents or resins — like *colestipol* and *cholestyramine* — work by removing bile acids from your body. These acids are produced from cholesterol in your intestinal tract and when they are absorbed by the action of the drugs, they're excreted in your urine, lowering blood cholesterol levels.

Long-term use can cause bleeding disorders and vision problems. And studies show these drugs can also cause high triglyceride levels.² People with high triglyceride levels have three times the risk of heart disease than people with high LDL levels.

3. Atromid-S and Lopid — belong to a group of drugs called *fibric acid derivatives*. These interact with the receptors that regulate enzymes involved in fatty acid oxidation and decrease the amount of all fatty substances in your blood.

Although these drugs are proven to raise HDL and lower triglyceride levels, their risks far outweigh any benefits. And a long-term study published by the World Health Organization showed atromid increased death rates from non-cardiac causes — including cancer, gall bladder complications and pancreatitis — by 44%.

The Other Heart Meds Are Just as Bad

Beta Blockers and ACE inhibitors: Usually prescribed indefinitely for high blood pressure and heart failure, these drugs block your capacity to get your heart rate up, suppressing your heart's natural capacity to beat more firmly.

Yes, your heart will calm down, but now you can never get the benefit of exercise. Over time, they will turn your heart into a fat, lazy, incompetent water balloon.

Calcium Channel Blockers: CCBs like *Cardizem*, *Adalat* and *Procardia* lower blood pressure by inhibiting the flow of calcium into your arterial wall cells. By blocking this essential function of your cardiovascular system, your blood vessels become more relaxed and less constricted. Your heart loses its power to pump.

Many studies have linked *CCBs* to a higher risk of death from heart disease — even when compared with beta blockers and other common heart meds.^{3,4,5,6}

Diuretics: The Multiple Risk Factor Intervention Trial (MRFIT), a large national study into the prevention of coronary heart disease, confirmed that while high doses of diuretics can be effective at lowering blood pressure, they also increase your risk of death.⁷

That's because they cause your body to excrete minerals it needs. The loss of vital minerals can also lead to spasms in your coronary arteries, stroke and even heart attack.

Blood thinners: Drugs like *warfarin*, which you may know by the brand name *Coumadin*, are used to treat blood clots, a common cause of heart attacks and strokes.

The problem is these blood thinners increase the potential for serious bleeding. Each year, thousands of people on these drugs bleed to death after injuries. A study in *The American Journal of Medicine* estimated that nursing home residents alone suffer 34,000 fatal, life-threatening or serious events related to warfarin every year.⁸

Dr. Sears' 3-Step Healthy Heart Protocol

You don't need medications to protect your heart or to reduce your blood pressure.

If you are taking any of these drugs, I recommend you work with your physician to gradually come off them.

I've used my *3-Step Healthy Heart Protocol* to reverse heart disease in thousands of patients for more than two decades. It's the same protocol I used with my friend Roland to reverse his heart condition.

Within months, Roland went from 235 pounds and 30% body fat to 185 pounds with 16% body fat — and his HDL soared by 37%.

The initial stress test after his heart attack showed significant damage to his heart. Just a few months later, his stress test showed minimal damage — to the point where it was difficult to see evidence he'd ever had a heart attack.

His last stress test revealed a complete turnaround. Here's how we did it...

Step 1 – Drug Elimination: *Statins* were the first to go. And within a few days, Roland's pain levels began to fall and his energy levels started to rise.

Next went the beta-blocker *Lopressor* and the ACE inhibitor *Altace*. These caused Roland's constant fatigue. They also made it impossible for him to exercise — and a program of controlled exercise is crucial in rehabilitating any injured heart.

Then I began counseling him on raising his HDL, eating the right foods, and doing the right kind of exertion.

Step 2 – Powerful Heart Support: To lower Roland’s blood pressure and help rebuild his heart’s pumping power, I recommended *potent heart supporters* to raise his HDL levels and energize his heart. (Check out the chart below to see what supplement doses I recommend.)

- **Docosahexaenoic acid (DHA):** This omega-3 fatty acid has been proven to raise HDL and is a potent defender from heart disease.⁹ In one study, German researchers discovered that if you take just 1.5 grams of DHA per day for a few weeks, your HDL will shoot up by 7%.¹⁰ No Big Pharma drug can do that.

DHA eliminates the need for statins. It’s also one of the best ways to treat poor circulation and stabilize your blood pressure. That means you don’t need beta-blockers, ACE inhibitors or diuretics either.

Grass-fed beef, wild, cold-water fish like pollock, salmon, tuna, lake trout and herring are good food sources.

| Heart supporter | Supplement dose |
|----------------------------|--|
| Omega-3 (DHA) | At least 500 mg of DHA; 60 mg of EPA in a combination of squid and krill oil with astaxanthin. Take with meals |
| CoQ10 | At least 100 mg per day in the <i>ubiquinol</i> form |
| PQQ | 10 mg daily with CoQ10 |
| Garlic | Choose a supplement with an odor; should contain at least 3,600 of <i>allicin</i> per dose |
| Niacin (Vitamin B3) | Start with 500 mg of “sustained release” niacin every other day. Increase to 2g daily |

- **Coenzyme Q10:** This nutrient provides the fuel for all the mitochondria — the tiny power plants within each of your cells — in your heart. Decades of research link low CoQ10 levels with heart disease. In fact, 50% to 75% of patients with any kind of heart disease have low CoQ10.¹¹

The biggest destroyer of natural CoQ10 levels are statin drugs, which can lower CoQ10 levels by as much as 40%, making your heart weaker than it already is.¹²

But supplementing with CoQ10 can bring immediate, often life-saving benefits. Studies show that daily doses of 100 to 120 mg reduce arrhythmias, increase left ventricular function (a critical part of your heart’s pumping ability), and have been shown to reduce the death rate from repeat heart attacks.¹³

Boosting his CoQ10 levels eliminated Roland’s angina — so the *nitroglycerin* went, too.

CoQ10 is mainly found in organ meats, which most of us don’t eat. If you’re taking statins or suffer from heart failure, your levels are likely to be dangerously low. So I recommend a supplement.

- **PQQ:** The little-known nutrient *pyrroloquinoline quinone*, or *PQQ*, triggers your heart cells to build healthy new mitochondria, which produce more fuel so your heart pumps with more energy. And it protects your mitochondria by neutralizing deadly free radicals.

Although PQQ can be found in some foods, like sweet potatoes, cabbage and kiwi fruit, I recommend that heart failure patients go straight to a supplement.

- **Garlic:** Garlic naturally lowers blood pressure, significantly reduces LDL “bad” cholesterol and triglycerides, and it also raises HDL “good” cholesterol.¹⁴

It’s a potent antioxidant and even prevents LDL from sticking to your arteries. A study in

Germany found that garlic prevented the buildup of plaque on arteries by as much as 40%.¹⁵

Consume at least two cloves a day or, alternatively, choose a supplement.

- **Niacin:** Niacin, or vitamin B3, has proven itself to be an HDL-raising warrior.

In one study, researchers showed how niacin raised HDL by a remarkable 24%.¹⁶ Another study gave more than 1,000 people either niacin or a placebo, and then followed them for 15 years. Niacin not only reduced heart attacks, but 10 years after the trial, doctors discovered that niacin was still working, and reduced the people's chance of dying from *any* cause by 11%.

Start by eating foods that boost your intake of natural vitamin B3, like grass-fed meat, free-range chicken, and organic produce and nuts.

In addition to the above heart supporters, I also recommend taking vitamins C, D and E daily. Not only are they powerful antioxidants, they're all vital to proper heart function.

STEP 3 – Exercise your body: I recommend my *PACE* exercise program to all my heart patients. It stands for *Progressively Accelerating Cardiopulmonary Exertion*, and it uses brief but vigorous routines of increasing intensity to increase the strength of your heart.

Studies show *PACE* works up to 18 times better than light exercise, such as the kind of walking your doctor might suggest.¹⁷ And it gets 331% more oxygen to your heart.

The really great thing about my PACE system is you only need 12 minutes a day. You don't need expensive equipment or a gym membership to do it.

You can choose any exercise that will make you stop and pant for breath. All you do is increase the challenge to your lungs and heart little by little, and then accelerate it.

If you want to learn some good examples of *PACE* exercises, go to my YouTube channel: <https://www.youtube.com/user/AlSearsMD/videos>. I have more

than 30 different exercises and a complete workout to help you get started.

References

- ¹ Wilson PW, Abbott RD, Castelli WP. "High density lipoprotein cholesterol and mortality: The Framingham Heart Study." *Arteriosclerosis*. 1988 Nov-Dec;8(6):737-41.
- ² Crouse JR. "Hypertriglyceridemia: a contraindication to the use of bile acid binding resins." *Am J Med*. 1987 Aug;83(2):243-8.
- ³ Elkayam U. "Calcium channel blockers in heart failure." *Cardiology*. 1998;89 Suppl 1:38-46.
- ⁴ Held PH, Yusuf S, Furberg C. Calcium channel blockers in acute myocardial infarction and unstable angina: an overview. *BMJ*. 1989;299:1187-1192
- ⁵ Furberg CD, Psaty BM, Meyer JV. Nifedipine: dose-related increase in mortality in patients with coronary heart disease. *Circulation*. 1995;95:1326-1331.
- ⁶ Deyo R. "Bruce Psaty and the risks of calcium channel blockers." *Qual Saf Health Care*. 2002 Sep; 11(3): 294-296.
- ⁷ Warram JH, Laffel LMB, et al. "Excess Mortality Associated With Diuretic Therapy in Diabetes Mellitus." *Arch Intern Med*. 1991;151(7):1350-1356.
- ⁸ Gurwitz JH, Field TS. "The Safety of Warfarin Therapy in the Nursing Home Setting." *American Journal of Medicine*. (2007) 120, 539-544
- ⁹ Bernstein A, Ding E, et al. "A Meta-Analysis Shows that Docosahexaenoic Acid ... Increases HDL-Cholesterol ... in Persons without Coronary Heart Disease." *J Nutr*. 2012;142(1):99-104.
- ¹⁰ Ege S, Kannenberg F, et al. "Dietary alpha-linolenic acid, EPA, and DHA have differential effects on LDL fatty acid composition but similar effects on serum lipid profiles in normolipidemic humans." *J Nutr*. 2009;139(5):861-8.
- ¹¹ A.S. Go et al., "Heart Disease and Stroke Statistics – 2013 Update: A Report from the American Heart Association."
- ¹² Ghirlanda, et al., "Evidence of plasma CoQ10-lowering effect of HMG-CoA reductase inhibitors: a double-blind, placebo-controlled study," *Journal of Clinical Pharmacology*. 1993 Mar; 33(3):226-229.
- ¹³ R.B. Singh et al., "Randomized, Double-Blind Placebo-Controlled Trial of Coenzyme Q10 in Patients with Acute Myocardial Infarction," *Cardiovascular Drugs and Therapy* (September 1988) 12(4): 347-53.
- ¹⁴ Bordia A. "Effect of garlic on blood lipids in patients with coronary heart disease." *Am J Clin Nutr*, 1981 Oct;34(10):2100-3.
- ¹⁵ Siegel G et al. Reduction of Arteriosclerotic Nanoplaque Formation by Garlic Extract. 6th Annual Conference on Arteriosclerosis, Thrombosis and Vascular Biology. American heart Association Annual Conference. Washington, D.C., April 29, 2005.
- ¹⁶ Linke, et al. "Effects of extended-release niacin on lipid profile and adipocyte biology in patients with impaired glucose tolerance." *Atherosclerosis* 2008.
- ¹⁷ Adapted from: von Ardenne, M. Oxygen Multistep Therapy. Thieme. 1990. p. 144

Bigger Is Better — Protect What Matters Most with These Critical Brain Boosters

What do your favorite T-shirt, your 401(k) and your brain have in common?

They're all better when they don't shrink.

Your brain shrinks as you age. It starts in early adulthood and continues at an average rate of about 2% per decade.¹ That means at 80, your brain will be around 12% smaller than it was when you were 20.

If you do nothing about it, you can expect years of cognitive decline and deteriorating quality of life ahead. You can see this in the chart to the right. I'm talking about a high risk of:

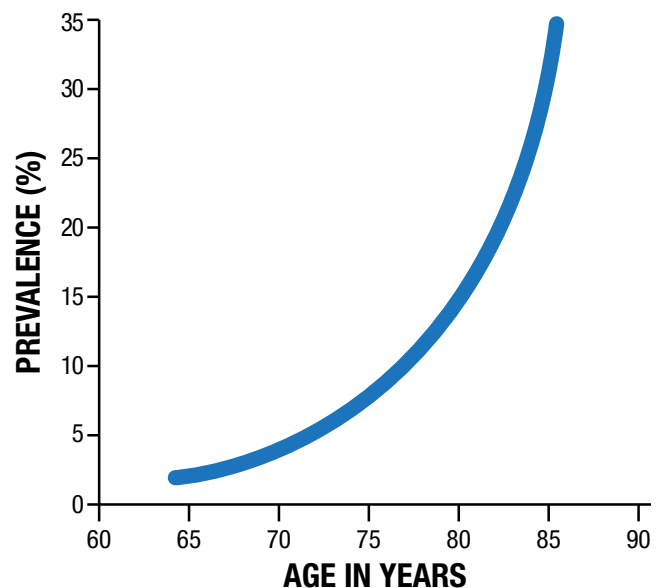
- Memory loss
- Vascular dementia
- Depression
- Deteriorating thinking skills
- Movement and mobility disorders
- Alzheimer's and Parkinson's disease
- Premature death

Mainstream medicine will tell you that brain shrinkage and nerve-cell death are progressive and irreversible. But recent scientific research, and my own clinical observations, disagree.

Brain shrinkage is not inevitable. Studies show it can be slowed and even **reversed** — and given the right nutrients, your brain can be protected for life.^{2,3}

You may already be familiar with one of those powerful brain nutrients — an omega-3 fatty acid called *docosahexaenoic acid*, or *DHA*. You may even be taking omega-3s as a supplement for your heart.

INCREASING RISK OF DEMENTIA WITH AGE



As you age and your brain shrinks, the risk of dementia skyrockets.

But omega-3s are also powerful brain food. DHA is the main structural fat in your brain. It provides insulation for brain cells and the connections between them.

The latest research reveals that increasing your omega-3 levels is one of the most effective ways to boost your brain health.

Before I show you how omega-3s can *reverse* brain shrinkage and give you the power to think and remember like you used to, I want to explain what happens to your brain as you age and why...

Your Brain Has Holes in It

Unfortunately, by the time we reach late middle age, most of us have begun to develop holes or lesions

in our brains' white matter, the material that connects messages between different cells and brain regions.

White matter is your brain's superhighway. And these lesions are roadblocks that prevent brain-signal traffic from moving.

They're almost always caused by *reduced blood flow in the brain* — as a result of our processed, sugar-overloaded modern diet and the ever-increasing levels of toxic chemicals in our environment.

This causes confusion, frustration and anxiety... sometimes even anger. You may have experienced this yourself or witnessed it in a loved one.

Maybe you have walked into a room and can't remember what you were about to do. Or you can't remember where you put your keys.

You see, although the brain represents only about 2% of your total body mass, it accounts for more than 25% of your body's blood flow.

Without enough blood flow, your brain can't get all the oxygen it needs. And that means your *mitochondria* — the little power plants in your cells — can't manufacture enough energy for your brain to operate at peak efficiency.

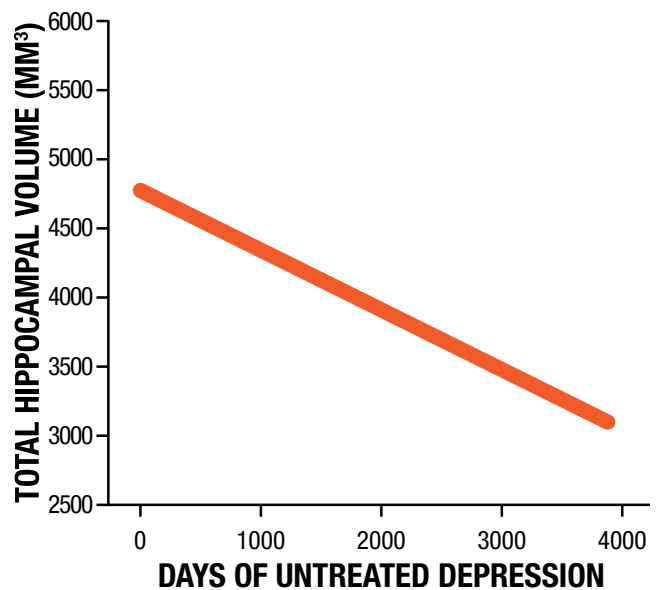
When your mitochondrial energy production drops below a certain level, your brain cells begin to die off — and so do the connections between them.

These lesions appear on brain scans long before you notice your memory or thinking skills starting to decline. But as you age, the lesions can widen into holes and multiply, shrinking your white and gray matter, and affecting your thinking.

Your hippocampus is especially vulnerable to reduced blood flow and shrinkage. This is the part of your brain that controls learning, language and the formation of new memories — as well as the emotional connection you have with old memories. It explains why short-term memory is often a problem as you age.

As the chart to the right shows, *depression* is also a major cause — and result — of hippocampus shrinkage. One recent study found the hippocampi of

WHAT DEPRESSION DOES TO YOUR BRAIN



This chart reveals how repeated bouts of depression shrink your hippocampus.

subjects who suffered repeated depression bouts had shrunk by almost 20%.⁴

The hippocampus is also an early victim of *Alzheimer's*. That's why memory is the first thing that starts to falter as the disease progresses.

Mainstream medicine still believes the chief cause of dementia and cognitive decline is the loss of brain cells. But your brain is a dynamic organ. It adds and sheds neurons and connections throughout your lifetime.

The problem is not the neurons themselves. It's the physical disconnect between them.

But what mainstream medicine, who are busy hawking Big Pharma's antidepressants and drugs claiming to slow cognitive decline, won't tell you about is your brain's most amazing ability — the power to heal itself.

In fact, the hippocampus is one of the unique areas of the brain that can very quickly generate new connections between cells.

With the right nutrients, your brain will rebuild its white and gray matter — and even create

new pathways so that areas that might have been damaged, like speech, language, memory, critical thinking and motor control, can “reconnect.”

But before any healing can begin, your brain needs more of this...

Your Brain on Omega-3s

In the past 50 years, the rate of mental illness has surged as our consumption of omega-3s has fallen. The modern brain is 60% fat — and omega-3s make up about 20% of that. Our brains crave omega-3s and can't function properly without high quantities of them.

In terms of brain health, the most important is omega-3 *docosahexaenoic acid*, or DHA. The other is *eicosapentaenoic acid*, or EPA.

DHA levels have been shown to decline as you age. And they drop even lower with Alzheimer's and other neurodegenerative diseases.^{5,6}

You see, DHA is the main constituent of cell membranes in your brain. It protects your brain's ability to grow new nerve cells — especially in the temporal lobe region, just where your hippocampus sits.

A team of UCLA researchers gave DHA to a study group of 265 men and women over the age of 65 once a week. Then they analyzed the MRI scans of their brains. What they found amazed them...

Their hippocampi were 14% larger than a placebo group — 14% is how much the average brain declines over the course of more than 30 years!

Other studies show DHA protects against dementia by increasing the production of vital neurotransmitters, which allow electrochemical signals to jump between brain cells, helping you think more sharply and have greater memory recall.

Your Emotional Health Depends on Omega-3s

EPA is sometimes called the “happy fat,” because it ramps up the release of *serotonin* in your brain.

Serotonin is the brain chemical responsible for maintaining your mood balance and emotional well-being.

A number of studies show that people with depression have significantly lower levels of omega-3s in their blood — and the lower the level of EPA, the more severe the clinical depression.^{8,9}

At the same time, omega-3s have been used successfully again and again to reverse depression.¹⁰ I've had numerous “miracles” myself with patients at the **Sears Institute for Anti-Aging Medicine**.

EPAs increase the production of powerful vasodilators that widen the opening of arteries, veins and capillaries, increasing oxygen supply to the brain. And it also has a remarkable relaxing effect.

If your brain is deficient in omega-3s, you can experience:

- Depression
- Fatigue
- Loss of sex drive
- Impulsive moods
- Poor sleep
- Anxiety
- Bipolar and unipolar disorder
- ADHD (attention-deficit hyperactivity disorder)
- More rapid cognitive decline with aging

When you replenish the omega-3s your brain is hungry for, it has the power to reverse depression. Study after study has revealed its brain power. Higher omega-3 intake has even been shown to go hand in hand with larger brain volume.

How Much Does Your Brain Need?

A lot. Your body can't make these vital fatty acids. So it's crucial you consume enough of them in your diet and by supplements.

Maintaining healthy omega-3 levels is the best way I know to protect your memory and prevent brain shrinkage, cognitive decline, depression and mood disorders.

Most mainstream medical experts recommend eating two servings of oily fish a week. The best sources are mackerel, herring, salmon, trout and fresh tuna. This kind of diet should provide between 800 mg and 1,000 mg of those vital omega-3s per week.

But after years of tracking my patients' omega-3 levels, I know it is almost impossible to get enough EPA-DHA from your diet. *Based on my experience, you need at least 500 mg of DHA and about 60 mg of EPA — EVERY DAY!*

So you'll almost certainly need supplements. But if you take fish oil, you're likely to run into the toxicity problems you face if you were eating fish every day.

I recommend **krill oil**. These tiny shrimp-like animals don't live long enough to absorb large amounts of toxins — so they don't get contaminated by the ocean's pollutants. And their omega-3s are stored in *phospholipid* form instead of triglyceride. This helps it pass through cell membranes better and explains why it's so potent in your brain function.

Look at the chart to the right to see how krill oil boosted omega-3 levels higher than fish oil in three separate studies.

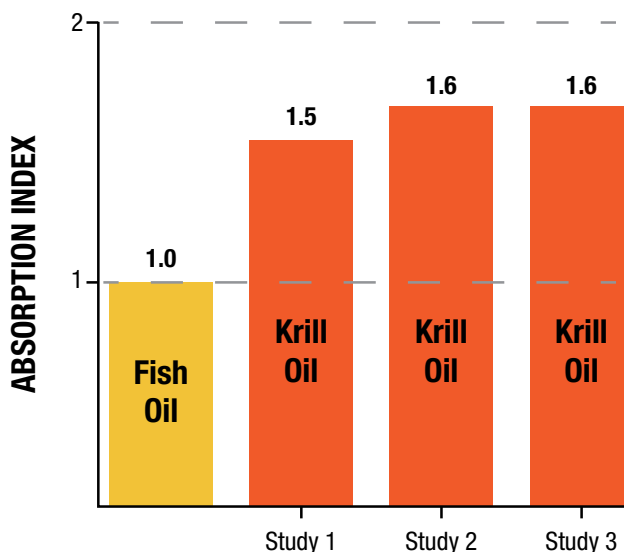
And a study published in the journal *Nutrition Research* showed the omega-3 levels of people taking krill oil skyrocketed by 178%.¹¹

Calamarine, or squid, oil is another good choice. Squid live deep in the ocean, so they're not exposed to the pollution that's near the surface.

I always recommend combining krill or calamarine oil with **natural astaxanthin**, a powerful antioxidant that can help DHA cross the blood-brain barrier more efficiently.

Best to take omega-3s with meals, so the DHA and EPA can be digested properly.

FISH OIL VS. KRILL OIL



Three independent studies gave subjects the same dose of krill oil and fish oil and found, on average, that krill oil boosts your omega-3 levels 60% higher than fish oil.

Three Other Critical Brain-Boosters

B vitamins: Brain shrinkage has also been linked to low levels of vitamins B6, B9 and B12 — especially the loss of white matter. B vitamins regulate the amino acid *homocysteine* — and high homocysteine levels lead to significant brain shrinkage and dementia.

But people with higher levels of B9 (also known as folic acid or folate) have slower rates of brain shrinkage. And they have much less chance of mild cognitive problems turning into full-blown dementia.¹²

Recent studies reveal that the most powerful B vitamin brain food is a combination of vitamins B6, B9 and B12.¹³

Good dietary sources high in B vitamins include liver, beef, chicken, eggs, salmon, vegetables, bananas and clams. But if you supplement, you can make sure you're getting a high enough dosage. I recommend 800 mcg of B9 daily; 500 mcg of B12; and 2 mg of B6.

Acetyl L-Carnitine (ALC): This exceptional nutrient has restored razor-sharp thinking to many of my patients. It increases the release of dopamine — another one of your body’s feel-good chemicals — and other beneficial brain chemicals like GABA and acetylcholine.¹⁴

ALC stimulates the brain to produce nerve growth factors. Factors that help maintain and rebuild gray and white matter. And studies show it has the power to repair the aging hippocampi.¹⁵

The best sources of ALC are grass-fed beef, poultry, fish and dairy products. Fruits, vegetables and grains contain relatively little. You can also get it in supplement form. I recommend taking 500 mg twice a day on an empty stomach.

Vitamin D: Research shows that vitamin D can protect your brain from depression and anxiety by boosting serotonin production by up to 30%.¹⁶

I recommend getting 8,000 IUs daily from a combination of sunshine, foods and supplements. Here’s how:

- Go out unprotected in the midday sun for at least 10-15 minutes every day. As long as you avoid sunburn, it’s good for you and you’ll get between 3,000 and 5,000 IUs of vitamin D3.
- A serving of cooked wild salmon and mackerel provide roughly 350 IU vitamin D3 each. Sardines and tuna in oil provide about 225 IUs of vitamin D3 each. And one tablespoon of cod liver oil contains nearly 1,400 IUs of vitamin D3.
- But you’ll also need a supplement to get your D3 levels up. I recommend *cholecalciferol* — the same vitamin D your body produces. Take 2,000 IUs of *cholecalciferol* daily, preferably in the morning.

These three must-have brain boosters can be taken together and with your omega-3s.

References

- ¹ Hedman AM. “Human brain changes across the life span: a review of 56 longitudinal magnetic resonance imaging studies.” *Human Brain Mapping*. 2012;33:1987-220.
- ² Draganski B, Lutti A, et al. “Impact of brain aging and neurodegeneration on cognition: evidence from MRI.” *Curr Opin Neurol*. 2013 Dec;26(6):640-5.
- ³ Akinyemi RO, Mukaetova-Ladinska EB, et al. “Vascular risk factors and neurodegeneration in aging related dementias: Alzheimer’s disease and vascular dementia.” *Curr Alzheimer Res*. 2013 Jul;10(6):642-53.
- ⁴ Bremner JD, Narayan M, et al. “Hippocampal volume reduction in major depression.” *Am J Psychiatry*. 2000 Jan; 157(1):115-8.
- ⁵ Florent-Bechard S, Desbene C, Garcia P, et al. “The essential role of lipids in Alzheimer’s disease. *Biochimie*.” 2009 Jun;91(6):804-9.
- ⁶ Freund-Levi Y, Eriksdotter-Jonhagen M, et al. “Omega-3 fatty acid treatment in 174 patients with mild to moderate Alzheimer disease: OmegaAD study: a randomized double-blind trial.” *Arch Neurol*. 2006 Oct;63(10):1402-8.
- ⁷ Bredeesen DE. “Reversal of cognitive decline: A novel therapeutic program.” *Aging*. 2014.
- ⁸ Adams PB, Lawson S, et al. “Arachidonic acid to eicosapentanoic acid ratio in blood correlates positively with clinical symptoms of depression. *Lipids* 1996; 31: S157-S161.
- ⁹ Peet M, Murphy B, et al. “Depletion of omega-3 fatty acid levels in red blood cell membranes of depressive patients.” *Biol Psychiatry* 1998; 43: 315-19.
- ¹⁰ Pottala JV, Yaffe K, et al. “Higher RBC EPA + DHA corresponds with larger total brain and hippocampal volumes: WHIMS-MRI study.” *Neurology*. 2014 Feb 4;82(5):435-42.
- ¹¹ Hwang L, Liang J. “Fractionation of urea-pretreated squid visceral oil ethyl esters.” *Journal of the American Oil Chemists’ Society* 2001, Volume 78, Issue 5, pp 473-476.
- ¹² Blasko I, Hinterberger M, et al. “Conversion from mild cognitive impairment to dementia: influence of folic acid and vitamin B12 use in the VITA cohort.” *J Nutr Health Aging*. 2012 Aug;16(8):687-94.
- ¹³ Smith AD, Smith SM, et al. “Homocysteine-lowering by B vitamins slows the rate of accelerated brain atrophy in mild cognitive impairment: a randomized controlled trial.” *PLoS One*. 2010;5(9):e12244.
- ¹⁴ “Antidepressants Linked to Thicker Arteries,” *Emory University* April 4, 2011
- ¹⁵ Tagliatalata G, Angelucci L, et al. “Acetyl-L-carnitine enhances the response of PC12 cells to nerve growth factor.” *Brain Res Dev Brain Res*. Apr 1991; 59(2):221-30.
- ¹⁶ P. Patrick, B. N. Ames. “Vitamin D hormone regulates serotonin synthesis. Part 1: relevance for autism.” *The FASEB Journal*, 2014; DOI: 10.1096/fj.13-246546

Scared Sleepless: The Truth You're Not Being Told About How and Why You Sleep

It's 3 o'clock in the morning and you can't sleep. Your body is exhausted — but your mind is racing.

These can feel like the loneliest hours in the universe. But you're not alone. More than 75 million Americans are also tossing and turning or pacing the kitchen floor in the middle of the night.¹

Today, increased workloads and 24-hour access to the Internet have created a world that rarely sleeps.

And not only are you robbed of sleep at night, you're fatigued all day. You struggle to think straight. Your reactions are slower. Your coping skills are frayed. You have anxiety. You may even have depression, which often goes hand in hand with sleeplessness.

Your body's natural rhythms and cycles have been thrown out of whack.

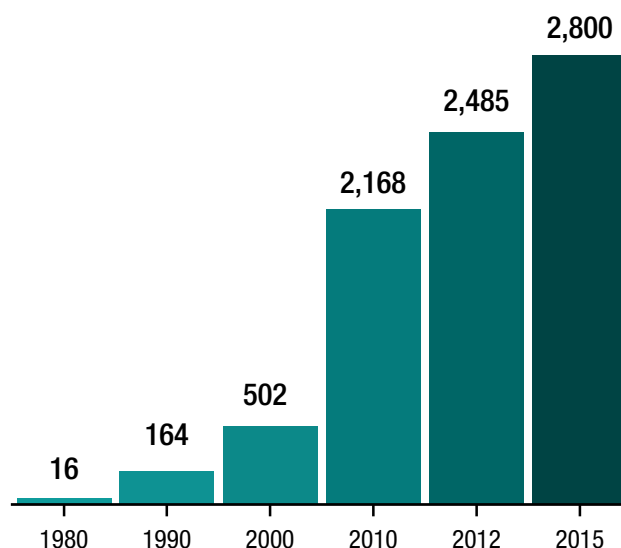
But instead of trying to realign your natural cycles, mainstream medicine has made an "industry" out of sleep — and now they're scaring you in the process.

In recent years, sleep clinics have popped up everywhere. You can see this for yourself in the chart on this page. And they're telling you your sleeplessness may be caused by a dangerous condition called *obstructive sleep apnea* that can cause you to stop breathing hundreds of times per night.

It's big business — especially now that insurance companies reimburse doctors and labs for expensive testing and equipment.

This year, over 3,000 sleep labs will haul in more than **\$7 billion** for apnea testing alone. Add another \$4 billion for the prescribed "fixes"² — usually a *continuous positive airway pressure* (CPAP) machine

RISE IN NUMBER OF ACCREDITED SLEEP-DISORDER CENTERS IN THE U.S.



Source: American Academy of Sleep Medicine

This chart shows the massive increase in the number of accredited "sleep clinics" and reflects the incredible rise of America's "sleep industry."

that pumps pressurized air through a facemask all night — at a cost of up to \$5,000 for the machine.

Meanwhile, Big Pharma this year will rake in around **\$25 billion** from sales of sleeping pills like Ambien and Lunesta, as well as stronger benzodiazepines and antidepressants.

The sleep industry is booming. But expensive CPAP machines and Big Pharma's dangerous and addictive knockout meds won't restore your healthy sleep patterns.

Today, I'll show you how a few key nutrients and some small changes to your bedtime habits and lifestyle can deliver deep, refreshing sleep every night

— and even cure insomnia and sleep apnea. You'll also learn why regular, sound sleep is one of the most powerful anti-aging weapons at your disposal.

Get Back in the Rhythm

A good night's sleep is as essential to your body as food and water. Clinical studies show that getting enough natural sleep on a regular basis supports:^{3, 4, 5}

- Anti-aging at the cellular level
- Cardiovascular health
- Weight management and metabolism
- Normal blood sugar levels
- A strong immune system
- Brain health and mood balance
- Youthful hair and skin

But when your internal body clock — also called your circadian rhythms — is mixed up, these crucial health benefits are significantly reduced. Let me explain...

If you've ever gone camping, you've probably been surprised at how early you get tired in the evening — and how early you wake in the morning. There's a biological reason for this. Your circadian rhythms are synchronized with the rising and setting sun.

You see, *neurological photoreceptors* in your retina contain photo-pigmented cells that trigger the production or suppression of **melatonin**, the hormone that regulates your circadian rhythms and sleep cycles. They tell your body when it's time to wake or sleep.

But it's not good enough to get a few hours here and there. Your body's sleep cycle is designed to go through five stages — and you need each of them every night.

You sleep the deepest between the third and fourth stage. This is called slow-wave sleep and it's when your body regenerates itself — when your brain heals your body.

Human growth hormone, critical for healing muscles, is secreted during slow-wave sleep. Lack of it brings on the physical exhaustion you feel after a

sleepless night. Broken circadian rhythms have been linked with an increased risk of:^{6,7, 8,9,10}

- Breast, prostate and colorectal cancers
- Diabetes
- Heart disease
- Heart attack
- Congestive heart failure
- Respiratory problems
- Irregular heartbeat
- High blood pressure
- Stroke
- Depression
- Weight gain
- Bipolar disorder

Drug-induced sleep from prescription pills — as well as over-the-counter meds like Tylenol PM — won't help. Sleeping pills and antidepressants interfere with the body's natural chemicals that go to work only when you sleep naturally.

Studies by researchers in Norway showed that while patients who took sleeping pills slept, the quality of their sleep — and the ability of their body to regenerate itself — was significantly poorer.¹¹

Getting enough REM (rapid eye movement) sleep is also critical. This is the fifth stage of sleep and when you dream the most. More than a century of research reveals just how vital REM is for your emotional health and memory.¹²

The latest research reveals that when you're in deep REM sleep, your brain goes in memory-consolidation mode. Without enough REM, your memories can't stay intact and sharp.¹³

A Powerful Anti-Aging Weapon

I'm sure you've heard about "getting your beauty sleep" — but sleep does much more than make your skin and hair youthful. Studies show that the antioxidant power of melatonin also prevents your telomeres from shortening.¹⁴

If you're a regular reader, you'll know your telomeres are the little protective caps at the ends of each strand of your DNA. The longer your telomeres are, the younger your cells act. But the shorter your telomeres, the more prone you are to disease and "old age."

Telomeres have receptors that communicate with your hormones. And studies reveal that melatonin is a potent activator of *telomerase*, the enzyme that rebuilds and lengthens your telomeres.¹⁵

Only when your circadian rhythms are aligned and you are cycling naturally through all five stages of sleep will your body increase the production of melatonin.

Natural, sound sleep also reduces your risk of getting many chronic brain diseases associated with aging.

Scientists at the University of Rochester Medical Center recently discovered your brain has a system of tiny "water pipes" that run alongside blood vessels and clear away waste — and they function optimally only when you sleep.¹⁶

Your brain produces large amounts of waste, and when this cellular debris continues to build up, you become vulnerable to many neurodegenerative diseases. Alzheimer's and Parkinson's, for example, have been linked to a buildup of misfolded proteins in and around nerve cells that haven't been cleared away.

Sleep Apnea May Not Be Your Problem

Snoring used to be just a simple annoyance for your bed partners. But ever since mainstream medicine decided your nighttime grunts and snorts might also be a sign of sleep apnea, it's become a highly profitable industry.

Don't get me wrong. Sleep apnea is a serious breathing disorder that happens when the muscles in the back of your throat relax and cause part of it to collapse. It restricts airflow and breathing, which can cause dangerously low blood-oxygen levels as you sleep. Snoring can be a symptom.

Apnea disrupts your rest many times during the night. It also increases your risk of major health

issues — including *heart disease, stroke, high blood pressure* and *dementia*.

More than 18 million Americans have been diagnosed with sleep apnea — and more are being diagnosed every year — largely because the number of sleep labs that provide lucrative testing for the disorder has quadrupled over the past decade.¹⁷

But mainstream medicine has refused to recognize that the rise of sleep apnea is clearly linked with the skyrocketing obesity rates in America.

But you don't need expensive tests, hospital stays, costly technology or sleeping pills to cure this problem. A recent study by the Karolinska Institutet in Sweden shows sleep apnea can be cured by losing weight.¹⁸

Many patients I've treated at the **Sears Institute for Anti-Aging Medicine** found their apnea disappeared *almost immediately* after losing weight.

But it still doesn't get to the root of the problem...

The Ignored Mineral Connection

Many people diagnosed with sleep apnea — as well as other sleeping disorders, like insomnia and narcolepsy — are likely to be deficient in magnesium. *I call magnesium nature's all-natural, non-addictive stress reliever and tranquilizer.*

Among its many vital body functions, magnesium enhances the effect of the amino acid *tryptophan*, which your body needs to make melatonin. Without melatonin you can't sleep. And without tryptophan, your body also can't make the neurotransmitter *serotonin*, which stabilizes your mood balance and calms your brain.

Studies have shown that magnesium is a powerful weapon against insomnia and restless leg syndrome.^{19,20} That's when your leg muscles twitch when you're lying down.

The problem is that magnesium levels in our modern diet have plummeted. Leafy, green vegetables were once a rich source. But over the past 100 years, farmlands have been robbed of their essential minerals.

In 1905, most Americans consumed more than 400 mg of magnesium per day, thanks to vegetables grown in nutrient-rich soil and to the consumption of magnesium-rich unrefined grains. Today, the average dietary intake of magnesium is less than 200 mg per day.²¹

In a moment, I'm going to show you how to get more magnesium...

Have You Got the Blue-Light Blues?

The biggest sleep killer of all is probably in your hands right now.

I'm talking about laptops, smartphones, tablets and other digital devices. Like most everyone else these days, you're probably using them late into the evening and your body is struggling to shift into peaceful, continuous sleep.

Checking email, watching your favorite late-night TV shows or responding to a text in bed may seem harmless enough. But these devices — along with digital TVs and even digital alarm clocks — emit *blue light*, also called *short-wavelength enriched light*.

Blue light is almost everywhere during the daytime — even the sun emits it. This special wavelength is picked up by light-sensitive eye cells, which contain a photo-pigment that's extremely sensitive to this light.

It's good for you during daylight hours, because it boosts attention, reaction times and mood. But at night, it's highly disruptive.

*Blue light tricks the pineal gland in your brain into making less melatonin.*²² You can see its effect on the graph on this page.

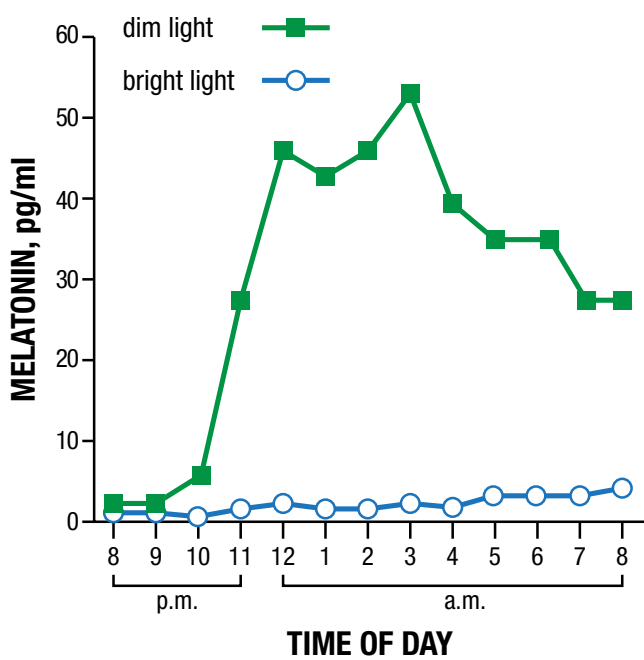
The result is you have a harder time falling asleep and, once you do, your sleep cycles are fragmented and your brain refuses to cycle through the five stages you need to stay vibrant and healthy.

The Dr. Sears Sleep Remedy

Did you know that, on average, sleeping pills give you only 11 extra minutes of sleep a night? When it comes to sleep, you need to get to the root of the problem and realign your natural body clock.

Here's what I recommend to my patients...

HOW LIGHT AFFECTS MELATONIN PRODUCTION



In one overnight study, bright light almost completely suppressed melatonin production in test subjects, while dim light did not.

- **Turn your bedroom into a safe sleep haven.** Don't use your bed to watch TV, listen to radio, work or answer text messages. Remove all electronic devices, because the blue light they emit interferes with your brain's sleep cycle and its natural production of melatonin. Keep your bedroom as dark as possible at night and allow plenty of time for quality sleep — at least seven or eight hours per night.
- **Take a melatonin supplement.** It's the fastest way to get your circadian rhythms back on track. Recent studies at MIT reveal your body needs only 0.3 mg for the restful effect. I've found the best way to take melatonin is in spray form, which is very quickly absorbed in your mouth, about a half-hour before bedtime.
- **Lose weight.** Shedding excess pounds and belly fat have not only been shown to cure sleep apnea, but it will help you get better sleep all around.²³ The best way is with exercise and a healthy low-carb, high-protein diet. I recommend my PACE

exercise program, which will help you shed fat and build your lung power in just 12 minutes a day in your own home.

- **Get more magnesium.** Multiple studies show it's highly effective against all kinds of sleeping disorders and an especially potent weapon against sleep apnea. You can get more by eating nuts, seeds, dairy products and dark green, leafy vegetables. But I also recommend a supplement — between 600 mg and 1,000 mg a day. The most absorbable forms are magnesium citrate, glycinate taurate or aspartate. Take it with vitamin B6, which increases the amount of magnesium that accumulates in your cells.
- **Boost your serotonin levels.** This “feel good” brain chemical has a naturally calming effect on your body. I've had great success treating sleepless patients by recommending the serotonin precursor *5-HTP*. I usually start patients on 20 mcg a day, and then gradually increase it to between 50-100 mcg, depending on how they're feeling. Exercise and vitamin D3 can boost serotonin by as much as 30%.²⁴ I recommend getting 8,000 IUs daily through a combination of sunshine, D3-rich foods like cooked wild-caught seafood and supplements. Take a vitamin D3 supplement called *cholecalciferol*. I suggest 2,000 IUs daily in the morning.

References

¹ Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem. Institute of Medicine. Washington, DC: The National Academies Press; 2006.

² DiSalvo D. “How The Sleep Industry Is Making Billions From Our Sleepless Nights.” *Forbes*. Aug 6, 2015.

³ University of Chicago Medical Center. 2008. “Lack Of Deep Sleep [and Blood Sugar.” *ScienceDaily*. Retrieved December 31, 2008.

⁴ Savard et al. “Sleeplessness and immune functioning.” *Psychosomatic Medicine*. 2002. 65(2): 211-221.

⁵ Rastmanesh R. “Potential of melatonin to treat or prevent age-related macular degeneration through stimulation of telomerase activity.” *Med Hypotheses*. 2011;76(1):79-85

⁶ Sharar E, Whitney CW, et al. “Sleep-disordered Breathing and Cardiovascular Disease: Cross-sectional Results of the Sleep Heart Health Study.” *American Journal of Respiratory and Critical Care Medicine*. Volume 163, Issue 1. Jan 1, 2001.

⁷ Ohayon MM. “Epidemiology of insomnia: what we know and what we still need to learn.” *Sleep Medicine Reviews*. May 2002 Volume 6, Issue 2, Pages 97–111

⁸ Haus EL, Smolensky MH, et al. “Shift work and cancer risk: Potential mechanistic roles of circadian disruption, light at night, and sleep deprivation.” August 2013 Volume 17, Issue 4, Pages 273–284

⁹ Alexandros N, Vgontzas MD, et al. “Insomnia With Objective Short Sleep Duration Is Associated With Type 2 Diabetes.” *Diabetes Care*. 2009 Nov; 32(11): 1980-1985.

¹⁰ Colombo C, Benedetti F, et al. “Rate of switch from depression into mania after therapeutic sleep deprivation in bipolar depression.” *Psychiatry Review*. June 30, 1999. Volume 86, Issue 3, Pages 267–270

¹¹ Sivertsen B, Omvik S, et al. “Sleep and Sleep Disorders in Chronic Users of Zopiclone and Drug-Free Insomniacs.” *Journal of Clinical Sleep Medicine*, Vol.5, No. 4, 2009.

¹² Scullin MK and Bliwise DL. “Sleep, Cognition, and Normal Aging: Integrating a Half-Century of Multidisciplinary Research.” *Perspect Psychol Sci*. 2015 Jan; 10(1): 97–137.

¹³ Rasch B and Born J. “About Sleep’s Role in Memory.” *Physiol Rev*. 2013 Apr; 93(2): 681–766.

¹⁴ Rastmanesh R. “Potential of melatonin to treat or prevent age-related macular degeneration through stimulation of telomerase activity.” *Med Hypotheses*. 2011;76(1):79-85

¹⁵ Ibid.

¹⁶ Xie L, Nedergaard M, et al. “Sleep drives metabolite clearance from the adult brain.” *Science*. 2013;342(6156):373-7.

¹⁷ “The Sleep Apnea Business Is Booming, And Insurers Aren’t Happy.” NPR (www.npr.org) January 16, 2012

¹⁸ Nerfeldt P, Bengt Y. Nilsson, et al. “A Two-Year Weight Reduction Program in Obese Sleep Apnea Patients.” *J Clin Sleep Med*. 2010 Oct 15; 6(5): 479–486.

¹⁹ Abbasi B, Kimiagar M, et al. “The effect of magnesium supplementation on primary insomnia in elderly: A double-blind placebo-controlled clinical trial.” *J Res Med Sci*. 2012 Dec;17(12):1161-9.

²⁰ Hornyak M, Voderholzer U, et al. “Magnesium therapy for periodic leg movements-related insomnia and restless legs syndrome: an open pilot study.” *Sleep* 1998, 21(5):501-505

²¹ Rosanoff A, Weaver CM, et al. “Suboptimal magnesium status in the United States: are the health consequences underestimated?” *Nutr Rev*. 2012 Mar;70(3):153-64

²² Sarah Laxhmi Chellappa SL, Steiner R, et al. “Non-Visual Effects of Light on Melatonin, Alertness and Cognitive Performance: Can Blue-Enriched Light Keep Us Alert?” *Plos One*. Published: Jan 26, 2011

²³ Godman H. Losing weight and belly fat improves sleep.” *Harvard Health Blog*. Nov 14, 2012.

²⁴ P. Patrick, B. N. Ames. “Vitamin D hormone regulates serotonin synthesis. Part I: relevance for autism.” *The FASEB Journal*, 2014.

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.



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).