



Dr. Sears'

# CONFIDENTIAL CURES

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

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## Reawaken Sleeping Stem Cells With Newly Discovered B Vitamin

There is a revolution occurring in all fields of medicine. I call it the “Great Stem Cell Revolution.” These master cells that you carry in your body are the keys to the future of medicine. Ultimately, therapies using these special cells will eradicate all disease.

But what I’ve only recently encountered is the discovery of a new combination of B vitamin-sugar combination that reawakens sleeping stem cells.

That’s vital because stem cells are also a potent **anti-aging weapon**, with the power to keep on regenerating organs and tissue throughout your life. At the same time, stem cells bolster your immune system and make your body a fortress against diseases.

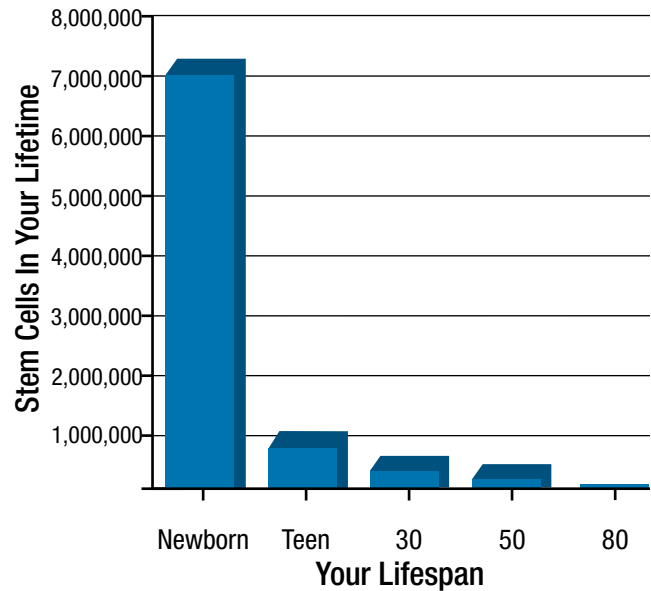
The problem is you lose your stem cells as you age. That’s why when you’re young, your body has the ability to bounce back quickly from illness and trauma. When you lose stem cells, your body also loses its ability to heal itself.

But your “lost” stem cells aren’t really lost — they’re just sleeping. This is a phenomenon called stem cell senescence, which happens as they age.

The good news is that you can wake up your senescent stem cells and rejuvenate them with a special kind of vitamin that’s been ignored by traditional physicians.

The vitamin I’m talking about is **nicotinamide riboside**, or **NR** for short — and it was only

### STEM CELL ACTIVITY DECLINES DRAMATICALLY WITH AGE, BUT YOU CAN EASILY REAWAKEN THEM



*By age 30, you only have 4% of the stem cells you had at birth. By age 50, you have 2.5%.*

discovered in 2004 as a nutrient in milk and brewer’s yeast.

NR is a powerful form of vitamin B3, or *niacin*, that’s overlooked by most doctors. But some scientists now refer to it as the “miracle molecule.”

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The turbo-charging effects of NR on your mitochondria — the tiny power generators in each of your cells — have been known for several years. Some alternative doctors prescribe it for chronic fatigue. I've been interested in NR since scientists found that it also stimulates anti-aging enzymes called *sirtuins* — which I'll tell you about in a minute.

But now a landmark study by an international team of researchers at universities in Switzerland, Canada and Brazil proves this vitamin has an even bigger anti-aging punch...

*It can reactivate and reprogram senescent stem cells, so they function the way they did in their youth.*

The researchers also found out why: Because NR fires up the mitochondria in your “sleeping” stem cells. Let me explain...

## Wake Up Sleeping Stem Cells

If you're a regular reader, you'll know that stem cells are the most powerful cells in your body. They are your reserve of healthy master cells that can grow into any other kind of human cell — and you were born with your own plentiful supply.

Most cells in your body are committed to specific functions — like heart, skin, blood, brain or nerve cells.

But stem cells remain uncommitted until they receive a genetically programmed signal to regenerate damaged cells, tissue and organs by producing new

specific cells. At least that's how it works when you're young.

As you age, this regeneration process slows down. The researchers found “fatigue” in adult stem cells to be the main causes of poor regeneration and healing of cells — and even degeneration in tissues and organs.

*So in an effort to reverse this natural decline, they used a strategy that went straight to the mitochondria of stem cells.*

The researchers gave NR to elderly mice to target a molecule called *NAD+* (**nicotinamide adenine dinucleotide**), a key part of energy production in your cells — and it worked.

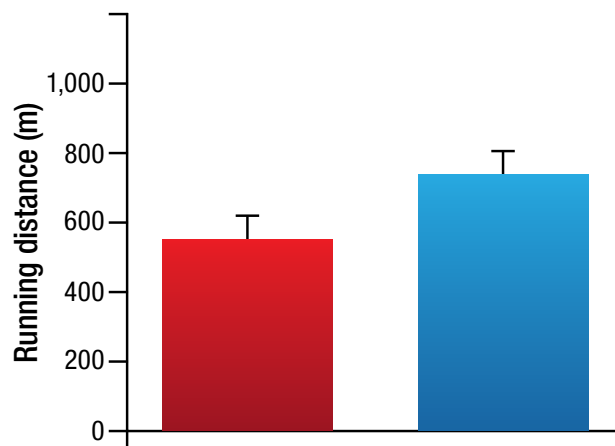
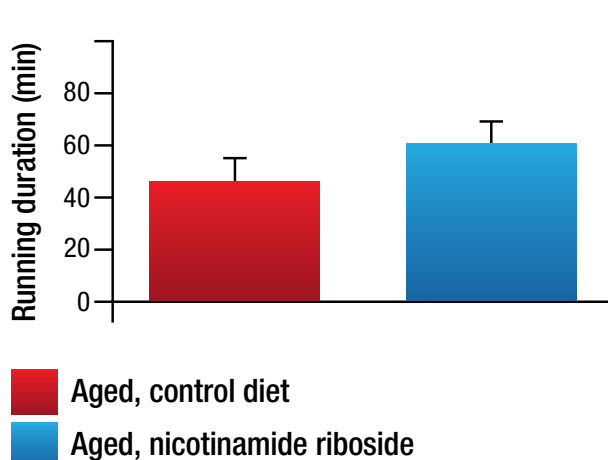
You see, NR is important because it converts to *NAD+*, a compound that's found in every cell in your body and allows the transfer of energy from the foods we eat to power your body's vital cellular functions.

NR and *NAD+* levels decline dramatically with age. And the tiredness you feel is an outward reflection of low NR and low *NAD+*, and a sign that cellular functions needed to sustain life are struggling.

NR turned the health of these elderly lab mice around. Those that were given NR showed significant levels of organ and muscle cell regeneration, including the heart. And they also lived longer and healthier.

At the same time, the supplemented mice also showed the significant proliferation and development

## NICOTINAMIDE RIBOSIDE REGENERATES WEAK AND DECLINING MUSCLES IN VERY OLD MICE



*Mice supplemented with NR were able to run faster and longer than a control group.*

of new brain cells, especially in the hippocampus — the part of your brain that controls learning, language and the formation of new memories.

## NR Activates Sirtuins To Reverse Aging

NR's power to boost your body's NAD<sup>+</sup> levels has other potent anti-aging benefits...

It activates *sirtuins*, which “turn off” genes that promote aging and disease — like those involved in *inflammation, fat storage and blood sugar levels*.<sup>1</sup>

Studies also show that sirtuins are a major factor in regulating the length of *telomeres*, the tiny protective caps at the ends of your DNA.

Telomeres are another key pillar of anti-aging medicine. They protect the integrity of your genetic code, and control how quickly you age.

The shorter your telomeres, the more prone you are to disease and “old age.” Critically short telomeres set in motion what Harvard researchers have called a “death spiral” in your cells.

I tell my patients that taking care of your telomeres is one of the most important things you can do to stay active and independent throughout your life.

In a number of clinical studies, sirtuin family member SIRT1 has been shown to significantly slow down the telomere shortening process.<sup>2</sup>

Studies also show that SIRT1 *protects the telomeres of aging stem cells* — which explains why those that are “sleeping” can go straight to work once they are re-energized.<sup>3</sup>

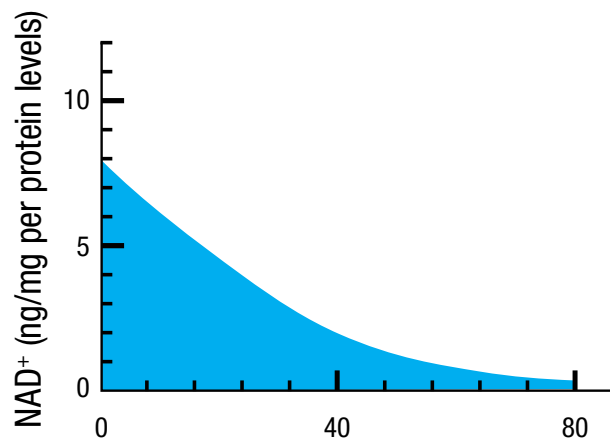
NR is also a powerful protector against some of the worst age-accelerating menaces you face today, including:

- **Obesity:** A 2012 research paper showed that NR supplementation activates the sirtuins that increase fat-burning, which stops many of the metabolic changes caused by obesity. The same study also reveals that the SIRT3 enzyme promotes resistance to inflammation, a key component of obesity.<sup>4</sup>

- **Autoimmune disease:** NR's power to convert to NAD<sup>+</sup> provides a natural defense against almost every autoimmune disease — including multiple sclerosis, type 1 diabetes, lupus and rheumatoid arthritis. It helps regulate your body's immune response and turns “destructive” cells into “protective” cells — while at the same time restoring damaged tissue caused by the disease.<sup>5</sup>

- **Alzheimer's disease:** Mitochondrial dysfunction and poor energy management in brain cells are linked with the development of Alzheimer's. Studies show that NR helps combat both of these problems. Researchers have found low levels of NAD<sup>+</sup> in brains with neurodegenerative diseases. A recent study showed supplementing with NR for three months slowed cognitive deterioration by boosting stem cells in the brain.

### BRING BACK THE HIGH NR LEVELS YOU HAD IN YOUR YOUTH



*Low nicotinamide riboside levels are a sign that cellular functions needed to sustain life are struggling.*

But NR isn't just a treatment for disease. Here at the **Sears Institute for Anti-Aging Medicine**, I recommend NR to my “healthy” patients too, for what I call “stem cell maintenance.”

You see, I never want a patient to come for an appointment, say they have no complaints, and then I tell them, “You're fine, come back in a year.” Instead, I always want to discuss with them what they can do to improve and get better as they age.

## Take This “Miracle” Vitamin

Nicotinamide riboside is the most efficient and direct pathway for your body to produce NAD+. Although niacin, the regular form of vitamin B3, can also be converted to NAD+, it involves an inefficient metabolic pathway. In some people, it creates an unpleasant flush. But that typically goes away in a few weeks.

No side effects were reported in any of the NR trials — even at high doses.

The best part is you don't need to undergo any medical procedures or introduce foreign substances into your body to get the stem cell, NAD+ boosting benefits. You're simply using a natural molecule to restore your body's ability to repair itself.

Trace amounts of NR can be found in a few foods, such as *whole cow's milk* and *yeast*. Minute amounts are also found in *beer* — but no food provides high enough levels of NR to wake up your sleeping stem cells. That means you need a supplement.

*I recommend taking between 500 mg and 1,000 mg per day before breakfast.*

## My Four-Step Plan To Further Activate Your Stem Cells

### Step 1. Work Out Intensely For 12 Minutes

Exercise is one of the best ways to stimulate your stem cells. A recent study in the *European Heart Journal* showed that vigorous exercise in mice activated 60% of their cardiac stem cells. After just two weeks of exercise the mice showed increased *cardiomyocytes*, the “beating” cells in heart tissue.<sup>6</sup>



***Beer and milk contain minute amounts of NR. But the low levels mean you need to supplement.***

It works for humans, too. In another study, a simple exercise program made “sleeping” stem cells become active. And Italian researchers also recently proved that strenuous exercise leads to high levels of stem cells in bone, liver and other organs.<sup>7</sup>

If you want to learn some good stem cell-boosting exercises, check out the YouTube channel for my PACE program at [youtube.com/user/AlSearsMD/videos](https://youtube.com/user/AlSearsMD/videos). It just takes 12 minutes a day!

### Step 2. Don't Forget Your Other B Vitamins

Vitamin B12 is required for bone marrow stem cells to produce white blood cells, the key components in your immune system. And a recent study from the University of Georgia and Tufts discovered that vitamin B9 — also called *folate* — stimulates stem cell activity in your brain and nervous system.<sup>8</sup>

I recommend getting 800 mcg of B9 every day. Grass-fed calf's liver is one of your best sources, along with dairy, poultry, meat, eggs, seafood and dark leafy greens. If you choose to supplement, avoid the synthetic folic acid form of B9. Look for products that say 5-MTHF. That's the active form of B9.

You can also take a B12 supplement. I recommend at least 100 mcg per day. But I advise many of my patients to take 2,000 mcg per day to improve nerve cell function.

### Step 3. Eat This Unique Combination Of Nutrients

Combining carnosine with blueberry may sound strange, but the science proves it really works to wake up and energize your stem cells.

Grass-fed, pasture-raised meat is also the best way to get *carnosine* from food. This molecule has been shown to have a remarkable ability to wake stem cells that are approaching senescence.<sup>9</sup>

And research shows that blueberries can reverse declining cell function that happens with age.

But when carnosine and blueberry were combined, researchers found that stem cell activity increased by a whopping 83%.<sup>10</sup>

I recommend getting 1,000 mg of carnosine every day. A typical seven-ounce serving of beef has about 250 mg of carnosine.

If you can't get enough by eating red meat, I recommend you supplement with natural L-carnosine. Take 500 mg twice a day. Blueberries are available for nearly eight months of the year. If you can't get fresh blueberries, supplement with 500 mg of organic whole blueberry extract per day.

#### **Step 4. Use This 6,000-Year-Old Therapy**

Most doctors think of yoga as light stress relief, and a way to stay flexible.

But multiple studies show this ancient mind-body practice that combines stretching exercises, controlled breathing and relaxation provides an anti-aging double whammy. It lengthens your telomeres — and, at the same time, activates stem cells.<sup>11</sup>

One recent study revealed that practicing yoga can delay stem cell senescence and induce stem cells from bone marrow to circulate in the bloodstream. These are stem cells that grow red blood and immune system cells, keeping your body strong and warding off diseases and infections.<sup>12</sup>

One of the most effective, but easiest poses to start with is called the Warrior pose. Here's how to do it:

1. Stand with your feet hip-distance apart and arms at your sides. Breathe deeply and evenly. Exhale as you step your left foot back.
2. Turn your right foot out 90 degrees. Pivot your left foot inward 45 degrees.
3. As you inhale, extend your arms out alongside your body, raising them parallel to the floor with your palms facing down. Keep your pelvis turned toward the front of your mat.
4. Bend your right knee so it's over your right ankle. Your right shin should be perpendicular to the floor.
5. Remain in the pose for 5 to 10 breaths.

To release the pose, press your weight through your back heel and straighten your front leg. Lower your arms. Turn to the left, reversing the position of your feet, and repeat on the opposite side.



***The Warrior pose is a powerful standing pose that develops stamina, balance and coordination.***

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# Big Pharma Tried To Steal This Life-Saving Test

**W**arning: Big Pharma has hijacked the single, most effective indicator of heart attacks and strokes. But don't be fooled, it's just another sales pitch for their cholesterol-lowering statin drugs.

I'm talking about the test for *C-reactive protein* — or *CRP*.

I've been testing my patients' CRP levels for decades. I don't use this measurement just for heart disease, but also for multiple chronic conditions that have inflammation at their root.

Hands down, CRP is the best measure of inflammation out there. For years, I was one of the few doctors in America using this simple but highly sensitive test.

But then Big Pharma discovered that their statin drugs could lower CRP levels — and CRP has been rebranded as the “new danger.”

This is classic Big Pharma fearmongering — trying to convince you that you need to be afraid of something so they can sell more drugs.

It took them years to drum up fear about “killer cholesterol.” With CRP, they don't have that long.

The patents for their statin drugs are expiring. AstraZeneca's Crestor, the last major branded statin, just went generic last year. Profits are starting to fall.

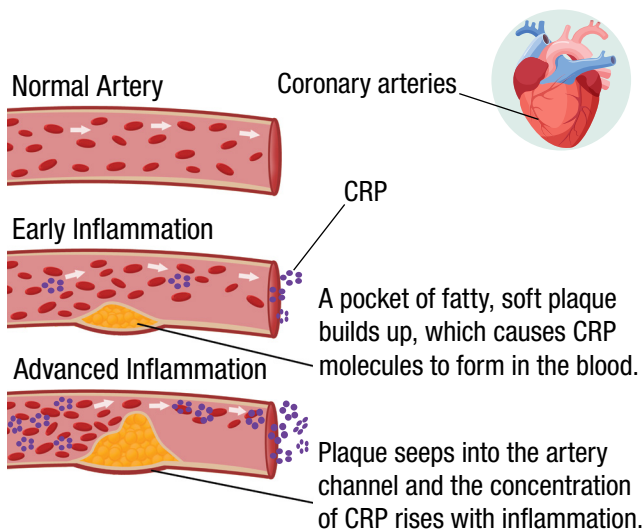
Now they're using CRP to double down on their old cholesterol-busting cash cow — a global market worth trillions of dollars.

*Statins are being marketed as CRP busters.*

But here's the thing: CRP isn't the enemy. It's a protein produced in your body as part of your immune system response. It increases with inflammation, but it's not an excuse to take statins.

Trying to lower inflammation with statins is the worst thing you can do for your health.

**INFLAMMATION — AND NOT CHOLESTEROL — IS AT THE ROOT OF HEART DISEASE.**



***Taking statins to lower inflammation is not the answer.***

These drugs are among the most toxic medications on the market. Just the side effects — fatigue, muscle inflammation, cramping, weakness, aches and pains, as well as liver toxicity, kidney failure, gastrointestinal issues, eye problems and even *rhabdomyolysis* (when your muscle cells burst and disintegrate) — are enough to tell me you don't want to go anywhere near them.

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

**Big Pharma Tried To Sell Us A Deceptive “Study”**

Back in the early 2000s, Big Pharma saw the writing on the wall for its \$30 billion-a-year statin industry... expiring patents and the overwhelmingly negative science that has emerged year after year.

So they came up with a propaganda showpiece called the “Jupiter” study. This study, involving nearly 18,000 people worldwide, tested statin treatments on people who didn’t have any history of heart disease.

It was then that they accidentally discovered ALL of the study subjects had elevated CRP levels — indicating inflammation.

The study, which was presented at an American Heart Association convention in New Orleans in 2008 and published in the *New England Journal of Medicine*, suddenly claimed that the risk of heart attack was more than cut 54% for people who took statins — because it lowered their CRP readings.

While this was presented as a major breakthrough, the results didn’t quite add up. A close reading boiled down to this: 120 people would need to take statins for two years to prevent one heart attack or stroke.

There were other problems...

The statin used in the study was Crestor, arguably the most toxic of all statin drugs. Like all statins, it’s a so-called HMG-CoA inhibitor, but Crestor completely overwhelms your liver — which is why liver damage is one of the known side effects.

The five-year Jupiter study was stopped after just two years, under the pretense of overwhelming success. Normally, studies like these are stopped because of *adverse* effects.

As far back as 2003, Dr. Richard Horton, the editor of U.K.’s medical journal, *The Lancet*, wrote: “AstraZeneca’s tactics in marketing its cholesterol-lowering drug, *rosuvastatin* (Crestor), raises disturbing questions about how drugs enter clinical practice and what measures exist to protect patients from inadequately investigated medicines.”<sup>1</sup>

Meanwhile, the leader of the Jupiter study, Dr. Paul M. Ridker, is a paid consultant of AstraZeneca. And by some strange coincidence, he’s also the co-developer of the modern CRP test — and obviously has a vested interest in the results.

Despite all of this, the FDA last year awarded Crestor approval for “the primary prevention of cardiovascular disease” in people who have no

## Big Pharma Strikes Again

Big Pharma did the same thing with vitamin B3, also called niacin, one of the most potent natural heart-health nutrients you can get.

Even though studies show niacin raises “good” HDL cholesterol levels by 25% to 30%, Big Pharma trashed it for years — until Abbott Laboratories came up with a synthetic form called *Niaspan* that they could patent.

Now niacin is important and other drug giants like Merck have jumped in the act with their own versions of a niacin substitute.

You see, you can’t patent a vitamin you get by eating a grass-fed steak or piece of wild-caught salmon, or even taking a natural supplement.

But here’s the problem...

Niaspan and other synthetic vitamin B3 drugs don’t work as effectively as the natural vitamin.

When you take niacin, you can get a harmless, so-called “niacin flush.” It is this flush of sensation and heat that indicates the temporary saturation of niacin.

But companies like Merck paired niacin with a flush-blocker, which weakened the product.

Meanwhile, a study funded by the National Institutes of Health, called AIM-HIGH, failed to show a benefit for Niaspan. Yet it still brings in more than \$1.1 billion for Abbott — even though natural niacin is significantly cheaper and far more effective.

evident heart disease, but are at risk because of their CRP levels — entirely based on the “evidence” of the Jupiter Study.<sup>2</sup>

Other statin manufacturers have followed AstraZeneca’s lead. Bristol-Myers Squibb, Eli Lilly, Pfizer and others are pumping out and funding research studies, papers, presentations, literature, news stories and articles in prestigious medical journals — all praising statins as the great protector against evil CRP.

## CRP Is Linked To Heart Disease — Cholesterol Isn't

Here's the truth...

The vast majority of doctors still use cholesterol to assess your risk of a heart attack or stroke — but it's the wrong measure.

It may sound alarming after all you've heard from doctors, but cholesterol doesn't cause heart disease — inflammation does. Study after study proves it.

The landmark Framingham Heart Study, which has been ongoing since the 1940s and is the most reliable data on heart disease, found no link at all between high cholesterol levels and increased heart disease risk.<sup>3</sup>

CRP, on the other hand, is closely linked to heart disease — because it measures chronic inflammation, which is triggered when free radicals and oxidative stress damage the arterial wall. This can lead to all kinds of cardiovascular injury, including atherosclerosis, plaque rupture, blood clots, damage to the heart muscle, fibrosis and heart failure.<sup>4</sup>

But taking a statin will NOT resolve the underlying problem and you're exposing yourself to the likelihood of multiple side effects.

At the root of this epidemic is your body's *inflammatory reaction* to the modern world we have created and the unnatural foods we now consume. Our nutrition-less, packaged diet is loaded with inflammation-friendly ingredients like starch-heavy grains, sugar, cheap vegetable oils we aren't built to eat. They spike your insulin levels and blood sugar, constantly keeping your body inflamed and vulnerable to diseases. As you know, I've named this constellation of chronic diseases **Syndrome Zero**.

The other problem is that while doctors have become aware of the CRP-heart disease link, they haven't connected it to other chronic diseases — and inflammation is the root of them all.

### CRP Causes Much More Than Heart Disease

CRP is released in your body as a healthy immune system response to injury, infection and other

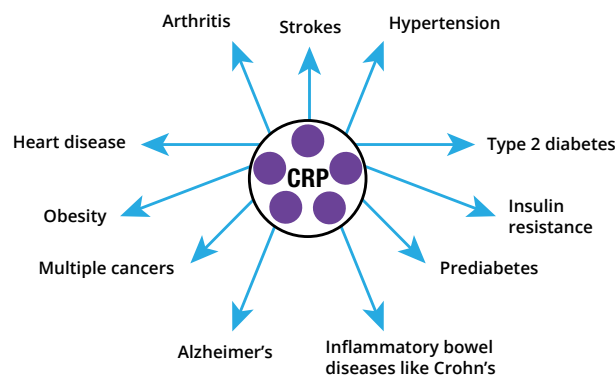
inflammatory stimuli. It's part of your body's effort to heal itself.

But too much inflammation for too long causes this normal healing process to run amok.

CRP is a protein made throughout your body — especially by immune cells, your liver, and by fat cells. It binds to specific substances in the body and triggers the increasing production of inflammatory molecules called *cytokines*.

That's what makes CRP an incredibly sensitive marker of inflammation. A rise in CRP levels can signal a flare-up of multiple chronic diseases.

### CRP CAUSES CHRONIC CONDITIONS



A mounting body of scientific evidence reveals that CRP is a much better marker of almost every chronic disease than anything else out there — including cholesterol and even your genes.

Studies prove that CRP is a highly accurate predictor and tracker of progress in a variety of chronic conditions.<sup>5</sup>

*In recent important studies, CRP has been recognized as more than just a marker of inflammation. It's also an active cause of chronic inflammation and disease.<sup>6</sup> Elevated CRP levels indicate the immediate need for anti-inflammatory therapy — but statins are not the answer.*

### My Three-Step Plan To Combat High CRP

Here at the **Sears Institute for Anti-Aging Medicine**, I recommend a number of ways to lower your CRP levels and reduce inflammation in your body.



## Step 1. Eat Like Your Ancient Ancestors

Think about the kinds of natural foods eaten before our food supply became industrialized. That means before animals were packed into feedlots and stuffed full of junk food and antibiotics... before the refinement of sugar and grains... and before the hydrogenation of fats.

You can get started by sticking to these easy principals:

- **Eat protein at every meal.** Protein is the only macronutrient your body requires every day. When your body doesn't get enough protein it prompts insulin to store fat — and too much fat causes chronic inflammation. You can eat all the natural protein foods you love — like steak, omelets, salmon and lobster.
- **Include little — or even zero — starch.** Your body's requirement for carbs is zero. Starches spike insulin levels and they're highly inflammatory.
- **Eat natural fats.** Fat does not spike insulin or blood sugar levels. Get your fats from grass-fed, pastured animals, wild-caught fish, eggs, nuts and olive and coconut oils. Avoid trans fats and grain-based oils.
- **Avoid all pro-inflammatory foods.** These include all grains, trans fats, fried food, sugar, foods cooked at high temperatures and all processed foods.
- **Remember to buy wild-caught fish and grass-fed meat.** Grain-fed cattle are sick cattle. Farm-raised fish are the same.

## Step 2. Bring Back the Balance Between Bad and Good Fatty Acids

When doctors drive people away from saturated fats like butter, lard and whole milk, they've upset the natural balance between *anti-inflammatory omega-3* fatty acids and *pro-inflammatory omega-6s* your body evolved to thrive on over millions of years.

These days, the typical American diet is stuffed full with polyunsaturated fats and omega-6s most people eat only very small amounts of omega-3s.

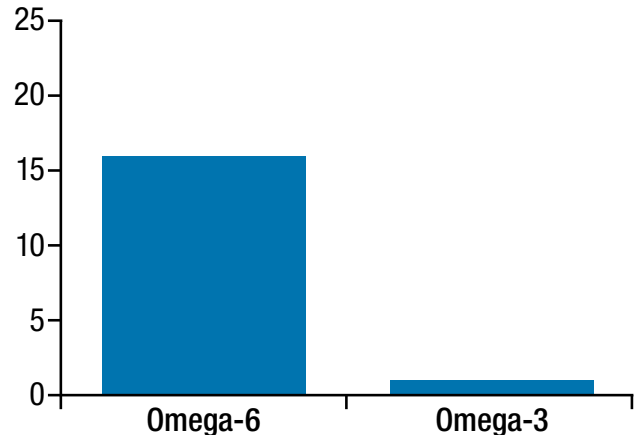
From the moment saturated fats fell off the table in the late 1950s and were replaced with the polyunsaturated-fat alternatives, inflammatory conditions like heart disease, obesity, rheumatoid arthritis, Alzheimer's, celiac disease and diabetes began to soar.

Eating like your primal ancestors is good advice. It's what your body was made for.

I'm not suggesting you go out and spear a wild beast for tonight's dinner. But you can easily replace foods that cause inflammation with natural alternatives. And that means lowering your omega-6 intake and boosting omega-3s.

The best animal sources of omega-3s are wild, cold-water, fish like Pollock, salmon, tuna, lake trout and herring. Two servings in your diet should provide you with between 800 mg and 1,000 mg of vital omega-3s a week.

### WE EAT 16 TIMES MORE PRO-INFLAMMATORY OMEGA-6S THAN OUR ANCESTORS DID



*Our ancestors ate a ratio of 1:1 omega-6s to omega-3s. The Western diet has a ratio of 16:1.*

But after years of tracking my patients' omega-3 levels, I know it's almost impossible to get enough from your diet.

Based on my experience, I recommend that you supplement. Try to get 3 grams of omega-3s every day. I recommend krill oil and calamari oil to my patients.

### Step 3. Eliminate Inflammation with Golden Spice

Golden spice, or turmeric, is my favorite anti-inflammatory spice. Its active ingredient is *curcumin*, one of the most powerful anti-inflammatories out there.<sup>7</sup>

It works by knocking out the body's inflammatory "command center." Your body has a "switch" that activates more than 400 pro-inflammatory genes. It's a molecule called *nuclear factor-kappa B (NF-kB)*. This molecule controls nearly 98% of all diseases. But it can't stand up to curcumin. Studies show curcumin deactivates NF-kB.

Turmeric is also available as a supplement. Studies show that your body may not absorb turmeric supplements as well as the fresh root itself. So I recommend a curcumin supplement that contains *piperine*. This is a black pepper extract that supercharges curcumin's absorbency.

One of the best ways to experience the benefits of curcumin is to cook with *turmeric*. You can find turmeric in ground form in the spices section of most major supermarkets, or you can buy whole turmeric roots from most health food stores. At home, I like to thinly slice the fresh roots and throw them in stir-fry dishes and stews. Here's one of my favorite stir-fry recipes.

## Beef Stir-Fry With Fresh Turmeric

### Ingredients:

- 4 Tbsp coconut oil
- 1 Tbsp fresh ginger, chopped
- 2 cloves garlic, chopped
- 1 onion, chopped
- 1 pound grass-fed beef, sliced
- 4 cups of your favorite vegetables (carrots, zucchini, broccoli, cauliflower)
- 5 ounces organic water chestnuts, drained
- 1 head bok choy, chopped
- 2-inch piece of fresh turmeric, sliced
- Coconut aminos (to taste)
- Salt (to taste)

### Directions:

1. Heat oil in large skillet or wok on medium-high heat.
2. Add ginger and garlic. Sauté for 1 minute.
3. Add onion. Cook until clear.
4. Add beef. Cook until it just starts to brown.
5. Stir in vegetables, mixing frequently for 3 to 5 minutes.
6. Add organic water chestnuts, bok choy and turmeric.
7. Season with salt.
8. Drizzle with coconut aminos and serve.



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# Heal Your Leaky Gut Without Dangerous Drugs

I was doing a basic Internet search a few weeks ago when I came across this statement: “Leaky gut syndrome is a bit of a medical mystery.” I couldn’t believe it when I read that.

I mean, it’s a problem that millions of Americans face every day. And I don’t see any mystery about it.

But a lot of traditional doctors don’t believe leaky gut syndrome is a real diagnosis. So they never treat you for it. Instead they’ll isolate your symptoms and treat each one individually with medications and in some cases, even surgery.

*Leaky gut syndrome* can masquerade as things like allergies, asthma, eczema, sinusitis — as well as more serious conditions, like celiac disease, diabetes, multiple sclerosis, schizophrenia, depression, anxiety, arthritis, fibromyalgia, chronic fatigue and even post-nasal drip.

And yet when you do a simple Google search, medical websites call leaky gut syndrome a “gray area” and “the disease your doctor can’t diagnose.”

There’s nothing gray about it. A leaky gut is a nutrition problem and it’s being dealt with by people who know next to nothing about nutrition.

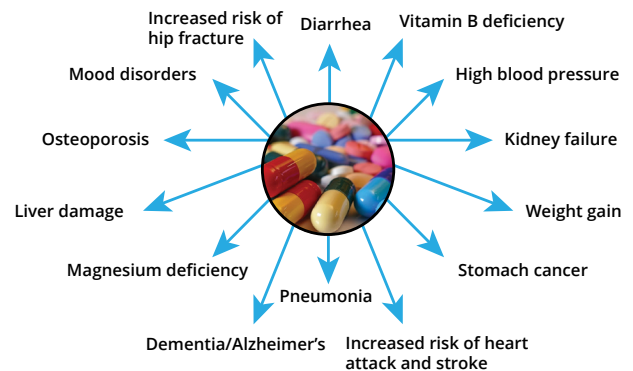
And do you want to know why your doctor can’t diagnose it? Because it’s not even taught as a diagnosis in medical school. That means there is no standard treatment for a leaky gut. So doctors take the safe road and prescribe heartburn drugs like Prevacid, antacids like Tums or even antibiotics.

These drugs do more harm than good. And the side effects are abhorrent. Numerous studies have linked these drugs to life-threatening diseases and complications.<sup>1</sup>

Antibiotics, steroids and other prescription drugs also wipe out your delicate gut microflora — the good guys you need to crowd out the “bad bacteria.”

This attack on your belly can be devastating.

## DRUGS USED TO TREAT LEAKY GUT CAN CAUSE SEVERE COMPLICATIONS



Thousands of years ago, Hippocrates, the father of modern medicine said, “all disease begins in the gut.” He was right. Most medical conditions can be traced back to your gut.

Having an intestinal system full of holes is more than just uncomfortable; it’s a cause of multiple serious disorders.

You see, your gut is your first line of defense against invading pathogens and toxins. It helps you digest your food. It’s how your body absorbs vitamins and minerals like calcium and zinc. It produces B vitamins. And more than 80% of your immune system lives in the gut lining.

Your primal ancestors had guts of steel. But today’s modern world is hostile to your gut.

Our Western diet of processed foods has destroyed one of our most important organs. All those carbs, starches and sugars feed bad bacteria and yeasts in the gut. A leaky gut is yet another symptom of Syndrome Zero.

And common food additives, like emulsifiers, compromise the integrity of your intestinal walls and allow the bad bacteria to sneak into your bloodstream. This can set off immune system alarms and trigger an autoimmune response.

## Is Your Gut Full Of Holes?

Your gut lining acts as a barrier keeping things in your digestive system until they can be broken down safely.

Small holes in a healthy gut only allow specific molecules and nutrients to pass through. They also block bigger particles like bacteria, toxins and undigested food that can damage your body.

But if you have leaky gut syndrome, it means your intestinal lining has become porous. Tiny holes in the net grow larger. Undigested food molecules, yeasts, toxins and wastes flow into your bloodstream.

As all this junk flows through your blood, your body treats it like foreign invaders. You start to produce antibodies to your favorite foods — in other words, allergies. Gradually you begin to have reactions to certain foods.

Every time you eat these foods, your body launches an immune reaction. This leads to chronic inflammation everywhere in your body. When your gut breaks down in this way, it triggers a long list of conditions.

## The Carbage We Eat Today Destroys You From the Inside-Out

Leaky gut syndrome is a direct result of our toxic modern world. The most common cause is our industrial food supply.

You see, the food industry has packed our supermarkets with cheap processed foods made with carbohydrate-packed grains — or *carbage*. The problem is, your body didn't evolve to eat these industrialized grains.

Many medical “experts” still believe grains are a health food, it's not true.

Let me explain...

Grains contain “anti-nutrients” or nutrient blockers called “lectins.” They are natural molecules that

## If You Have Any Of These, You Could Have A Leaky Gut...

- |                              |                            |
|------------------------------|----------------------------|
| • Syndrome Zero              | • Sugar cravings           |
| • Allergies/food sensitivity | • Eczema                   |
| • Thyroid conditions         | • Psoriasis                |
| • Fatigue                    | • Depression               |
| • Joint pain                 | • Anxiety                  |
| • Rosacea                    | • Schizophrenia            |
| • Acne                       | • Headaches                |
| • Bloating                   | • Migraines                |
| • Gas                        | • Muscle pain              |
| • Weight gain                | • Chronic fatigue syndrome |
| • Inflammatory bowel disease | • Type 1 diabetes          |
| • Celiac disease             | • Brain fog                |
| • Nutritional deficiencies   | • Sinus problems           |
| • Memory loss                | • Crohn's disease          |
| • Arthritis                  | • Diarrhea                 |
|                              | • Constipation             |

protect plants from outside invaders like insects, mold and parasites.

But lectins bind to sugar. In your gut they bind to cells that contain sugars needed to break down your food. Once there they interfere with digestion. They cause damage and inflammation.

Many grains like wheat, rye and barley also contain gluten. This is the protein that makes dough elastic, helps it rise and gives bread its chewy texture. It makes your pastries and donuts fluffy.

But gluten is very sticky. It gums up your digestion. Celiac disease is a full-blown allergy to gluten. Celiac patients have to carefully avoid all gluten. But studies show even people without celiac can get an inflamed gut from gluten.<sup>4</sup>

Our industrial food supply is also loaded with pesticides, herbicides, chemicals, preservatives and other additives.

Among the additive culprits are emulsifiers, organic solvents, nanoparticles and microbial transglutaminase that keep processed foods well-blended and give it its texture.

Your liver can't keep up with all these toxins. They build up and cause even more inflammation.

They also destroy the delicate balance of good and bad bacteria in your gut.

When the bad bacteria in your gut squeeze out the "good bacteria" you see an increase in disease and aging. For example, when yeast grows out of control it mutates into a fungus like Candida. It grows tentacles to grab onto your intestinal lining. It drills holes in your gut lining making it leaky.

### 3 Steps to Heal Your Leaky Gut

Most doctors have never heard of leaky gut syndrome. And they have no idea how to heal it. Big Pharma has no silver bullet. In fact, their drugs make things worse.

I use a special, natural protocol to help my patients restore a healthy gut. And they're always pleasantly surprised to find that it helps clear up a long list of conditions they've struggled with for years.

The more of these therapies you adopt, the faster you will plug the holes in your leaky gut and return to normal digestion and vibrant health. You'll start to feel the difference in as little as one week.

#### Step 1. Add More Gut Healing Foods To Your Diet

Certain foods support gut healing because they are easy to digest and can help repair the lining of the intestines. Here are my favorite gut-supporting foods:

- **Healthy fats** like avocados, ghee and coconut oil are easy on the gut and promote healing. Also, foods high in omega-3 fats are anti-inflammatory and help heal the gut. Choose grass-fed beef, egg yolks, salmon, lamb and wild-caught fish like salmon.
- **Bone broth** contains collagen and the amino acids proline and glycine that can help heal your damaged cell walls. It also provides minerals essential to a healthy gut. For serious cases, I help my patients do a 3-day bone broth fast to jump start their gut healing.

## My Easy Bone Broth

### Ingredients:

- 2 unpeeled carrots, chopped
- 2 stalks celery, chopped
- 1 medium onion, chopped
- 3 cloves garlic, peeled and smashed (optional)
- 3½ pounds grass-fed beef bones
- 2 teaspoons sea salt
- 2 tablespoons apple cider vinegar



### Directions:

1. Place all ingredients in a large pot. Add enough water to cover 1 inch. Cover the pot.
2. Cook on low for 8 to 12 hours for beef.
3. Pour the broth through a strainer and discard the solids. Sprinkle with your favorite herb for flavor.
4. Chill the broth. It will keep for 3 days in the fridge and 3 months in your freezer.

- **Fermented foods** contain probiotics or good bacteria to support the gut. But our industrial food supply is so sanitized it is scrubbed of all bacteria, good and bad. In addition, it is drenched in chemical pesticides, herbicides and fungicides.

To bring your gut bacteria back into balance, try eating lacto-fermented foods such as coconut kefir, kvass, sauerkraut and kimchi at every meal. But avoid canned or packaged versions. The processing kills good bacteria.

- **Raw cultured dairy** like yogurt, butter and raw cheese can help heal the gut by destroying bad bacteria and yeast like Candida. I recommend **kefir**. It tastes like a yogurt milkshake. But it has more protein and less sugar.

And it's a potent way to restore good bacteria to your digestive system after a course of antibiotics.

Just be sure to avoid commercial products with added sugars or flavorings. The ingredients should say milk and "live cultures" — that's it.

### Step 2. Stop Eating These Gut-Damaging Foods

Eliminating certain irritating foods eases inflammation. It can also starve the overgrowth of bad bacteria and yeasts in the gut. Reducing these foods allows your gut to slowly return to normal. Here are the top foods to avoid:

- **Gluten** is the sticky protein found in most grain products including wheat, rye and barley.

It's difficult to digest if your gut is impaired. Gluten grains will damage your intestinal lining and trigger leaky gut syndrome. It leads to inflammation and autoimmune diseases. Gluten is also found in most processed foods. That's why returning to a primal diet without packaged foods and starches is essential to healing your gut — and your heart.

- **Dairy** from cows contains a protein called casein. It is 20 times more inflammatory than gluten. And pasteurization kills off vital enzymes you need to digest dairy. It makes proteins like lactose very difficult to digest. If you eat dairy, make sure it is raw, not pasteurized and from animals that graze freely on open pastures.
- **Sugar** feeds yeast and bad bacteria that can damage your intestinal wall creating a leaky gut. And it's not just the sugar in your sugar bowl or sodas. Processed carbs like crackers, breads, pasta and cookies break down into sugars that cause the same damage.

**Unsprouted grains** contain phytates and lectins which are both anti-nutrients. They can irritate the intestines. Lectins are found in wheat, rye, barley but also in rice, spelt and soy. **Sprouting** and fermenting these grains reduces phytates and lectins, making them easier to digest.

**GMOs** (genetically modified organisms) contain herbicides and pesticides that damage the gut lining. They destroy the good bacteria in your gut and cause inflammation. GMOs are also high in lectins since they have been modified to fight off bugs.

### Step 3. Revive Your Gut with Supplements

When you have leaky gut, your body can't break down or absorb vitamins, minerals and other nutrients from your food. It can leave you with nutritional deficiencies that make matters worse. Start with a good multi-vitamin. Then add specific supplements to support digestion as well as protect the gut lining.

Here are the most important supplements for healing a leaky gut:

- **Probiotics** are live good bacteria cultures. They help recolonize your belly with healthy bacteria and crowd out the bad bacteria. You get a good supply from lacto-fermented veggies and cultured dairy. But I find most of my patients benefit from also taking a supplement. You can find probiotics as liquids, powders, tablets or capsules.

## Beneficial Bacteria

- Lactobacillus plantarum
- Lactobacillus acidophilus
- Lactobacillus brevis
- Bifidobacterium lactis
- Bifidobacterium longum

But be careful... When ConsumerLab.com tested a variety of probiotics, more than a third of the samples flunked the tests. Most contained too few live bacteria to be effective.<sup>5</sup>

Look for one that guarantees 10-20 billion CFUs (colony forming units) *at the expiration date*.

Between the time of packaging and the time you take them, billions of the bacteria may die off.

**L-Glutamine** is an amino acid that helps repair the digestive tract and boost your immune system. It especially helps if you have chronic diarrhea. Your body's microbiome uses it for fuel.

It also helps your body make glutathione, one of the most powerful antioxidants. Most high-protein foods like beef, chicken, fish and beans have good amounts of glutamine. Or you can take 1,000 mg three times a day.

**Digestive enzymes** help break down proteins, carbohydrates and fats in your food. They make sure your foods are fully digested so particles won't damage your gut lining. And digestive enzymes also turn what you eat into vitamins, minerals and other nutrients so your body can absorb them.

Your pancreas and other organs make about 22 digestive enzymes. But once you hit your 20s, enzyme production drops off about 13% every 10 years.<sup>6</sup> By the time you're 40 your enzymes could be down by 25%. Every year it drops even more.

Look for a supplement that contains the basic enzymes. It should have *protease* for protein, *amylase* for carbohydrates and *lipase* for fats. If you have a problem with dairy, you may also want to add *lactase*. And *bromelain* and *papain* enzymes reduce inflammation in the gut lining. Start with a 500 mg capsule right before eating. Take two to four capsules to help you digest larger meals.

**Zinc** is an essential mineral for maintaining a strong gut lining.

But as many as 40% of older people in the U.S. are deficient.<sup>7</sup> A zinc deficiency can weaken the gut lining and lead to holes.

Studies show that supplementing with zinc can dramatically improve intestinal lining integrity in patients with Crohn's disease.<sup>8</sup>

Take 20 mg of zinc a day. But don't take more than 40 mg per day over a long term.

**Licorice root (DGL)** is an adaptogenic herb. It supports your body's natural mucosal lining in the gut. It also improves acid production in the stomach to boost digestion. Take 500 mg twice daily.



*I first learned of the gut-healing power of licorice root while studying Ayurvedic medicine in India.*

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

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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).