

# America's Forgotten SUPERFOOD

## Why This Discarded Dish Belongs Back on Your Dinner Table

**W**hen mainstream medicine declared its brutal and foolish war on cholesterol, the collateral damage included a superfood that had been a critical part of our primal diet since the very beginning of the human species.

Your ancient ancestors ate it regularly as one of their most-prized foods, and it provided tremendous nutritional benefits — especially for those who had limited access to other nutrient-dense foods.

And just a generation ago, this superfood was a staple on the tables of most American diners at least once a week.

Your mother may even have told you to eat it because it was good for you — but you just couldn't stand the taste or the texture...

I'm talking about liver — and your mom was right.

Liver, along with other organ meats like heart and kidneys, are among the richest nutrient sources on the planet. But in recent years, we've completely turned away from them. Nowadays, our meat consumption consists almost exclusively of muscle meat.

Thanks to a government push during World War II, because regular pork and beef muscle cuts were



*Just a generation or two ago, liver was a staple on most Americans' dinner menus. But it fell out of favor when the government launched its war on cholesterol.*

shipped overseas to feed the soldiers, organ meat dishes like steak and kidney pie and beef heart enjoyed a revival in America. But then, as prosperity increased in the 1960s, they began to lose popularity.

Liver was always the exception. But then something changed...

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In the late 1970s and 1980s, mainstream medicine launched its war on cholesterol. They spread the lie that it caused heart disease. Liver, as you may know, is high in cholesterol — and it was one of the first food casualties of the anti-cholesterol war.

Yet there was another unexpected consequence of the war on cholesterol: Instead of reducing heart disease in America, the rates skyrocketed.

It wasn't a coincidence. Not only do Big Pharma's cholesterol-lowering statin drugs deplete your body's store of the heart super-nutrient Coenzyme Q10 (CoQ10) by as much as 40%, the disappearance of liver from our dinner plates eradicated one of the richest dietary sources of CoQ10.

But CoQ10 isn't just critical for your heart. This vital anti-aging nutrient and antioxidant is essential for the normal function of all your organs — especially as you get older.

And the latest research reveals just how important CoQ10 is and how devastating low levels of it can be. The loss of liver from our diet has only made the problem worse.

In this article, I'm going to tell you about the latest compelling scientific research into CoQ10. You'll also learn about the best ways to boost your body's store of this life-saving nutrient and get all the other incredible benefits of eating liver — even if you don't like the taste.

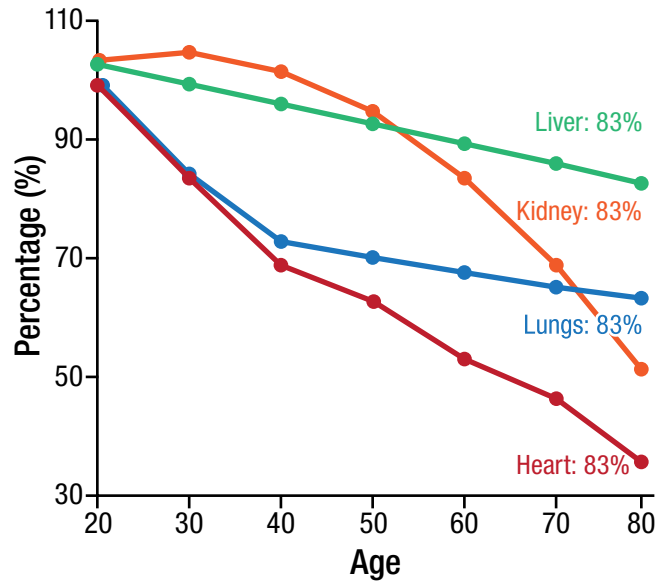
## CoQ10 Is a Bigger Powerhouse Than Scientists Realized

If you are already taking CoQ10, you will know that it's like high-octane fuel that your body draws on to power everything it does.

You see, CoQ10 is produced in your body, and it acts like a turbo booster for your mitochondria — the little powerhouses within each one of your cells — by helping them burn fuel more effectively.

The problem is that as you age, your CoQ10 levels decrease — and if you can't get it through nutrient-rich dietary sources like liver, or from supplementation, your energy levels fall and your organs function below par.

### COQ10 DECREASES AS YOU AGE



*The level of CoQ10 in your organs is high when you're young, but it declines as you age. By the time you are 80, the CoQ10 levels in your heart are only a little more than 40%.*

I've been recommending CoQ10 through diet and supplements to my patients for decades now. It's strong enough to reverse congestive heart failure and keep your arteries clear of deadly plaque.

Since CoQ10's power was first demonstrated in 1967 by Dr. Yuichi Yamamura in Japan, hundreds of studies have confirmed it can:

- Reverse heart disease;<sup>1</sup>
- Lessen heart attack damage;<sup>2</sup>
- Reverse congestive heart failure;<sup>3,4</sup>
- Slow — and in some cases even reverse — cancer;<sup>5,6,7</sup>
- Reverse gum disease;<sup>8,9,10</sup>
- Lower blood pressure;<sup>11</sup>
- Reverse macular degeneration.<sup>12</sup>

In the mid-1990s, I was one of the few doctors in America testing CoQ10 levels. Back then, there was only one lab in the whole country where I could send my samples.

And I remember the day my first batch of samples came back from the lab. The results were a real eye-opener.

More than 80% of my patients were CoQ10 deficient.

Ever since, I have devoted myself to getting my patients' CoQ10 levels back up to where they need to be... And it's a strategy that has worked wonders with them.

The latest scientific studies reveal that CoQ10's powers are more far-reaching than science ever imagined. Just in the past few years, compelling research has linked CoQ10 deficiencies with:

- Alzheimer's disease;<sup>13</sup>
- The neurodegenerative disease, multiple system atrophy (MSA);<sup>14</sup>
- Reduced male and female fertility;<sup>15</sup>
- Septic shock and inflammation from the spread of infectious pathogens in the bloodstream;<sup>16</sup>
- Huntington's disease.<sup>17</sup>

## Superfood of the Animal Kingdom

Your ancestors thrived on a diet of fresh organs, like heart, liver and even brain — all loaded with CoQ10.

Compared with the muscle meat we are used to eating these days, organ meats are far more densely packed with every key nutrient your body needs — including heavy doses of B vitamins, such as B1, B2, B6, folic acid and B12.

Organ meats are also loaded with key minerals like phosphorus, iron, copper, magnesium, iodine, calcium, potassium, sodium, selenium, zinc and manganese and provide the important fat-soluble vitamins A, D, E and K.

And liver is a powerhouse when it comes to the brain and energy nutrient choline, healthy fats and essential amino acids.

Although organ meats have fallen out of favor in America, they've been used for thousands of years in cultures that use every edible part of a slaughtered animal.

Many traditional cultures and their medicine men — including Native Americans — still believe that eating the organs from a healthy animal supports the organs of the person who eats it.

For example, a traditional way of treating someone with a weak heart was to feed the person the heart of a healthy animal. And given that an animal heart is rich in CoQ10, these traditional healers were right on the mark.

Apart from the cholesterol myth — cholesterol doesn't cause heart disease, inflammation does — the other objection to eating liver comes from the myth that it's full of toxins.

That's because, as you may remember from a biology class in school, your liver's primary role is to filter toxins — like drugs, chemicals and poisons — from your body.

But these toxins don't stay in your liver. Those that aren't filtered out through your body's waste system leave your liver and accumulate in fatty tissue.

Ounce for ounce, liver is one of nature's most impressive superfoods. A four-ounce portion of calves' liver gives you more than 1,600% of the daily value of vitamin A and hundreds of times the daily values of B vitamins and minerals.

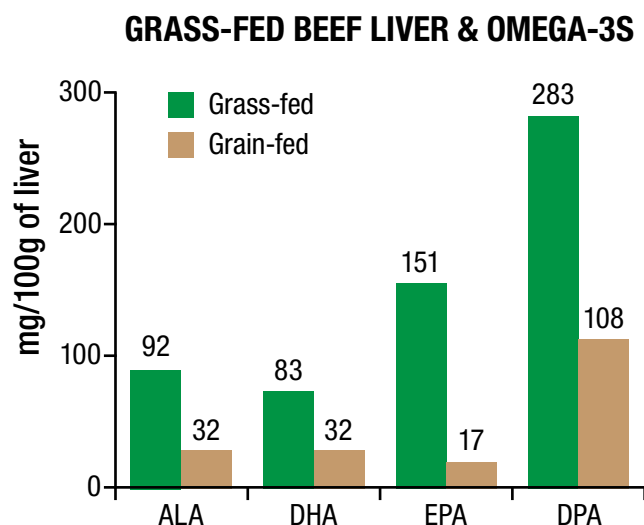
In fact, liver is packed with more nutrients than any other food. It contains:

High-quality protein;
One of the richest sources of CoQ10;
Nature's most concentrated source of vitamin A;
The entire B vitamin complex — including an abundance of B12 and folate;
A highly absorbable form of iron;
Trace elements such as copper, zinc and chromium;
The richest food source of copper;
High levels of omega-3 fatty acids;
A concentrated source of nitrogen-containing molecules called purines. These make up the building blocks of DNA and RNA.

## Get All the Benefits of Liver — Without the Taste Turn-Off

Liver may have been a staple for your primal ancestors — and, personally, I love liver and onions — but a lot of people don't have much of a taste for it. You may even downright hate it.

The good news is there's a lot of ways to get the benefits of liver without having to suffer the taste and texture of something you just can't stand.



*When it comes to omega-3 content, grass-fed beef liver blows away its grain-fed competition.*

Here's what I recommend to my patients:

### » Always Buy Grass-Fed

Whatever you do with liver — whether it's beef, pork or poultry liver — always choose meat from animals that have been raised naturally on fresh grass pastures. Avoid all meat — including organ meat — from animals raised in feedlots, because they're pumped full of hormones, antibiotics and cheap commercial grains.

Pasture-raised animal livers are much higher in nutrients than animal products that come from commercial feedlots. For example, meat from pasture-raised animals has 2-4 times more omega-3 fatty acids than meat from commercially raised animals.

And the livers of grass-fed animals have up to 10 times more CoQ10 than the organs of grain-fed animals.<sup>18</sup>

### » How to Hide the Liver

You can easily hide liver in dishes with lots of spices and flavor, such as Mexican or Italian recipes.

Try mixing it into beef and vegetable stew — with about 80% beef and 20% liver. Most diners will never notice the liver.

You can also make frozen liver cubes to add into ground beef dishes, like chili and spaghetti Bolognese, although possibilities are endless. To make frozen liver cubes, you just:

- Cut the liver into chunks;
- Throw the chunks into a blender and process until they are a goopy liquid;
- Now scoop the liquefied liver into an ice tray and put in the freezer;

Next time you are cooking a meal with ground meat, simply throw in a cube or two of liver. You don't even need to defrost the cubes either.

### » Desiccated liver supplements

If you really can't bring yourself to eat liver in any form, you can still get all the benefits by using raw desiccated beef liver supplements from grass-fed cows.

Desiccated simply means that it's dried or dehydrated. So, desiccated liver powder is exactly what it sounds like — beef or calf liver that's been dried into a powder and put into capsules.

You either take the capsules with a meal or snack or you can add them to soups, gravies, stews, smoothies, broths — there is no liver taste in them at all — and still get all the protein, vitamins, minerals and CoQ10.

But remember, all desiccated liver supplements are not the same. I recommend pure desiccated liver supplements that come from grass-fed animals. Avoid supplements with silica or silicon dioxide, which are often added to prevent caking, or magnesium stearate or stearic acid for easier manufacturing, and guar gum for thickening.

Four capsules of pure desiccated calf liver provide the equivalent of about three grams of fresh grass-fed liver.

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# The Fat Myth That Just Won't Die

## This Food-Packaging Lie Puts Your Heart at Risk

When I was a kid growing up in Kentucky, I loved spending Sunday afternoons in my grandmother's kitchen. That's when she baked her pies...

I still remember the special way she trimmed the edges of the pie crust and let me eat some of the delicious leftovers.

Her secret was simple — homemade pig lard. Good old-fashioned lard is one of the healthiest natural fats you can get.

Yet for almost 60 years, mainstream medicine and groups like the American Heart Association have claimed natural fats like these raise your risk of blood clots, heart attacks and stroke. I'm sure you've heard the term "artery-clogging fat."

They couldn't be more wrong. The idea that fat somehow flows freely around your bloodstream and attaches itself to your arterial walls causing heart disease is ludicrous at every level.

But the real problem is the recommended solution.

On the advice of the AHA, our modern diet has replaced the protein and saturated fat-rich foods like meat, butter, cheese and eggs with "low-fat" processed alternatives made from cheap, unnatural fats and carbohydrates.

You've probably seen the AHA's "heart healthy" seal of approval — the red heart and white check mark — on the packaging of "low-fat" foods like canola oil, granola, whole wheat bread and oatmeal. It's even awarded to some of the world's unhealthiest foods — Frosted Flakes, Cocoa Krispies and Froot Loops, for example.

It seems almost criminal to use the term "heart-healthy" in the same sentence as these cheap

**Does This Look  
Heart-Healthy to You?**



*Thanks to the AHA's "pay for play" program, Froot Loops cereal is promoted as "heart-healthy." Even though its loaded with artificial colors and flavors, hydrogenated vegetable oils, and tons of sugar.*

carbohydrate high-sugar products. But did you know that food manufactures can pay as much as \$700,000 a year for the "heart-healthy" check mark on their products?

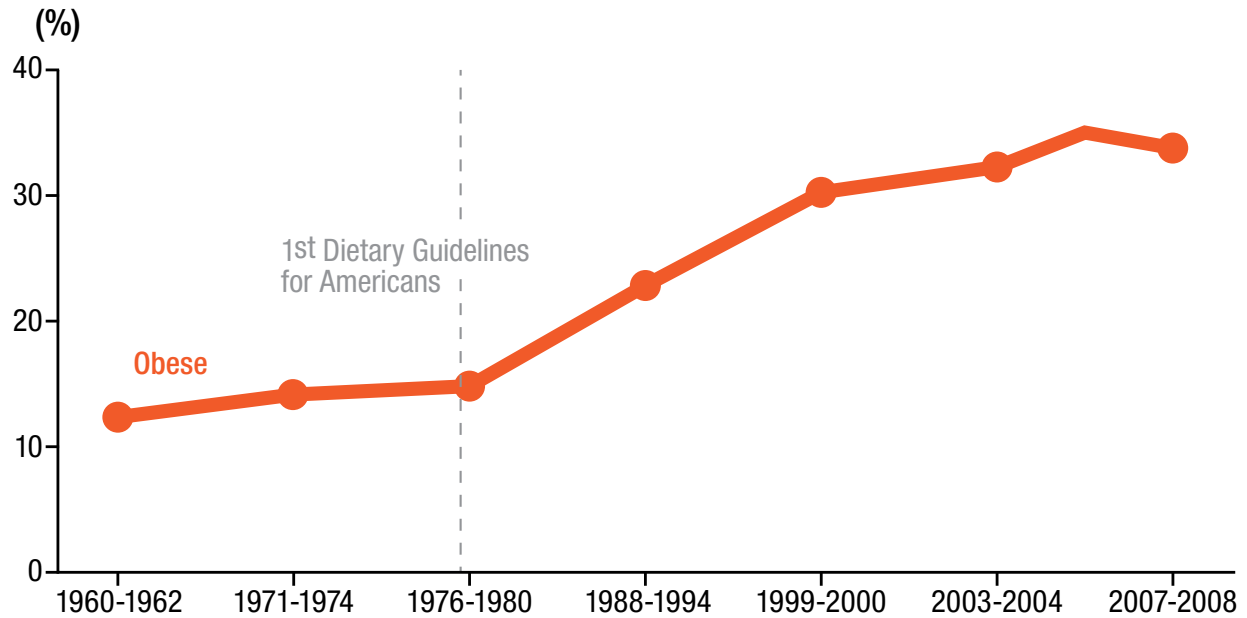
While the AHA insists the certification fee helps pay for research and to make sure products fit their criteria for "heart-healthy" — it means absolutely nothing.

You see, products without the heart and white check mark can have the exact *same* ingredients as those with the logo. The only difference is that some companies choose to fork over hundreds of thousands of dollars and others don't.

Worst of all, these foods aren't heart-healthy at all. And they're making the problem worse. They cause inflammation, aggravate cardiovascular disease, and have added a constellation of other chronic diseases to our modern health crisis.

From the moment healthy animal fats fell off the table and were replaced with the AHA's low-fat

## LOW-FAT DIETS MADE US FAT



*Obesity rates in America have soared since the government introduced its low-fat dietary guidelines.*

alternative, new epidemics like obesity and diabetes skyrocketed.

Meanwhile, heart disease has stubbornly remained the number one diagnosed disease in America and the number one cause of death.

The truth is, natural fats are good for you. If you want to live a long, healthy life, forget about the modern recommendations to eat like a rabbit. Instead, eat MORE fat.

In this article, you'll learn why the "low-fat" myth continues and why these well-intentioned diets put you at unnecessary risks. You'll also learn about the fats your body needs to stay lean, smart and energetic enough to avoid the modern plague of chronic disease — and which ones to avoid.

### The Phony Fight Against Fat

Mainstream medicine is finally getting the message that eating fat doesn't make you fat — but the lie about its link to heart disease persists.

That lie began back in the 1950s with a physiologist called Ancel Keys. And his aim from the start was to prove a connection between cholesterol and cardiovascular disease.

Because cholesterol travels through your bloodstream in lipoproteins — along with fat, protein and phospholipids — Keys identified the common consumption of animal fats as the great enemy of heart health.

His *Seven Countries Study* paper pushed the idea that margarine, corn oil, cold cereal and chicken should replace natural saturated fats in foods like meat, eggs and butter.

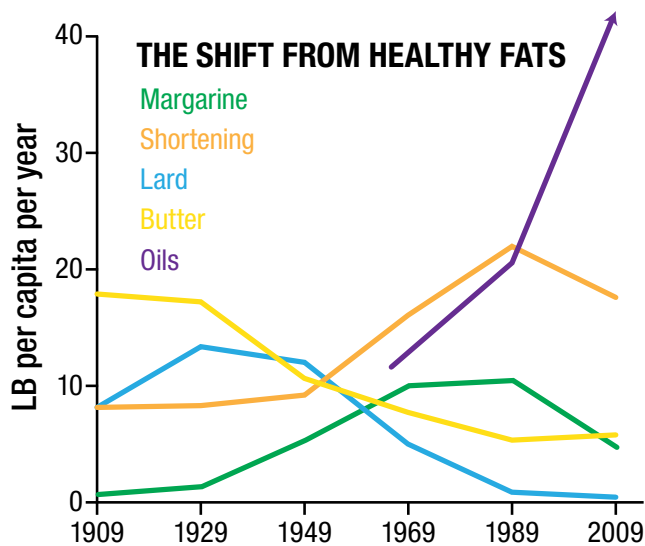
Very quickly, Keys' "lipid hypothesis" became medical gospel. In 1956, the AHA broadcast his cholesterol theory of heart disease on the three major TV networks. Keys even landed on the cover of *Time*, where he was hailed a health pioneer and hero.

Yet there were gaping holes in the cholesterol-fat hypothesis no one bothered to question — the most shameful of which was that Keys deliberately erased data from his own research.

Despite the fact that 22 countries provided statistics, he cherry-picked seven countries that matched exactly the theory he wanted to prove. In the countries he ignored, people routinely ate tons of fat — yet rarely experienced heart disease.<sup>1</sup>

Manufacturing giants like Procter & Gamble and General Mills jumped on Keys' idea almost immediately. They realized they could make billions by selling cheap grains and vegetable oils in place of natural fat.

Over the next 40 years, vegetable oil consumption more than tripled from just under 3 pounds per person per year to more than 10. The same thing happened with margarine, the “cholesterol-free” substitute for butter. In 1957, margarine sales exceeded butter sales for the first time in history.



*Processed vegetable oils and shortening began to replace butter and lard in most American kitchens when the government declared its war on fat in the mid-1950s.*

You see, fat substitutes and carbohydrates are “proprietary” and can be produced in huge quantities and sold at enormous profit. Natural fats have a low, fixed cost because they’re natural and don’t need to be manufactured.

For example, a \$3 loaf of bread contains around 15 cents worth of wheat and there’s only about 20 cents worth of wheat in a \$4 box of Wheaties, which in the 1960s accounted for 6.5% of all of the cereal sold in America.

*You can’t make a 5,000% profit on fat, like you can by selling a box of cereal.*

Good science has been refuting the cholesterol-fat-heart disease hypothesis for decades. Here are just a few examples:

- A 10-year study involving more than 700 participants and reported in the prestigious medical journal, *The Lancet*, proved that people with higher cholesterol had a lower risk of dying from any cause.<sup>2</sup>
- Researchers at Yale’s Department of Cardiovascular Medicine proved in an extensive clinical trial that people with low cholesterol had nearly twice as many heart attacks as those with high cholesterol levels.<sup>3</sup>
- The *American Journal of Clinical Nutrition* recently published a review of 21 studies and found no evidence that eating less saturated fat lowers your risk of heart disease.<sup>4</sup>
- This was backed up by another study that found almost the exact same thing. More saturated fat meant less heart disease.<sup>5</sup>
- In 2014, a review of 72 studies led by Dr. Rajiv Chowdhury, a cardiovascular epidemiologist at the University of Cambridge, found no evidence at all to support the theory that fat causes heart disease.<sup>6</sup>

The low-fat diet of margarines, vegetable oils, skimmed milk, white meat, sugar and refined carbohydrates may be well-intentioned, but scientific evidence shows this advice has actually increased your health risks.

Many more studies have disproved the accepted mantra that removing dietary fat reduces the risk of cardiovascular disease — but the mainstream media has never picked up on them and doctors continue to push the fat and cholesterol fraud.

## Without Fat, You Wouldn’t be Alive

Dietary fat is one of three main macronutrients the human body needs to survive and thrive. Trying to remove it is a universally bad idea. Without fat, your brain would be the size of a frog’s.

Here are just a few reasons why your body needs a regular intake of dietary fat:



- **A source of energy:** Your body uses fat to make energy for most of our life-functions. The calories you eat but don't use right away are stored for future use in special fat cells called adipose cells.
- **Essential fatty acids:** Your body cannot make these fatty acids, but they are essential for growth, development and cell functions. Your brain-cell membranes are made of essential fatty acids, like omega-3s and 6s.
- **Proper functioning of nerves and brain:** Your brain is made up of around two-thirds fat, and your ability to think clearly depends on getting enough essential fats in your diet. The “sheaths” that surrounds all your nerves are made of a fatty substance called myelin. Without enough fat, you could suffer *demyelination*. Your nerves would lose their insulation and wouldn't transmit signals efficiently. You would move and think much more slowly.
- **Protecting your heart:** Essential fatty acids, like omega-3, have been proven to raise HDL “good cholesterol.” High HDL is the key to super heart health. Your heart is also covered with a layer of “animal fat” that it uses as an energy booster during times of stress.
- **Protecting your cells:** The walls of every cell in your body are made up of fatty building blocks called lipids.
- **Transporting fat-soluble vitamins:** Without fat you wouldn't be able to deliver nutrients to your body. Fat-soluble vitamins A, D, E, K and CoQ10 can't be absorbed without fat.
- **Forming steroid hormones:** You need natural fats to make and transport your body's steroid hormones, which regulate many of your body's functions, like the sex hormones testosterone, estrogen and progesterone.

Fat also keeps you lean. You see, dietary fat produces zero insulin in your body. But low-fat foods are loaded with carbohydrates and sugar. These spike

your blood glucose levels and causes your body to secrete waves of insulin.

This, in turn, triggers your liver to produce more triglycerides and body fat — putting you at risk of obesity, diabetes, heart disease and other chronic ailments.

## Get the Fats Your Body Needs

I recommend eating as many different natural foods as possible to get the widest variety of healthy fats. You should get at least 50% of your fat from saturated fats.

Here's a chart I often show to patients to give them an idea of which basic foods have the highest levels of the best fat — saturated and monounsaturated fats — as well as bad fats like polyunsaturated fats, and the worst of all, trans-fats:

Fat (per tbsp, 1 tbsp=14g)	Saturated Fat (grams)	Mono-unsaturated Fat (grams)	Poly-unsaturated Fat (grams)	Trans Fats
Coconut Oil	11.7	0.8	0.2	0.0
Butter	7.2	3.3	0.5	0.0
Beef Tallow	6.4	5.4	0.5	0.0
Lard	5.0	5.8	1.4	0.0
Veg. Shortening	3.2	5.7	3.3	1.7
Sesame Oil	1.9	5.4	5.6	0.0
Olive Oil	1.8	10.0	1.2	0.0
Corn Oil	1.7	3.3	8.0	0.0
Margarine (stick)	1.6	4.2	2.4	3.0
Avocado Oil	1.6	9.9	1.9	0.0
Canola Oil	1.0	8.9	3.9	0.1

And here are some other ways you can add healthy fats into your diet:

- **Balance your Omega-3s vs. Omega-6s:** Today, most people eat too few omega-3s and too many omega-6s. Omega-3s are the fatty acids found in cold-water fish and grass-fed meats. Omega-6s are commonly found in the manufactured, unsaturated fats in vegetable oils.

Today's omega-6/omega-3 ratio is about 16:1, which can trigger inflammation and lead to premature aging, heart disease, arthritis, diabetes, Alzheimer's and other autoimmune diseases.<sup>7</sup>

You can balance the omega-6/omega-3 ratio in your diet if you reduce or eliminate the use of corn oil, canola oil, soy oil and margarine. Instead, cook with high-quality extra virgin olive oil, coconut or avocado oil, or organic butter from grass-fed cows.

Good sources of omega-3s are wild-caught salmon, avocado, walnuts, olives and olive oil. Studies show that the omega-6 *gamma linolenic acid* found in hempseed stabilizes the omega-3/omega-6 balance in your body.<sup>8</sup>

I also recommend supplementing with the two most potent omega-3s — eicosapentaenoic acid and docosahexaenoic acid, better known as EPA and DHA. *Based on my experience, you need at least 500 mg of DHA and about 60 mg. of EPA — EVERY DAY!*

- **Replace corn and canola oil with good old-fashioned lard:** Lard is an animal fat and it is high in saturated fat. In recent generations, lard has almost completely disappeared from home kitchens. But until the early 1960s, lard was a staple cooking fat around the world.

The generation of our grandparents and great-grandparents consumed loads of lard and butter, and they experienced extremely low rates of heart disease.

When you buy it, make sure it comes from natural sources. But beware — the lard sold in most grocery stores is typically hydrogenated for longer shelf life. It's not the real stuff. One easy rule of thumb: If it's not refrigerated, forget it.

- **Coconut Power:** For years, coconut fat was demonized as the enemy of heart health because of its rich saturated fat content. Numerous studies reveal that coconut oil improves your levels of heart-healthy HDL cholesterol, brain function and energy metabolism. It's also an immune system booster, and a healthy and safe weight-loss aid.

The key to the coconut health benefits is that it contains a unique kind of fat called medium-chain triglycerides or MCTs. The two MCTs in coconut oil — *capric* and *lauric acid* — are among the most heart-healthy fats from any food.

I cook with coconut oil, because it has a very stable chemical structure. That means it doesn't break down when it hits high heat. Other vegetable or cooking oils can produce harmful trans-fats when heated or reused. Eggs and shrimp are delicious cooked in coconut oil. And fresh coconut shavings are delicious as a dessert topping.

**Other great dietary sources of healthy, natural fats:** *Eggs, nuts, cheese and dark chocolate.*

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# Think Vitamin C is Old News? Think Again!

Let's face it, vitamin C isn't sexy. Everyone knows it's good for you. After all, who didn't grow up drinking a glass of orange juice at breakfast because "you need your vitamin C"?

It's one of the top supplements that people take. It seems like yesterday's news.

But new research is changing vitamin C's image. And it's vindicated the work of a scientist-turned-nutritionist I've admired for a long time, Linus Pauling.

In 1976, the Nobel Prize-winning chemist and a colleague gave high doses of vitamin C to 100 terminal and "untreatable" cancer patients. They then compared their patients to patients with the *same type of cancer at the same stage in the same hospital* who DIDN'T get vitamin C.

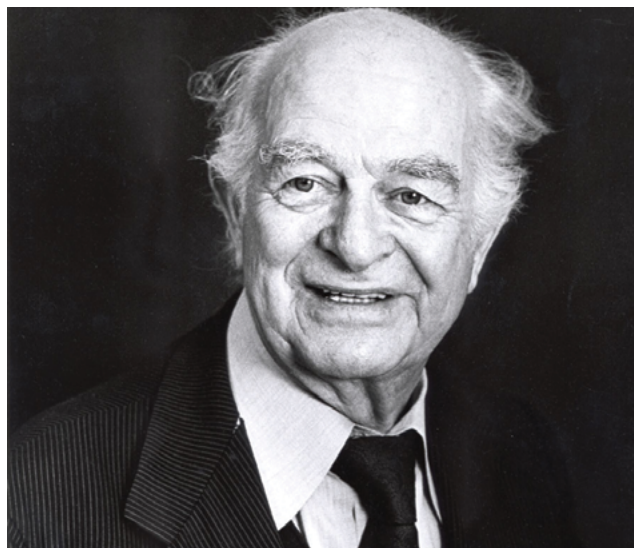
The cancer patients who received only traditional cancer treatment lived for an average of six months. Pauling and his colleague's patients lived for an average of six YEARS.<sup>1</sup>

You'd think that the medical community would have heralded Pauling's research as a huge breakthrough in cancer treatment. But that's not what happened...

When other researchers — including a team from the prestigious Mayo Clinic — failed to duplicate Pauling's results, his findings were dismissed as quackery.<sup>2</sup> And the medical community all but lost interest in vitamin C as a cancer treatment.

That's changing... and it's about time!

I've always known the healing power of vitamin C. And it's always played a key role in my practice. Before I tell you about how I use vitamin C at the **Sears Institute for Anti-Aging Medicine**, let's look at that new research...



*Linus Pauling was dismissed by many as a quack, but new research is proving he was right about vitamin C and cancer.*

## Pauling Was Right — And Here's Why

A recent study from the University of Iowa not only backs up Pauling's claims about vitamin C's cancer-killing power, it also explains WHY other studies failed...

Including the Mayo Clinic study.

Iowa researchers now believe that unsuccessful attempts to treat cancer patients with vitamin C were due to how it was administered. You see, when large doses of vitamin C are given orally, your body breaks the "C" down and gets rid of it unused.

On the other hand, the researchers found that when high doses of vitamin C were given *intravenously*, patients had blood levels of the vitamin that were **100 to 500 times higher** than if they had taken a supplement.

And that's exactly why the Mayo Clinic study failed...

Pauling gave his patients intravenous vitamin C for the first 10 days of the study. The Mayo Clinic researchers used *only* an oral dose.

And the Mayo study patients stopped taking vitamin C after the two-and-a-half-month study ended. Pauling's patients took it for the rest of their lives.

The Iowa research team also learned something important about the way vitamin C works to destroy cancer. And it's not what they were expecting.

The long-held assumption was that vitamin C's ability to destroy cancer came from its antioxidant properties. As you probably know, antioxidants fight free radicals.

But the researchers learned that when vitamin C breaks down, it produces free radicals of its own — in the form of hydrogen peroxide. Normal, healthy cells have defense mechanisms that fight off damage from these free radicals. Cancer cells don't.

That's why cancer cells are likely to die when they are bombarded with high doses of vitamin C.<sup>3</sup>

But vitamin C is so much more than a cancer-fighter. There isn't a single body process or disease that isn't influenced by vitamin C... It repairs tissue, protects against heart disease, supports the immune system, prevents cataracts and more.

Yet despite all we know about it, most people still don't get enough.

## You Probably Need More "C"

A 2014 study found that nearly half of Americans are vitamin C deficient. Worse, as many as 7% show signs of the most extreme form of deficiency — scurvy!<sup>4</sup>

How is that possible?

Unlike most mammals, which produce their own vitamin C, humans are totally dependent on their diet to get enough vitamin C.

That wasn't a problem for your ancient ancestors. They got enough C from fresh fruits, vegetables... even from the wild game and seafood they caught.

But our diet has been stripped of vital vitamins like "C." We can't get what we need to stay healthy.

Consider this...

If humans made their own vitamin C in the same ratio that C-producing mammals do, scientists estimate we'd produce about 10,000 mg per day.

And that's EXACTLY how much "C" Pauling gave to his cancer patients...

But the problem goes beyond a vitamin C deficiency. Studies suggest a majority of Americans fail to get many necessary nutrients from food.<sup>5,6:</sup>

- 95% are deficient in vitamin D
- 94% are deficient in vitamin E
- 40% are deficient in vitamin B12
- 35% are deficient in vitamin A

When it comes to minerals, the news is even worse:

- 96% are deficient in potassium
- 80% are deficient in magnesium
- 39% are deficient in calcium

Who's to blame for this? You can thank the mammoth food industry...

## How Big Agra Hurt Our Food Supply

For more than 200,000 years, humans ate what nature provided. We ate the meat of the biggest animal we could take down. We gathered fruits, nuts, roots and berries to supplement the meat and fish.

But fast forward to the 20th century...

For the first time in the history of our species, we turned over production of our food to big commercial farmers. And as a result, we're not getting the nutrients we need. For every generation for the past century, the nutrient content has gone down.

For example, today you would have to eat *26 apples* to equal just one apple from 1914!<sup>7</sup>

# NOT YOUR GRANDMA'S APPLES



1914



2017

*An apple a day keeps the doctor away? Not today's apples! They're far less nutritious than they were 100 years ago.*

Even the U.S. Department of Agriculture admits that vitamin and mineral levels have fallen by as much as 81% over the last 30 years.<sup>8</sup>

Vitamin C levels alone have fallen 30% since 1975.<sup>9</sup>

One of the reasons is because commercial growers are planting too many vegetables in too small an area.

You can't plant 10,000 vegetables in a space where there should be only 100 and expect them to have the same nutritional value. There just aren't enough nutrients in the ground to go around.

There are also fewer minerals in the soil we grow crops in. The gigantic farms that grow most of our produce use powerful fertilizers that practically sterilize the soil — depleting it of the natural minerals that were once there.

Even the seeds they use to plant your food have been genetically modified to grow faster and bigger. The end product retains more water and fewer nutrients.

This is important to growers because they can grow big, pretty vegetables and fruits that they can rush to the shelves of your local grocery store.

This is a disaster for you, because you're eating dark, leafy greens that are little more than carbohydrates and water. In fact, the average nutrient content of vegetables — like cabbage and spinach — has gone down more than 80% in the past 50 years.

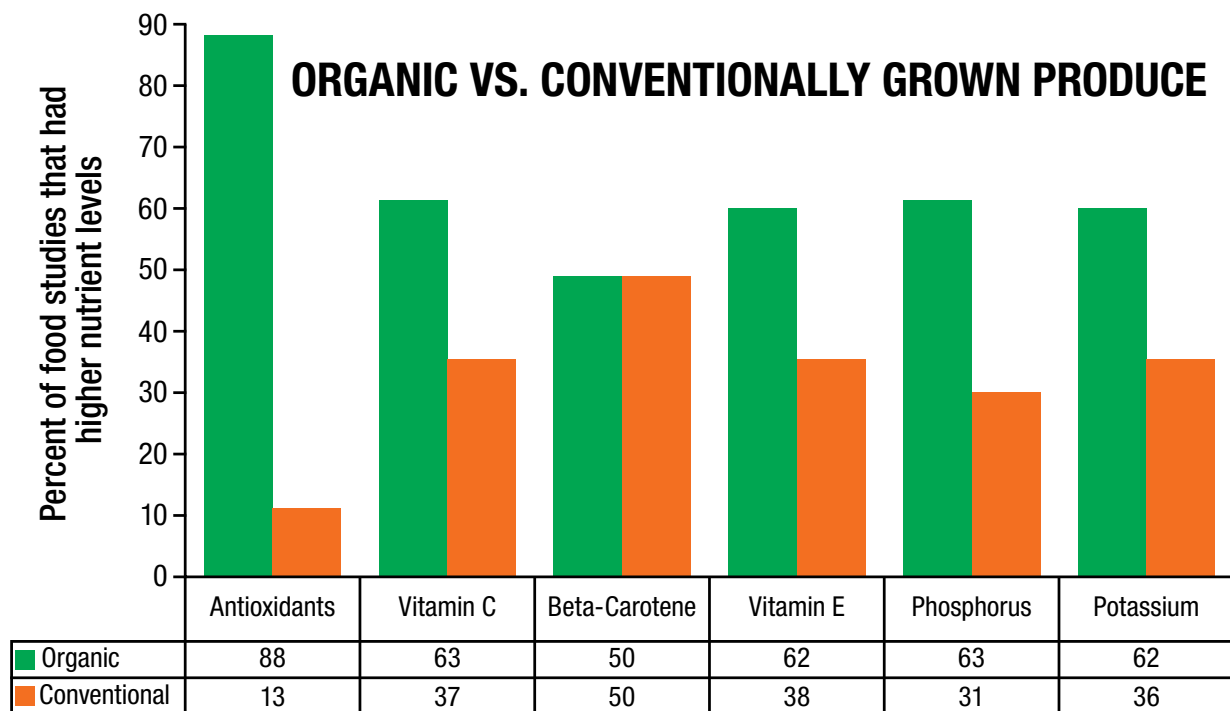
I also found evidence that shows the calcium level in broccoli has gone from 130 mg in 1950 to only 48 mg today!<sup>10</sup>

Years ago, getting enough of these nutrients wouldn't be much of a problem. But now, you'd have to eat 10 servings of spinach to get the same level of vitamins and minerals from just one serving back then.<sup>11</sup>

The situation isn't hopeless, though. Here's what you can do to make the most of your diet. These are the same recommendations I give my patients at the **Sears Institute for Anti-Aging Medicine**.

## **Choose Organic Whenever Possible**

To get the nutrients you need to thrive, I always recommend going organic. Organic fruits and vegetables are the most nutrient-dense foods you can buy.



*Organic fruits and vegetables are nutritiously similar to the produce your grandparents ate.*

Even if you've heard reports to the contrary, the proof that organic foods are healthier than non-organics is clear.

A large study found that organically grown oranges have anywhere from 6% to as much as 100% more vitamin C than commercially grown crops. And up to 70 times the antioxidants.<sup>12,13</sup>

Once upon a time, it was hard to find organic versions of your favorite foods. But nowadays, they're readily available at most large grocery stores.

But buyer beware...

To truly get an organic version, you need to be on your guard. That means checking the Price Look-Up (PLU) stickers on all your fruits and vegetables. Conventional produce has a 4-digit code. Organic produce has a 5-digit code starting with the number 9.

Eating locally is a great way to get the freshest organic foods possible with the shortest shelf life.

Find local sources at these websites:

[www.farmersmarket.com](http://www.farmersmarket.com) or [www.localharvest.org](http://www.localharvest.org).

### 3 Nutrient-Packed “Cocktails”

This trio of “cocktails” will help you get a mega-dose of nutrients.

The first is my famous “Green Drink.” Then there’s my super-healthy “Red Drink.” Their names may not be fancy, but they pack a powerful punch.

I take whatever vegetables I choose for the day and blend them with ice into a kind of smoothie. Then I enjoy it at my own pace, without gulping down too much food.

Smoothies are even better than eating fruits and vegetables. High-powered blenders break down the cell walls of fruits and vegetables to release nutrients in a form your body can readily absorb.

And smoothies beat juicing. Juicing removes all the fiber, leaving a sugary liquid that spikes insulin. Fiber in green smoothies slows the sugar release and leaves you feeling fuller longer.

Although I mix it up a lot, this is my favorite recipe:

## Dr. Sears' Green Drink



- 1 Whole Lemon, Peeled
- ¼ Cup of Cilantro
- 4 Heads of Broccoli with stems
- ¼-½ Granny Smith Apple
- 1/16th Piece of Turmeric
- ¼ Cup of Coconut Water
- ¼ Cup of Filtered Tap Water
- ¼ Cup of Spinach
- ¼ Cup of Arugula
- 6 Stalks of Dandelion Greens
- 4 Baby Carrots
- ½ Cup of Ice

Blend and enjoy. It's that easy.

Sometimes, I'm in the mood for something different. That's when I blend up my "Red Drink."

## Dr. Sears' Red Drink



- 1 Whole Lime, Peeled
- 1 Whole Red Beet
- ¼ Cup of Cilantro
- 4 Heads of Broccoli with Stems
- 1 Peeled Florida Navel Orange
- 1/16th Piece of Turmeric
- ¼ Cup of Coconut Water
- ¼ Cup of Filtered Tap Water
- ¼ Cup of Spinach
- ¼ Cup of Arugula
- 6 stalks of Dandelion Greens
- 4 Baby Carrots
- ½ Cup of Ice

Blend and enjoy.

## Try a Myers' Cocktail

My third "cocktail" isn't actually a drink. It's called a **Myers' cocktail** — an infusion of vitamins and minerals given intravenously.

I use IV therapy with many patients at my clinic. By infusing highly concentrated amounts of vitamins and minerals directly into their bloodstream, I flush their body with healing nutrients missing from today's diet.

You can safely get much more vitamin C through an IV than you can from taking supplements. In fact, you can infuse vitamin C at 100 times the concentration of oral supplements. Remember, no matter how high the dose, vitamin C does not harm healthy cells.

The Myers' cocktail can be customized depending on your needs. Whether its vitamins A, B, C or E, or minerals like magnesium and calcium, a simple blood test will find out what you're lacking.

I've been doing IV vitamin and mineral therapy at the **Sears Institute for Anti-Aging Medicine** for years. Many of my patients tell me they get a huge boost of energy and a feeling of wellbeing when they wake up the next day after IV vitamin therapy.

*If you're interested in IV therapy at my clinic, please call (561) 784-7852.*

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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.



## 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).