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Do You Have “Syndrome Zero”?

Defend Yourself From the Biggest Health Crisis in the History of Humankind

It's the most urgent public-health challenge of our time. It threatens every man, woman and child on the planet — including you. And it has been utterly ignored by medical establishments in every country... even by the World Health Organization.

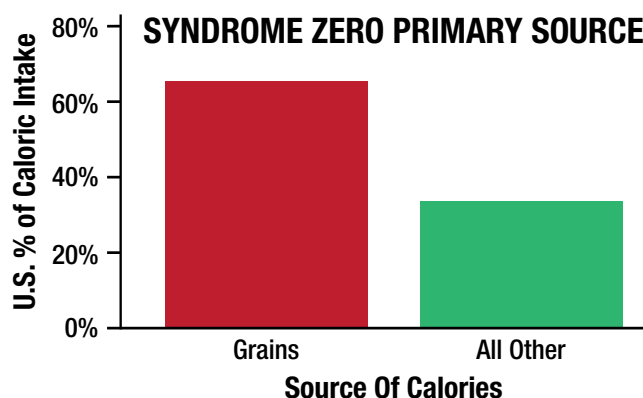
I'm talking about a condition I call *Syndrome Zero*. Since it began to take hold around three decades ago, it has killed billions of people — and it threatens to kill billions more.

Syndrome Zero is an underlying condition behind almost every disease and disorder that plagues us today — from obesity, heart disease, cancer and diabetes to Alzheimer's, hypertension, tinnitus, metabolic syndrome and even hip fractures.

That's why I call it Syndrome Zero — *because it's ground zero for all of today's chronic diseases*.

And just take a look at a few of the most recent death toll figures from around the world. Syndrome Zero has led to:

- Almost **18 million heart disease** deaths.¹
- More than **5 million cancer** deaths.²
- More than **6 million stroke** deaths.³
- Almost **2 million diabetes-related** deaths.⁴
- More than **1.5 million Alzheimer's** deaths.⁵



Processed foods and grains make up almost two-thirds of the calories consumed by Americans today.

Pollutants in the air we breathe and the water we drink all play a part in chronic disease, but the biggest culprit of all is the massive overload of sugar, carbohydrates and starches in our industrialized, processed, grain-based Western diet.

Your body reacts by massively overproducing insulin. Silently, over time, these chronic insulin spikes cause *insulin resistance* in your cells, which then causes widespread oxidation and inflammation.

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You see, Syndrome Zero begins with a pathological process called *lipogenesis*, which literally means “fat creation.” And that’s exactly what chronically high insulin levels do to you. They cause the *inappropriate conversion of carbohydrate into fat*.

This overwhelms your body’s natural ability to produce cellular energy and fight in virtually every disease.

In this article, I’m going to show you how to beat Syndrome Zero and get off the path to chronic disease. I’m also going to show you how to identify it, and even reverse it — so you can start turning your health around today.

But first, let’s take a look at why controlling your insulin is one of the most important things you can do for your health...

Meet The “Starvation Hormone”

Insulin is a hormone with many roles in your body’s metabolism. Any time you eat carbohydrates, your pancreas secretes it. One of the main purposes of insulin is to transport glucose from the food you eat into your cells to make energy.

But it has other critical functions. Insulin is also a storage hormone and a key catalyst in the storage of fat inside fat cells.

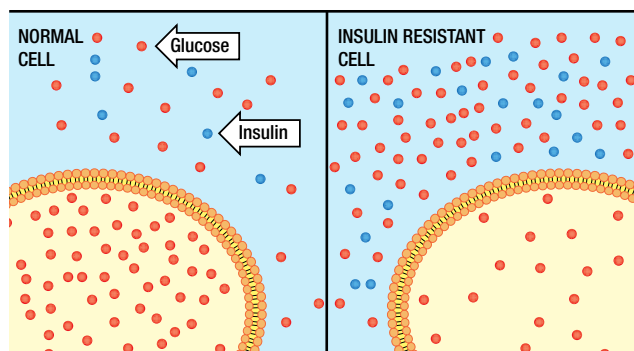
You see, your body wasn’t built for our modern Western diet. Corn, grains and insane amounts of sugar have overwhelmed our modern culture — and your body. Industrialized farms even feed grains to cattle, upsetting the nutrient balance of the meat you eat.

Today, our nutrition-less, starch-loaded, packaged food supply has wrecked our metabolism and made our bodies act in ways nature never intended.

With all of these carbs and starches, your pancreas has gone into overdrive, pumping out more and more insulin to keep up with this unnatural food intake.

But here’s a problem: Too much insulin production overwhelms the insulin receptors in your cells and makes them insulin-resistant.

Over Time Insulin Resistance Robs Your Cells Of Glucose They Need



Too much insulin production overwhelms the insulin receptors in your cells and makes them insulin-resistant, leading to sugar in the blood.

So instead of ferrying glucose to your cells for energy, the glucose stays in your blood — causing high blood sugar levels and leading to Syndrome Zero, prediabetes and ultimately diabetes and other multiple chronic disorders.

But something else happens...

Because insulin is also a storage hormone, these chronic insulin spikes make your body act as though it were starving. So it starts to convert the glucose into triglycerides.

In other words, insulin makes your body make more fat.

And insulin doesn’t only affect fat-storage, it also inhibits *lipolysis* — the breakdown of fats — essentially blocking fat from leaving your body. This then leads to even more fat storage and weight gain, causing oxidation, inflammation, and eventually obesity, nonalcoholic liver disease, heart disease and others.

Studies also show that high insulin levels increase the hunger sensation, and causes the heightened pleasantness of sweet tastes, and increased food intake — resulting in an actual physical addiction.⁶

At the same time, excessive insulin production blocks the formation of glucose from other sources, like fatty acids and protein, and deprives your body of cellular energy. Not only does this make you feel tired, it makes you more vulnerable to virtually every disease — because your cells need energy to fight disease.

Mainstream Medicine Has No Answer To Syndrome Zero

Both mainstream medicine and the pharmaceutical industry are focused almost entirely on lowering blood sugar levels with potentially dangerous medications, like *metformin*.

And they both refuse to recognize that the explosive rise in diabetes over the past few decades, as well as a constellation of other modern chronic diseases, is the result of Syndrome Zero.

Big Pharma last year made an eye-watering \$50 billion from its global prediabetes and diabetes treatments⁷ — and none of them have prevented the incidence of these conditions, let alone Syndrome Zero, from spreading.

In fact, Big Pharma and mainstream medicine regard the overproduction of insulin as a rare and separate issue.

It has a number of treatment drugs — like *proglycem*, an oral diazoxide, as well as *octreotide* and *somatostatin* — which inhibit pancreatic secretion of insulin. But they also stimulate glucose release from the liver and elevate blood glucose levels, making them useless for Syndrome Zero treatment.

How To Reverse This Modern Scourge

To successfully reverse and cure Syndrome Zero, it's crucial to attack the root of the condition. Big Pharma's blood-sugar lowering drugs won't do the job. They only mask the problem.

It's critical to treat not just your blood sugar levels, but also to reduce the insulin receptor resistance in your cells.

At the **Sears Institute for Anti-Aging Medicine**, I recommend nutrients that do both. Here are four of my favorites:

1. Chromium. I've been recommending chromium for years because of its ability to remove glucose from your blood. Research in my clinic has found that it works better than any drug to control high blood sugar levels associated with any metabolic dysfunction.

How To Identify SYNDROME ZERO

The relatively recent shift away from the protein- and fat-based, nonprocessed diet of even our grandparent's and the rise in macronutrients, like starch and other carbohydrates, has caused measurable changes in our bodies.

Tests will show increased:

- + Blood insulin
- + Blood triglycerides
- + Body fat (adipose tissue)
- + Blood homocysteine (oxidation)

When you eat carbohydrates, your body uses up its supply of chromium, so it's essential to your diet. A Canadian study found that chromium reduced fasting blood sugar levels as well as glycated haemoglobin (HbA1c), a common measure of blood sugar control over a period of weeks and months.⁸

But more importantly, chromium has a direct impact on the metabolic action of insulin and has been shown to improve insulin sensitivity.^{9,10} Its chemical action in your body actually reverses the action of biochemical regulators of insulin signaling that are responsible for insulin resistance in the first place.

This not only lowers blood sugar levels by getting glucose out of your bloodstream and into your cells to create energy, it allows your body to utilize insulin properly — instead of triggering your body to make and store more fat.

In one study, 66 people took chromium or placebo with milk powder to stimulate insulin secretion. Blood test of those taking the chromium supplement showed an immediate and significantly better insulin response when compared to the placebo group.¹¹



Modern farming techniques have depleted chromium from our soil. Without enough of this vital mineral in your body, insulin can't work properly.

A University of Texas study of more than 150 people looked at chromium on its own as an option for weight loss. At the end of three months, the 200 mcg group lost an average of 3.4 lbs of body fat while the 400 mcg group lost an average of 4.6 lbs. Both groups gained an average 1.4 lbs of muscle.

Chromium naturally occurs in foods like fruits, meats, cheeses and vegetables. Despite this fact, nearly 90% of American adults are chromium deficient.

When looking for chromium supplements, remember the body won't absorb chromium by itself. The most bioavailable chromium supplements are chromium picolinate or *chromium polynicotinate*.

You can safely take up to 600 mcg daily. I use a 400 mcg chromium polynicotinate supplement with patients once a day and always with meals for the best absorption.

2. Magnesium. Your body needs magnesium for more than 300 biochemical reactions in your body — including its role as an activator of *tyrosine kinase*, an enzyme that works as an “on/off” switch for your insulin receptors.

Sadly, while all minerals have become victims of industrial farming and water supply management over the past 100 years, the loss of magnesium in our soil, water and daily diet has perhaps had the most devastating consequences on our health.

Now, around 70% of all Americans are believed to be magnesium-deficient.¹²

Studies show a direct link between low levels of magnesium and insulin resistance. In one of several conclusive studies, researchers at Harvard followed almost 130,000 men and women and found an extremely strong relationship between magnesium and a lowered risk of developing diabetes.

Inadequate magnesium intake in your body also causes a vicious cycle of excess loss of magnesium in your urine, leading to even lower magnesium levels, elevated insulin and high blood glucose levels.

You can get more magnesium by eating nuts, seeds, dairy products and dark green, leafy vegetables. But the average diet doesn't provide nearly enough magnesium to fight off Syndrome Zero or its consequences.

That's why I advise my patients to take a supplement. I recommend getting between 600 mg and 1,000 mg a day.

One of the best ways to supplement is with a powdered magnesium citrate formula. The solution dissolves in water, and is absorbed by your body much better than capsules or pills.

3. True Cinnamon. Scraped from the inner bark of tropical evergreen trees from the genus *Cinnamomum*, true cinnamon enables your body to respond better to insulin. It contains methylhydroxy chalcone (MHCP), a polymer that balances your blood sugar.

Studies show that cinnamon has a powerful affect on reducing insulin resistance in your cells, it can lower blood sugar in diabetes and prediabetes patients by as much as 29%.¹³

The cinnamon you choose is important. The stuff you may sprinkle on toast or on your latte at Christmas time probably isn't “true” cinnamon (*Cinnamomum verum*). It's cassia cinnamon, a sweeter relative, and large dosages have been linked to liver and kidney problems in animal studies.



Ceylon — or “true” — cinnamon comes from the bark of the Cinnamomum verum tree. True cinnamon can reduce insulin resistance and maintain blood sugar control.

True cinnamon is much safer. I recommend about one gram of true cinnamon — also called *Ceylon cinnamon* — every day to reduce insulin resistance and to maintain long-term blood sugar control. That’s *about half a teaspoon’s worth*.

You can add it to almost everything — from omelets, yogurts and smoothies to salads, stews and desserts.

If you prefer to take a cinnamon supplement, look for one that says “water-soluble” on the label.

4. Vanadium. This metallic trace element is an extremely powerful weapon against insulin resistance — and here’s why...

Multiple studies — including human and animal trials — have now shown that vanadium mimics most of the metabolic effects of insulin. This means it can be used as a natural substitute for insulin.

You see, although the metabolic effects of vanadium are similar to insulin — at the molecular level, vanadium’s mechanisms of action are very different. So it’s unaffected by resistance in your cells’ insulin receptors.

Studies have demonstrated that vanadium’s insulin-mimicking abilities can correct abnormalities of carbohydrate and fat metabolism, and can also improve glucose transport between your bloodstream and cells.

At the same time, it makes cells more sensitive to insulin and also inhibits the absorption of glucose for the gut, reducing damaging glucose and insulin spikes.

The best food sources of vanadium are mushrooms, shellfish, black pepper and parsley.

Most of the human studies on vanadium for glucose intolerance and insulin spikes gave study participants 50 mg twice a day for 30 days. For longer-term use to treat Syndrome Zero, I recommend reducing the dosage to 5 mg per day.

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Are You Becoming One of the Incredibly Shrinking Humans?

How to Maintain and Even Restore Your Natural Height

Most doctors will tell you that shrinking is a normal part of aging. But I have to disagree... It's true that starting at age 40 most people lose about half an inch every decade. And things really speed up after age 70. By the time you hit 80 you could lose two or three inches from your highest height.

But age isn't the problem. Our modern world is to blame. Let me explain...

We live in a world that forces us to collapse into the front of our bodies. We spend hours each day sitting at desks, typing at a computer, and hunched over smartphones. Over time, your spine slowly compresses and curves over.

This compression can throw your body completely out of balance. It puts unnatural wear and tear on your vertebrae. It leads to chronic back pain. Over time discs can degenerate or become herniated.

Our primal ancestors did not have back pain and shrinking spines. When I visit remote tribes from Peru to Africa I'm struck by their posture. Even the elderly have straight strong spines. They can walk for hours, carry water on their heads, and squat easily to collect firewood or pick berries. But back pain hardly exists.

These people have regal posture. And they have maintained the shape of their spines according to nature's design. Here's what I mean...

If you look at a modern spine from the side, it's shaped like the letter S. It curves in at the neck, out at the upper back, and in again at the lower back. But that S-shape is not really natural.



Members of the Maasai tribe continue to have regal posture throughout their lives.

In fact, if you look at spines in Greek statues or young children, you'll see more of a J-shape than an S-curve. In other words, the spine is much straighter all the way down from the neck to the base of the spine where it curves up.¹

How did we get here?

Our modern conveniences mean we are much less active than people in traditional cultures. We sit for hours and lose muscle tone. Those weak muscles lead to instability in the spine. And extra fat built up around the belly pulls your weight forward and curves your spine even more.

This imbalance puts unnatural strain on your spine. Your vertebrae can start to lose bone density. In addition, the gel-like discs that separate each of your vertebrae dry out. They get worn down and become thin. Your spine actually compresses and becomes shorter.

As vertebrae become compressed it can lead to slipped discs, bulging discs, and nerve pressure. It makes you less flexible. You lose mobility. You start to hunch over like an old person. In extreme cases, you can develop *hyperkyphosis* or “dowager’s hump.”

And loss of height can be a sign of much worse to come...

Stand Tall For Better Health

Losing more than half an inch every decade could be a sign of osteoporosis. This disease weakens your bones. And you may have no symptoms until weak bones snap. Most of these fractures occur in the hip, wrist and spine.

In one study researchers reviewed more than 55 years of data on more than 3,000 people in the famous Framingham Heart Study. They found that people over the age of 70 who lose two or more inches in two years are 21% more likely to fracture a hip in the next two years than those who shrink less.²

But it’s not just osteoporosis. Lost height can also indicate higher risk of heart disease. In one British study, researchers measured about 4,200 men between the ages of 40 and 60. They found that men who lost 1.2 inches in height over 20 years were more likely to die or be diagnosed with coronary heart disease.³

And you may not even be aware of how much your spine is shrinking. In a French study, researchers asked 8,600 women over 60 to estimate their own height. On average, the women overestimated their height by an inch. In fact, they had lost about 2 inches from their tallest height.⁴

5 Ways To Stay Tall

Western medicine does nothing to help prevent height loss. Most doctors wait until your spine compresses to the point of unbearable pain. Then they offer addictive opiates like Vicodin, Percocet and OxyContin.

And when drugs don’t work anymore, doctors push potentially dangerous surgeries like spinal fusion. This surgery welds together two vertebrae. But a number of these surgeries have resulted in paralysis, life-threatening complications and even death.

SYMPTOMS OF SPINAL COMPRESSION CAN RANGE FROM MILD TO VERY SEVERE.

They include:

Back pain	Tingling and numbness
Muscle weakness	Difficulty urinating
Erectile dysfunction	Paralysis
Loss of bowel and bladder control	

I am always opposed to unnecessary drugs and surgery, unless as an absolute last resort. Instead, I help my patients keep a flexible spine and bones of steel for regal posture. Here are five things you can do to stretch and strengthen your spine for life.

1. Try Inversion Therapy. For more than 2,000 years people have been hanging upside down to apply gentle traction to the spine. This therapy uses your own body weight to produce proper alignment. The weight of your head, neck, chest, shoulders, and arms gently decompresses the spine and helps each vertebra return to its natural position. Look for a good practitioner to teach you how to invert safely.

2. Practice Good Primal Posture. Most of us scrunch up our shoulders so our arms are in front of our bodies. But our primal ancestors carried their arms at their sides with the thumbs pointing out. That is the natural human architecture.

When most people “stand up straight” they make their posture worse. They just arch the back and end up even further away from the J-shaped spine our primal ancestors had. Instead do a simple shoulder roll to open up the chest. Sit or stand comfortably. Inhale and raise your shoulders to your ears. Exhale and pull your shoulder blades down and together. Repeat this several times throughout the day.

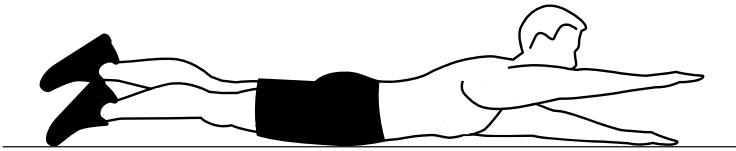
3. Stretch Your Spine For Superman Strength.

I recommend stretching your spine every day with this simple exercise I call “Prone Superman.” It opens up your chest muscles and engages your entire back. It helps bring your shoulders into alignment with the back. And it helps improve your posture and build back strength.

Do it every morning to ensure good posture throughout the day.

Prone Superman

- Lay face down on the floor.
- Stretch your arms above your head on the floor.
- Inhale through your nose while you lift your head. At the same time lift and stretch your right arm and left leg away from each other. Hold for five to eight seconds.
- Exhale through your mouth and release down to the floor.



Doing the “Superman stretch” every morning ensures good posture all day.

- Repeat on the other side, lifting and reaching your left arm and right leg away from each other. Hold for five to eight seconds.
- Exhale through your mouth and release to the floor.
- Next, inhale through your nose while you lift your head. At the same time lift both arms and both legs and reach them away from each other. Hold for five to eight seconds.
- Repeat the whole sequence two to five times.

4. Exercise To Preserve Your Height. Exercise can help you keep your spine strong and long. It strengthens the muscles that support your back and helps keep your spine flexible. A study from Israel measured more than 2,000 people in 1965

and again in 1995. They found that those who exercised, either throughout their lives or just after they turned 40, lost about half as much height as those who had never exercised or stopped working out during middle age.⁵

My *PACE* anti-aging exercise program is a great way to challenge your muscles and bones. With *PACE*, you incrementally strengthen your entire body with focused short bursts of activity. If you want to learn some good *PACE* exercises, go to [my YouTube channel](#). I have more than 30 different exercises and a complete workout to help you get started.

5. Feed Your Vertebrae The Nutrients They Need. Bones are living tissue that needs to be nourished. Keeping all of your bones well-fed helps build vertebrae of steel. Here’s what to do:

- **Soak up the sun.** Vitamin D directs how much calcium you store in your bones. Too little vitamin D can lead to thin, brittle bones.

Your best source of vitamin D is sunshine. It takes no more than 20 minutes in the sun to get all your vitamin D for the day. But unless you live in a year-round sunny climate, you might have to get your vitamin D from other sources.

Vitamin D foods include salmon, mackerel, tuna, sardines, eggs, beef, liver and cheese. You can also take a vitamin D3 supplement. I recommend 3,000 to 5,000 IU per day.

- **Stop bone breakdown with vitamin C.** Studies show that older patients who break bones have significantly lower levels of vitamin C.⁶ Vitamin C helps bones maintain collagen. That supports the flexibility of your vertebrae so they can absorb shocks.

Good sources of vitamin C include oranges, kiwis, strawberries, bell peppers, Brussels sprouts and guava. You can also take a vitamin C supplement. I recommend from 500 to 5,000 mg per day for strong bones.



I've been recommending guava for years as a rich source of vitamin C.

- **Build strong bones with vitamin K2.** This little-known vitamin regulates calcium and directs it into your bones. Harvard researchers following more than 72,000 women found those with the lowest intake of vitamin K2 had a 30% higher risk of hip fracture.⁷

In America, the most popular food sources of K2 are egg yolks, organ meats, grass-fed raw milk, and traditionally cultured cheeses like Emmental and Jarlsberg.

You can also supplement with vitamin K2. It comes in several different forms called **menaquinones**. They're numbered from four to nine. The higher the number, the more bioavailable and long-lasting it will be. MK-4 and MK-7 are the most important, and that's what you'll find in a good K2 supplement. And it's fat-soluble, so take K2 with a meal to improve absorption. I recommend 45 to 90 micrograms per day.

- **Protect your bones with minerals.** There are

two important bone minerals most people miss. Animal studies show **selenium** protects bones.⁸ Just 55 mcg a day can help reduce the risk of osteoporosis by up to 15%. Brazil nuts are my favorite source. You can also get selenium from red meat, tuna, eggs and walnuts.

Another little-known bone mineral is **boron**. It keeps bones from losing calcium and magnesium. The best way to get it from food is by eating nuts, plums, prunes, red grapes, raisins, apples, pears and avocados. Get between 3 and 6 mg per day.

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The “Hidden” Disorder Your Doctor Knows Nothing About

Imagine if you were struggling each day with chronic pain and fatigue, loss of strength, sex drive and motivation — and your doctor couldn't figure out what was wrong.

Or even worse, you're told these are just typical symptoms of “people your age.”

Your doctor can't diagnose a problem because all your standard blood work comes back as “normal” — despite your symptoms.

But here's the thing...

Routine blood tests are UNABLE to pinpoint the source of your problem — and these symptoms have nothing to do with the signs of aging.

The chances are you're a victim of a silent epidemic that almost no one has noticed.

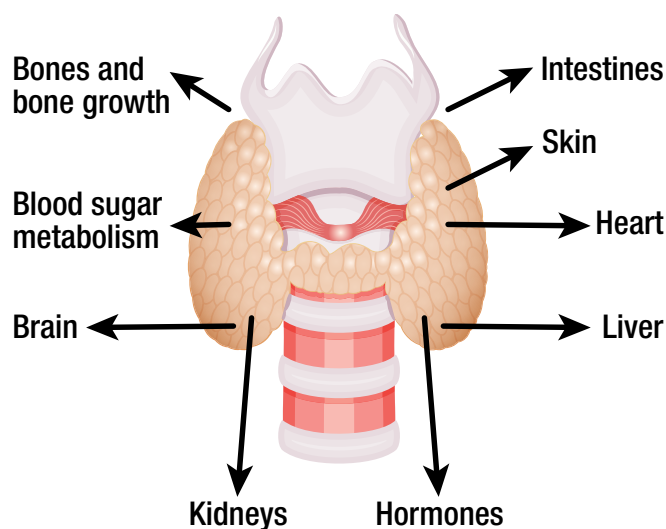
I'm talking about a condition called *type 2 hypothyroidism* — one of the most ignored, misdiagnosed and inappropriately treated conditions in America.

Mainstream medicine still thinks type 2 hypothyroidism, sometimes called *thyroid hormone resistance syndrome*, is a rare genetic disorder.

But there's mounting evidence that this condition affects up to half the U.S. population, and is a hidden contributor to other modern plagues, like heart disease, diabetes and cancer.¹

Unlike “classic” type 1 hypothyroidism, or underactive thyroid, type 2 hypothyroidism is a condition in which your thyroid gland still produces normal amounts of thyroid hormone — but your cells and tissues have become resistant to it.

THE FAR REACH OF YOUR THYROID



Your thyroid hormones control the rate at which every organ and organ system in your body functions.

A similar problem occurs with prediabetics, whose cells are resistant to insulin.

Most doctors never pay much attention to your thyroid in the first place — at least until it goes haywire. And even fewer have heard of type 2 hypothyroidism.

But worse, they misdiagnose it and treat it with *synthroid*, the synthetic and potentially harmful anti-thyroid drug — or, in some cases, even push for a surgical *thyroidectomy*.

The good news is type 2 hypothyroidism can be treated and even reversed naturally.

In this article, I'm going to show you what's really driving this epidemic and how you can get to the root of it. You'll learn about the natural steps you can take so you can feel better today — without dangerous drugs or surgery.

Meet Your Thyroid

Your thyroid is a small, butterfly-shaped organ that sits just below your voice box. If you're a man, that's just below your Adam's apple. It's part of your body's hormonal system of glands, which includes your pituitary, pineal, hypothalamus and adrenals.

The function of your thyroid is a chain reaction that starts with the pituitary gland in your brain, where it produces a thyroid-stimulating hormone, also called TSH.

Your pituitary sends TSH to your thyroid, signaling the gland to use its supply of iodine to make the hormone, *thyroxine*, or T4. T4 then converts into *triiodothyronine*, or T3, the active form of the hormone, which travels through your bloodstream, seeking out thyroid hormone receptors.

Your thyroid hormones control the rate at which every organ and organ system in your body functions — from your brain and heart to your liver, kidneys and skin.

That's why when your body's thyroid receptors reject the T4 hormone, it can affect just about every part of your body. Almost all your body's processes slow down — and you feel terrible.



Thyroid hormone increases the number and size of mitochondria, your energy generators.

You see, your thyroid hormones have a direct relationship with the tiny energy generators — called *mitochondria* — in each of your cells. That's one of the ways your thyroid controls your metabolism.

Studies show that when thyroid hormone is given to animals, trillions of mitochondria increase in number and size — almost directly in proportion to the increased metabolic rate of the entire animal.²

Type 2 hypothyroidism disrupts your metabolism and steals your energy.

Not surprisingly, many of the symptoms of mitochondrial disease are the same as type 2 hypothyroidism.

You may recognize some of them:

Fatigue	Muscle weakness
Constipation	Goiter (enlarged thyroid gland)
Headaches	Depression
Anxiety	Low libido

And it's even been linked to heart, liver and kidney disease.

Beware The Wrong Diagnosis

Most doctors don't know what type 2 hypothyroidism is, let alone how to diagnosis it.

You see, the standard thyroid-function blood tests measure only TSH levels. This makes it easy to diagnose type 1 hypothyroidism. But if you have type 2, your TSH levels are likely to be "normal."

Doctors are usually baffled by the "normal" TSH levels, and immediately rule out a thyroid problem.

The problem here is mainstream medicines' excessive reliance on lab results only — while ignoring the symptoms right in front of them.

The only blood test that can offer a clue to type 2 hypothyroidism is the test for elevated T3 levels in your bloodstream, because it can't bind to any cellular receptors. You need to ask for this test.

Sadly, it's another opportunity for misdiagnoses. High T3 levels are normally a sign of *hyperthyroidism*, or over-active thyroid — the opposite of hypothyroidism.

But the main problem isn't the thyroid itself. Your thyroid is fine. The problem is with the cells and tissues that use the hormone.

Prescribing harmful Big Pharma medications, like *synthroid* for an underactive thyroid or *methimazole* for overactive thyroid, won't solve the problem. And neither will surgery.

You need a different approach to get to the root of type 2 hypothyroidism. You need to know what's causing your body's cellular receptors to resist thyroid hormone T3.

Chemicals That Make Your Body Go Haywire

It's not a coincidence that type 2 hypothyroidism has reached epidemic proportions in recent decades. Over the past 40 to 50 years, huge quantities of modern-day environmental toxins and hormone-disrupting chemicals have contaminated your food supply, the water you drink and the air you breathe.

Scores of toxins can interfere with thyroid function in multiple ways.³ These common thyroid-poisoners include gasoline, pesticides, herbicides, fungicides and heavy metals, like mercury, arsenic, lead, aluminum, barium and cadmium.

Other common synthetic chemicals are known as *thyroid hormone disruptors*. These alien molecules behave just like T3. They seek out and attach themselves to thyroid receptors in your cells and tissues and occupy them.

Here are just a few of the worst toxins that are known to bind to thyroid receptors:

	Chlorine and fluoride — Chemical irritants in drinking water.
	Bromides and bromines — Additives used in plastics, fire retardants, pharmaceuticals, bakery products, pesticides and sodas.
	Perfluorooctanoic acid (PFOA) — Used in nonstick products like grease-resistant clothing, upholstery, Teflon cookware, microwave popcorn packaging, fast-food wrappers and stain-resistant carpeting.
	Perchlorate — Synthetic chemical in jet fuel, road flares, fireworks and fertilizers.
	Bisphenol A (BPA) — Common industrial chemicals used in soft plastics, that come into contact with your food and drink.
	Mercury — Spewed by the coal-fired power plants, gold mines and cement kilns.

Your body can't remove these *fat-soluble* toxins through its natural detoxification pathways, because your kidneys and liver are designed to handle only *water-soluble* waste. Instead, they accumulate in your fat and use your bloodstream to hone in on your thyroid receptors.

If your type 2 hypothyroidism is ever diagnosed correctly, mainstream medicine doesn't do anything about these chemicals.

Its standard treatment is to administer large doses of thyroid hormone — in other words, they flood your receptors. Sometimes it works and sometimes it doesn't. But it also means you'll need to be monitored closely in case you start to develop the symptoms of *hyperthyroidism*. Then you're likely to be treated with beta-blockers and antianxiety meds.⁴

The good news is there's another way. Your symptoms can be eased *naturally* — and the condition itself can even be reversed.

Start Feeling Better Today

When I've confirmed a patient has type 2 hypothyroidism, I take a two-pronged approach to healing.

- Get rid of the toxins that have been building up for years.
- Go to work on the receptors themselves (since your thyroid is working just fine).

I help my patients detox naturally with a process called *chelation*. After your body has been “cleansed,” I then begin replacing the deficient nutrients your thyroid receptors need to function. At the same time, I recommend you take an ancient and harmless herb that will “sensitize” your receptors — making them more “receptive” and less resistant.

So let's take a closer look at this three-step protocol...

– Step 1 – Detox Yourself

I've found the most effective approach to detox combines both oral chelation and IV chelation.

- **Intravenous Chelation.** I offer safe intravenous (IV) chelation to just about every patient I see here at the **Sears Institute for Anti-Aging Medicine**. “Chelate” comes from the Greek word for “claw.” Chelation grabs toxins from your body and drags them out — painlessly.

For IV chelation, I inject calcium disodium EDTA directly into your bloodstream. And in no time, EDTA will grab heavy metals and toxins and pull them out. It works fast, too. In a 10-minute session, you're done and on your way. Patients tell me they feel better almost immediately.

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

1. **Activated Charcoal.** Hospitals have been using this form of charcoal for many years as an antidote for drugs, poisons and medicinal overdoses. It's a great general cleanser and is especially powerful against heavy metals.



Activated charcoal gets rid of toxins that have been building up for years.

Like EDTA, activated charcoal grabs heavy metal molecules and escorts them from your body. Taken orally, it can extract and neutralize many more times its own weight in gases, heavy metals, toxins, poisons, and other chemicals.

Just a tiny amount can absorb and wash away years of toxic buildup.

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

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



Supplementing with milk thistle is a gentle but powerful way to detox.

Milk thistle has a potent antioxidant called *silymarin* that helps detoxify the liver and restore healthy liver function.⁵ Look for dried milk thistle extract in your health food store or online. But make sure it has a minimum of 80% *silymarin*. Take one 200 mg capsule twice a day.

– Step 2 –

Replace Lost Nutrients

The health of your body's thyroid receptors depend on two nutrients in particular...

- **Vitamin A.** T3 hormone binds to its receptors using a molecule called retinoic acid, which is made from vitamin A. Increasing vitamin A levels can make the thyroid hormone receptors in your cells more “welcoming.”

Most doctors believe vitamin A is dangerous, so they tell you to take beta-carotene, which your body eventually converts into vitamin A. It's fine, but you need six times as much to make a single unit of real vitamin A.

I recommend eating foods in as close to their natural state as possible. You can get vitamin A from liver, fish, eggs, cheese, raw milk, carrots and sweet potatoes.

If you can't get enough from food and want to supplement, look for vitamin A called “retinol.” I recommend you get 20,000 IU of vitamin A every day.

- **Zinc.** Deficiencies in this trace metal is known to play a key role in thyroid resistance.⁶

Your thyroid also needs zinc to make all of its hormones. And studies show it improves the transport and absorption of activated T3 into the cell receptors.

I recommend 30 mg a day of *zinc picolinate*. It should be taken one hour before meals or at least two hours after your meal.

– Step 3 –

Use This Ancient Herbal Helper

Traditional medicine has been successfully treating thyroid disorders for thousands of years with nature's medicine chest. Science is just beginning to catch up with them. One of the best herbs I've found for treating type 2 hypothyroidism is the herb *mukul myrrh*.



***Resin from the Commiphora mukul tree
has been used to treat thyroid problems for
more than 6,000 years.***

Mukul myrrh originates from northern India. It's a resin that is extracted from a small thorny tree called *Commiphora mukul*.

Ayurvedic medicine, the oldest health system in the world, uses it mostly for chronic pain management and it's a powerhouse when it comes to thyroid problems.

Myrrh contains powerful compounds called *guggulsterones*, which sensitize your body's thyroid receptors and increases their absorption.

Animal studies have also shown that myrrh can significantly increase the amount of iodine the thyroid absorbs.^{7,8} And the more iodine the cells of your thyroid can take in, the healthier your thyroid function will be.

I recommend getting 150 mg a day to help your thyroid absorb the right amount of iodine and sensitize your body's thyroid hormone receptors.

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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).