

February 2018

Vol. VII Issue 2

# Government Wages Phony War On Stem Cells

**Y**ou and I are being prevented from accessing life-saving natural solutions to our health problems — and it’s about to get much worse.

I’m talking about the latest remarkable breakthroughs in stem cell research — and our government’s attempt to block you from treatments that have already reversed hundreds of conditions and saved thousands of lives.

I’ve done some digging, and I’ve unearthed a cozy conspiracy between Big Pharma and the FDA behind the plan. And it has nothing to do with your health or public safety — but everything to do with greed and corruption.

Let me explain...

A recent directive from the FDA has declared war on *adipose stem cell therapy* — a simple procedure using stem cells from your own fat (adipose) tissue. The therapy is used in clinics across America — including the **Sears Institute for Anti-Aging Medicine**.

Now the FDA wants to close these clinics — probably even mine — *insisting the treatments are “unproven and... dangerous”*<sup>1</sup> — despite the continuous flood of scientific research that proves their astonishing healing power.

I’ve even had patients tell me stem cell therapy has “given them back their life” — whether its been a treatment to bolster their immune system, a treatment for erectile dysfunction, chronic joint pain, wound healing or reducing insulin resistance in diabetics.



***The FDA is trying to reclassify stem cells that come from your own body as drugs — a move that could mean the end of most stem cell treatments in America.***

But here’s where it gets really bizarre... the FDA have launched their attack by *reclassifying adipose stem cells used in treatments as “drugs”* — even though they come from your own body.

This means stem cell therapy practitioners will now have to get special licenses and undergo inspections, as if they were actual drug manufacturers.

I’m all for cleaning up the industry with more stringent lab standards and getting rid of rogue

## Also in This Issue...

- “Tree Of Life” Superfood So Powerful It Has 210 Names Around The World.....6
- How Big Agra Caused The Worst Flu Epidemic In Years.....11

clinics — but this is like throwing the baby out with the bathwater, as they say.

*If the FDA has its way, it could mean the end of most stem cell treatments in America.*

You see, the reclassification gives the bureaucrats the ammunition they need.

At the same time, hidden from our view, their buddies in Big Pharma are salivating at the prospect of taking control of the multibillion-dollar stem cell industry themselves.

Just as the FDA is busy closing down clinics and killing off the competition, my research can reveal that Big Pharma is snapping up dozens of private stem cell research companies. And they're readying their pipeline of lucrative stem cell drugs.

Studies reckon the global stem cell market will be worth a stunning \$16 billion by 2025.<sup>2</sup>

*In this **Confidential Cures** article, you'll learn what's really behind the FDA's phony war on the stem cells in your own body — and what's really at stake. Stems cells are no longer the controversial treatment they once were — although you won't hear that from the FDA or even most doctors. In fact, I'm even going to show you some easy and powerful ways you can boost your stem cell activity at home... just with your diet.*

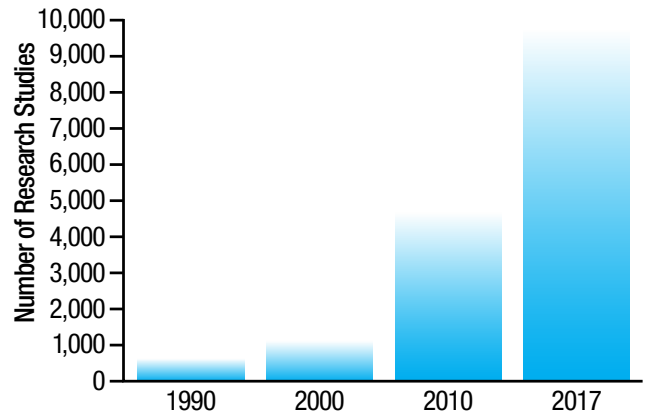
## No Wonder Big Pharma Wants In On The Act

Stem cells have already begun to revolutionize medicine. And before long, they will completely transform modern medicine by eradicating all illnesses and changing the way your body ages.

You may already know that stem cells are master cells and they are the basic building blocks of your entire body. They are your supply of healthy “replacement cells” — whether it's a heart muscle, blood, retina, nerve or immune system cell. Your body assigns them regularly to replace cells that are damaged, old or dying.

Stem cells have been used routinely for decades as a standard treatment in transplant procedures for patients with blood cancers like *leukemia*, *Hodgkin's* and *non-Hodgkin's lymphoma* and *multiple myeloma*.

## STEM CELL RESEARCH HAS EXPLODED



***There were 311 stem cell studies done by 1990. By mid-2017, there have been 9,407.***

Thanks to the properties of these blood stem cells, thousands of patients every year are now able to replace their entire diseased blood system for life.

It used to be thought that stem cells could only be taken from embryos and umbilical cords.

*But that changed in 2013 when researchers at a prestigious California university discovered that human fat tissue contains an abundant and easily accessible supply of stem cells that can be “differentiated” into virtually every cell type in the human body.<sup>3</sup>*

The ability to regenerate cells, tissues and even organs, boost your immune system, heal wounds and prevent disease has already led to an explosion in new adipose stem cell treatments for conditions that were once thought to be irreversible.

This new reserve of stem cells found in fat tissue was a game-changer. Since this discovery, the number of stem cell studies has exploded.

Multiple studies — as well as treatments developed in clinics, have proved the power of adipose stem cells against:

- Heart disease<sup>4</sup>
- Macular degeneration and other eye diseases<sup>5</sup>
- Autoimmune diseases, like diabetes, rheumatoid arthritis and multiple sclerosis<sup>6,7</sup>
- Alzheimer's and Parkinson's diseases<sup>8,9</sup>
- Burns

- Nerve damage from toxins
- Bone, cartilage, ligament and tendon damage
- And much more...

Researchers at MIT and Harvard recently transplanted stem cells into the pancreases of mice with type 1 diabetes. And for the first time were able to restore insulin production.

This latest breakthrough means that just around the corner, stem cells will offer a cure for yet another life-threatening and “irreversible” condition.<sup>10</sup> Human trials are expected to begin over the next couple of years.

I have no doubt that one day stem cells will offer us an easily renewable source of replacement cells to regenerate damaged organs and tissues that will reverse every disease.

No wonder Big Pharma wants in on the act. And no wonder they’re using their FDA buddies to help them try to seize control of it.

## Your Health Is Determined By “Winks And Nods”

When I use the word “buddies,” I mean it. Getting a new drug through the FDA approval process and to market isn’t just expensive — on average, it cost around \$1.4 billion<sup>11</sup> — you also need the right people on your side.

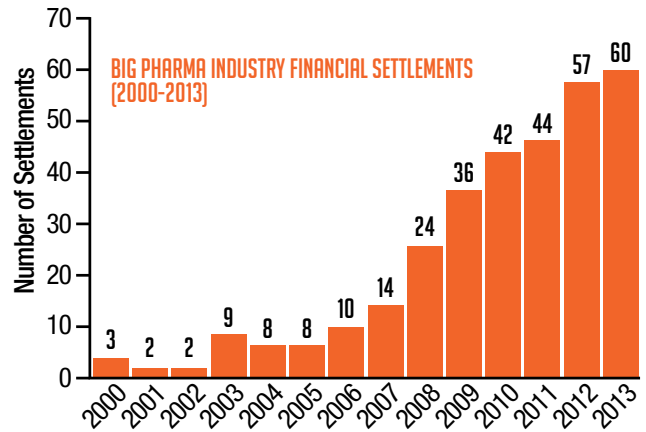
Scott Gottlieb, the government’s recently appointed FDA chief is another corporate fat cat plucked straight from the executive ranks of Big Pharma. He has ties with multiple pharmaceutical giants, including Eli Lilly, GlaxoSmithKline, Roche and Sanofi-Aventis... all of which are desperate to cash in on the latest stem cell breakthroughs.

Talk about the fox guarding the henhouse.

Under a long-established “you scratch my back and I’ll scratch yours” ethos, Big Pharma and the FDA are so deep in each other’s pockets, it’s now impossible for the FDA to operate without the influence of Big Pharma.

Drug companies usually hire former FDA employees to help them through the approval process. And the “experts” Big Pharma recruit as consultants can be the same experts called on by the FDA to serve on their

## 15 YEARS OF BIG PHARMA CRIMINAL AND CIVIL SETTLEMENTS



*Big Pharma has paid billions of dollars in criminal and civil settlements over the years.*

screening panels. Meanwhile, direct payments must also be made to support the FDA’s budget.

These kinds of interlinking ties have created a “wink and a nod” culture between regulators and the researchers working for drug companies. In fact, they’re often the same people.

It even turns a blind eye when pharmaceutical companies bury clinical trials that show bad results for a drug and publish only those that show benefit.

Hundreds of thousands of people are dying from their products. Remember these deadly drugs that were approved for prescription?

- **Bextra** (Valdecoxib): This NSAID pain reliever was linked to heart attacks, strokes and even death. It also increased the risk of serious skin reactions and gastrointestinal bleeding.
- **Selacryn** (Tienilic acid): In 1984, SmithKline pleaded guilty to failing to file reports of adverse reactions and falsely stating there was no known cause-and-effect relationship between Selacryn and liver damage. At least 500 cases of severe liver and kidney damage and 36 deaths have been linked to this hypertension drug.
- **Trasylol** (Aprotinin): This big money-maker was heavily marketed to surgeons and was used in one-third of all cardiac bypass operations in America. Researchers say 22,000 lives could have been saved if this product had been pulled earlier.



But when it comes to the FDA's new war on adipose stem cell treatments and clinics, the government regulator is solving a major headache for Big Pharma.

You see, pharmaceutical companies are in the business of inventing non-natural molecules to make their drugs. When they patent these new molecules, it gives them financial control of their products.

But stem cells are natural — and molecules that occur in nature can't be patented. So the FDA came up with an easy solution: classify adipose stem cells used in treatments as drugs.

My own research has discovered that since the FDA's "reclassification" of stem cells last November, Big Pharma has been snapping up stem cell companies like there's no tomorrow.

Here are four massive deals that have been struck since last December alone:

- Global pharmaceutical company *Takeda* bought *TiGenix*, a European adipose stem cell therapy company for €520 million in January 2018.
- *Johnson & Johnson* paid \$350 million in December to partner with Chinese firm *Nanjing Legend Biotech*. Now the Big Pharma giant will get a global license to commercialize its CAR-T and T-cell receptor stem cell therapies for cancer.
- American biopharmaceutical company *Gilead Sciences* bought *Cell Design Labs* in December for around \$567 million. Cell Design is a biotech company developing its own novel CAR-T and T-cell receptor stem cell therapies.
- Japanese drug giant *Otsuka Holdings* paid almost \$1 million in December for a 10% stake in *Megakaryon*, a research company that creates platelets out of stem cells.

The FDA has now given clinics that offer adipose stem cell treatment three years to comply with the new regulations — or face closure.

*That will give Big Pharma enough time to advance its new pipeline of stem cell drugs, and jump into the market at just the right moment.*

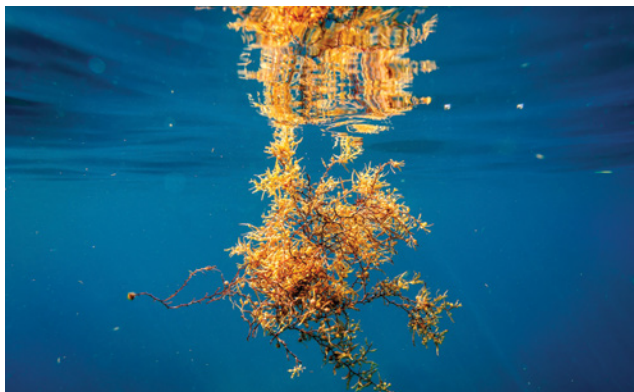
## I Recommend These Stem Cell Boosters To My Patients

The FDA knows the enormous healing power of stem cell therapies — despite the phony war it has declared — and so does Big Pharma.

*If you are interested in learning about the specific stem cell procedures I offer at the **Sears Institute for Anti-Aging Medicine**, please call my staff at 561-784-7852.*

But there are also easy ways to boost your body's stem production at home. Here are just a few of them:

1. **Get eight hours of sleep each night.** In 2013, Swiss researchers discovered that a disruption of normal sleep rhythms disrupted stem cell functioning.<sup>14</sup> And German researchers last year found that a good night's sleep protects stem cells from DNA damage, which keeps them "young."



***Brown seaweed contains a compound that mobilizes stem cells to travel to the part of the body where they are needed.***

2. **Eat seaweed.** Seaweed contains an important molecule called *fucoidan*. This compound increases the release of adult stem cells into the bloodstream.<sup>4</sup> It also helps mobilize those stem cells so they can travel to the parts of the body that need repair and renewal. Fucoidan is found primarily in brown seaweed and makes a delicious salad. You can also purchase supplements online. I suggest 400 mg a day.
3. **Get the forgotten B vitamin.** A recent study from the University of Georgia and Tufts University found that vitamin B9 — or folate

— can stimulate stem cell proliferation. In fact, researchers are currently testing how a combination of stem cells and B9 can regenerate the spinal cords of injured animals.<sup>15</sup>

- I recommend getting 800 mcg of folate each day. Grass-fed calf’s liver is one of your best sources with 215 mcg in just three ounces. Dairy, poultry, meat, eggs, seafood and dark leafy greens are also good.
- 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.



**Beef that comes from grass-fed or pastured animals is chock full of health benefits.**

4. **Add carnosine.** Grass-fed, pasture-raised meat is the best way to get carnosine from food. This molecule has been shown to have a remarkable ability to wake inactive stem cells. 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.<sup>16</sup>
5. **Get more sunshine.** Getting 15-20 minutes of unprotected sun each day is safe and will provide roughly 5,000 IUs of vitamin D. If that’s not an option for you, take a vitamin D3 supplement of at least 5,000 IUs. This “super nutrient” will not only boost stem cell

production, but it also fights cancer, heart disease, Alzheimer’s disease, diabetes and a host of other age-related illnesses.

## References

1. Hiltzik M. “The FDA closes a huge loophole used by bogus stem-cell clinics, but delays serious enforcement for 3 years.” *Los Angeles Times*. Nov 17, 2017.
2. “Stem Cells Market Analysis By Product (Adult Stem Cells, hESC, Induced Pluripotent Stem Cells), By Application (Regenerative Medicine, Drug Discovery), By Technology, By Therapy, And Segment Forecasts, 2014 – 2025.” Grand View Research. Market Research Report. Published June, 2017.
3. Heneidi S, Simerman AA, et al. “Awakened by Cellular Stress: Isolation and Characterization of a Novel Population of Pluripotent Stem Cells Derived from Human Adipose Tissue.” *PLoS ONE*. June 5, 2013.
4. Chen L, Qin F, et al. “Application of adipose-derived stem cells in heart disease.” *J Cardiovasc Transl Res*. 2014 Oct;7(7):651-63.
5. Meadab B, Berrya M, et al. “Stem cell treatment of degenerative eye disease.” *Stem Cell Research: Volume 14, Issue 3, May 2015, Pages 243-257*.
6. Bhansali A, Asokumar P, et al “Efficacy and safety of autologous bone marrow-derived stem cell transplantation in patients with type 2 diabetes mellitus: a randomized placebo-controlled study.” *Cell Transplant*. (2014); PMID:23561959.
7. Atkins HL, Bowman M, et al. “Immunoablation and autologous haemopoietic stem-cell transplantation for aggressive multiple sclerosis: a multicentre single-group phase 2 trial.” *Lancet*. Volume 388, Issue 10044, 576-585.
8. Drukala J, Paczkowska E, et al. “Stem cells, including a population of very small embryonic-like stem cells, are mobilized into peripheral blood in patients after skin burn injury.” *Stem Cell Reviews and Reports*. 2012;8(1):184–194.
9. Grymula K, Tarnowski M, et al. “Evidence that the population of quiescent bone marrow-residing very small embryonic/epiblast-like stem cells (VSELs) expands in response to neurotoxic treatment.” *Journal of Cellular and Molecular Medicine*. 2014;18(9):1797–1806.
10. Vegas J, Veiseh O, et al. “Long-term glycemic control using polymer-encapsulated human stem cell–derived beta cells in immune-competent mice.” *Nat. Med*. 18 Feb 2016.
11. Millman J. “Does it really cost \$2.6 billion to develop a new drug?” *The Washington Post*. Nov 18, 2014.
12. Rosen C J. “Revisiting the Rosiglitazone Story — Lessons Learned.” *N Engl J Med*. 2010; 363:803-806.
13. “Center for Drug Evaluation and Research: Report to the Nation - Improving Public Health rough Human Drugs.” Dept of Health and Human Services.
14. Stephenson, K., Grout, M. “Fucoidan and Stem Cells — Seaweed promotes stem cell function.” *Arizona Center for Advanced Medicine*. 2 Sep 2015.
15. Cheng C, Adams G, Perin L, et al. “Prolonged fasting Reduces IGF-1/ PKA to promote hematopoietic-stem-cell-based regeneration and reverse immunosuppression.” *Cell Stem Cell*. 2014 Jun 5;14(6):810-23.
16. Wang AM, Ma C, et al. “Use of carnosine as a natural anti-senescence drug for human beings.” *Biochemistry (Mosc.)*. 2000 Jul;65(7):869-71.

# “Tree Of Life” Superfood... So Powerful It Has 210 Names Around The World

I was first introduced to the “Tree of Life” in Jamaica more than 20 years ago. I remember how proud my hosts were when they showed me their “native Jamaican plant” with astonishing medicinal and nutritional properties.

People came to me and said: “Oh, you’re a doctor from America? I want to tell you about this plant we have here. The rest of the world needs to know about it.”

A few years later, when I visited traditional healers in Peru, it was the same story...

“We have 200 of the world’s strongest antioxidants right here in Peru,” they told me. “And the number one that you need to know about is this tree.”

Almost every place my research took me over the next two decades — from India to Bali to Africa to South America — everyone claimed it originated there. Everyone wanted ownership of this miraculous plant.

*In fact, it’s so revered, it’s known in 82 countries by 210 different names.*

In Bali, it’s called “*Daun Kelor*,” but in Africa it’s the “miracle tree” or “*nebedaye*,” which means “never die” in many African languages. Sometimes, it’s the “horseradish tree,” “giving tree” or “drumstick tree.”

Its botanical name is *Moringa oleifera*, and in the West it’s simply the **moringa tree**.

It would probably be more accurate to call it the “tree of life.” Ancient cultures have used moringa as a super food and a kind of supermarket/pharmacy on a tree for thousands of years — and some researchers today think it may even hold the key to human survival on the planet.

Every culture that uses it is astonished by its “miracle” properties. Just for starters, it has the



***Moringa contains a powerful protein that can turn polluted, bacteria-infested river water into pure drinking water.***

power to rebuild weak bones, enrich anemic blood and enable a malnourished mother to nurse her starving baby.

I’ve seen traditional healers in Africa and Bali use moringa to successfully treat everything from skin infections to modern diseases like diabetes, heart disease, prostate problems, high blood pressure, cancer and HIV.

It’s also a near-“miraculous” water purifier. A dash of pressed moringa seeds can turn a glass of bacteria-infested river muck into clean drinking water — more economically and safer than any industrial chemical.

Ounce for ounce, it has the calcium of 16 glasses of milk, the vitamin C of seven oranges, the potassium of 15 bananas and almost 25 times the iron of spinach.

*In this article, you’ll learn all about the Tree of Life’s ancient healing power and how you can use it today to prevent — and even reverse — multiple modern chronic conditions.*





*Wherever I went around the globe, traditional healers were proud of their connection to the moringa tree.*

## The Most Nutrient-Dense Plant On The Planet

Moringa is not the prettiest of trees. It’s more like a messy shrub that can grow into a tree taller than 60 feet and live for 20 years — a short but intense life.

And life in the fast lane... Moringa is the fastest-growing tree in the world and can reach more than 30 feet in just 10 months after the seed is planted.

It also has deep roots, which means it can survive in dry regions, and a wide-open crown with a single stem.

The moringa is probably native to northern India, where Ayurvedic doctors first mentioned it as a medicinal herb around 2000 BC. Over the centuries, the moringa has been carried via seeds and cuttings all over the world — where it’s proven to be drought resistant and can grow in even the poorest soil.

Ancient Egyptians treasured moringa oil as protection for their skin from the ravages of desert weather. Later, the Greeks documented used it as a medicine and introduced it to the Romans.

In 1817, a petition to the Jamaican House of Assembly concerning moringa oil described the plant’s leaves and pods as culinary items best used in salads, and also one of the best “illuminator–giving clear lights without smoke” for lamps.

Moringa wood yields a blue dye still common in Jamaica. And Nigerians use crushed moringa leaves to clean their cooking utensils.

When I was in Bali, my healer friend Westi told me the moringa tree is hugely important in Bali culture and that it has a “magical spirit.” In Balinese lore, practitioners would fight black magic with moringa tree branches, using them to direct “bad energy” away from the body.

But there’s a lot more to it than folklore. Westi also told me he even uses parts of the tree as a rheumatism scrub and in a poultice to ease childbirth — among many other traditional uses.

Moringa is also unique among plants, because almost the entire tree is edible — including the stems, leaves and seeds. The leaves alone have a remarkably complete set of micronutrients, vitamins and every essential amino acid — a combination otherwise only found in red meat.

Moringa also has more protein than any other plant — 28 grams per 100 grams of dry moringa powder — contains all essential amino acids.

And just take a look at how moringa stacks up against these common foods for nutrient content:

Nutrient	100 Grams Dry Moringa Leaves	Other Foods
Vitamin A	18 mg	Carrot: 1.8 mg
Calcium	2000 mg	Milk: 120 mg
Iron	28.2 mg	Spinach: 1.14 mg
Potassium	1324 mg	Banana: 88 mg
Protein	27.9 g	Yogurt: 3.1 g
Magnesium	368 mg	Broccoli: 19 mg
Fiber	19.2 g	Whole Wheat Bread: 6.8 g

## Science Backs Up Moringa's Power

When researchers looked at extracts from just the moringa leaf, they discovered it was loaded with antioxidants, like beta-carotene, vitamin C and flavonoids — as well as potent antibacterial, antiviral, anti-inflammatory, antidiabetic, antimicrobial, cardio-protective and neuroprotective compounds.<sup>1,2</sup>

Meanwhile, researchers at Guatemala's University of San Carlos found the seeds and roots of moringa contain an antibiotic as effective against skin infections as *neomycin*.<sup>3</sup>

And science backs up moringa's ancient medicinal use as a treatment for other major conditions, including...

- **Diabetes:** Studies show moringa's high antioxidant levels combat the oxidative stress in your cells caused by "glucosetoxicity," which leads to insulin resistance. Moringa is proven to reduce insulin resistance and lower blood glucose levels.<sup>4</sup>
- **Cancer:** The leaf extract kills human tumor cells. It works via two flavonols *kaempferol* and *quercetin*, which block the production of *telomerase* — but only in cancer cells. Telomerase is the enzyme that determines how long your cells live. Research shows moringa leaf to be effective against pancreatic, colon and lung cancers. It also directly stops estrogenic cancers, like breast and uterine cancers.<sup>5</sup>
- **Stress and anxiety:** Moringa leaves contain polyphenols, which act as a depressant on the central nervous system depressant. It boosts levels of the brain chemical GABA, an amino acid that helps your brain and nervous system relax. Studies also show that the same process produces an anticonvulsant effect that can prevent *epileptic seizures*.<sup>6</sup>
- **Low libido:** The moringa affect on the amino acid GABA also helps regulate your hormone levels, including testosterone — the sex hormone important to men and women. GABA is known as the "get-started" brain chemical. It helps your

mind relax so you can get in the mood for sex and achieve orgasm.

- **Flagging immune response:** A study published recently in the *Journal of Basic and Clinical Physiology and Pharmacology* found moringa leaf extract has a "significant immunostimulatory effect" on the body's ability to defend itself. Moringa is packed with all the nutrients your body needs to maintain a strong immune system, like vitamins A, B6, C and E, as well as iron, calcium and zinc.<sup>7,8</sup>



### *Studies prove moringa leaf extract kills human cancer cells.*

And here are just a few other medical problems moringa has been used to combat:

- Inflammatory diseases
- Anemia
- Arthritis and other joint pain like rheumatism and arthritis
- Allergies and asthma
- Constipation, bloating and diarrhea
- Enlarged prostate and prostate cancer
- Stomach and intestinal ulcers
- Chronic headaches
- Heart problems and high blood pressure
- Kidney stones
- Fluid retention
- Thyroid disorders
- Bacterial, fungal, viral and parasitic infections.



Some scientists think moringa's water-purifying powers are its most impressive quality. Lack of clean, drinkable water is, after all, the world's biggest health threat.

But beyond its use as a water-purifier, moringa's nutritional and medicinal properties are an example of the remarkable health benefits found in plants that Big Agra hasn't bred out all genetic and nutritional diversity.

If managed properly, there's hope the moringa tree could become a major resource in fighting hunger and malnutrition in the developing world, as well as a safe, natural weapon against the chronic diseases that plague the West.

Here at the **Sears Institute for Anti-Aging Medicine**, I've been especially impressed with moringa's prostate-healing properties — both for BPH and prostate cancer.

## A Powerhouse For Your Prostate

Doctors will tell you your prostate issue is just something that happens when you get older. But that's only part of the story. Your prostate should provide a lifetime of trouble-free performance.

The problem is that our modern, nutrition-less diet lacks enough of the vitamins, minerals and other nutrients that your prostate needs to thrive.

Your primal ancestors consumed a daily diet that was loaded with seeds, berries, nuts, fruits and vegetables. All of these natural foods contain a group of powerful cholesterol-like prostate protectors called *phytosterols*.

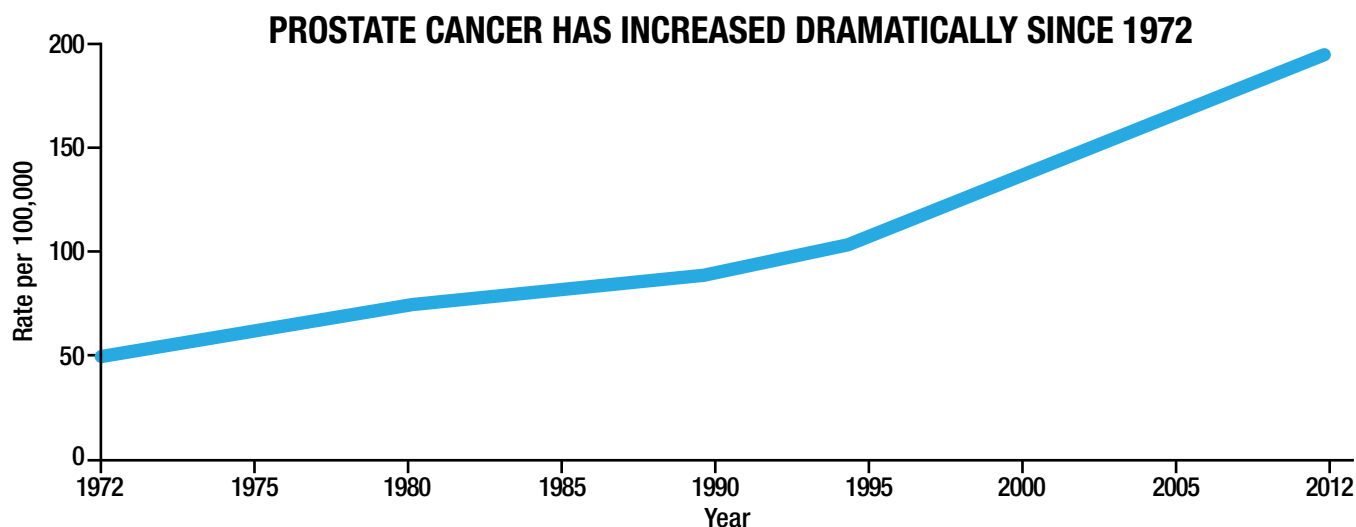
Moringa is rich in phytosterols like *stigmasterol*, *sitosterol* and *kampesterol*. These gentle plant sterols protect your prostate gland's cell membranes, helping your prostate to continue to function normally.<sup>9</sup>

Phytosterols are also potent antioxidants. They can reduce inflammation and improve blood flow, which helps maintain healthy tissue in your prostate and urinary tract.

One study also showed that phytosterols decreased prostate cancer cell growth by 24% and induced *apoptosis* (programmed cell death) in prostate tumors by 400%.<sup>10</sup>

Moringa also contains prostate-friendly polyphenols like *ellagic acid*, *gallate*, *methylgallate*, *catechol*, *kaempferol* and *quercetin*. These antioxidants can scavenge free radicals before they trigger the inflammation at the root of all prostate problems.

One of the latest studies, published just at the end of last year, showed that moringa extract not only provided prostate protection, but also significantly reduced BHP.<sup>11</sup>



*The incidence rate of prostate cancer increased dramatically in the last four decades.*

I've been using moringa to help my patients with prostate problems since I first visited Dr. Kizito's clinic on a research trip to South Africa more than a decade ago. Dr. Kizito is a well-known researcher and expert in natural healing methods — and he's also one of Africa's most renowned herbalists.

At his clinic in the former family home of past South African president Thabo Mbeki, in one of the country's poorest places, he treats everything from AIDS to sore throats.

With the ever-increasing quantities of processed foods altering the balance of traditional diets, cases of BHP and prostate cancer are skyrocketing in Africa. And it's the same in America, where new cases of **advanced prostate cancer** have soared by a shocking 72% over the last decade.<sup>12</sup>

Dr. Kizito mostly uses drops of essential moringa oil for prostate complaints — although he also uses extract from moringa leaves or even sometimes “prescribes” moringa tea to be taken several times daily.

For BHP and prostate cancer, he advises his patients to rub the essential oil on the skin around the area of the prostate.

For ailments other than prostate problems, I usually suggest *five drops of essential oil on the tongue*. It can also be applied topically for skin complaints.

## My Favorite Moringa Tea Recipe

I was shown how to make a moringa tea in Africa. You can make it hot or cold. Both are delicious and simple to make.

### Ingredients:

- 2 tsps of moringa leaf powder
- 1 thin slice fresh ginger root
- Freshly squeezed lemon juice

### Preparation:

1. Add to 8-12 ounces of very hot water.



***Moringa has been utilized as food and medicine for thousands of years.***

2. Stir thoroughly and allow the tea to steep, covered for about 10 minutes.
3. For cold tea, chill in the refrigerator for about half an hour and serve over ice.

When I first tried it, I added a little bit of sweetener made from the African katemfe fruit, but a little honey will also do the trick.

### References

1. Mbikay M. “Therapeutic Potential of Moringa oleifera Leaves in Chronic Hyperglycemia and Dyslipidemia: A Review.” *Front Pharmacol.* 2012; 3: 24.
2. Gopalakrishnan L, Doriya K, et al. “Moringa oleifera: A review on nutritive importance and its medicinal application.” *Food Science and Human Wellness.* Volume 5, Issue 2, June 2016, Pages 49-56.
3. Caceres A, Lopez S. “Pharmacologic properties of Moringa oleifera: 3: Effect of seed extracts in the treatment of experimental Pyoderma.” *Fitoterapia.* 62: 449–450. 1991.
4. Gupta R, Mathur M, et al “Evaluation of antidiabetic and antioxidant activity of Moringa oleifera in experimental diabetes.” *J Diabetes.* 2011.
5. Sreelatha S, Jeyachitra A, Padma P. “Antiproliferation and induction of apoptosis by Moringa oleifera leaf extract on human cancer cells.” *Food Chem Toxicol.* 2011 Jun;49(6):1270-5.
6. Bakre AG, Aderibigbe AO, et al. “Studies on neuropharmacological profile of ethanol extract of Moringa oleifera leaves in mice.” *J Ethnopharmacol.* 2013 Oct 7;149(3):783-9.
7. Nfamb J, Bbosa GS, et al. “Immunomodulatory activity of methanolic leaf extract of Moringa oleifera in Wistar albino rats,” *J Basic Clin Physiol Pharmacol.* 2015 Nov 1; 26(6): 603–611.
8. TG Monera, Maponga CC. “Moringa oleifera supplementation by patients on antiretroviral therapy.” *J Int AIDS Soc.* 2010; 13(Suppl 4): P188.
9. Halling K, Slotte J. “Membrane properties of plant sterols in phospholipid bilayers.” *Biochim Biophys Acta.* 2004;1664(2):161-171.
10. von Holtz RL, Fink CS, Awad AB. “Beta-Sitosterol activates the sphingomyelin cycle and induces apoptosis in LNCaP human prostate cancer cells.” *Nutr Cancer.* 1998;32(1):8-12.
11. Ishola I, Anunobi C, “Potential of Moringa oleifera in the Treatment of Benign Prostate Hyperplasia: Role of Antioxidant Defence Systems.” *Med Princ Pract.* 2017 Dec 17.
12. Orange DE, Jegathesan M, et al. “Effective antigen cross-presentation by prostate cancer patients’ dendritic cells: implications for prostate cancer immunotherapy.” *Prostate Cancer and Prostatic Diseases* 7, 63–72 (2004).

# How Big Agra Caused The Worst Flu Epidemic In Years

## See How This “Anti-Witchcraft” Herb Can Protect You

**O**n a research trip to the Amazon rainforest a few years back, a *curandero* gave me a plant he said would protect me from witchcraft. I don’t know about that. But I do know it turned out to be the most effective flu therapy I’ve ever recommended to patients.

*Curanderos* are the Amazon’s traditional shaman healers. Their accumulated knowledge and expertise of local medicinal herbs stretch back thousands of years.

My guide and I hacked a path through the dense jungle undergrowth for two days to get to the *curanderos*’ small village. When I arrived, he could see it had been a tough trip — and he immediately ordered me to have a bath infused with his “anti-witchcraft” herb.

It smelled a little like garlic — but I was happy to wash away the grime.

*I noticed almost immediately that my scratches, scrapes, and bites seemed to heal as the herb took effect.*

The herb was **anamu**, a small shrub that’s native to the Amazon rainforest, as well as Central America, the Caribbean and Africa.

Its Latin name is *Petiveria alliacea*. Many local tribes in the Amazon use it in religious rituals — but it also has astonishing healing properties.

Later that day, the *curandero* told me about other ways he uses his anti-witchcraft plant...

The leaves are chewed to prevent tooth decay. Grated roots are also soaked in alcohol and the decoction is used to treat rheumatism, snakebites and intestinal parasites. And he had me rub it on my skin to protect against insects.

But he said its most important use was to keep away the “diseases of outsiders” — like colds, coughs and the flu — that people in the village never used to get.



***I discovered potent immune-boosting herbs deep in the Amazon rainforest.***

You see, it’s not natural for people to contract *influenza* or colds. The many flu strains that affect humans today are entirely man-made diseases, created as a byproduct of Big Agra’s intense livestock farming practices.

I’m telling you about it today, because this year’s flu season in America is the worst since the swine flu epidemic in 2009. According to the latest data from the CDC, the death toll is expected to top a staggering 56,000 people this year.

The flu shot blitz — along with the myth about its effectiveness — hasn’t helped. In fact, it exposes you to dangerous toxins and can cause a bigger problem for you in years to come.

*In this article, you’ll learn how Big Agra is to blame for the worst flu season in almost a decade. And you’ll also learn how anamu not only eases flu symptoms — it kills the germs themselves and speeds up recovery. And if taken each flu season, it can prevent this scourge from ever striking you in the first place — without having toxins injected into your body.*

## Blame Big Agra For This Year's Flu Epidemic

People have suffered from influenza for thousands of years. But humans were never supposed to get it. Your hunter-gatherer ancestors never got the flu.

Studies by viral molecular genetics make it clear that the first great waves of influenza took place during the Neolithic Revolution around 11,000 years ago, when farming began and people started living in close proximity to domesticated animals.<sup>1,2</sup>

Just think for a moment how unnatural that situation is. For the previous 6 million years of human evolution, the chances for close extended contact with herds of large mammals or even flocks of birds were almost zero.

But living and working with livestock allowed animal diseases to be transmitted to people, infecting human populations in large numbers for the very first time.

And it wasn't just the flu. Livestock agriculture unleashed a whole host of nasty pathogens on our humans...

- Smallpox, tuberculosis and diphtheria from cattle;
- Leprosy from water buffalo;
- Whooping cough from dogs;
- The common cold from humans from horses...

*And influenza from pigs and birds.*

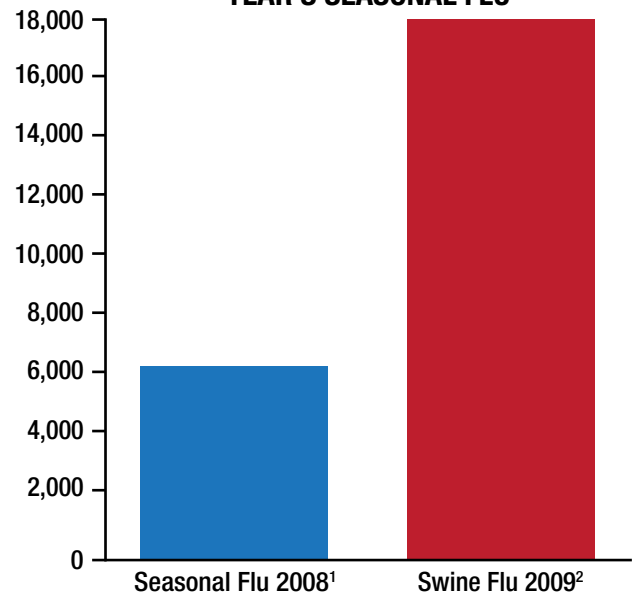
You see, it's one thing for a tribe of 50 neolithic farmers to get the flu, because contact with with other groups was probably pretty rare.

But everything changes when populations grow, the scale of animal farming increases and trade routes begin linking communities.

Today, Big Agra's modern livestock practices have created massive waves of sustainable epidemics with new, mutated strains of influenza.

Let me explain...

### BIG AGRA'S SWINE FLU KILLED THREE TIMES AS MANY PEOPLE AS PREVIOUS YEAR'S SEASONAL FLU



*An article published in Scientific American says that pig farms in the U.S. are practically “flu factories.” Big Agra admitted they’re reluctant to report sick pigs in fear of a government quarantine that will cut into their profits.*

You can't get swine flu from eating pork. But you can get it from live pigs.

When pigs get the flu — and they often do — they cough and sneeze. On any given day in America, there are more than 68 million pigs on factory farms.<sup>3</sup>

According to the CDC, nearly half of all commercially raised swine have been infected with the flu at some point in their lives. And up to one-quarter of pig farmers, as well as about 10% of all veterinarians in America, have been exposed. That kind of mass exposure is how epidemics begin.

Meanwhile, bird flu jumped from the droppings of wild waterfowl carrying the virus into the domesticated poultry industry. Chickens, turkeys and ducks, which are natural *asymptomatic carriers*, then spread the virus to *other* susceptible mammals, like pigs, horses and humans.

Commercial poultry farms, are designed like “disease incubators,” thanks to dark, moist and the inhumanely cramped conditions.





*When people get swine flu viruses, it's usually after contact with pigs.*

If an infected bird is detected on a farm, it is immediately quarantined and the entire exposed flock is euthanized. Two turkey farms in North Dakota recently were infected and more than 100,000 birds had to be euthanized.

But it's often too late...

That's how this year's dominant viruses — H3N2, or “canine influenza virus” — began, before it emerged as the “Hong Kong flu” in 1968.

It returned with a vengeance in Asia in the mid-2000s and is now circulating in dog populations of China, South Korea and Thailand.

*And now it's returned to America.*

The so-called “Spanish flu” that killed 40 million people worldwide in 1918 and 1919 — the deadliest disease outbreak in human history — was also a bird flu.<sup>4,5</sup>

Meanwhile, some drug-resistant strains of salmonella have been traced to industrial-scale livestock agriculture operations, where cattle are pumped full of antibiotics to grow them faster in cramped conditions.

Modern livestock agriculture was also behind the mad cow epidemic in the 1990s, after farmers fed the infected body parts of sheep to their cows in an effort to turn every scrap of meat and bone into profit.

Almost anyone who witnessed just five minutes inside any industrial factory farm would be overwhelmed with shock and revulsion. This is a cruel process that has nothing to do with human nutrition or environmental health — let alone animal welfare — but everything to do with maximum profit.

Thanks to Big Agra, flu epidemics are here to stay — and they're only going to get worse.

## **Bullet-Proof Your Immune System**

Your immune system's “fighter cells” are the guardians and tireless warriors that identify and destroy the invaders that make you sick.

A serious bout of influenza can overwhelm these defenses. And while the flu is most dangerous for adults over 65, it can turn deadly for anyone.

Heart attack is just one of the dangers.<sup>7</sup> All kinds of complications can occur if your defenses are down — including *sepsis*, multiple organ failure and bacterial pneumonia.

Lung infections are one of the most common causes of flu death. You see, the flu virus injures your lungs and causes inflammation that makes it easier for bacteria to invade. Very quickly your lungs become weaker and struggle to get enough oxygen for your body to function.

To stay healthy and energetic, you need to RAMP UP your number of fighter cells. But when your body needs extra help, what do you? Where do you turn?

Over-the-counter and prescription flu meds treat only the symptoms. TV ads tell you antibacterial soaps and wipes “protect” you from dangerous germs. But the truth is they don't just kill off harmless bacteria, they leave room for leftover bacteria to grow stronger — and actually weaken your immune system.<sup>8</sup>

That's where *anamu* comes in. And scientists now know why *curanderos* put so much faith in this “anti-witchcraft” herb.

Anamu contains many active compounds that protect your body against bacterial, viral, fungal and yeast infections.<sup>9</sup>

One of its most powerful components is a rare chemical compound called *dibenzyl trisulphide*, which scientists have never found occurring naturally in any other plant species.

Studies show that dibenzyl trisulphide is a potent stimulator of your body's “T helper cells.” These play a critical role in regulating your immune system. Their job is to give other immune cells an extra boost by releasing T-cell cytokines that supercharge your body's immune responses when needed.<sup>10</sup>

Anamu is such a powerful immune system booster, studies also show it even kills cancer cells. In one study, anamu increased natural killer cells by a dramatic 100%.<sup>11</sup> These are the cells that kill disease throughout your body.

And it also boosts chemicals like *interleukin* and *interferon*. These help protect you against future infection and disease.<sup>12</sup>

## Build Your Own Impenetrable Shield

I've never had a flu shot in my life — and neither have many of my patients since I've been recommending anamu to them.

To me, it feels like having an energized “defense shield” that gives you a level of security that makes you feel safer and more secure.

You can buy the dried anamu leaves online or in health food stores to make a tea.

*Traditional healers make an infusion using 30 grams (slightly more than one ounce) of dried anamu in a liter of water. You drink a quarter to a half cup, one to three times per day.*

You can also take the herb as a capsule. I recommend 500 mg to 1,000 mg per day in divided doses.

## Make Your Defenses Even Stronger

You can combine anamu with other immune system boosting herbs. My own observations with patients have shown that this often strengthens the effect of anamu.

It's always a good idea to boost vitamin D levels — but especially important when battling the flu. A study published in *Nature Immunology* recently found that T-cells — your body's key infection fighters — don't mobilize against viruses without vitamin D.<sup>13</sup>

But to help give you EXTRA defensive power, here are three more immune boosters to add to your arsenal:

- **Immune Booster #1: Astragalus.** Used in Traditional Chinese Medicine (TCM) for thousands of years, *astragalus* is often combined with other herbs to strengthen the body's immune defenses. Astragalus is called an “adaptogen,” meaning it is thought to help protect the body against physical and mental various stresses. I recommend 500 mg of the concentrated extract three times a day.



*Astragalus is an adaptogen herb that increases the number and activity of immune cells.*

- **Immune Booster #2: Cat's Claw.** Named after its hook-like horns, cat's claw is a woody vine that's native to the Amazon rainforest. Studies suggest that cat's claw stimulates T-cells to boost the immune system. You can find it in health food stores. Look for a supplement made from the inner bark and take 500 mg per day.



***Maca is packed with nutrients that naturally boost your immune system.***

- **Immune Booster #3: Maca Root.** This potent Peruvian root was known to the Incas and used for increased energy and immune strength. It only grows high in the mountains of South America — usually above 10,000 feet. And its oxygen efficiency at high altitudes is passed on to whoever eats it, which infuses your immune cells with added energy.

You can get raw, organic maca root at specialty stores and on the Internet. Be sure to get Peruvian maca, grown in the Andes, or it will not have the oxygen-facilitating properties. You can also buy maca powder extract. My favorite way to use maca is in a smoothie. Maca supplements are also available as liquid extracts.

#### References

1. Haviland WA, Walrath D, et al. "Evolution and Prehistory: The Human Challenge." Published by Cengage Learning. Mar 13, 2013.
2. Van Blerkom LM. "Role of viruses in human evolution." *Am J Phys Anthropol.* 2003; Suppl 37(0):14-46.
3. National Agricultural Statistics Service, "Livestock Slaughter 2015 Summary." U.S. Department of Agriculture. April 2016.
4. Barry JM. "The great influenza: The epic story of the deadliest plague in history." New York: Viking Press; 2004. p. 560.

5. Basler CF, Reid AH, et al. "Sequence of the 1918 pandemic influenza virus non-structural gene (NS) segment and characterization of recombinant viruses bearing the 1918 NS genes." *Proc Natl Acad Sci U S A.* 2001;98:2746-51.
6. "Seasonal Influenza Vaccine Effectiveness, 2005-2017." Centers for Disease Control and Prevention. Available at: <https://www.cdc.gov/flu/professionals/vaccination/effectiveness-studies.htm>
7. Kwong JC, Schwartz, K, et al. "Acute Myocardial Infarction after Laboratory-Confirmed Influenza Infection." *N Engl J Med.* 2018; 378:345-353.
8. Larson EL. "Effect of Antibacterial Home Cleaning and Handwashing Products on Infectious Disease Symptoms: A Randomized, Double-Blind Trial." *Ann Intern Med.* 2004;140(5):321-329.
9. Kim, S., et al. "Antibacterial and antifungal activity of sulfur-containing compounds from *Petiveria alliacea* L." *J. Ethnopharmacol.* 2006 Mar;104(1-2):188-92
10. Williams LA, Rosner H, et al. "A critical review of the therapeutic potential of dibenzyl trisulphide isolated from *Petiveria alliacea* L (guinea hen weed, anamu)." *West Indian Med J.* 2007 Jan;56(1):17-21.
11. Jovicevic, L., "In vitro antiproliferative activity of *Petiveria alliacea* L., on several tumor cell lines." *Pharmacol Res.* 1993;27(1):105-106.
12. Queiroz M, Quadros M, et al. "Cytokine Profile and Natural Killer Cell Activity in *Listeria Monocytogenes* Infected Mice Treated Orally with *Petiveria Alliacea* Extract." *Immunopharmacol Immunotoxicol.* 2000 Aug;22(3):501-18.
13. Kongsbak M., et al. "Vitamin D controls T cell antigen receptor signaling and activation of human T cells." *Nature Immunology.* 2010; 11: 344-349.

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).