



Dr. Sears'

CONFIDENTIAL CURES

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

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President of the American Heart Association Had a Heart Attack

Why Big Medicine's Bad Advice Is Harming Your Health

You might have heard the news about John Warner, the president of the American Heart Association. He recently became a victim of Syndrome Zero.

It happened one Monday afternoon late last year. Dr. Warner, who is a practicing cardiologist, gave an address to the AHA's key Scientific Sessions conference in California. He spoke of the terrible impact that inherited cardiovascular disease and heart attacks have had on his family.

Then Dr. Warner had a heart attack himself.

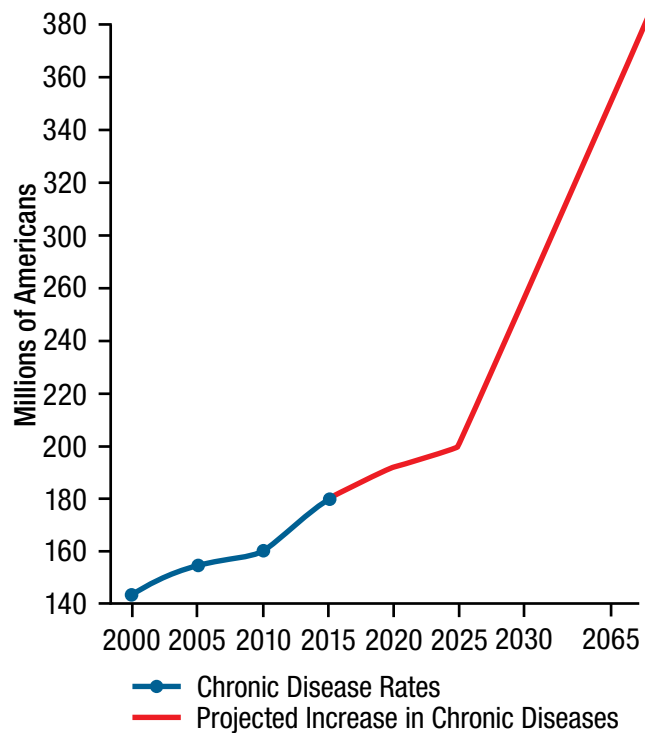
I'm glad to hear he is recovering well. But he was wrong about heart disease being an "inherited" disease. The problem is not in your genes.

And that's not the only thing Dr. Warner was wrong about.

The AHA, along with the other gatekeepers of American health — from the state medical licensing boards and hospital bureaucrats to the government's Food and Drug Administration — are part of a much bigger problem.

Big Medicine has been dictating bad advice for decades — from harmful dietary guidelines and the wrong kind of exercise to unnecessary surgeries and prescriptions for toxic drugs — and it has led to the most urgent health crisis in history.

SKYROCKETING CHRONIC DISEASE IN AMERICA



Chronic diseases are skyrocketing out of control. But Big Pharma won't change course — as long as they're making a profit.

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I'm talking about Syndrome Zero. Doctors still haven't connected the dots between all chronic diseases and their roots in our unnatural, insulin-spiking, starch-heavy modern diet.

And all that starch doesn't just spike your insulin, it keeps it unnaturally elevated for years... until your body is simply overwhelmed.

Even foods labeled "heart healthy" are loaded with insulin-spiking grains.

Heart disease is just one of the chronic conditions that springs from Syndrome Zero, but the chances are, Dr. Warner followed the AHA's same old **WRONG** Syndrome Zero-friendly advice. Advice like:

- Eat low fat and low cholesterol
- Don't eat red meat
- Eat whole grains
- Do more cardio exercise

These guidelines not only lead to Syndrome Zero, they feed it — and accelerate the development of chronic diseases.

Heart disease is still America's biggest killer, cancer rates have never been higher, and diabetes and Alzheimer's rates are skyrocketing.

The fact is, Big Medicine is losing the battle against every chronic disease, but they refuse to change course.

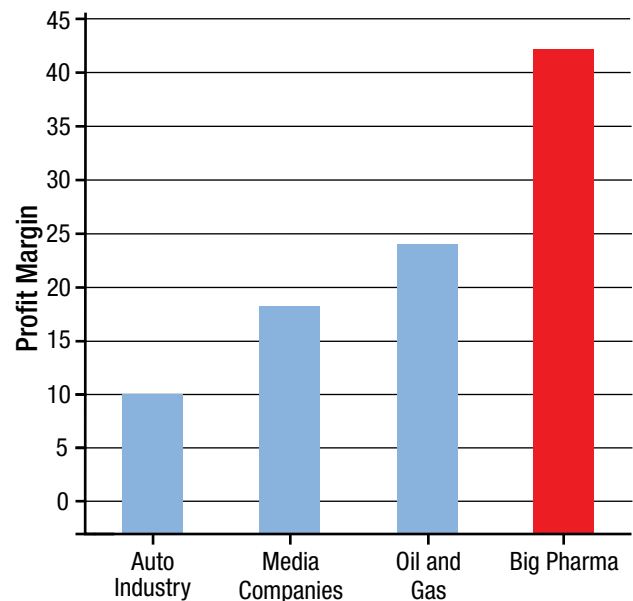
But that's OK with the Med-Pharma-Insurance Complex... as long as everyone gets paid their fees.

And worse, their bureaucracy is aimed at thwarting any practitioner who innovates and uses alternative methods against chronic disease. If a doctor steps outside of the rigid orthodoxy learned in medical school — which boils down to prescribing Big Pharma's drugs for life — or if they talk about cures, or ancient herbal medicines or even nutritional remedies, they're labeled snake-oil salesman.

Big Medicine has raised itself on a pedestal, but they criticize and dismiss without exploration.

Desperate to hold their monopoly on medicine, they have become arrogant about their own ignorance — and it has made them blind to real solutions.

BIG PHARMA HAS THE HIGHEST PROFITS OF ALMOST ANY AMERICAN INDUSTRY



In 2013, U.S. drug manufacturer Pfizer made a jaw-dropping 42% profit.

Solving Syndrome Zero requires a different approach — a different narrative.

In this **Confidential Cures** article, you're going to learn about an alternative remedy that doesn't simply manage diseases or treat symptoms, but gets to the root of chronic conditions like cancer, diabetes, Alzheimer's, hypertension, heart disease and arthritis.

Our Medical Dictatorship Is Out Of Control

You and I face seemingly unbelievable restrictions over natural solutions to our health problems. If that sounds like we're living in a dictatorship, it's because — in a medical sense — we are.

Think about it this way...

Have you ever applied ice to reduce the swelling caused by an injury like a sprain or a strain? Your answer is probably yes. Of course, that's legal for you to do. And it's also legal for you to tell someone that ice can do the same thing for them if they get injured.

But here's where it gets strange...

If you sell your ice to anyone, it now becomes illegal for you to tell them it can be used to reduce swelling — or even to mention that you've used it for that purpose.

This is where doctors like me run into issues.

I cannot call a naturally occurring product an anti-inflammatory or I could be prosecuted, fined or jailed for selling you an “unapproved drug.”

The FDA regularly issues “Warning Letters” to companies that sell natural products, telling them *not* to use certain words or phrases like:

- Anti-inflammatory
- Antimicrobial
- Antibacterial
- Antifungal
- Antiseptic
- Bactericidal

It's a preposterous stretch to claim that a natural product with antimicrobial or antifungal properties is a drug and is therefore unauthorized.

And what about the phrase anti-inflammatory? This includes a good portion of all the plants we use for food and spices.

By their definition, a restaurant selling fish and chicken soup, or food with garlic, onions, pepper, cloves or just about any spice, is selling a drug if they mention the simple, but undeniable truth that these ingredients are anti-inflammatory.

The terrible irony is that these are exactly the kind of foods doctors should be recommending as treatments to combat the effects of our inflammation-friendly modern diet.

But most doctors don't understand the critical role of nutrition as a weapon against chronic disease.

It's unlikely that even John Warner, the president of the AHA, knows that the constant insulin spikes caused by a typical starch-heavy American diet triggers oxidation and inflammation in your body... and eventually obesity, nonalcoholic liver disease, kidney failure, and multiple other chronic conditions, including heart disease.

Sadly, most medical schools provide less than three hours of nutrition education a year.¹

Big Medicine Thinks I'm Dangerous

There's a good reason why Big Medicine is so opposed to using nutrition and natural remedies as treatments — it can't make money from them.

Putting profit before health not only neglects the best interests of patients, it means that the medical establishment ignores thousands of years of accumulated medical wisdom.

Since graduating from medical school more than three decades ago, I have found myself in trouble often for taking on Big Pharma, Big Agra and the so-called respected medical establishment.



I have found myself in trouble for taking on Big Medicine.

But by daring to tell the truth — that for every disease there exists a natural, non-toxic, non-drug treatment — I'm considered a threat to Big Pharma's profits.

By daring to reveal that GMO foods are linked to depression, fatigue, infections, brain fog, nausea and even cancer, I'm considered a threat to Big Agra's profits.

And by daring to suggest that doctors should focus on root-cause cures and what makes people healthy instead of the profitable management of disease, Big Medicine regards me as dangerous.

Just look at how they treated omega-3 a few years ago...

I remember when alternative doctors began recommending fish oil for its vital omega-3 fatty acids.

I also consider omega-3s to be vital nutrients. And there is a truckload of science that agrees. A Harvard University study, for example, estimates that omega-3 deficiencies contribute to the deaths of up to 96,000 Americans every year.²

Yet, for years, Big Medicine labeled omega-3s a "quack treatment." And new "studies" suddenly emerged to discredit fish oil.

The problem was that these new studies — sponsored by Big Medicine — couldn't stand up to the growing positive evidence for fish oil.

Meanwhile, doctors continue to prescribe toxic meds to their patients — because they're only allowed to see half the information before they prescribe.

You might ask, and rightly so, "How is that possible? Don't all the studies on drugs and their effects get published in the science journals?"

"And don't all studies on pharmaceuticals up for approval have to get turned over to the FDA?"

For decades, Big Pharma and the medical establishment have worked to make you believe that's true. But it's a lie.

Behind the scenes, Big Pharma is very aggressive at trying to bury negative trials. And it uses its lobbying power, the FDA and even the state medical licensing boards to shut down public and professional discussion on the subject.

Yet a scientific study of the problem estimates that Big Pharma has become quite good at hiding the effects of their drugs. In fact, half of all clinical trials on pharmaceuticals in development have NEVER been published.³

But none of these drugs — or the other official health recommendations of Big Medicine — were able to prevent Dr. Warner's heart attack. And they certainly won't stop the plague of Syndrome Zero.

There are much better ways...

Start My Drug-Free Cure For Chronic Disease

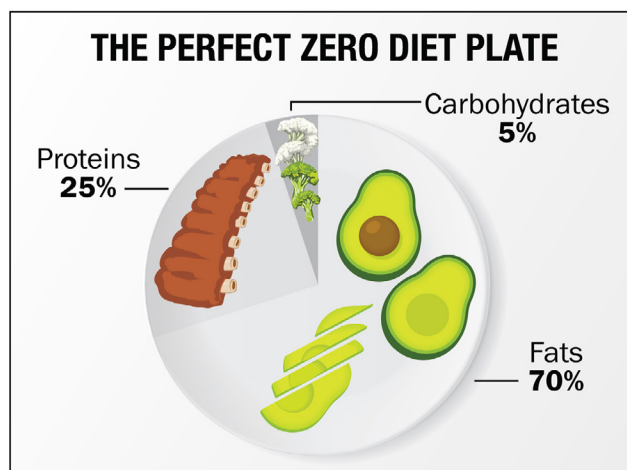
I don't use any Big Pharma meds to treat Syndrome Zero — or the terrible chronic diseases that spring from it.

All modern chronic diseases have the same root, so it makes sense to concentrate my healing efforts there, not on symptoms.

The first step to defeating Syndrome Zero is a strategy Big Medicine doesn't get — because it doesn't come in the shape of a pill.

Instead, it's entirely based on nutrition and the effect of insulin on your body.

One of the best ways to start attacking Syndrome Zero is to drastically reduce the amount of insulin-spiking starches you eat using my Zero Diet.



I recommend every meal in your Zero Diet consists of 70% fats, 25% protein and 5% carbohydrate.

A Zero Diet is high in fat, moderate in protein and zero to near zero in carbs.

It's close to the diet of your ancestors — before the relatively recent invention of agriculture.

When you eat this way, there are no starches to trigger an extreme insulin response. And since your body doesn't have starches to burn for energy, you burn fat instead.

Fat also stabilizes your appetite by triggering the satiety hormones in the hippocampus region of the brain, which makes you feel full.

And you feel it in other ways, too. Fat provides long-burning consistent energy that carbohydrates just can't match.

Importantly for the treatment of Syndrome Zero, scientific studies have confirmed that very low-starch diets improve insulin sensitivity.

In one recent study, a group of overweight women were given a diet with less than 10% of calories from starches. The researchers found a direct and consistent connection to significantly improved insulin sensitivity for the group, while a low-fat, high-starch diet made insulin sensitivity worse.⁴

4 Steps To The Perfect Diet

Following a Zero Diet is simple. Here's how to get started:

Step 1. Reduce starches in your diet. Starches should never make up any more than 5% or 10% of your total calorie intake. The easiest way to start is by avoiding all processed foods. Also avoid grains, rice, pasta, beans and legumes and starchy vegetables.

A good rule of thumb is to avoid vegetables that grow underground. Choose non-starchy vegetables that grow above ground like kale, spinach, broccoli, cabbage and green peppers. Limit fruit choices to berries that are lower in sugar.

Step 2. Choose the right fats. Strictly avoid trans fats and vegetable oils like corn, sunflower, safflower, soy and canola. Instead, choose fats like olive oil,

coconut oil, avocado, butter, ghee and heavy cream. I also recommend medium-chain triglycerides (MCT) oil for a Zero Diet. Your liver converts it directly to ketone bodies.

Step 3. Eat plenty of protein. Beef, organ meats, fish and eggs are your best sources of protein. If possible, eat grass-fed beef and wild-caught fish. Choose eggs from pastured chicken. Other good sources of protein include chicken, turkey, wild-caught salmon and other cold-water fish. Nuts and seeds such as almonds, peanuts, cashews, sunflower and pumpkin seeds also have plenty of protein.

“Ketones are chemicals your body makes when there's not enough insulin in your blood and it must break down fat instead of the sugar glucose for energy.”

Step 4. Focus on the glycemic index. Avoid high-glycemic foods. The glycemic index measures how quickly food breaks down into sugar in your bloodstream. High-glycemic foods turn into sugar quickly. These include white potatoes, most grains such as rice, corn and wheat, cereal, cereal bars, sugar, processed foods and sweetened foods. Go to <http://alsearsmd.com/glycemic-index/> for more information on using the glycemic index.

Choose fresh, low-glycemic foods like grass-fed beef, small, wild-caught cold-water fish, above-ground and leafy green vegetables, berries and other fresh fruit, seeds and nuts.

Soon your energy and mental sharpness will surge. And as your insulin production begins to normalize, your body will begin the process of healing.

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Big Pharma Unleashes “Pharmageddon”

Making Billions While Robbing You Of Your Health

As we face the most urgent public-health crisis in human history — *Syndrome Zero* — the companies and government agencies that are supposed to safeguard our health are secretly making us sicker.

It sounds like something out of a George Orwell novel.

But it’s not fiction.

Hidden from view, a complex web of vested interests, involving the world’s biggest pharmaceutical companies and the bureaucratic bandits at the FDA, is driving America’s hugely profitable drug market. And they’re robbing you of your health, nutrition and your hard-earned money.

I thought things would change with President Trump. Sadly, his campaign promise to end “the corrupt... special interests in power at your expense” has not extended to the gatekeepers of American health.

Last year, Trump appointed his new FDA chief, Scott Gottlieb — another corporate fat cat plucked from Big Pharma.

Gottlieb may not have your best health interests at heart. But he does have deep ties to multiple major pharmaceutical companies, including some of the biggest ones, like Ely Lilly, GlaxoSmithKline, Hoffmann-La Roche and Sanofi-Aventis.

Talk about the fox guarding the henhouse!

Gottlieb, a physician, a cancer survivor and a former FDA deputy commissioner in President George W. Bush’s administration, has preached for years about tearing down the wall of FDA regulations he believes is holding back innovation.

But don’t be fooled. He’s not talking about relaxing the FDA’s grip on natural life-saving stem-cell breakthroughs or oxygen therapies, or reducing the



The FDA’s new commissioner, Scott Gottlieb, has deep ties to the pharmaceutical industry he is charged with regulating.

restrictions on medicinal herbs that have been used as anti-inflammatory, anti-viral and anti-cancer treatments for thousands of years.

Instead, he wants to flood the market with literally thousands of new generic drugs — each one more dangerous than the last. And under his proposals, drug manufacturers would be able to fast track their new drugs to the market — but they won’t even have to prove they’re effective.¹

His aim is to drive down the sky-high cost of prescription meds. But more toxic Big Pharma drugs that only treat Syndrome Zero symptoms is the last thing the world needs.

Unless we stop the relentless march of Syndrome Zero, every man, woman and child in America will have a chronic disease before the end of the century.

And in the not too distant future, babies could even be born with a chronic disease.

Big Pharma, with the help of their partners in the FDA, have already made trillions of dollars from Syndrome Zero — but their drugs have failed to prevent or cure a single chronic disease.

It runs all the way through from Big Pharma's powerful lobbies to the elected politicians in Congress, who lavish these greedy, oversized drug companies with huge tax breaks and billions of dollars in federal subsidies. And it goes all the way up to the FDA executives who get picked straight from the top echelons of the corporations they're supposed to watch.

The incidence of type 2 diabetes alone has jumped a jaw-dropping 1,750% in just 30 years... Heart disease is still the biggest killer in America... Alzheimer's rates have virtually exploded over the past few decades.

There's no such thing as a magic pill for Syndrome Zero. The truth is, you can't rely on Big Pharma or the FDA to protect your health — they're in it for themselves.

In this article, I'm going to show you why it's essential for you to take control of your own health — and exactly how you can do it. You'll learn about the most important steps you can take to prevent and reverse the scourge of Syndrome Zero.

Big Pharma Won't Cure Your Disease Anymore

Once upon a time, pharmaceutical companies played a vital role in your health. From the first commercially used smallpox vaccine in the 1890s to the roll out of penicillin and other antibiotics in the 1940s, they have helped save hundreds of millions of lives.

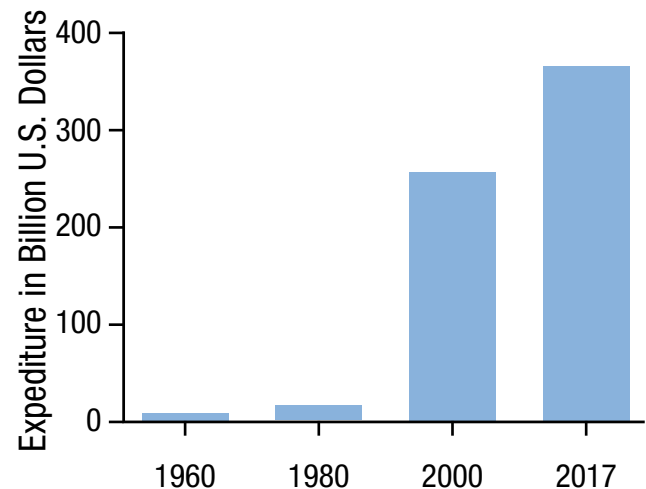
But today, infectious diseases like pneumonia, diphtheria and even strep throat are no longer the life-threatening menaces they once were. And they're no longer the big money maker they once were either.

So, to pick up the slack, Big Pharma shifted its primary focus away from the market of "curing" contagious diseases to "treating" the epidemic rise of chronic disease.

And it made them rich beyond their wildest dreams. Last year, Americans spent approximately \$360 billion on prescriptions.

*And global pharmaceutical sales last year surged to a jaw-dropping **\$1.1 trillion**² — roughly equivalent to the GDP of Mexico!*

BILLIONS SPENT IN U.S. ON PRESCRIPTION DRUGS IN PAST 60 YEARS



Americans spent less than \$3 billion on prescription drugs in 1960. That figure has skyrocketed to \$360 billion today.

But just look at what these companies and their partners in the FDA are doing. Hundreds of thousands of people are dying from their products.

Know Your Facts Before Ever Taking A Prescription Drug

You would think by now that drug deaths would be going down because of public awareness.

Remember these deadly drugs that were approved for prescription?

- **Avandia:** 83,000 heart attacks, 304 deaths and thousands of reports to the FDA, and 10 separate studies that say it increases the risk of heart attack by up to 80%... and it's still being prescribed to diabetic patients. ^{3,4}
- **Baycol:** This statin drug caused a rare but sometimes fatal muscle ailment. There were 31 reported deaths directly linked to it before Baycol was pulled from the market.
- **Vioxx:** Prescribed 105 million times... it killed 57,000 people before its maker, Merck, was forced to finally stopped selling it.

These drugs made the danger of Big Pharma's practices very public, and they became a big part of people's consciousness.

And then the lawsuits started piling up. The Vioxx settlement was the biggest lawsuit in history at the time. And after the settlement was announced, it was the biggest stock decline in history. Merck lost a third of its value. Tens of billions of dollars.

Scott Gottlieb's track record is enough to tell me which way the wind is blowing at the FDA today. Back in the 2000s, when he was deputy commissioner of the FDA, Gottlieb called the early termination of a multiple sclerosis drug study "an overreaction" — even after three participants in the trial died.

And there were reports at the time that he harassed underlings after FDA scientists rejected Pfizer's osteoporosis drug candidate Oporia, which was forecast to earn \$1 billion a year. Neither Pfizer nor the FDA ever made Oporia's safety concerns public.⁵

Gottlieb also had to recuse himself from resource planning for a possible bird flu epidemic because of financial ties to drug giants Roche and Sanofi-Aventis. And he's also had to bow out of work related to Eli Lilly, Procter & Gamble and five other drug companies because he served on their boards.

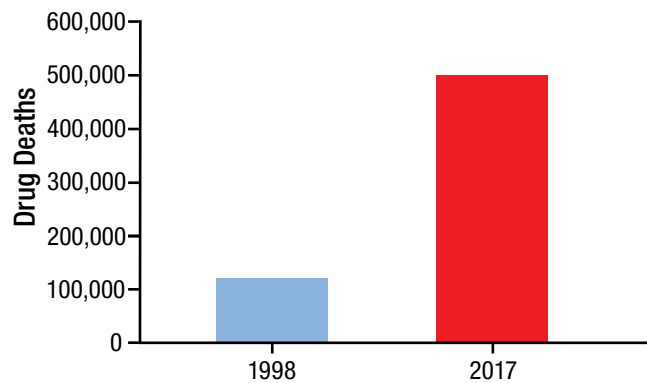
And then there are the self-serving tricks used by Big Pharma, especially in television advertising. Terms like "relative risk," to falsely increase the effectiveness of drugs that are often both ineffective and dangerous. For example, a 33% relative risk in lowering heart disease may sound great, but it may really mean only the difference between a 1% and 2% reduction in risk.

But let's look at the biggest lie of all — the *great statin lie*...

Don't Let Big Pharma Sell You On Its Biggest Lie

Big Pharma's trillion-dollar statin business isn't reducing heart disease for one simple reason. It's based on a marketing lie.

PRESCRIPTION DRUG DEATHS HAVE INCREASED 5-FOLD IN PAST TWO DECADES



In 1998, 106,000 people died from prescription drugs. Today, that number has skyrocketed to over half a million.

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

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

In fact, they found the opposite to be true. Cholesterol has a protective effect on your heart.

You see, if your HDL (your so-called "good cholesterol") is high enough — above 85 — your LDL "bad cholesterol" levels don't even matter. It's only when your HDL drops that your risk of heart disease rises.^{6,7}

That's because the real culprit in heart disease — and all chronic diseases — is inflammation, not cholesterol.

And the HDL is there to clean up the inflammation, reducing the risk of heart disease.⁸

Dangerously, statins lower both your LDL and HDL.

Statin drugs like Lipitor, Crestor and Zocor work by blocking *HMG-CoA reductase*, the enzyme that makes cholesterol in your liver.

The truth is that nearly 75% of people who have heart attacks have normal or low cholesterol.⁹

Statin drugs are toxic poison to your body. They have lists of nasty side effects as long as my arm. And, worse, they distract from treating the real cause of disease.

But to make their case and keep the drug dollars rolling in, Big Pharma has hijacked the research.

And they've bamboozled both the public and the medical profession into buying their hype. They run multimillion-dollar marketing campaigns to convince you that you need statins to live a longer and healthier life. It's not true.

You cannot cure chronic diseases with toxic pills. It makes money, but not medical sense. You need to attack the root cause of the disease...

Attack Syndrome Zero With Three Insulin-Lowering Herbs

Syndrome Zero is your body's reaction to the massive starch overload packed into our modern diet. Your body produces unnaturally high levels of insulin to cope, resulting in insulin resistance in your cells, along with widespread inflammation.

Here's what I use at the Sears Institute for Anti-Aging Medicine to bring insulin levels back into balance:

1. Berberine: In the 1980s, Chinese doctors made an amazing discovery. While using berberine to treat stomach upset in a diabetic patient, they accidentally uncovered its power to considerably improve insulin resistance and normalize his blood sugar levels.

I call berberine the "magic bullet."

Berberine is a plant phytonutrient extracted from a number of medicinal herbs, such as barberry and goldenseal. And its performance in human type 2 diabetes clinical trials has been amazing.

Berberine decreases insulin resistance, but it also increases glycolysis, helping the body break down sugars inside cells.

A review of 14 different berberine studies revealed that it was as effective at treating type 2 diabetes as metformin, with one huge advantage:



I call berberine a "magic bullet" because of the way it clears insulin out of your cells.

Berberine had no nasty side effects.¹⁰

I recommend taking one 500 mg capsule two to three times a day with food.

2. Purslane: The FDA lists this herb as the seventh worst pervasive weed in the world. But what Big Pharma will never tell you is that purslane is an amazing healing herb. In fact, studies show it's just as effective as Big Pharma drugs for treating diabetes.

Purslane mimics the action of insulin, improving glucose uptake in insulin-resistant cells before it can lead to Syndrome Zero complications and high blood sugar levels.

And clinical research proves it works. In one study, diabetics who took 180 mg of purslane extract increased insulin sensitivity and glucose uptake into their cells. They also improved their hemoglobin A1c by an average of 44%.¹¹

Another study compared the effects of taking 1,500 mg a day of metformin with eating 5 grams of purslane seeds twice a day. After eight weeks, purslane reduced triglycerides, blood sugar levels, insulin and weight — just as well as the prescription drug.¹²

Purslane hasn't made it yet into most supermarkets. But it's beginning to appear in local farmer's markets. You can also find organic purslane seeds on the Internet. Or try growing your own plant. This "weed" is easy to grow.

Add 5 to 10 grams per day to yogurt, salads or soups. If you're supplementing, I recommend 500 mg one to two times a day.

3. Cerasee: I first learned about cerasee from my friend Ivey Harris in Jamaica.

Ivey is a seventh-generation Maroon healer. Maroon healers have used cerasee to treat diabetes for 700 years.

More than 100 scientific studies prove cerasee's value in treating insulin spikes. Compounds in cerasee help regulate your body's carbohydrate metabolism. This prevents the spikes and drops in blood sugar levels that can be so dangerous to diabetic patients.



Ivey Harris, a seventh-generation Maroon healer, introduced me to cerasee.

One study showed cerasee had positive effects on the glucose levels of those taking it, following both fasting and eating.¹³ And two studies show cerasee plays a key role in helping to balance insulin in your body.^{14, 15}

In fact, one study on 25 diabetic patients found that cerasee is more effective than Big Pharma's diabetes drug Avandia.¹⁶

I like to use cerasee in my cooking. I cut the green fruit open lengthwise without peeling. Then I remove the seeds and the unripe fruit from inside and chop it like a green pepper. I boil the pieces until tender, and add them to my stir-fry. You can also add a little bit to soups or beans to give a slightly bitter flavor.

Or you can find cerasee extract in capsule form. Take 500 to 1,000 mg three times a day after meals.

I also use the young leaves to make a detoxifying tea. Here's how...

Cerasee Detox Tea

1. Add about ½ an ounce of dried or fresh cerasee leaves to ¼ liter of boiling water.
2. Simmer on low for 5 minutes.
3. Turn off the heat and steep for 10 minutes.
4. Strain off the tea into a cup.
5. To make it sweeter, add a bit of brown sugar or raw honey, and ginger.
6. Drink with breakfast.

But don't go overboard drinking this tea. Too much can cause vomiting and diarrhea.

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100-Year-Old Cookbook Reveals Cure For Chronic Disease

Back in 1899, things certainly were different. Heart disease wasn't the number-one killer of people worldwide. Diabetes hadn't exploded into a global epidemic. And diseases like Alzheimer's, autoimmune disorders and fibromyalgia were so rare that most people had never heard of them.

Of course, these were the days before giant agricultural conglomerates took control of our food supply.

I'm talking about before industrialized food production... before factory-farmed cattle... before GMO... before pesticides... before mercury and other poisons polluted the world's fish populations...

And before foods processed with toxic agents, artificial colorings and shelf-life extending chemicals became the standard American fare.

In 1899, pastured red meat, chicken or wild-caught fish were at the center of every meal. Eggs, butter and other animal fats were used liberally. Carbohydrates and grain-based starches, notably, were kept to a minimum of around 10% to 15% of every meal (not counting desserts)!

And there was absolutely no fear of fat or cholesterol. Some recipes called for butter "the size of an egg" to be used. Omelets were cooked with *four* eggs, including the yolk. Other recipes used good old-fashioned lard or suet (the hard fat deposited around the kidneys and loins of cattle and sheep). Everything was full-fat.

A couple months ago my son and I were rearranging the bookshelves in my library at work.

And I came across a book I hadn't looked at in years. It was a 100-year-old collection of recipes and advice called the *White House Cook Book*.



I was thrilled to rediscover my 1899 edition of the bestselling White House Cook Book. I've already started preparing some of my favorite dishes.

This 118-year-old edition was a gift from an old neighbor who was clearing out a historic mansion. It's a 19th century bestseller that was once found in thousands of kitchens across America.

And I'll tell you, they sure knew how to make nutrition-rich meals in those days.

The cookbook is packed with menus, recipes and food-preparation instructions — as well as fascinating household hints and tips, like how to get cinders out of your eye, dinner table etiquette, and the best way to entertain over a thousand guests.

But the food itself was what really struck me...

It's the kind of *real food* I recommend to patients all the time, to free them from their inflammation-friendly American diet and the diseases that spring from it.

As you know, the inflammation triggered by our starch-loaded, insulin-spiking modern diet has led to a pandemic I've named *Syndrome Zero* — the root of all modern chronic diseases.

In other words, all the foods that Big Agra and the diet dictocrats told us would give us heart disease, diabetes and cancer.

The truth is, when we swapped the fat and protein-based meals of our grandparents' generation for starchy cereals and carbohydrate-packed "health foods," we didn't become healthier at all. We got sick — and in epidemic-sized numbers.

Now Big Agra's cheap grains have polluted almost every part of our food supply — from grain-fed cattle and poultry to every processed, packaged meal on every grocery store shelf.

In fact, researchers at the University of California-Berkeley carbon tested samples of hair. *The shocking results revealed that the average American consists of 69% corn.*¹

Or as the lead researcher said: "We're like corn chips walking..."

And while these giant agricultural conglomerates sell off your health and line their pockets, it's done with the blessing of government and the very agencies that should be protecting your health.

In this article, you'll see this Orwellian nightmare is far from fiction — but you'll also learn what you can do to avoid the crippling side effects of the junk Big Agra is peddling.

And you'll see that eating real food is easy and enjoyable. I'm also going to show you one of the most nutritious and delicious recipes I know — straight from the *White House Cook Book*.

10 Companies Control The World's Food Supply

The most dangerous foods on supermarket shelves — with the possible exception of crop oils — are the starchy, carbohydrate foods made from large-scale industrial crops, like wheat, corn and soy.

Behind these products is one of the disturbing parts of our modern food supply — a real-life assembly of evil that's become rich and powerful by fleecing you of your hard-earned money and your health.

10 COMPANIES CONTROL THE WORLD'S FOOD SUPPLY



I'm not blaming small farmers who earn their living growing vegetables on their land. I mean the multibillion-dollar mega corporations that control industrial food production and the global agricultural industry.

There are only 10 companies that control just about every large food and beverage brand in the world.

These companies — Nestlé, PepsiCo, Coca-Cola, Unilever, Danone, General Mills, Kellogg's, Mars, Associated British Foods, and Mondelez — rake in billions of dollars every year.

I'm also talking about the head honchos of crop conglomerates, like Monsanto and Procter & Gamble, government agencies like the USDA and FDA, powerful agriculture lobby groups in Washington, and the United States Congress itself, which panders to them with multi-million dollar federal subsidies.

These are the powers that drive the market for modern, mass-produced breads, pastas, cereals, processed granola bars, low-fat boxed and bagged supermarket products and trendy sweeteners. They also supply the animal feed for the meat you eat, as well as just about every box, packet or bag of health food you've seen.

And they do it with their giant genetically modified footprint...

“Frankenfoods” Have Taken Over Supermarket Shelves

A couple of decades ago, when giant agricultural corporations first wanted to flood the market with GMO seeds, there was a problem.

No one had checked their safety. What were the effects of eating corn laced with pesticide? What would happen if someone ate soybeans designed to survive Monsanto’s potent herbicide Roundup?

Thanks to Big Agra’s cozy cabal of connections, the government gave them a free pass. It decided that as long as these Frankenfoods were “substantially equivalent” to the real thing, GMO products would be deemed safe — and made available for sale.

In other words, they didn’t have to be tested for human safety.

Responsible scientists were quick to point out the problems with this substantial equivalence.

In 1998, Geneva’s Center for International Environmental Law argued against the World Trade Organization accepting “substantial equivalence” as a standard for GMOs.

They pointed out it didn’t prove safety and that it ignored scientific research, which showed substantially equivalent GMO foods did have significant negative health impacts.

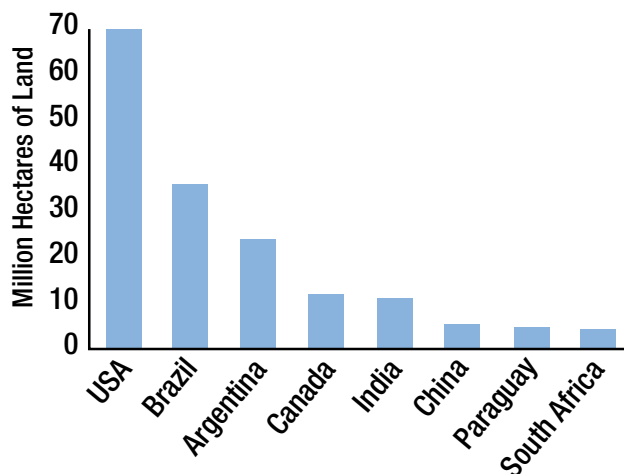
Unfortunately for all of us, commercial interests won out over science. Today, almost 90% of processed foods on store shelves contain ingredients that have been genetically engineered.

But where is all the research on genetically modified crops? It’s hard to come by.

And there’s a good reason for that. The *manufacturers won’t allow it.*

That’s right. Monsanto — and the handful of other big producers of GMO crops — *don’t allow scientific testing.*

TOP GMO GROWING COUNTRIES



Just look at how many more GMO crops are grown in America, compared with other sizable growers in the world.

If you want to get your hands on GMO seeds, you have to sign an end-user agreement, just as if you were buying software. And these end-user agreements ban testing and comparisons to other products.

The only testing that happens is testing that the manufacturers approve. As *Scientific American* points out, the only tests approved are those that the manufacturers decide are friendly.²

But I did manage to dig up some of studies. Here are a couple:

- In 2008, Italian researchers found that GMO foods had a negative impact on the immune system.³
- Turkish scientists found liver and kidney disease in animals fed genetically modified corn.⁴

Or take soy, one of the most widespread and successful GMO crops in history. All soy is genetically modified and it’s in thousands of products you eat every day.

For years now, you’ve been hearing about the miraculous benefits of soy-based products as a “healthy” meat substitute.

When the FDA endorsed soy protein in 1999 as a way to lower saturated fats and cholesterol in the American diet, it led to an explosion in the food industry's use of soy-based products. By 2004, 80% of all vegetable oils were derived from soy, and nearly all processed foods now contain some form of it.

But studies show industrialized soy isn't the health food it's cracked up to be.^{5,6,7} In fact...

- Soy inhibits the digestion of protein, the very thing soy is supposed to provide as an alternative to meat protein.
- Soybeans contain substances called isoflavones that mimic estrogen, the female hormone. Eating enough soy can disrupt a woman's menstrual cycle and reduce testosterone levels in men.
- Isoflavones have also been shown to cause gout and thyroid malfunction in healthy adult men and women.
- Soy causes cancer in animal studies. And soy makes its way into most industrial animal feed, which means it's also making its way to your table.
- It's also high in omega-6 fatty acids — up to 18% of the whole bean. This is the kind of fat you're supposed to reduce in your diet.

But above all, there is one dietary villain that is destructive to your health...

Grains Sabotage Your Health

Your body wasn't built to eat grains.

Grains have sophisticated defense mechanisms that help them survive, and help prevent humans from eating them.

In fact, whenever you eat them, you're ingesting enzyme blockers designed to ward off predators.

The most common enzyme to get zapped in your gut by grains is *protease*, which you use to digest protein. Other biochemicals from grains block amylase, the enzyme that digests starch.

Grains also sabotage our health with proteins called *lectins*. When grain lectins enter your digestive tract, they bind to your intestine walls, affecting permeability. You can end up with leaky gut syndrome, when holes in your gut let toxins seep into your bloodstream.

And studies show that when lectins get into your bloodstream, they set off a chain reaction of immune responses that can lead to autoimmune diseases, like rheumatoid arthritis or multiple sclerosis.⁸

The solution is to return to the way our ancestors ate, like the food in the *White House Cook Book*.

One Of My Favorite Old-Fashioned Meals

Of all the recipes in the 1899 edition of the *White House Cook Book*, my favorites are the hearty and nutrient-rich winter menus. I'm talking about foods like stewed brisket of beef, baked fish, braised duck, and root vegetables like carrots, beets and Brussels sprouts.

In today's 24/7 world, it's hard to find the time to make meals like these, but it's fun to try it on the weekends.

One of my favorites is a roasted leg of lamb. It's rich and delicious and easy to prepare.

This dish is perfect on a cold winter's night...



The meat of this leg of lamb is so flavorful and tender it falls apart with your fork.

Boned Roasted Leg Of Lamb

1. Take the bone out of a small leg of lamb. (Fill the hole where the bone was with a stuffing made from diced onions and celery, chopped apples, mushroom and cauliflower, butter, a beaten egg and your favorite herbs.)
2. Sew the underneath to prevent the stuffing from falling out. Then bind and tie it tightly.
3. Put the leg in a roasting pan with a cup of cold water and bake it in a moderately hot oven, basting it occasionally.
4. When partly cooked, season with salt and pepper.
5. When thoroughly cooked, remove and place the leg on a warm platter.
6. To make gravy, skim the grease from the top of the drippings, add a cup of warm water and thicken with a teaspoon of arrowroot flour.
7. Send the gravy to the table in a gravy dish, along with a dish of current jelly or mint sauce.

I serve the lamb with a dish of roasted Brussels sprouts with walnuts.

Brussels Sprouts With Walnuts And Goat Cheese

Time To Table: 10 minutes, serves: 4

Ingredients:

- 2 cups organic Brussels sprouts
- 1 ounce organic walnuts, chopped
- 2 ounces organic soft goat cheese
- 1 Tbsp. organic, grass-fed butter

Directions:

1. Roughly chop Brussels sprouts.
2. Heat a sauté pan over medium heat. Add butter.



3. Add Brussels sprouts and lightly sauté 2-3 minutes. Transfer to serving plates.

4. Top with goat cheese and walnuts.

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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).