

# SEX, SALT AND THE SUPREME COURT

## How Faulty Science Led to War on Salt

**Y**ou may have heard... New York State’s Supreme Court has joined forces with the FDA to declare war on salt. But even if you’re not a New Yorker, the chances are it’s coming to a city near you pretty soon.

Back in 2015, New York City’s Mayor Bill de Blasio forced chain restaurants to label their salty menu items with an ominous warning symbol of a salt shaker in a black triangle.

You can guess his reasoning. The FDA has been preaching for years that too much salt kills you.

Some doctors will even tell you it’s as bad as smoking. Too much salt, they say, leads to *high blood pressure* and *heart disease*.

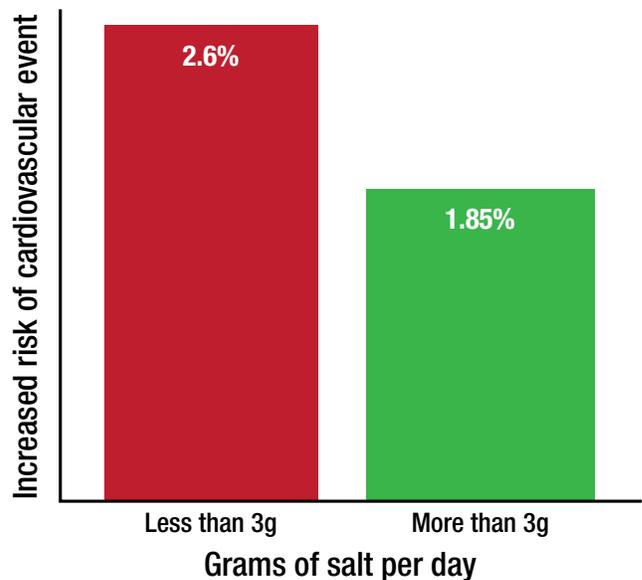
New York’s Supreme Court sided with the FDA. It recently *rejected* a challenge against the no-salt regulation from the National Restaurant Association.

That’s important, because it not only gives judicial backing to the salt warning, it also means a legal precedent has been set. Now more American cities are expected to follow suit and declare their own “legal” war on salt.

Mayor de Blasio and his health department called it a “common-sense ruling” on the “well-established connection” between salt and heart disease.

There’s only one problem. ***Salt is good for every part of your body — including your heart.***

**RISK OF HEART ATTACK AND STROKE WITH SALT INTAKE**



***Your chances of having a major cardiovascular event — like a heart attack or stroke — are much higher on a low-salt diet.***

Despite the FDA’s claims, there was never any sound scientific evidence to support the low-salt/heart disease link in the first place.

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Mayor de Blasio’s “well-established connection” melts away on close scrutiny of the research.

And compelling studies confirm what I’ve been telling patients for years... eating too little salt can cause *insulin resistance, weight gain, diabetes, fatigue* and more. It can even cause *high blood pressure*, which is precisely what a low-salt diet is supposed to prevent.

It turns out, the FDA’s war on salt has likely caused far more heart disease than it prevented.

The truth is, you can’t live without salt. You need salt to have sex and for your heart, kidneys, liver and other organs to function. Too little salt can even lead to *erectile dysfunction* — but you’re unlikely to hear that from anyone in the medical establishment.

The real question you should be asking is not, should you eat salt or not — but what *kind* of salt should you eat?”

## You Wouldn’t Be Alive Without Salt

If you’ve been struggling to cut your intake, you’ll be relieved to learn that your salt cravings are normal. It’s a biological need, just like your thirst for water.

We are salty people. We cry salt, we sweat salt, and the cells in our bodies are bathed in salty fluids. Our blood is salty. Without salt, none of us would be here.

Your primal ancestors supplemented their diet with salt that they mined or traded. Salt deposits occur naturally in nearly every region of the world, and archaeological evidence shows that early Neolithic cultures harvested salt from springs.

Salt is so basic to life that a deficiency acts as a natural contraceptive. A low-salt diet inhibits the chances of getting pregnant and affects the birth weight of infants. And clinical studies show that low-salt diets can cause erectile dysfunction, fatigue as well as the age at which females become fertile.<sup>1,2</sup>

Low salt was even noted as the cause of ED in the *Samhita of Sushruta*, an ancient Sanskrit text on medicine and surgery, written in India around 3,000 years ago.<sup>3</sup>



***Humans can’t live without salt. It’s vital for almost every function in your body.***

Salt is part of the very fabric of your life...

- Your body consists of three distinct fluid systems all salty — blood plasma, lymphatic fluid and extracellular fluid.
- Salt carries nutrients across cell membranes into your cells.
- Salt keeps calcium and other minerals soluble in your blood.
- Salt helps regulate muscle contractions.
- Salt helps regulate blood pressure and fluid volume.
- In hot temperatures, salt regulates your fluid balance.

You can’t digest food without it. Your heart needs it to function. So do your adrenal and thyroid glands. Your liver and kidneys won’t work without salt either.

It also helps your body withstand accidents. Besides bleeding, injuries often result in the loss of other fluids. As the injured areas soak up fluids to speed healing, your body uses its salt reserves to keep blood circulating and avoid vascular collapse.

So why would almost every doctor in America tell you that salt is bad for you?

## Faulty Science Led To Low-Salt Lie

The idea that salt consumption causes high blood pressure is a relatively recent belief... based on questionable conclusions in a handful of studies.

The hypothesis goes like this... you eat salt and get thirsty, so you drink more water. The excess salt causes your body to keep that water to dilute the saltiness of your blood.

But retaining more water increases your blood volume, which leads to higher blood pressure... and to heart disease and strokes.

This seems to make sense in theory, but there's a problem — the facts don't back it up.

Repeated studies have failed to show a major causal link between salt intake and high blood pressure. In fact, some research *points in the opposite direction*.<sup>4</sup>

A huge government study on thousands of people concluded that minerals — especially potassium and magnesium — are better at lowering blood pressure than reducing salt.<sup>5</sup>

And a new study just published followed more than 2,600 men and women for 16 years, and found that eating less salt *wasn't* associated with lower blood pressure.<sup>6</sup>

Where's the evidence that a low-salt diet reduces your risk of heart attacks and strokes?

For example, a massive, worldwide study published in *The Lancet* in 2016 — involving 130,000 people across 49 countries — found that low salt intake actually *raises* the risk of heart attack, stroke and death, compared with an average salt intake.<sup>7</sup>

And in 2011, European researchers publishing in the *Journal of the American Medical Association* reported that the less sodium their study subjects excreted in their urine — a good measure of consumption — the *greater* their risk of dying from heart disease.<sup>8</sup>

Fear of salt first hit the mainstream in the 1970s after a scientist from the Brookhaven National Laboratory, claimed he had “unequivocal” evidence that salt causes

hypertension. His evidence came in the form of lab rats that developed high blood pressure after being fed the **human equivalent of 500 grams of sodium a day!**

That's an enormous amount of salt. The average American consumes around **4.8 grams** of sodium a day, so what we're seeing here is junk science at its worst.

The link between high blood pressure and salt was pushed into the public mind by health authorities and pharmaceutical companies peddling hypertension meds.

But this misinformation didn't catch on worldwide...

The average Korean, for instance, eats more than 4 grams of sodium a day. Koreans commonly feast on *tteokguk*, a rice cake soup full of salt, and *kimchi*, the staple made from salted and fermented cabbage.

Yet Koreans have the world's lowest rates of hypertension and deaths due to cardiovascular disease.<sup>9</sup> Some scientists call this the “Korean Paradox” — but it means that the accepted heart disease-salt theory is just plain wrong.

South Korea also has one of the lowest death rates from heart attacks in the world, along with Japan and France. What do people from these three countries have in common? They all eat a high-salt diet.

## Adding Salt Reduces Mortality

A recent study published in *The Lancet* looked at the relationship between salt intake and death among more than 11,000 Americans and found that a low-salt diet actually increased the chance of untimely death.

Using figures from the U.S. government's National Health and Nutrition Examination Survey, researchers found that, overall, a 1,000 mg increase in dietary salt resulted in a staggering 10% reduction in mortality.

The link between low-salt diets and death held up even after they factored in blood pressure, cholesterol level, age, gender, economic status and mineral deficiencies.

## The Biggest Danger Of Low Salt: The Insulin Connection

Blaming salt for America's heart disease epidemic — along with other conditions that magnify the risk of it, like increased heart rate, diabetes, compromised kidney function, underactive thyroid gland — distracts from the real culprit.

I'm talking about the excessive starches that have swamped our modern diet and the *insulin resistance* that follows.

You see, insulin doesn't just regulate blood-sugar levels, it's also a "starvation" hormone, which protects your body from famine.

The problem is, your body's only defense against the carbohydrate onslaught in the modern diet is to go into overdrive and pump out increasing amounts of insulin, which it does by becoming more resistant to insulin.

Insulin resistance not only causes blood sugars to rise, it forces your body into survival mode. It begins storing glucose as fat in your fat cells and keeps it locked up, so it can't be used as energy.

Someone who appears massively overweight on the outside may be literally starving on the inside. Most heart disease in America boils down in some way to insulin resistance. But you don't have to be diabetic or obese to become a victim. If you're not getting enough salt, you can have perfectly normal blood sugar levels and still suffer a heart attack or a stroke caused by insulin resistance.

*A number of studies show that when you restrict salt intake, your body begins the same cascade of changes that trigger insulin resistance and heart disease.*

A recent Harvard study involving 227 adult men and women found that reducing their salt intake led directly to increased insulin resistance in ALL the subjects.<sup>10</sup>

When you start restricting salt intake, your body will do anything to try to hold on to it.

It stimulates hormones like *renin*, *angiotensin* and *aldosterone*, that fight to maintain your declining salt levels and they do it by increasing the absorption of fat.<sup>11</sup>

This makes you even more insulin resistant, which leads to an increase in sugar cravings, an out-of-control appetite, further weight gain and, ultimately, internal starvation — and eventually diabetes, obesity, kidney and heart disease.

Even though the weight is piling on, every function in the body is acting as if it's fighting to survive a famine.

To make matters worse, if you slash salt intake dramatically, you could also develop an iodine deficiency — because salt is our main source of iodine. That affects normal thyroid function, without which your metabolic rate will slow down — another trigger for weight gain, insulin resistance and heart disease.

Low-salt diets also increase the risk of dehydration. That's a problem because well-hydrated cells consume less energy.

Dehydrated cells make you feel exhausted, which increases your desire to eat more.

The good news is that you don't have to give up salt. But you do need to be careful about what kind of salt you're taking and where you're getting it.

## How Much Salt Do You Really Want?

Current daily guidelines limit you to 2.4 grams of sodium, which translates to 6 grams of salt (or sodium chloride) or slightly less than a teaspoonful.

These salt limits set by health dictators go against all our natural instincts.

Studies show that when people are allowed to use as much salt as they like, they tend to settle at about 1 1/2 teaspoon a day. This is true all over the world, across all cultures, climates and social backgrounds.<sup>12</sup>

The problem is, Americans get almost 80% of their salt intake from processed foods.

The average American eats about 12 grams of salt a day (or 4.8 grams of sodium; about 2 1/2 teaspoons). That's at least a teaspoonful more than you would consume naturally... and it's also the wrong kind of salt...

## Not All Salt Is Equal

The salt that goes into processed food and salt shakers in restaurants isn't even close to what Mother Nature intended.

Table salt is superheated to 1,200 degrees Fahrenheit and bleached until it's devoid of nutrients and minerals. And it's full of residual chemicals from the processing.

The best way to start controlling your salt intake is to cut out processed foods as much as possible. Even items like bottled salad dressings, cured meats, processed cheese, and most snack foods are packed with this industrialized salt.

You should also avoid salt substitutes, especially the ones that contain potassium, which have been shown to be dangerous in patients with kidney problems.<sup>13</sup>

Instead, look for natural alternatives to start controlling your own intake and how it affects your body. Here are four of my favorite alternatives to table salt:

- **Sea Salt:** Natural sea salt is unrefined. It contains sodium chloride like ordinary salt, but also has more than 50 other minerals, with all the co-factors and trace elements nature intended real salt to have. Sadly, recent research has found that sea salt around the world has been contaminated by plastics pollution — but it's still much better for you than processed table salt.
- **Himalayan Crystal Salt:** Himalayan salt is a type of rock salt mined from ancient salt beds in the Himalayan Mountains. Since these salt beds are ancient and dried, they don't have the contamination risk of modern sea salts. They also contain dozens of trace minerals. For example, half a gram of Himalayan salt has 250 micrograms of iodine and it's pink color comes from its rich iron content.
- **Celtic Sea Salt:** Colored by the clay from where it's harvested, Celtic Sea Salt is often called grey salt, because it's the color of clay from where



*I use Himalayan crystal salt at my house. It contains dozens of essential trace minerals.*

it's hand-raked in Brittany, France. The natural clay and sand create moist, mineral-rich crystals. Sea salt retains its moistness. That means it can help restore electrolyte balance, thanks to its alkalizing properties.

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# ARE CORPORATE FAT CATS ROBBING YOU OF YOUR MASCULINITY?

There's a campaign under way that's robbing you of your testosterone — and your manhood. It began decades ago when companies like Coppertone convinced doctors, dermatologist and the unknowing public that the sun was their deadly enemy.

These profit-obsessed corporations want you to think the sun is a cancer-causing fireball that's threatening your life. And they'll tell you the sunscreen product they're selling is the only way you can protect yourself.

For 60 years, this campaign of misinformation has tried to scare people into thinking every time the sun strikes your skin you're risking deadly skin cancer.

The truth is, without the sun, you wouldn't be alive. And the evidence that sunscreen protects you evaporates under scrutiny. After all, you evolved to live under the sun.

Since our grandparents' generation — before sunscreen was invented — the rate of melanoma has jumped by almost 650%.<sup>1</sup> Skin cancer was a rare event before 1930 when most people worked outdoors and ignored the “risk” from the sun. Now it's the most common cancer.

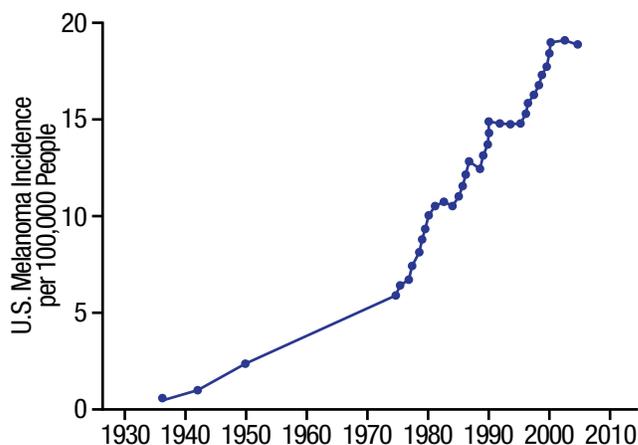
And multiple studies show that most sunscreens contain chemicals that can actually cause malignant melanoma.<sup>2</sup>

But sunscreen does more than cause cancer. It's also a major cause of erectile dysfunction — although few doctors will ever tell you that.

Instead, you're likely to be told: “*The higher the factor the better.*”

That's very bad advice that could make you miserable in the bedroom — or bring on any number

## MELANOMA'S DANGEROUS RISE



*The rate of melanoma has increased almost 650% in just a few generations.*

of other low-T symptoms, like “man boobs,” loss of body hair, loss of muscle mass, spare tires around the middle, decreases in bone mass, loss of ambition, irritability and more.

## Sunscreen — A Major “Deflator” That Messes With Your Manhood

Sunscreens rob you of your masculinity in two specific ways. The first has to do with *nitric oxide* — a compound I call nature's “hydraulic pump.”

Nitric oxide is a colorless gas that your body releases from the inner layer of cells lining your blood vessels. It works to relax the lining of your blood vessels and allows blood to flow freely.<sup>3</sup>

Viagra works precisely because it increases blood flow to the penis by compensating for reduced levels of nitric oxide.

Studies show many of the ingredients in sunscreens inhibit your body's production of nitric oxide.<sup>4</sup>

And when your body can't make enough of this vital compound, you can't get good blood flow... and without good blood flow, you can't get erect.

But sunscreens work against your manhood in another, perhaps more serious way...

By blocking the sun's UVB rays, these sunscreens also inhibit your body from producing one of its most vital substances — **vitamin D**.

Most doctors don't understand how vitamin D is connected to your testosterone levels.

Let me explain...

## You're More Like A Plant Than You Think!

Vitamin D is one of the most common deficiencies I see at the **Sears Institute for Anti-Aging Medicine** — and an often-ignored cause of ED.

Recent research found that 85% of Americans are vitamin D deficient — but that figure is based on a very low daily requirement recommendation of just 400 international units (IUs). The real number of vitamin D deficiencies is much higher. I'd be willing to bet it's around 99%.

*No wonder* 30 million men in America suffer from ED. You need much more than 400 IUs.

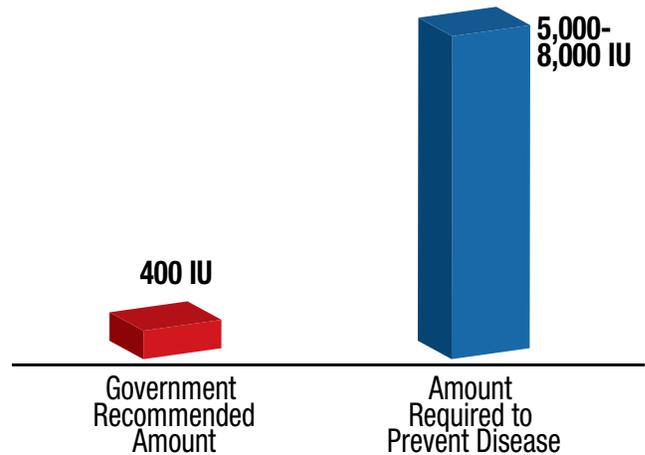
You see, vitamin D is the single most important organic nutrient required for human health — and you evolved so you can get it easily from the sun.

It's not widely discussed, but your body is literally a walking photocell.

Just like plants, your physiology is closely linked to the sun. Plants use sunlight to photosynthesize chlorophyll to survive, grow and thrive. Your body uses a similar process to photosynthesize vitamin D — transforming the sun's ultra violet rays into a unique substance that's both a vitamin and steroid hormone, just like testosterone and estrogen.

The problem today is that we cover ourselves with clothes. And most people live and work indoors and

## THE CDC IS ROBBING YOU OF THE VITAMIN D YOU NEED TO FIGHT DISEASE



*The 400 international units (IUs) recommended by the CDC results in a dangerous deficiency.*

we travel in enclosed vehicles. When we do venture out into sun, we cover ourselves with sunblock.

Almost all the cells and tissue in your body contain receptors for vitamin D. In other words, your whole body depends on this vital nutrient.

Multiple studies show that you need significantly more than 400 IUs for optimal health and to ward off conditions like cancer, osteoporosis, rheumatoid arthritis, diabetes, epilepsy, asthma, multiple sclerosis, migraine headaches and much more.

The warnings from the Surgeon General on sunlight exposure and the government's recommended vitamin D dosage means you're getting short changed on one of your body's most vital substances for health.

If you are deficient in vitamin D, the biochemical systems that evolved to protect your health can't work properly — and that includes the health of your sex life.

## At 4.6 Billion Years Old — It's The Oldest Aphrodisiac Around

Science now understands the key hormonal link between vitamin D deficiency, low testosterone levels and erectile dysfunction.

You see, vitamin D has a key regulatory effect on the hypothalamus, pituitary and testes axis, which is crowded with vitamin D receptors.

Recent studies show that vitamin D lowers the levels of a protein called *SBHG*, or *sex hormone binding globulin*, which binds to testosterone.

This is key. Let me explain...

Testosterone is found in the blood stream in two forms. It's either bound to SHBG, where it's biologically inactive or it is "free testosterone." Most testosterone in your body is bound — but about 3% is "free" so it can enter cells and activate the testosterone receptors.

Several studies confirm that raising vitamin D levels lowers SHBG — which means more testosterone is set free to activate the receptors.<sup>5,6,7</sup>

And study after study has confirmed that vitamin D directly impacts testosterone levels. Here are just a few:<sup>8,9,10,11</sup>

- In one study, researchers found out men over the age of 65 who supplement with vitamin D, are less likely to have low testosterone than men who didn't.
- In another study, researchers discovered that trial participants who supplement with 3,332 IU's of vitamin D daily for one year end up having 25.2% more testosterone on average when compared to a placebo group.
- And an Australian study, found that in older men, low vitamin D levels was linked with low free testosterone as well as increased bone fracture risk.
- A 2014 Italian study confirmed another link between reduced vitamin D and a greater risk of ED.
- Korean researchers looked at the connection between vitamin D and testosterone in 652 men with an average age of 57. And they found that those with higher levels of testosterone had, on average, 15% more vitamin D than those with lower levels of testosterone.

## Making Money *AND* ED

Take a quick look at who's profiting from America's most popular sunscreens...

- **Coppertone Sport** – Owned by German Big Pharma giant Bayer;
- **Neutrogena Ultra** – Owned by U.S. Big Pharma giant Johnson & Johnson;
- **Banana Boat** – Owned by U.S. multinational conglomerate Playtex Products;
- **Equate Ultra Protection** – Owned by L'Oreal, the French cosmetics giant.

## Increase Vitamin D Naturally

**1. Bask don't burn:** Get out and catch some rays a few times per week — if not every day.

Just 15 or 20 minutes a day in the midday sun will produce about 10,000 international units (IUs). For testosterone issues, I recommend getting naked in the sun. You'll have to step out of your comfort zone, but the benefits are worth it.

You see, there's a bigger testosterone boost when sunlight strikes male genitals. One study conducted in the 1930s noted that when sunlight hits the chest and back, testosterone levels rise by 120%. ***But when the genitals are exposed, levels spike by 200%.***

The trick is not to burn, which can damage your DNA. It's only when you overdo sun exposure repeatedly that it plays a role in skin cancers. Consistent, moderate exposure to the sun is extremely unlikely to cause cancer.

**2. Take a good-quality supplement:** Make sure the vitamin D supplement you take is vitamin D3, also called *cholecalciferol*. It's the same vitamin D3 your body produces. Avoid the synthetic form of vitamin D2, because it is less potent and less absorbable.

To effectively boost your testosterone levels, take at least 5,000 IUs a day — preferably in the morning. That’s because it’s inversely related to melatonin, your sleep hormone and it may keep you awake.

Also, you want your vitamin D3 supplement to include vitamin K2, which helps activate and improve absorption of vitamin D3.

And I recommend you take a magnesium supplement of between 600 and 1,000 mg per day with your vitamin D3.

Magnesium levels can drop when boosting your vitamin D3 intake. And magnesium is essential for more than 300 different chemical reactions in your body, including those that produce energy and protect your heart and blood vessels.

**3. Eat foods rich in vitamin D:** Although no foods will provide you with anything like the effect of direct sunshine, dietary sources are a good way to keep your vitamin D levels topped up.

Check out this table to know much vitamin D you’re getting:

Calorie Source	Serving	Vitamin D IUs
Cod liver oil	1 Tbsp	1,360
Salmon, cooked (non-Atlantic)	3-1/2 oz	360
Mackerel, cooked	3-1/2 oz	345
Tuna fish, light, canned in oil	3 oz	200
Sardines, canned in oil	1-3/4 oz	250
Egg yolks	1 egg	20
Liver, beef, grass-fed	3-1/2 oz	15

## Bring Back Your Manhood With Nitric Oxide

Here are three easy ways you can help your body make more nitric oxide.

**1. L-Arginine and L-citrulline:** These biochemical cousins team up to trigger a reaction that creates nitric oxide in your body. Some of the best sources include peanuts, almonds, sunflower seeds, tuna, chicken, wild-caught salmon and shrimp.

You can also supplement. But make sure you buy either arginine or L-arginine. Avoid synthetic L-arginine.

I always recommend taking **L-citrulline** along with your L-arginine. After you’ve been using L-arginine for a while, an enzyme starts blocking the nitric oxide conversion. Citrulline inhibits that enzyme so L-arginine continues to produce nature’s hydraulic pump.

Take L-arginine and citrulline in a 5-to-1 ratio. I recommend daily doses of 5,000 mg of L-arginine and 1,000 mg of citrulline.

**2. Pomegranate.** This fruit increases nitric oxide in your blood vessels. In one study, mice fed pomegranate juice formed about 50% less brain plaques than a control group.<sup>12</sup>

Look for cold-pressed, organic pomegranate juice with no syrups or sweeteners. I recommend drinking two ounces a day. And a handful on top of salads or in your yogurt or smoothie.

You can also find pomegranate extract in supplement form. Take 500 to 1,000 mg per day.

**3. Beetroot.** When you eat beetroot, it mixes with your saliva and bacteria on your tongue. This combo turns into nitric oxide. You can get the most out of beetroots by either chewing them raw or throwing them in your juicer.

But be careful. Beetroot is powerful. If you’re using any erectile dysfunction medications, talk to your doctor before using beet juice.



***Romans drank beet juice two hours before engaging in sex. It heightens your performance by raising nitric oxide levels.***

You can also get beet capsules online or from health food stores. I recommend 1,000 mg a day.

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# Activate Your “Second Immune System” To Reverse Alzheimer’s And More

For 12 years, T.P. had been suffering from younger-onset advanced Alzheimer’s. Doctors told him his condition was “genetic” and irreversible.

When he was 56, a doctor’s report noted: “*Severe memory loss, poor concentration and organization, and inability to carry out activities of daily living.*”

In other words, he had the classic signs of early-onset Alzheimer’s. Two years later, an MRI confirmed the diagnoses.

Big Pharma’s meds utterly failed at stopping — or even slowing — the disease. In fact, one of the drugs T.P. tried made his Alzheimer’s *worse*.

T.P. knew time was running out. So he enrolled in a study sponsored by the *National Institutes of Health*.

The study aimed to harness the research of two Nobel Prize-winning breakthroughs and turn it into a treatment for Alzheimer’s.

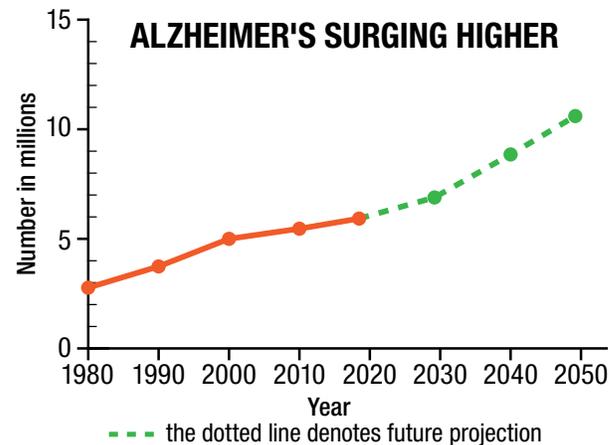
And it worked. In fact, this therapy defeated **every** chronic disease it was tested against. It works by clearing away cellular garbage.

Here at the *Sears Institute for Anti-Aging Medicine*, I’ve successfully treated dozens of Alzheimer’s, diabetes and cardiac patients by activating what I’ve nicknamed the “second immune system.”

## Do You Have Cellular “Dead Weight?”

In 1974, two biologists received a Nobel Prize for discovering your body essentially has TWO immune systems.

This so-called second immune system usually lies dormant — especially as you age. But the biologists found that when activated, it can reverse chronic disease.



***Just look at the explosive rise of Alzheimer’s disease in the U.S. over the past 37 years — and you can see how much the numbers are expected to surge even higher.***

But nobody knew how to activate it.

Then, in 2016, another Nobel Prize was awarded to Japanese biologist Yoshinori Ohsumi. His work revealed how to trigger this system.

This second system is different from your regular immune system. Your regular immune system attacks *foreign invaders* like germs, bacteria and viruses.

But your so-called second immune system combats threats from **inside** your body. Many of these threats are where chronic diseases begin.

This process works by using a complex biological process called *autophagy*, which literally means “self-eating.” This little-known form of cellular “self-cannibalism” is how your body cleanses itself of this dangerous cellular debris.

Staying disease-free depends on autophagy leaping into action when necessary. But, as you age, it gradually loses this ability.

That’s when your body begins to accumulate the “dead weight” of damaged, dysfunctional and other

unnecessary cells. If you don't do something about it, the dead weight just piles up in your body, like trash bags on garbage day.

*You look, feel and act old because your body is carrying around dead weight.*

In the brain, this dead weight leads to Alzheimer's. And when your pancreas has a buildup of dead weight, it interferes with the insulin-secreting beta cells and leads to diabetes.

It can affect your heart, lungs, joints and virtually any organ — and lead to conditions like heart disease, hypertension, cancer and arthritis.

But activating this process doesn't just protect you from these modern scourges, it has the power to fight them.

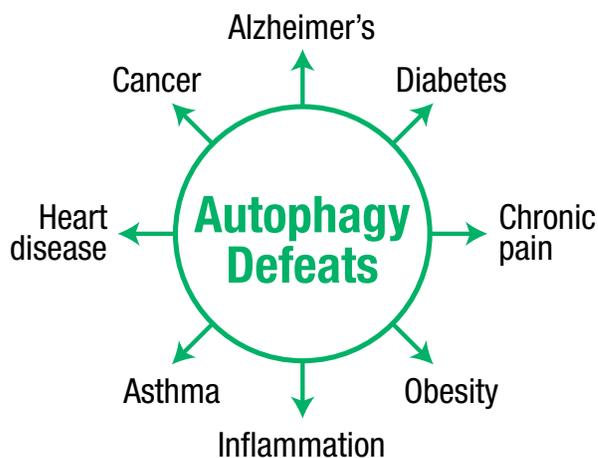
After the *autophagy* process forces dangerous cellular debris to “eat itself,” it conjures up another nifty trick. It recycles what's left into energy.

*In other words, it turns the dead weight of old cellular garbage into the fuel your body uses to fight chronic disease.*

## No Other Treatment Does This...

While scientific investigations into the full potential of autophagy therapy have a long way to go, studies from Harvard, Yale and others have already shown it to be a powerhouse treatment for...

- **Heart disease:** Autophagy therapy cuts heart disease risk 77%.<sup>1</sup>
- **High blood pressure:** Another study tested autophagy therapy on 174 people with hypertension. After three weeks, 90% of participants had readings below the “high” threshold of 140/90mm Hg.<sup>2</sup>
- **Diabetes:** Researchers completely reversed diabetes in mice within six weeks.<sup>3</sup>
- **Asthma:** A Stanford University study showed asthma subjects had up to 86.2% less



***Autophagy — or cellular self-cannibalism — is how your body clears away the toxic debris that causes chronic disease.***

inflammation in four weeks. Lab tests showed they could take in 16.6% more oxygen.<sup>4</sup>

- **Cancer:** The National Cancer Institute found increased levels of plasma protein *carbonyl* in patients with certain cancers. Autophagy therapy reduced carbonyl by 73.3%.<sup>5</sup>
- **Arthritis:** Numerous studies show activating autophagy is a powerful weapon against the inflammation that causes arthritis.<sup>6</sup>

## T.P. Had An Amazing Recovery — Until Big Pharma Got Involved

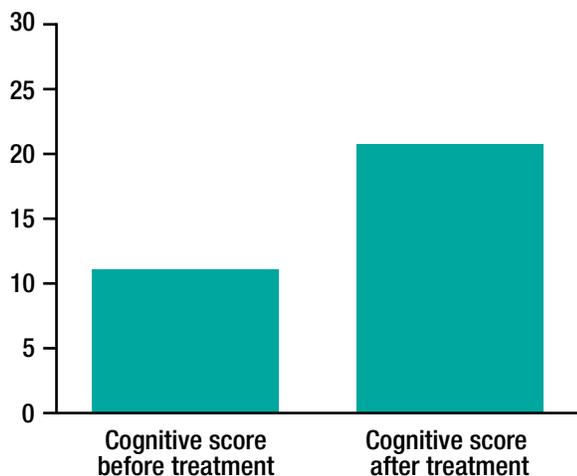
Before starting his treatment, T.P. took a test for cognitive function called the Mini-Mental State Examination. He scored low — 12 out of 30 — indicating severe dementia.

Ten weeks later, after autophagy activation, T.P. took the test again.

He scored an amazing **8 points higher**, for a score of 20. While that still put him in the “mild dementia” category, it was a remarkable improvement. A person with Alzheimer's typically *DECLINES* two to four points each year.

In their scientific paper, the researchers noted a “*rapid improvement in T.P.'s personality, mood and tremor.*”

## ACTIVATING AUTOPHAGY DRAMATICALLY IMPROVES COGNITIVE FUNCTION



*After 10 weeks, T.P. almost doubled his score on a test to determine Alzheimer's disease.*

But his story doesn't end there. T.P. stayed practically cured of Alzheimer's for two years. But then everything changed...

A follow-up study put T.P. on a Big Pharma Alzheimer's drug. And after one month, his old symptoms came roaring back.

So T.P. went back on the autophagy therapy. And again, his Alzheimer's symptoms disappeared. The treatment cured his Alzheimer's a **second** time!

And it worked fast. The researchers noted: *"Video taken three hours following demonstrate a marked improvement in mood and the ability to recite and write the alphabet, which he'd been unable to do."*

By the third day, he was able to shower, shave, find his way around the house and order food from a menu. The researchers were stunned. *"These activities had not been observed for months,"* their report added.

## Activate Autophagy With My 30-Day Protocol

To begin triggering autophagy and combating Alzheimer's in my patients, I use a 30-day protocol at the **Sears Institute of Anti-Aging Medicine...**

**Pre-Protocol Screening** – We begin with cognitive assessment testing as well as blood work to test for deficiencies and toxins. This establishes the baseline we work from to measure your progress.

**Phase 1: Detox.** Diseases like Alzheimer's are closely linked to environmental toxins. Cleansing your body is the first step in triggering autophagy.

- **IV and oral chelation:** I inject calcium disodium EDTA into the blood to purge your body of toxic metals like mercury aluminum and xenoestrogens, like bisphenol A (BPA). I also use natural detoxing compounds, like milk thistle, resveratrol, cat's claw and fenugreek, as well as omega 3 fatty acids.
- **Infrared shower therapy:** Infrared light penetrates deep into your tissue. This releases debris from your fat and eliminates toxins stored in other organs and tissues. Studies show infrared showers help your body sweat out heavy metals, sulfuric acid, sodium, ammonia, uric acid and fat-soluble toxins.<sup>7</sup>
- **Exercise:** Physical exertion is a powerful detoxifier. I recommend my [PACE](#) program. It's great for burning fat and strengthening your heart and lungs, but it also triggers autophagy.

**Phase 2: Correcting Your Substrate Deficiencies.** Nutritional deficiencies and free radical damage are the core of all chronic diseases, including Alzheimer's. Here are some of the nutrients I use to return you to your native state of good health:

- **Omega-3s:** Your brain can't function properly without high quantities of omega-3s.

And the most important omega 3 is *docosahexaenoic acid*, or DHA. DHA is the main constituent of cell membranes in your brain, and it declines with age. Levels drop even lower with Alzheimer's. DHA protects by increasing the production of vital neurotransmitters, allowing electrochemical signals to jump between brain cells.

- **High Dose MCTs:** Brain cells need glucose as a vital energy source. Certain medium-chain

triglyceride (MCT) fats provide brain power by producing ketones. Ketones make fewer waste products, keeping the stress off the damaged brain cells. Studies show that using ketones as brain fuel can slow and *even reverse* symptoms of dementia.

MCT fats are saturated fats. One of the best sources is coconut oil.

- **B Vitamin Complex supplements:** Vitamins B12, B6, B1, B2, niacin (B3) and folate (B9) protect against cognitive decline and Alzheimer's.

B vitamins suppress high levels of *homocysteine*, an amino acid linked to increased risk of Alzheimer's. Studies show that B vitamin therapy can turn around multiple forms of dementia.

- **Myers IV Cocktail:** This is one of the fastest ways to correct substrate deficiencies. It's a potent IV cocktail that contains a mix of magnesium, calcium, vitamin C, a B-vitamin complex, as well as glutathione, your body's most powerful antioxidant and detoxifying agent. It boosts your immune system and restores cellular energy levels. And it's crucial for repairing the oxidative stress damage caused by Alzheimer's.

**Phase 3: Enhancing Neural Performance.** My Alzheimer's protocol uses brain boosters that were common in the diet of our primal ancestors to protect the brain and reverse damage:

- **CoQ10 and PQQ:** Studies show that the ubiquinol form *CoQ10* regulates autophagy — especially in the brain. As the most energy-hungry organ in your body, your brain cells have the greatest number of *mitochondria*, the energy plants inside your cells. Studies show mitochondrial damage is a leading factor behind Alzheimer's. CoQ10 boosts the power of your mitochondria, while PQQ increases their number. I recommend 50 mg CoQ10 and 10 mg PQQ.
- **Tocotrienols:** This overlooked form of vitamin E works to repair the scar tissue damage that stops brain cells from communicating with each other.

Studies show tocotrienols shrink the size of scar tissue and stop it from forming.<sup>8</sup> I suggest 10 mg.

- **Choline:** Your brain has a huge appetite for choline. It's the primary building block for the key neurotransmitter, *acetylcholine*. You burn it 24/7 as your brain uses it to maintain communication between trillions of neurons. Take 500 mg.
- **L-Carnitine:** Your body converts *L-carnitine* into *acetyl-L-carnitine (ALC)*. Studies show ALC prevents brain aging and slows the progress of Alzheimer's.<sup>9</sup> It also improves cell receptors so neurons can take up more dopamine, the neurotransmitter critical for motor skills and mental focus. The best source is grass-fed red meat. But you supplement with 500 mg of ALC every day on an empty stomach. Look for a formula with L-carnitine and not synthetic D-carnitine.

**Follow-up at 30 days:** After 30 days, we redo your blood work and measure key cognitive changes to mark progress. From there, we continue with nutritional therapy and move forward by tapering the treatment to your individual condition.

## Thank Your Primal Ancestors

One of the ways to trigger autophagy is hardwired into your DNA.

For hundreds of thousands of years, humans had no reliable food sources. Our ancestors feasted when hunting was good. Then they had to survive periods of famine.

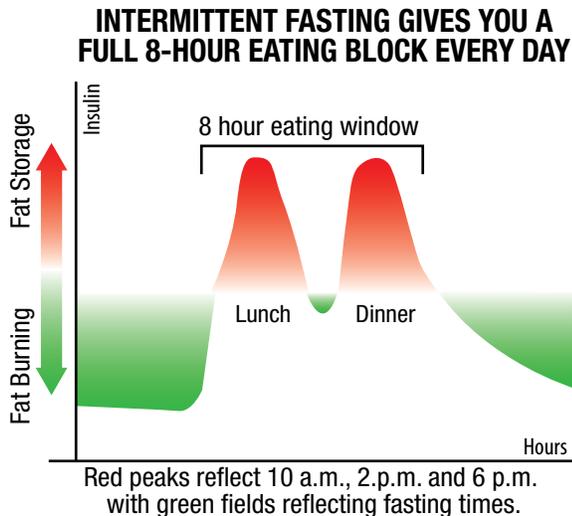
Over hundreds of thousands of years, these cycles of feast and famine became ingrained in the genetic code that's coiled inside every one of your cells.

You might think starvation would drain their energy. But in fact, your power is increased. Short bouts of fasting ramps up the energy production in your cells.

That's because as you evolved, fasting became part of your body's hidden power to survive and thrive.

And fasting is when autophagy kicks into high gear.

Studies show that fasting can have a profound effect on “garbage collection” in the brain and Alzheimer’s — especially at 24 and 48 hours.<sup>10</sup>



**Once your body is accustomed to fasting for 16 hours, you can then fast for a full day once a month.**

I recommend *intermittent fasting*. Cycling between periods of eating and fasting on a daily or weekly schedule gives you the feast-and-famine benefits your ancestors had.

Here’s the intermittent fasting strategy I recommend to my patients:

- 1. Ease into it.** Stop eating after dinner. If you eat nothing between 8 p.m. and 8 a.m. you’re already fasting 12 hours a day.

- 2. Then take it further.** Eat only during an eight-hour window. That puts you on a 16-hour fast. It’s easier than you think. For example:

- Have a 10 a.m. breakfast;
- Lunch at noon;
- Finish dinner by 6 p.m.;
- Your body gets no additional food from 6 p.m. until 10 a.m. the next day;
- When your body gets used to the 16-hour fast, you can move up to the 24-hour mark.

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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).

