



Dr. Sears'

# CONFIDENTIAL CURES

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

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## You Can REVERSE Vision Loss At Any Age

### A Tale Of Two Tribes: Why One Amazon Society Has 20/20 Vision While The Other Doesn't

Vision loss is reaching epidemic proportions. According to the latest research, 5 billion people on Earth will have myopia — or nearsightedness — by 2050. That's over half of the world's population today.

And at least 1 billion of these will have what's called "high myopia" or near blindness.<sup>1</sup>

You've probably heard that vision loss is a normal part of aging. And that there's nothing you can do about it.

Nothing could be further from the truth. In fact, almost everything you've been told about vision loss and aging is wrong.

Deteriorating eyesight isn't a normal part of aging at all. And despite what your optometrist may tell you, it isn't irreversible. You can **reverse vision loss** at any age with a unique combination of nutrients. I'll explain more in a minute.

But first I want to tell you about a tribe of hunter-gatherers in Ecuador who live deep in the heart of the Amazon rainforest just beyond the Napo River. They're known as the Huaorani, and they've lived there since before recorded history.

What makes members of this tribe so unique is that they retain the same sharp, youthful vision they were born with well into old age.



*Deep in the heart of the Amazon live two traditional hunter-gatherer tribes. Despite sharing a similar genetic background, the Huaorani (left) have eagle-eye vision while the Kichwa (right) have the same eyesight issues as the rest of the Western world.*

Even the oldest members can see the smallest details, both close up and far away.

Such eagle-eye vision is necessary for this "forgotten" tribe. They still hunt for food using blowpipes and spears. This skill requires expert eyesight.

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On the other hand, there's a neighboring tribe called the Kichwa. They live in the same geographical region. And share a similar genetic background.

And yet they have the same severe vision loss problems faced by 75% of people around the world.

If they lived in the Western world, they'd be lined up at the optometrist's office to get a pair of glasses.

It made me wonder what the difference could be between these two tribes. After all, they lived in the same geographical area. And they ate almost identical traditional diets.

The answer turned out to be remarkably simple. The Huaorani eat nearly 20 times the amount of a certain kind of phytonutrients than the Kichwa do.<sup>2</sup> Nutrients found in foods like camu camu, which provides 20 times the vitamin C of an orange. And the açai berry that is high in anthocyanins. I'll explain more about this in a moment...

## Primal Vision Has A Hard Time Existing In Our Modern World

Like the Huaorani, our primal ancestors had perfect vision. If they didn't, they wouldn't have survived. They needed to see clearly so they could hunt for food.

When I visit traditional tribes in remote villages all over the world, I don't come across a lot of people with vision problems. In fact, studies show that among indigenous people, rates of vision loss, especially myopia, or nearsightedness — are extremely low. Researchers who've studied these tribes have found the rates to be between just 0.4% to 4%.<sup>3</sup>

But as traditional tribes make contact with the modern world, these rates escalate dramatically.

There's a key reason for this. And it has everything to do with their transition from an ancestral diet to a modern diet. Let me explain.

The diet favored by most of the Western world starves your eyes of nutrients they need for good vision. Our primal ancestors ate foods that were packed with all the vitamins, minerals and protein their bodies — and eyes — needed to perform at peak efficiency. This kept their vision sharp.

“Today, the majority of the world has abandoned their traditional diet for a Western diet full of *carbage*.”

Here's an excellent example of how a dietary change from traditional to modern is happening in our own lifetime. It's happening as we speak in an isolated area in the Canadian Arctic...

## From Traditional Diet To 85% Processed Foods In One Generation

A century ago, the rate of nearsightedness among isolated Inuit people of northern Canada was less than 1%. Today, more than 50% of Inuits suffer from myopia.<sup>4</sup> And those numbers skyrocketed in just one generation.

The biggest change in the Inuit culture today is their diet.

The traditional Inuit diet remained stable for thousands of years. It consisted of what they could catch from the ocean and hunt off the land, as well as the wild fruits and berries they gathered during the summer months.

Then, only a couple of generations ago, processed foods were introduced into the Inuit community. Today, nearly 85% of their diet consists of processed, store-bought food shipped in and sold at local stores.<sup>5</sup>

So it's not surprising that one study found that while only 2 out of 131 Inuit elders had myopia, more than half of their children and grandchildren were nearsighted.<sup>6</sup>

The medical community can't blame this dramatic decline on old age.

So they came up with another scapegoat. And blamed the increasing number of young people

who need glasses on mandatory schooling that was enforced in the 1950s and 1960s. It's a nice theory, but it doesn't hold water, either. Here's why...

There's an island nation in the South Pacific called Vanuatu. The children of Vanuatu attend school for eight hours a day. And the majority of those under 35 are literate. But the people of Vanuatu still eat a traditional diet.<sup>7</sup>

Most grow their own food — papaya, yams and mangoes. They eat fish and raise fowl. The kids there don't eat a bowl of cereal for breakfast. They don't pop a frozen meal in the microwave for dinner. And the myopia rate in Vanuatu's children is just 2%.<sup>8</sup>

With our industrial, grain-based food supply, most Americans get just a tiny fraction of the vitamins they need. The modern diet loaded with sugar, refined carbs and other processed foods is costing us our vision...

## How Carbs Can Rob You Of Your Sight

For more than 50 years, the modern food industry has been telling you that grains and wheat are good for you. I've been fighting them for almost as long by telling you that this is a lie.

And now, researchers are finally beginning to back up what I'm saying. In fact, a new study from Tufts University is revealing that the typical American diet is a major cause of vision loss.

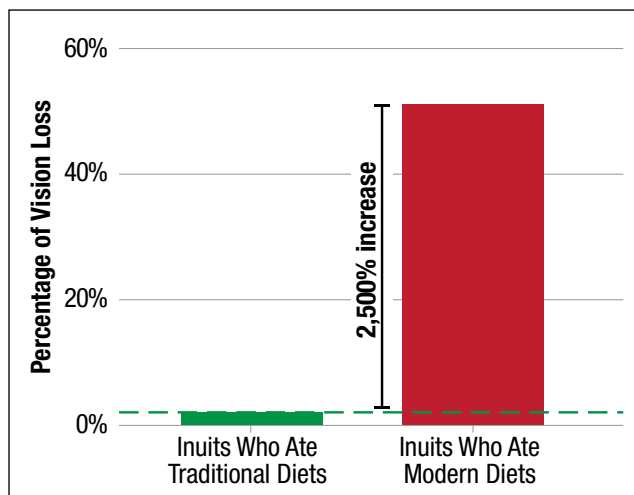
They found that people who eat foods with a high glycemic index were 40% more likely to experience vision loss.<sup>9</sup>

And most high glycemic index foods are processed foods common in our modern diet.

Diets high in refined starches, like processed breads and cereals, rapidly increase your blood sugar levels. And your pancreas then responds by pumping out more insulin. It's the resulting elevated levels of insulin that researchers believe could be having a harmful effect on how eyes develop. Here's why...

High levels of insulin reduce the amount of a protein called binding protein-3.

## Vision Loss Increased 2,500% When Inuits Switched To A Modern Diet



*Only 1% of natives eating a traditional diet experience vision loss compared to 50% who eat a modern, Western diet.*

This binding protein-3 helps to coordinate the way the eyeball and its lens grow. Light hitting the lens of the eye is focused as an image on the back of the eyeball, or retina. We unconsciously change our focus between near and distant objects by using tiny muscles that change the shape of the eyeball, so that what we're looking at is always in the right place.

But when your eyeball grows too long because of a lack of binding protein-3, it can no longer flatten itself enough to focus a sharp image on the retina. And this results in myopia.

## Your Blood Sugar Levels Put You At An Even Higher Risk of Developing Myopia

Researchers have established that those who eat a high-carbohydrate diet are the most at risk of developing myopia. And diabetics have the highest risk.

They're also at risk of far worse damage to their eyes from a condition called *diabetic retinopathy*. Over time, diabetes weakens the circulatory system of the retina. This causes blood vessels in the retina to leak fluid. These leaking vessels often lead to swelling in the retina and decreased vision.

As the disease progresses, blood may leak into the eyeball, reducing vision even more.

High blood sugar levels cause damage to your vision in another way, even if you're not diabetic. Cataracts are caused by sugar molecules attaching themselves to proteins in the lens of your eye, in a process called **glycosylation**. This causes the proteins to twist, bend over and clump together and as a result your lens becomes cloudy and less elastic.

Short-sightedness is extremely rare in societies where the diet does not contain processed carbohydrates. And it's also rare when the diet is high in phytonutrients, like the Huaorani tribe I mentioned earlier.

## Choose Between 76 Superfruits For Amazing Eagle-Eye Vision

Earlier, I told you about the Huaorani tribe in the Amazon jungle who have near-perfect eyesight. This tribe's ageless eyes aren't the result of genetic good luck.

The Huaorani are fearless hunter-gatherers who use their spears and blowpipes to bring down monkey, boar and wild birds. But the bulk of what they eat consists of gathered fruit. In fact, 76 different fruits make up a key part of their diet.

Some of these fruits sound exotic. They include things like camu camu, maracuya, açai, bacaba, cupuaçu and cocona.

And it's the phytonutrients in these fruits that provide such amazing eye benefits.

There are more than 25,000 of these powerful naturally occurring compounds. And they're created *only* by plants.

They're what give plants their color. They're what make a mango orange, a blueberry blue and an eggplant purple.

When you eat phytonutrients, they become biologically active in your body as *the most potent antioxidants found in nature*.

They help fight inflammation, optimize blood vessel function and even influence whether genes



*Phytonutrients in fruits like the maracuya provide amazing eye benefits.*

that protect your health are turned on or off. These powerful plant chemicals increase blood flow to your eyes, relaxing the muscles in your eyes and repairing and protecting your lens and retina.

With these special nutrients as the building blocks, the very foundation of your vision can be rapidly rebuilt.

They also work like shields for your delicate eyes, protecting them like nothing else can.

## Supplement With These Phytonutrients For 20/20 Vision

In fact, when it comes to the eyes you're born with, there's no difference between you and any member of the Huaorani tribe.

The difference is the vision-saving phytonutrients they eat. These unique plant chemicals are what give them their eagle-eye vision. Combine this with their starch-free diet, and the results are crystal clear...

**1. Nature's top two eyesight savers.** The best phytonutrients for improving vision and protecting your eye health are **lutein** and **zeaxanthin**. In fact, your eyes can't function without them. Studies have shown that eating foods rich in lutein and zeaxanthin can increase the pigment density in the macula... and therefore lower the risk of macular degeneration.

According to a Harvard study, those with the lowest levels of zeaxanthin and lutein in their eyes were significantly more likely to suffer from vision loss.<sup>10</sup> In fact, if you have low levels, your vision loss risk goes up almost 75%.

Your best food sources for lutein and zeaxanthin are dark, leafy vegetables like spinach, kale and collard greens. But it's not easy getting enough from your foods. I recommend supplementing with 20 mg of lutein and 1 mg of zeaxanthin.

**2. Supplement with the oldest tree on earth.** Ginkgo biloba boosts healthy blood circulation to your eyes and reduces inflammation. And studies show that supplementing with this herb improved the vision of people with glaucoma. That's important. Because your risk factor for developing glaucoma increases every year as you age.

I recommend getting at least 50 mg a day to support your vision.

**3. Use the extract that helped win WWII.** The remarkable vision of the Huaorani tribe isn't limited just to the daytime. They can easily see in the dark too.

In fact, American WWII fighter pilots used the same secret for sharp, crystal-clear vision. Before

taking to the air they ate handfuls of a certain type of berry to improve their long-distance and night vision.

To get the best results, look for an extract standardized to 25% anthocyanosides. These are bilberry's powerful antioxidants. Get 100 mg daily.

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# Don't Get "Floxed" By Big Pharma's Brand-New Disease

## How To Beat Infections Without Taking Toxic Antibiotics

John, an 82-year-old resident of Minnesota, was diagnosed with a respiratory infection by his doctor. A few days later, he developed excruciating pain in his Achilles tendons. He ended up with *bilateral Achilles ruptures*...<sup>1</sup>

Richard's primary care physician diagnosed him with a urinary tract infection. After three days of sharp, stabbing pains in his muscles, convulsions and seizures began. He broke out in a fever and his entire body was wracked with pain and weakness. The next day, he collapsed because his legs couldn't hold him...<sup>2</sup>

Miriam caught a common infection while on vacation in the Canary Islands and visited a local doctor. By the time she returned home three weeks later, she was suffering severe depression and fatigue, with shooting pains in her legs and feet. She had to climb her stairs on her hands and knees...<sup>3</sup>

These cases all share the same cause — John, Richard and Miriam had been "*floxed*."

Each had been prescribed *fluoroquinolones*, or *FQs*, the fourth most commonly used antibiotic in America and were told these drugs were safe.

You might know them by their brand names...

Some popular FQ antibiotics you may recognize by either their brand names or the generic version...	
Brand Name	Generic Name
Avelox	Moxifloxacin Hydrochloride
Cipro XR	Ciprofloxacin extended-release
Factive	Gemifloxacin Mesylate
Levaquin	Levofloxacin
Floxin	Ofloxacin

Each of these victims developed what the FDA now calls *FQAD*, or *fluoroquinolone-associated disability*. This debilitating condition was basically created by Big Pharma's toxic drugs. It causes concentration problems, fatigue, neuropathies, tendinopathies and other health issues that go on for many years and grow more severe over time. Sadly, these reactions to FQ antibiotics aren't rare.

In America alone, doctors dole out more than 32 million FQs annually — it's one of the most commonly prescribed antibiotics in American hospitals — and hundreds of thousands of people have been "floxed."<sup>4</sup>

More than 6,500 FQ-related deaths are registered on the FDA database.<sup>5</sup>

*But fluoroquinolones are just one example of the dangers of ALL of Big Pharma's antibiotics — because ALL of these drugs attack your body in the same way.*

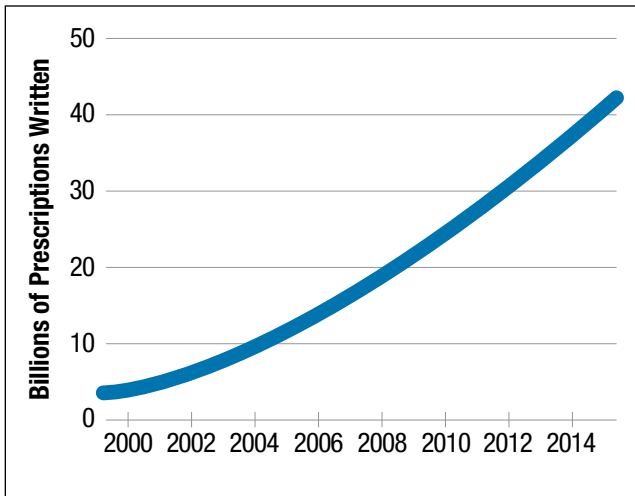
In this article, you'll learn about the true dangers of antibiotics and exactly what they do to your body. But you'll also learn that you don't need to rely on these toxic chemicals if you get an infection. I'm going to tell you about some little-known herbal antibiotics found in nature that are safer and gentler on your body and just as effective at killing infections as any Big Pharma drug.

### Antibiotics In Your Dinner?

Now, don't get me wrong. I'm not against antibiotics, *per se*. Since the roll out of penicillin in the 1940s and the other antibiotics that followed, these drugs have helped save hundreds of millions of lives. In the developed world, infectious diseases like tuberculosis, pneumonia and diphtheria are no longer the dreadful menaces they once were.

But I'm against the overuse of antibiotics. Global consumption of these prescriptions has soared. In just 15 years, they jumped by 65% to 42 billion daily doses.<sup>6</sup>

## Global Antibiotic Use Has Skyrocketed 65% In Last 15 Years



*Global consumption of antibiotics has soared to 42 billion daily doses.*

And it's a highly profitable business for Big Pharma antibiotics giants, like Johnson and Johnson, Abbott Laboratories, Pfizer and GlaxoSmithKline. Global antibiotic sales are forecast to hit a record \$57 billion in just a few years.<sup>7</sup>

According to the CDC, around 1 in 3 of every antibiotic prescription is unnecessary.<sup>8</sup>

Many Big Pharma companies continue to pay their reps bonuses for volume sales. And pharmaceutical giants have fuelled the crisis by marketing antibiotics in many parts of the developing world that were unapproved elsewhere.

The popularity of dangerous FQs in particular has soared in recent years. Doctors are far too quick to prescribe these meds for dozens of common ailments, including respiratory, sinus and urinary tract infections (UTIs).

But it's not just *fluoroquinolones*. Doctors continue to dole out multiple types of antibiotics like candy, despite years of scientific warnings about overprescription.

And the problem isn't just confined to prescription antibiotics. It's in the food we eat.

Antibiotics are pumped into industrialized cattle and poultry to fight bacterial infections that spread through cramped feedlots and battery chicken farms. That means antibiotics have now made their way in through our food supply.

They're also sprayed onto fruit trees and industrial vegetable farms to prevent and treat infection. During spraying, the wind can spread these antibiotics farther afield into the water supply.

This rampant overuse of antibiotics has left us with a slew of health problems.

## The FDA Continues To Ignore Dangers To Appease Their Big Pharma Controllers

Adverse reactions can range from hives and wheezing to life-threatening conditions, like anaphylactic shock, potentially deadly aneurysms, aortic tearing, as well as severe neuropathy in tendons, muscles, joints, nerves and the central nervous system.

But even when you stop taking these antibiotics, that's not the end.

In 2016, the FDA slapped a new "black box" warning on the labels of FQs. But an earlier FDA label insisted that cases of neuropathy after taking the FQ *Levaquin* was rare, and could be reversed by discontinuing the drug.

But the truth is that such side effects are not all that rare and neuropathy is not easily reversible, even if patients stop taking the drugs.

Between the 1980s and 2015, the FDA received reports from more than 60,000 patients detailing hundreds of thousands of "serious adverse events" associated with the five FQs on the market. These "adverse events" include tendon rupture, as well as severe neurological and psychiatric symptoms.<sup>9</sup>

Evidence even emerged during a litigation case that *Levaquin*-maker Johnson and Johnson knew its drug could cause polyneuropathy as early as 1996 and failed to do anything about it.

Today's FDA label warns of "sensory or sensorimotor axonal polyneuropathy affecting small and/or large axons resulting in *paresthesias*, *hypoesthesias*, *dysesthesias*, and weakness have been reported in patients receiving fluoroquinolones... Symptoms may occur soon after initiation... and may be *irreversible*."

Yet, despite the dangerous side effects of FQs, the FDA continues to rubberstamp these dangerous drugs.

It even failed to notify individual doctors about the new fluoroquinolones label. That means thousands of doctors continue to prescribe these drugs daily — and neither they nor the patients are aware of the terrible risks it carries.

But the long-lasting affects of any antibiotic can be serious and potentially deadly.

## Antibiotics Can Wreak Havoc On Your Body

Antibiotics have two ways of killing bacteria. They either prevent the spread of bacteria, like FQs, or they kill the bacteria by stopping the mechanism responsible for building their cell walls, like penicillin and other antibiotics.

The problem is that antibiotics can't distinguish between "good" bacteria and the "bad" ones causing the infection.

You see, your gut contains trillions of microscopic bacteria — some good and some bad — that exist in a delicate balance with each other.

Your body also needs the good bacteria to crowd out the bad ones that cause disease.

The good bacteria in your gut have a direct influence on your immune system and how often you get sick, how much energy you have, how well you digest your food and even whether or not you get fat.

And the damage these drugs do to your body begins almost as soon as you swallow the pill and it lands in your digestive tract.

Each time you take an antibiotic, you kill off good bacteria, upsetting the natural, healthy balance of your body's bacterial populations.

Repeated use of antibiotics damages your health in two major ways...

**1. Antibiotic Resistance:** When this happens, it reduces the success of any future antibiotic treatments. *Antibiotic resistance can turn your own good bacteria against you.*

Studies have found that after just seven days, antibiotics can leave gut bacteria harboring antibiotic-resistant genes for up to two years — even if you take no further antibiotics.

Worse, the antibiotic-resistant DNA can be carried in little cassettes of genetic material called plasmids that bacteria can slip in their entirety to one another and to other species of bacteria.

They evolve quickly into disease-causing bacteria, developing mutations that let them evade the effects of antibiotics, making them harder to kill.<sup>10,11</sup>

And it's not just the well-known superbugs like MRSA, VRE and *C. difficile*. Thousands of dangerous new drug-resistant pathogens have come into existence — including *FQRP*, a fluoroquinolones-resistant microbe.

At least 23,000 people die each year as a direct result of *antibiotic-resistant infections*, according to the CDC. And many more people die from other conditions that were complicated by these infections.<sup>12</sup>

Globally, superbug deaths are projected to grow to 10 million a year by 2030 — that's one every three seconds, a higher death rate than cancer.

**2. Mitochondrial Damage:** Antibiotics target your mitochondria, the tiny organelles inside human cells that power every function in every organ and organ system.

This can be devastating, because it impacts every cell in your body — and explains the wide ranging symptoms you get from adverse antibiotic reactions that grow worse over time.



You see, these organelles evolved from bacteria-like organisms billions of years ago, making them similar to bacteria in many ways.

All antibiotics are drawn to them, where they trigger a surge of free radicals inside cells leading to mitochondrial dysfunction.

Multiple studies have drawn a straight line between antibiotic use and mitochondrial dysfunction.

Drugs like *tetracyclines*, *FQ* and *ampicillin* have been shown to cause mitochondrial toxicity and failure.<sup>13</sup>

Researchers have also shown that aminoglycoside antibiotics, like *streptomycin* and *neomycin*, can cause deafness by damaging mitochondria in the hair cells of the ear.

But studies reveal that damaged mitochondria can also lead to:

- Schizophrenia and bipolar disorder
- Alzheimer's and Parkinson's disease
- Epilepsy, migraines and nerve pain
- Loss of muscle control and balance
- Strokes, heart disease, and coronary artery disease
- Chronic fatigue syndrome and fibromyalgia
- Blindness
- Diabetes
- Hepatitis C and cirrhosis<sup>14</sup>

The good news is that you can reverse mitochondrial damage... and you can also treat infections safely and naturally — without Big Pharma's toxic meds.

## Here's My 3-Pronged Anti-Antibiotic Approach To Protecting Your Body

Protecting yourself from the damage of all the antibiotics in our modern world requires a three-pronged strategy...

**1. First, bulk up your immune system.** Your immune system is essential, not just for fighting infections — but also for fighting the effects of antibiotic use. The tingling pain experienced by many FQ victims is an immunologic response.

On top of that, you have to deal with all those crowded places, like airplanes, offices, schools, shopping malls and public events, where you're exposed to everyone's coughs, colds, and contagious illnesses... as well as the superbugs.

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

Here are two of my favorite immune system boosters...

- **Immune Booster #1: Anamu.** A South American herb given to me by a native healer, contains many active compounds that protect your body against bacterial, viral, fungal and yeast infections.<sup>15</sup>

One of its most powerful components is a rare chemical compound called *dibenzyl trisulphide*, which studies have revealed to be a potent stimulator of your body's "T helper cells." Their job is to give other immune cells an extra boost by releasing T cell cytokines that supercharge your body's immune responses.<sup>16</sup>

Anamu capsules are available at most health food stores. I suggest taking 500 mg to 1,000 mg per day in divided doses.

- **Immune Booster #2: Astragalus.** Used in Traditional Chinese Medicine for thousands of years, *astragalus* is often combined with other herbs to strengthen the body's immune defenses.



***Astragalus supports deep immune function, and works well when the immune system is weakened by changes in the body.***

Astragalus is called an “adaptogen,” meaning it helps protect the body against various physical and mental stresses, boosting where it’s needed, pulling back where needed, too. I recommend 500 mg of the concentrated extract three times a day.

**2. Then, strengthen your mitochondria.** This is an essential part of protection against the effects of antibiotics — as well as recovery from damage that’s already occurred.

Here are two things you can do at home to boost your mitochondrial power:

- **Take CoQ10.** CoQ10 is a high-octane cellular energy-producing nutrient and antioxidant made by the liver and found in a few foods. It sparks your mitochondria to produce more energy and squeezes more power out of them. CoQ10 levels decrease with age and from using statin drugs.

I recommend 50 mg daily. Look for the *ubiquinol* form of CoQ10. It’s more powerful and much easier for your body to absorb.

- **Take pyrroloquinoline quinone, or PQQ.** This incredible substance neutralizes free radicals that damage and kill off your mitochondria, just like those created by antibiotics. At the same time, PQQ triggers your cells to build healthy new mitochondria.

You can get PQQ from kiwi fruit, sweet green peppers, carrots, cabbage, sweet potatoes and

bananas. But for best results, I recommend 10 mg daily of PQQ as a supplement, taken along with CoQ10. Both are key to helping your mitochondria stay healthy.

**3. Finally, replace Big Pharma meds with natural antibiotics.** One in five people who take antibiotics experience one or more adverse effects from these drugs, according to a study published recently in JAMA.<sup>17</sup>

Nature has given us hundreds, if not thousands, of herbal alternatives. Here are a few good ones:

- **Garlic:** Cultures across the world have long recognized garlic for its preventive and curative powers.

Research has found that garlic can be an effective treatment against many forms of bacteria, including Salmonella and Escherichia coli (E. coli). Garlic has also been shown to be effective against drug-resistant tuberculosis bacteria.

- **Honey:** Since the time of Aristotle, honey has been used as an ointment that helps wounds to heal and prevents or draws out infection.

A 2011 study reported that the best-known type of honey inhibits approximately 60 kinds of bacteria. It also found that honey successfully treats wounds infected with the MRSA superbug.

- **Curcumin:** This is the main ingredient in the spice turmeric and it’s one of the cornerstones of ancient Ayurvedic medicine. More than 6,600 studies prove curcumin beats a long list of modern drugs, including antibacterial ointments that end up doing more harm than good.

Curcumin’s antibiotic action kills “bad” bacteria to prevent infection. A recent study found that curcumin killed 100% of MRSA within 2 hours. E. Coli was wiped out by 80%.<sup>18</sup> A South Korean study found that curcumin not only killed bacteria on the skin, it also created a barrier that prevented further infection from entering a wound.<sup>19</sup>



***Echinacea purpurea* is a powerful and beneficial herb bursting with nutrients used to maintain good health.**

- **Echinacea purpurea:** Native American and other traditional healers have used this flowering plant for hundreds of years to treat infections and wounds. It contains a complex mix of active substances with antimicrobial, antibiotic and immune system boosting properties.

A study published in the *Journal of Biomedicine and Biotechnology* reveals that echinacea can kill many different kinds of bacteria, including *Streptococcus pyogenes* — the bacteria behind strep throat, toxic shock syndrome, and the “flesh-eating disease” called *necrotizing fasciitis*.

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# Reset Your Body Clock To Get The Sleep You Need

For millions of years, night was dark. I mean *pitch black* — with the only lights coming from stars, the moon and the fires our ancestors gathered around.

The explosion of artificially generated light transformed us into 24-hour beings — we could now stay awake all night.

But humans didn't evolve like this. Day and night are hard-wired into our very essence. Our brains, our bodies, our circadian rhythm, our systems, our metabolism were all weaved into the very fabric of who we are.

We spend about one-third of our lives sleeping. At least we *should*. A good night's sleep let's your body repair, renew and regenerate.

But more than 70 million Americans aren't sleeping enough. Not getting enough sleep deepens depression and amps up anxiety... It leads to more hypertension, diabetes, depression, Alzheimer's disease, heart attack and stroke. People who don't sleep or who sleep badly have up to 400% more accidents than people who do.<sup>1</sup>

I talk to my patients about this all the time.

Many are still searching for their melatonin miracle. But I'm able to help my patients get the sleep they need without dangerous drugs like Ambien, Valium, or over the counter medications like ZzzQuil.

How?

The secret is in your head.

I'm talking about the suprachiasmatic nucleus (SCN) in your brain. It's your real body clock — a tiny area of the brain that tells the pea-sized pineal gland to release melatonin, or not.<sup>2</sup>



***Today's night looks nothing like our ancestor's. Artificial lights have tricked our brain's natural clock into staying awake during the night.***

And in a few moments, I'll show you how to get a full night's sleep without drugs by resetting your body's natural clock. I'll also explain why most people don't get the deep, restful sleep promised with melatonin and the easy way you can finally get the full benefits.

## What's Robbing Millions Of Americans Of Their Sleep?

A few bad nights can quickly turn into insomnia — when you *regularly* have difficulty falling asleep. Chronic insomnia can increase risk of death by 97%.<sup>3</sup>

With my patients, I often find that insomnia develops when people experience the combination of anxiety, stress and depression, usually over a period of time.

Lack of sleep is so widespread, it's creating a nation of dream-deprived zombies.

As many as 60 million Americans have at least mild insomnia, which hits more women and people over age 65.

## Do You Have Sleep Apnea?

Here are some telltale signs:

- Loud snoring, which is louder with obstructive sleep apnea
- Stop breathing during sleep, which is witnessed by another person
- Waking up abruptly with shortness of breath; this more likely indicates central sleep apnea
- Problems staying asleep (insomnia)
- Waking up with a dry mouth or sore throat
- Morning headache
- Excessive daytime sleepiness (hypersomnia)
- Attention difficulties
- Irritability

Direct causes can include asthma medications, being a shift-worker at night, blood pressure medications, caffeine, alcohol or smoking. Chronic pain can be a culprit, too.

Stress, anxiety and worrying all factor in. As a strange twist, worrying about not sleeping is also widespread.

And then there's sleep apnea...

This sleep disorder can develop due to different factors, including being overweight. It can also increase your risk of heart problems.

Sleep apnea can occur when your throat muscles relax, or when the brain isn't sending the right signals to the muscles that control your breathing.

And if your snoring is loud enough to wake up others, you'll want to get checked out. Likewise, if you wake up choking or gasping for air or fall asleep for moments during the day while working... or even driving.

## Stop Hitting The Snooze Button And Wake Up Rested And Alert

Your SCN internal "clock" controls your periods of sleepiness and wakefulness throughout the day.

Your clock rises and dips at different times. For most adults, the strongest sleep drive occurs between 2 a.m. and 4 a.m. and between 1 p.m. and 3 p.m.

The sleepiness you experience during these dips is less intense when you have had sufficient sleep. It's more intense when you are sleep deprived.

It also causes you to feel more alert at certain points of the day.

When light travels from the optic nerve of the eye to these nerve cells, it's like the alarm on a clock. It signals it's time to wake up. The cells then alert other parts of your brain that control hormones, body temperature and other functions that make you feel sleepy or awake.

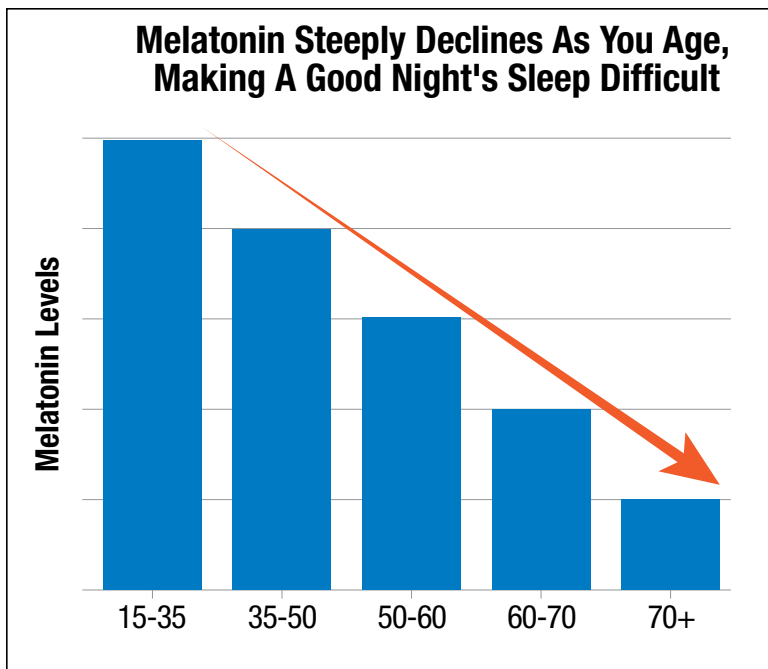
For example, at daybreak the cells trigger a rise in body temperature and produces hormones like cortisol.

In the evening, they respond to darkness by releasing melatonin. This hormone is produced when the eyes signal that it's dark and time to sleep. That's why melatonin levels rise in the evening and stay elevated throughout the night.

This explains why we have jet lag when traveling to other time zones. The shift in time and light cues the brain and forces the body to alter its normal pattern to adjust. As a result, travelers have more difficulty thinking and performing well.

But these symptoms can also occur in everyday life. When we keep long and irregular hours, our body clock is disrupted. And that can result in more serious problems than just daytime fatigue.

Your body is already equipped with melatonin. But as you get older, the amount of this natural sleep inducer in your body slowly disappears. By the time you turn 65, your supply of melatonin is almost completely depleted. And as the level of melatonin drops, the quality of your sleep gets worse.<sup>4</sup>



*As your melatonin drops, the quality of your sleep gets worse. But you can reset your body clock and make natural melatonin to get the best sleep of your life.*

If your internal clock is off, you won't have the right amount of melatonin in your bloodstream, you'll end up tossing and turning.

Out of desperation, you might consider turning to a sleep aid. But I don't recommend it.

### **Avoid The Sleep Hangover That Comes With Commercial Sleep Medicine**

Sleeping pills and OTC drugs may knock you out for the night, but they're not *really* helping you. These drugs give you a "sleep hangover," the slow-moving feeling when you're groggy all day.

The real reason sleeping pills don't work is because they don't reset your body clock.

At night, your eyes send a signal to your SCN. It tells the pineal gland to release melatonin if you need it or to not release it, if you don't.

If your pineal gland isn't getting the call, you become temporarily melatonin deficient. You go to bed but you aren't really going to sleep.

An increasing number of sleep-deprived Americans think that taking more melatonin will make you fall asleep more quickly. Some of my patients were taking 3 mg to 5 mg. But you don't need that much.

Less is more when it comes to taking melatonin. I recommend a small dose of 0.3 mg about a half hour before bedtime. You may have to break a tablet into pieces to find this appropriately small dose.

Melatonin is widely available in health food stores. But be sure to get the right kind...

When you take melatonin by mouth, it breaks down in the liver. Most of it never gets into your bloodstream. It's important to use a spray, drops, or a sublingual tablet. They're easier to absorb and work faster.

But melatonin is only part of my plan to restore natural sleep... You'll need more to reverse the effects of today's bright technological world and reset your body clock.

### **Train Your Body To Work Like Clockwork For Peaceful Sleep In 3 Easy Steps**

After years of helping my patients sleep, I've perfected a few easy steps you can take for better, deeper sleep.

Reduce exposure from your cell phone or other electronic devices by shutting them down before you settle in at night for bed. Keep your room dark, just as nature intended. Make sure there's no blue light to interrupt the production of your body's own natural melatonin.

The rest is all about resetting your body clock. Here's how:

**1. First, detox for deep sleep.** Every six months, I encourage my patients to detox, which helps eliminate heavy metals and other toxins that sneak in through our skin, and of course, through what we eat,

drink and breathe. These things can interfere with your body clock and rob you of your sleep.

I recommend activated charcoal. It works by grabbing toxins in its millions of tiny pores and escorting them out of your body in a process called adsorption.

Look for activated charcoal as a very fine, black powder. Take 20 grams a day of powdered activated charcoal mixed with water over a period of two or three months. Take two hours before eating a big meal. (Food can disrupt the detox activity of the charcoal.) You can find activated charcoal at your local health food store. Be sure to also drink 10 to 15 glasses of plain water each day.

**2. Then, get moving for a restful night.** A good daily dose of exercise helps regulate your body clock. Exercising during the day (morning or afternoon) will help you rest at night. You can fall asleep more quickly, more soundly and longer.<sup>5</sup>

But not just any exercise will do. Your body needs short bursts of intense exercise the way nature intended. That's why I recommend PACE. It stands for Progressively Accelerating Cardiopulmonary Exertion. This kind of exercise improves sleep apnea and reduces sleepiness during the day.<sup>6</sup>

You can start with a simple core exercise of PACE — Squats. Here's how to do them:

- Stand with your feet shoulder width apart.
- Extend your arms out in front of you, parallel to the ground with your hands open and palms facing down.
- Inhale briskly and pull your hands straight back.
- As you pull back, turn the wrists up and make a fist.
- At the end of the inhalation, your elbows should be behind you with both hands in a fist, palm side up.
- From this position, exhale, bend your knees and squat.
- Let your arms fall to your sides and touch the ground with the tips of your fingers.

- Continue exhaling and let your arms swing up as you stand.
- This brings you back to the starting position. Standing straight up with your arms extended in front of you, hands open and palms facing down.



*My son Dylan is leading PACE classes twice a day here at my clinic. Everyone has more energy throughout the day, letting them rest more soundly at night.*

- Repeat at the pace of one squat every four seconds. Once you get the form right, you can increase your speed to one squat per second.

**3. And if that doesn't work, take super sleep supplements that supercharge regular melatonin.** You only need 0.3 mg of melatonin per day. But there are nutrients that boost its effectiveness and help your body prepare for sleep.

- ✓ **Sleep Supercharger #1: Jujube fruit** (*Ziziphus spinosa*). This botanical is an exotic herb I like for helping to usher in a good night's sleep. Jujube fruit has been used for years as a natural means to restore a sense of calm and relaxation.<sup>7</sup> Take 25 mg per day in supplement form.
- ✓ **Sleep Supercharger #2: Jamaican Dogwood.** The leaves and bark of the Jamaican dogwood tree have long been used in the tropics to relieve pain like headaches and toothaches, but also as a treatment for insomnia and anxiety. All you need is 10 mg a night.
- ✓ **Sleep Supercharger #3: Zinc.** Supplementing with this mineral increases both the duration and quality of sleep.<sup>8</sup> I recommend supplements that offer anywhere from 6 mg to 30 mg per day.

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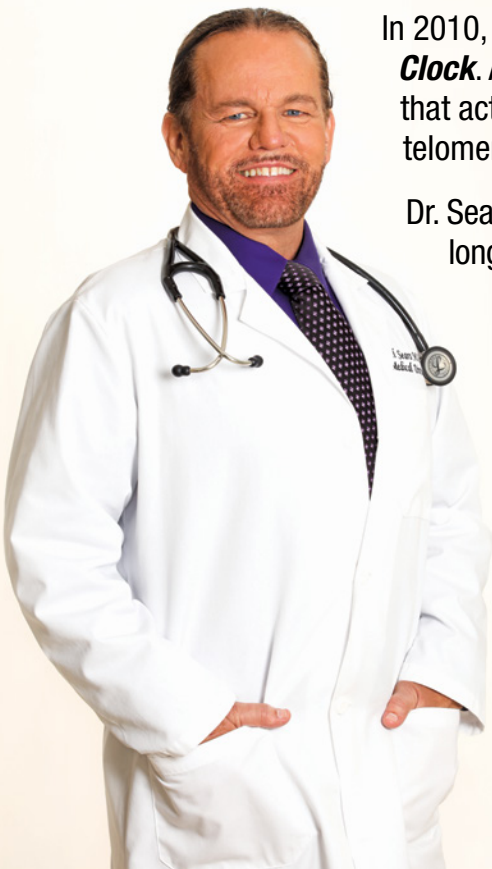
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The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.

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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).