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## Shine A Light On Alzheimer's With Hi-Tech Therapy

### My Keys To Unlocking A Supercharged Brain

**Y**ou *are* your memories. That's why one of your brain's highest functions is to encode new memories so you can pull them up later when you need them.

Every experience of your life is stored in your brain's memory center. Those memories add up to everything you ever learned, all your fears, your hopes, your pride and your happiness. They make you different from every other being on earth.

Unfortunately, with age you may start "losing" your memories. As an anti-aging doctor I see it every day...

Diseases like Alzheimer's, Parkinson's and dementia start out harmlessly. You forget little things like where you put your car keys or what you had for lunch. You start to have trouble remembering words.

But over time you forget how to find your way home. Or you may no longer recognize your spouse or children.

That's how critical your memories are to your life. You want them to last a lifetime. But mainstream medicine thinks that's impossible.

But while I see signs of Alzheimer's every day at my clinic, I'm also fortunate enough to also see — and prescribe — the latest cutting-edge therapies that prevent and even reverse this devastating memory-stealing disease.



*At my recent Alzheimer's event at the Sears Institute, Dr. Alison Levitt demonstrated the benefits of Transcranial Laser Light Therapy.*

And one of the newest breakthrough technologies I've brought to the **Sears Institute for Anti-Aging Medicine** is halo laser light therapy. Here's how it works...

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## Lost Alzheimer's Memories Found Again

Most doctors think that once a memory is “lost,” it’s gone forever. That’s simply not true.

And a study from Columbia University Medical Center just proved it.

Researchers took a group of healthy and Alzheimer’s mice. They trained both sets of mice to associate a lemon scent with a mild electric shock. As the mice were learning, the researchers marked the neurons in their brain where the memory was stored with yellow dye.

And when the mice recalled a memory, the neuron was marked with red dye.<sup>1</sup>

A week later they tested the mice. The healthy mice remembered the scent and froze in fear of the shock to come. The neuron with the memory was marked with both yellow and red dye.

But the Alzheimer’s mice only remembered half of the time. Instead of remembering the information in the yellow neuron, they were bringing up a different neuron — a different memory marked in red.

Then the researchers gave the mice a little help...

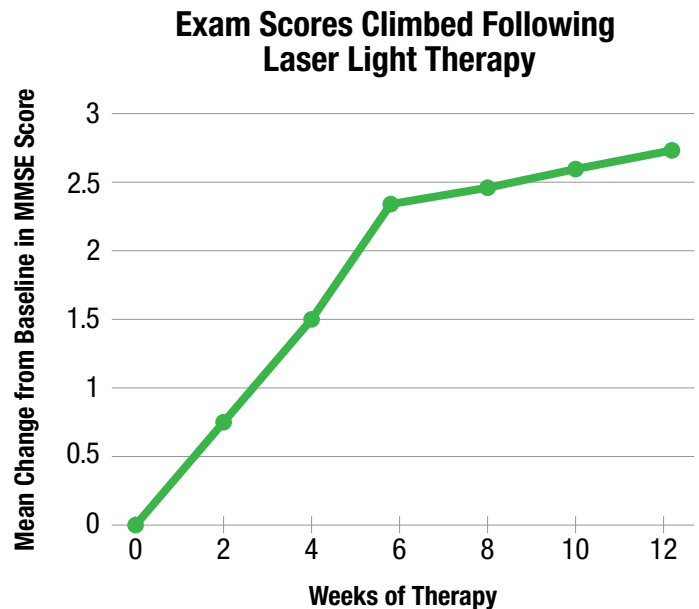
They stimulated the correct yellow neuron with laser light. Lo and behold, the Alzheimer mice could now recall their “lost” memory!

In other words, zapping the correct neuron brought their memory back.

## In Human Study Patients Showed “Significant Improvement”

In a second, recently published study, researchers tested laser light therapy on a small group of five patients with mild to moderately severe dementia or possible Alzheimer’s. Patients were assessed with both the Mini-Mental State Examination (MMSE) and the Alzheimer’s Disease Assessment Scale (ADAS-cog). These are the two most widely used exams to evaluate cognitive impairment.

For 12 weeks, participants were treated with Intracranial Laser Light Therapy. They were then assessed again using the same cognitive exams. The results were dramatic. Patients had increased function, better sleep, fewer angry outbursts, less episodes of anxiety, and wandering reported post-PBM.



*After 12 weeks of Transcranial Laser Light Therapy, Mini-Mental State Exam scores climbed dramatically.*

Without any negative side effects.

The researchers reported “significant improvement in cognition in mild to moderately severe dementia cases.”

This is amazing research. It means Alzheimer’s is not a disease that destroys memories. It’s more like a malfunction. It’s kind of a short-circuit in your brain’s ability to retrieve memories. Your precious memories are not gone at all.

## 3 More Keys To Supercharging Your Brain Right Now

Despite billions spent on research, the medical establishment has NO good answer for memory loss and dementia. Big Pharma drugs have been an epic fail. And most doctors still think memory loss is “just normal aging.”

The medical establishment just doesn't get it. Nature provides a remedy for everything that may affect the human body. And this includes an aging brain.

For decades, I've been helping my patients prevent and even reverse memory loss — without poking around in their brains.

You can rediscover the clear thinking and memory agility of your youth. Using my **3 Keys To Supercharging Your Brain Right Now** you can kick memory loss to the curb.

### **Key #1: Keep Your Telomeres Long To Keep Your Neurons Firing**

You know by now that telomeres are the protective caps at the end of each strand of your DNA. They control aging in the cells.

Every time your cells divide, your telomeres get shorter. As a result, your body produces cells that are older, weaker and more decrepit. Your body ages more rapidly.

In my practice, I've seen for myself that longer telomeres are an indicator of better thinking and remembering. And research backs me up...

An eye-opening study in the *Journals of Gerontology* examined telomere length in centenarians. Those in great health — with healthy hearts and clear mental focus — had much longer telomeres than their unhealthy counterparts.<sup>2</sup>

Another study focused on 62 nurses aged 70 plus. The people with short telomeres were 12 times more likely to become demented. They were also 9.6 times more likely to have mild cognitive impairment.<sup>3</sup>

You can program your body for longer telomeres to keep your cells — and your brain — young and healthy...

A landmark study reveals that omega-3 fatty acids affect the rate at which telomeres shorten. People taking omega-3 supplements actually saw their telomeres **increase** in length. People taking a placebo saw their telomeres shorten.<sup>4</sup>

Omega-3s contain a vital fatty acid known as DHA. It improves telomere health. But it also supercharges your memory. A Tufts University study showed that those with high levels of DHA have a 47% lower risk of memory and brain concerns.<sup>5</sup>

The American Academy of Neurology agrees. It says a diet rich in omega-3s cuts your risk of dementia and Alzheimer's.<sup>6</sup>

Foods rich in omega-3 fats include wild-caught salmon and grass-fed beef and dairy. Other good sources are pastured poultry and eggs, avocados, olives, walnuts and olive oil.

But I've found over the years that most people don't get enough omega-3s from their diet. To be sure you're getting enough, you have to supplement.

Krill oil is the best way to get your omega-3s. The DHA in krill oil can penetrate into nearly every cell in your body. In one study, people taking krill oil absorbed an incredible 46.4% more omega-3s than those taking fish oil.<sup>7</sup>

I recommend taking at least 500 mg of DHA and 60 mg of EPA per day.

### **Key #2: Get More Of Nature's Brain Boosters**

There are hundreds of herbs and plants that provide clarity and energy to your mind. Here are two powerful mind and memory boosters straight from nature's pharmacy. They're safe, effective and energizing.

- **Strawberries keep your brain sharp:** New research shows that a compound found in strawberries protects your brain and keeps it young and sharp as the years pass. It's a powerful antioxidant called **fisetin**.

A new study from the Salk Institute for Biological Studies shows that fisetin may prevent Alzheimer's and dementia. And it could protect you against memory loss.<sup>8</sup>

Other research shows that fisetin is very good at creating new brain growth.<sup>9</sup> It also increases the strength of the brain's long-term memory pathways.<sup>10</sup>

Fisetin seems perfectly designed by nature for your brain. It's one of the only compounds that can cross the "blood-brain barrier." That's the network of blood vessels that allows essential nutrients into the brain but blocks other harmful substances.

Once inside the brain, fisetin is powerful. It limits the buildup of proteins like beta-amyloid that create the plaques and brain tangles found in Alzheimer's.<sup>11</sup> And it decreases inflammation in brain cells called *microglia* that are linked to neurodegenerative diseases.<sup>12</sup>

Fisetin is found in very small amounts in various fruits and vegetables. It's in apples, persimmons, grapes, mangoes, kiwi, peaches, tomatoes, onions and cucumbers. But far and away, the richest food source is strawberries. Even with strawberries you'd have to eat about four cups a day to get enough for the brain benefits.

That's why I advise my patients to take a supplement. Look for one made from "wax tree," an Asian species of sumac that is rich in fisetin. Take 100 mg per day.

- **Lemon balm stimulates your memory:** One of the most effective brain herbs I've found is **lemon balm** (*Melissa officinalis*). You might mistake it for a backyard weed. But lemon balm stimulates memory and supports your brain's white matter. That's the network that carries signals between brain cells. If it's not firing, your memories are stuck.

Studies show lemon balm improves memory,<sup>13</sup> alertness, and mental processing.<sup>14</sup> It works by increasing the activity of acetylcholine. Alzheimer's patients have low levels of this essential neurotransmitter. Without it, brain cells can't communicate. And that leads to memory loss.

When researchers gave young adults 300 mg of lemon balm, it significantly improved their memory almost immediately. It also dramatically increased their math skills.<sup>15</sup>



*Fisetin in strawberries slows down the build-up of beta-amyloid proteins.*

You can make a tea with lemon balm leaves or inhale the essential oil with a diffuser. But for best results, I recommend a supplement. Take 300 mg to 500 mg three times a day.

### Key #3: Boost Nitric Oxide To Reverse Effects Of Alzheimer's

Nitric oxide (NO) is a colorless gas. It relaxes the lining of your blood vessels and allows blood to flow freely.<sup>16</sup> It keeps blood flowing through your brain and nervous system to carry oxygen and nutrients.

Researchers from the University of California found that when blood flow to the brain gets to a critically low level it starts a cascade that leads to Alzheimer's disease.<sup>17</sup>

And animal studies from the Mayo Clinic show that when NO in the blood vessels drops plaque levels in the brain rise.<sup>18</sup> And Alzheimer's rates go up. But when NO was increased plaques decreased. And the animals had a big improvement in their memory.<sup>19</sup>

Unfortunately, as you get older you have a harder time making nitric oxide. By the time you're 50, you produce only about half as much as when you were in your 20s.

But there are no nitric oxide pills you can take. You have to boost your levels of other nutrients that convert to NO in your body. The best one for the job is the amino acid **L-arginine**...

Some of the best arginine-rich foods include:

Lobster	Spirulina	Chicken
Crab	Turkey	Goat
Spinach	Game meat	Fish

You can also supplement. Look for arginine or L-arginine. You can find it in capsules or powders. Avoid synthetic D-arginine.



And if you do take L-arginine there's another amino acid you should take along with it. You see, after you've been using arginine for a while, an enzyme starts blocking the NO conversion. That's why you need **citrulline**. It blocks the enzyme so L-arginine is free to make NO.

Take L-arginine and citrulline in a 5-to-1 ratio. I recommend daily doses 6,000 mg of arginine (or L-arginine) and 1,000 mg of citrulline (or L-citrulline).

## Reverse Alzheimer's And Maintain Your Mental Edge In Just 30 Days

Your next bonus step is to begin your journey to beating Alzheimer's and maintaining a healthy brain no matter your age.

The truth is that you have all the tools you need to take on — and reverse — memory loss and defeat diseases like Alzheimer's.

That's why I'm excited to announce a new program I've created — the **30-Day Alzheimer's Reversing Protocol**. This program is designed to bring to you the latest on the exciting progress we're making in preventing, treating and even reversing the condition. Progress I've seen with my own eyes for patients at the **Sears Institute for Anti-Aging Medicine**.

Most of what we've all been told about Alzheimer's is way off the mark because of the way our for-profit "sick care" system pushes drugs as a solution to every problem. I've challenged this ineffective system my entire career. And this new groundbreaking course is my latest victory in that battle.

My goal is to empower you to take control of your health — and not wait for Big Pharma to develop an expensive drug that does nothing to help. In this course, you'll discover the real causes of Alzheimer's. And learn how to use simple approaches in your own life to tackle this disease.

My new course launched last week. As a loyal reader of **Confidential Cures**, I wanted you to be the first to hear about it.

To start your journey to an Alzheimer's-free life, [click here](#).

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# My Grandma's Superfood Now a 4-Letter Word?

When I was a kid growing up in Kentucky, I loved spending Sunday afternoons in my grandmother's kitchen. That's when she baked her pies...

The sweet aroma would fill the entire house. I still remember the special way she trimmed the edges of the pie crust and let me eat the delicious leftovers.

I've never had a better pie. And the secret ingredient that made her pies healthy and delicious? It's simple — homemade lard.

It made everything taste better. But today, lard has become just another 4-letter word in our society. It's perceived as a so-called bad fat.

After World War II, bad science linked saturated fats with heart disease. Big Food companies pushed this saturated fat myth to sell their fake foods. Things like lard and butter were suddenly “artery clogging” fats while factory-made foods like Crisco shortening and margarine were dubbed “healthy.”

Unfortunately, this health-food hoax is still being perpetuated today.

My grandmother cooked with lard her whole life. Most people did... Until the government convinced everyone that animal fat caused heart disease.

Why would they do that?

Because natural fat is not “proprietary.” By proprietary I mean something that they manufacture, patent, trademark, use to corner the market and sell to you at a huge profit.

They do this with synthetic fat substitutes like margarine and Crisco. For the past 100 years, the government has been trying to convince you to switch from fats like lard and butter to manmade alternatives such as shortening and margarine.



*My siblings and I learned how to bake the right way using good old-fashioned lard. That's a 5-year-old me all the way on the right getting ready to celebrate my brother's birthday.*

But these oil alternatives can't stack up. They're more like plastic than food. Manufacturers heat assorted vegetable oils to extremely high temperatures to change their molecular structure.

Then, they add nickel or aluminum and hydrogen atoms to make it a solid mass. Plus, some chemicals and preservatives to prevent this rancid oil rotting. Of course, then you need perfumes and dyes to mask the awful odor and ugly gray color to transform it into the bright yellow you'll see in stores. But that's just putting a pretty mask on this toxic sludge.

The fake stuff has proven to be worse than the real thing! They're bad for you, and they're loaded with trans-fatty acids, the true fat demons of our time. Trans fats are linked to heart disease, heart attacks, strokes, cancer and more.<sup>1</sup>

Good old-fashioned lard is one of the healthiest natural fats you can get. It's a true powerhouse superfood.

Here are just a few of the many benefits you get from natural fat like lard:

- More energy
- Better heart health
- Sharper memory, mental focus and brainpower
- Improved eyesight and a lower risk for macular degeneration
- Healthier skin and hair
- Anti-inflammatory protection from arthritis

In fact, fat can be found throughout your entire body. Your heart is covered with a layer of fat that it uses as an energy booster during times of stress. The walls of every cell in your body are made up of fatty building blocks called lipids.

Even the “sheath” that surrounds all your nerves is made of a fatty substance called myelin. Without enough of it, your nerves would lose their insulation and wouldn’t transmit their signals efficiently. And you would move and think much more slowly.

Without fat you wouldn’t be able to deliver nutrients to your body. Vitamins A, D, E, K and CoQ10 can’t be absorbed without it.

Plus, low-fat foods have proportionately more carbohydrates. When you eat carbs, it spikes your blood sugar. A wave of insulin floods your body. Insulin then, in turn, triggers your liver to produce more triglycerides and body fat. When this happens repeatedly, your body gets stuck on a program of making and storing body fat. The result is what I call **Syndrome Zero...**

How much insulin do you secrete in response to dietary fat? Zero. Carbs trigger insulin.

Low-fat and fat-free foods aren’t the answer. Because dietary fat is good for you.

## Don’t Get Caught-Up In The War On Fat

The war against saturated fats began in the late 1950s. A researcher named Ancel Keys was investigating cardiovascular disease. His goal was to prove eating high amounts of saturated fat was linked to heart disease.

He published his “Seven Countries Study” which he said successfully proved that fat was the major cause of heart problems.

His research was praised and soon became gospel. He even became known as the “father” of the Lipid Hypothesis. That’s the theory that high cholesterol causes heart disease... and in turn, eating a lot of fat causes high cholesterol.

But there was a slight problem with Keys’ research. Something he deliberately ignored. Keys only chose to use data from seven countries that matched exactly what he wanted to prove.

The truth is there were at least a half-dozen other countries with examples that proved the exact opposite.

Countries where people routinely ate tons of fat — yet rarely experienced heart disease. When it didn’t fit his hypothesis, he ignored the data.

Unfortunately, Keys’ research caught on over the years. One group in particular — the Center for Science in the Public Interest (CSPI) — ran with Keys’ ideas. They launched what began an all-out-war against all saturated fats. In fact, CSPI coined the term “artery-clogging” fat.

But the truth is that saturated fat is good for your heart...

The famous Nurses’ Health Study followed more than 80,000 nurses for 20 years. It found that saturated fats had NO impact on heart disease risk.<sup>2</sup> A review of 21 studies in the *American Journal of*

“Without fat, you  
wouldn’t be able to  
deliver nutrients to  
your body.”

*Clinical Nutrition* evaluated data from more than 350,000 people over 23 years. It found no evidence that saturated fat increased the risk of heart disease or stroke.<sup>3</sup>

But that's not all...

In another study, London researchers analyzed fat found in clogged arteries. It turns out only 26% of it was saturated. The other 74% was unsaturated. That's the same type of fat you find in the supposedly "heart healthy" polyunsaturated fatty acids (PUFA) found in vegetable oils.<sup>4</sup>

In other words, PUFAs — not lard — are more likely to give you heart disease. In the Sydney Diet Heart Study, Australian researchers followed 458 heart patients for seven years. They instructed half the patients to reduce saturated fat in their diet to less than 10% of calories, and increase PUFAs to 15% of calories.

The results showed that people eating more PUFAs and less saturated fat had **HIGHER** death rates overall. They also had higher death rates from cardiovascular disease and coronary heart disease. In fact, ***the death rate for the so-called "healthy" fats was about 70% higher.***

It's hard to believe there's any argument here with all the evidence piling up.

The researchers even estimated that replacing 5% of your saturated fat calories with "heart healthy" ***vegetable oil increases cardiovascular risk by 35%. And it increases risk of death from all causes by 29%.***<sup>5</sup>

You see, vegetable oils with PUFAs are not stable. They break down and become oxidized.

In your body they cause free radical damage and inflammation that lead to all chronic diseases.

But saturated fats like lard are very stable. The bonds between their molecules are very strong. They don't break down or oxidize even at high heat.

Lard has very low levels of PUFAs. Instead it has 40% saturated fat and 50% monounsaturated fatty acids (MUFAs). MUFAs are the same heart healthy fats you find in olive oil and avocados. They help balance your blood sugar, reduce belly fat and inflammation, and protect your cholesterol from becoming oxidized.

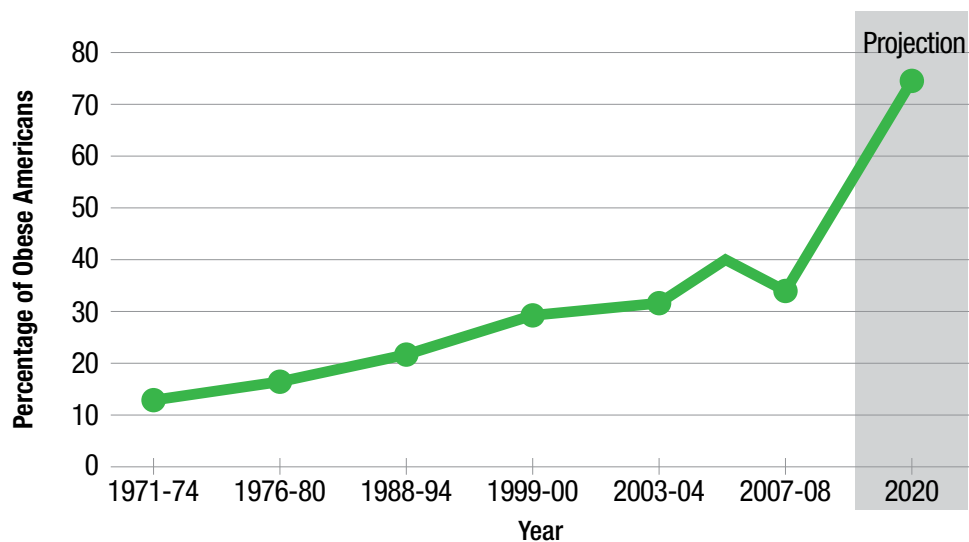
## Eating A Low-Fat Diet Makes You Fat

Did you realize that the rates of obesity and disease in America began rising at the exact same time the health authorities told us to eat a low-fat diet?

It started in 1977 when George McGovern led a Senate Committee that released its "Dietary Goals for the United States." According to this report, fat was the cause of illnesses sweeping the nation.

Then the National Institutes of Health jumped on the "low-fat" bandwagon and announced that Americans must cut their fat intake.

### Low-Fat Diets Made Us Fat



***Obesity rates in America have soared since the government introduced its low-fat dietary guidelines.***



Saturated fats found in pork and other meats do not clog your arteries. A study in the journal *Lancet* analyzed fat found in clogged arteries in people. Nearly 75% of the fat turned out to be so-called “heart healthy” polyunsaturated fats (PUFAs) found in margarine and canola oil.<sup>6</sup>

The famous Sydney Diet Heart Study confirms this. It found that patients eating more PUFAs and less saturated fat had HIGHER death rates overall. They also had higher death rates from cardiovascular disease and coronary heart disease. In fact, the death rate for the so-called “healthy” fats was about 70% higher.<sup>7</sup>

Human beings evolved for thousands of years eating saturated fats like red meat and pork. In fact, our ancestors ate diets of 30% to 80% fat. It’s what made their brains “human.” And heart disease was rare.

I advise my patients to aim for 60% to 70% fat in their diet. And if you’re following the Primal Power Plan to treat Syndrome Zero, you should be eating about 70% fat.

### 3 More Reasons To Add Lard To Your Plate Every Day

**1. It’s an easy way to get your vitamin D.** Lard is also the second highest food source of vitamin D after cod liver oil. Just one tablespoon of lard gives you 1,000 IUs of vitamin D. But it has to be lard from pasture-raised pigs. Vitamin D is the sunshine vitamin. And grass-fed animals convert sunshine into vitamin D-rich foods. Other good food sources of vitamin D are Atlantic herring, wild-caught salmon, grass-fed beef liver, steamed oysters and egg yolks.

**2. It’s rich in DHA.** DHA is the specific form of omega-3 fatty acid that I recommend to all my patients. I call it a “miracle worker” because it seems like there’s nothing DHA can’t do — including protecting you from heart disease. In fact, the landmark Women’s Health Initiative study found that those with the highest levels of DHA had a 30% lower incidence of heart failure.<sup>8</sup> But DHA does so much more... It restores damaged connections in your

brain and helps you build new brain cells, protects your eyes from macular degeneration and reduces disease causing inflammation.

**3. It’s a healthy source of cholesterol.** Lard is No. 18 in foods richest in cholesterol. And cholesterol is critical for good health. Your body uses it to build cell membranes and make vitamin D. It makes up a large part of your brain so it’s essential for good brain function as you age. It helps stave off neurological diseases like depression, dementia, MS and Parkinson’s.

Without cholesterol you wouldn’t be able to produce testosterone, estrogen, progesterone or cortisol. It’s a key building block for all of your hormones. And it’s critical for a long life. In a 10-year study of 724 people published in the *Lancet* those with higher cholesterol had a lower risk of dying from all causes.<sup>9</sup>

### Make Your Own Old-Fashioned Lard

I advise my patients to avoid so-called vegetable oils like corn, soybean, canola, cottonseed, and sunflower oils. Instead, go back to the traditional fats like lard that our grandmothers used. But be careful when you buy this superfood...

Most lard you find in the supermarket comes from animals raised and processed in factories. Instead, look for lard from pastured hogs. It contains the highest levels of vitamin D since the pigs have access to sunshine. Purchase lard from your farmer or butcher so you know for sure it comes from pastured animals.



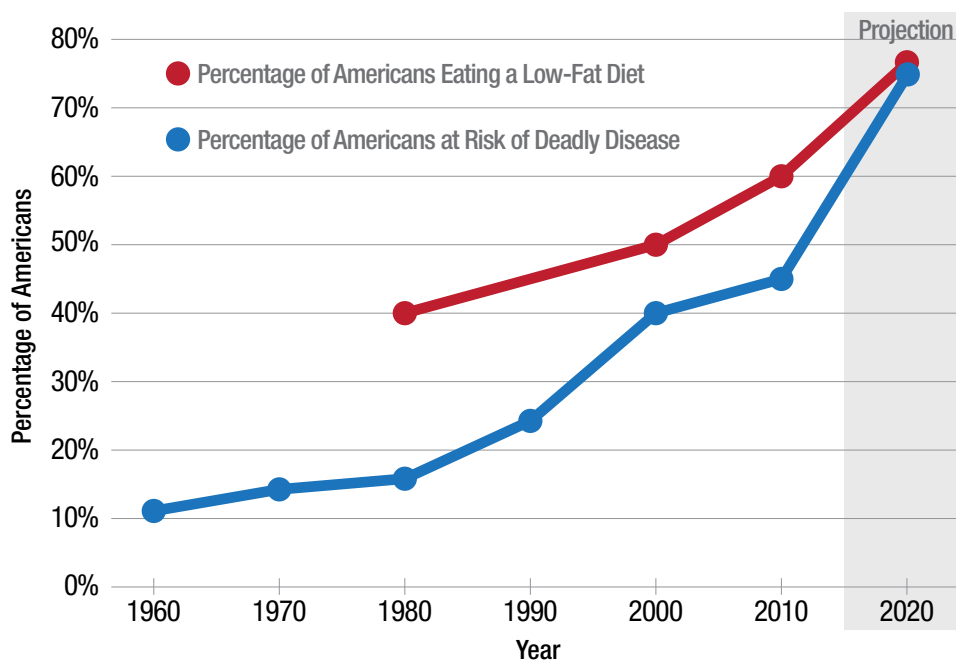
***Lard is part of a healthy eating plan. Our grandparents consumed lard and butter and experienced low rates of heart disease.***

You can also “render” your own lard just like my grandmother did. Rendering lard means gently heating the fat to separate out protein strands. And you can use it in place of butter or oil in any recipe. Here’s how to make it at home:

1. **Ask** your butcher for back fat from a pastured hog. Or get some pork belly, or other fatty cuts like the shoulder or butt. Store in the freezer until ready to use.
2. **Cut** the back fat or meat into one-inch cubes and place in a roasting pan. The smaller the pieces the faster it will render. Add 1/3 cup of water to the pan for every pound of fat.
3. **Place** the uncovered roasting pan in a 250-degree oven. Stir every 45 minutes as the fat melts.
4. **Remove** the pan from the oven when the fat cubes begin to brown. Strain the fat from the cubes using a colander lined with cheesecloth. Return the remaining cubes to the roasting pan and put back into the oven.
5. **Repeat**, extracting and draining off the fat until the only thing remaining in the pan are the browned “cracklings.”
6. **Store** the lard in the refrigerator for up to a year or in the freezer for longer.

Use lard for high heat cooking. It has a very mild taste and won’t overwhelm whatever you’re baking or roasting. Or use it to scramble eggs, sauté vegetables, baste chicken and roast meat.

## By 2020, 75% Of Americans Will Be At Risk Of Heart Disease, Diabetes, Cancer Or Obesity



*We did everything the American Heart Association recommended - low-fat, less red meat... And we have more disease than ever before.*

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# United States Military Unleashes Powerful New Hearing Loss Solution

The U.S. military is worried about hearing loss in its soldiers. Every day during basic training, our brave men and women in uniform fire up to 200 rounds of ammunition per minute.

The noise from their M-16 assault rifles is deafening.

More than half of all U.S. soldiers experience moderate-to-severe damage to their ears by the time they leave active duty.

In fact, hearing loss is the No. 1 disability our soldiers face.

Now that can be a thing of the past thanks to a powerful new hearing-loss solution that the soldiers use that not only protects their ears, but can even *reverse* hearing loss...

I use the same secret in my practice. I see many patients who are losing their hearing to some degree. They're shocked when I tell them they can launch an all-out assault against hearing loss with a nutrient that's found in Brussels sprouts and cauliflower.

It's a no-nonsense nutrient called N-acetyl-cysteine, or NAC. And helping people with hearing loss is one of its superpowers.

Now, you probably haven't been hit with the same level of noise our marines face during their rifle training.

But every day you're bombarded with ear-splitting sounds from our modern world. Like screeching trains, leaf blowers, lawn mowers and high-speed blenders.



***Our soldiers are “under attack” from severe hearing loss. But a powerful super-nutrient can protect our brave men and women in uniform.***

Our ears weren't designed to deal with these loud noises, much less day in and day out. And it quickly takes a big toll on the delicate inner workings of your ears.

You see, your inner ear contains more than 15,000 tiny hair cells called sensory cells. They turn sound waves into electrical signals that go to your brain. That's how you hear.

But loud noise hurts your sensitive sensory cells. This forces them to work harder, generating bursts of metabolic activity. This triggers damaging reactive oxygen and nitrogen species in your ear, which in turn, causes inflammation.<sup>1</sup>

When this inflammation occurs in your ear, the result is a reduction of blood flow to your cochlea and a cycle of destruction in tissue and hair cells. And when you lose your hair cells, you lose your hearing.

Before long, you're left with hearing loss. And that can keep you from enjoying your favorite concert or TV show. Even a conversation with your kids and grandkids.

An audiologist will tell you there's nothing you can do except get a high-powered — and expensive — hearing aid.

*But here's the truth. Most people don't need hearing aids.* What no one in the hearing aid industry will admit is that hearing loss can be prevented, improved and, in some cases, even reversed by what you eat and supplement with.

## Shield Your Ears and Gain Excellent Hearing like a U.S. Soldier

The studies on the connection between hearing loss and nutrition keep piling up. A PubMed search of the subject has found almost 400 to date.

One of these breakthrough studies was recently published in the *Journal of Nutrition*. Researchers examined the diets of 81,818 people over 26 years. The scientists found that “healthful dietary patterns” lower the risk of developing hearing loss by 47%.<sup>2</sup>

A second study, this time conducted by researchers at Johns Hopkins School of Public Health, found that adults who were undernourished were about two times as likely to suffer from hearing loss as their better-nourished peers.<sup>3</sup>

These studies are an important step in the right direction. But they missed two big factors...

1. Big Agra and the food industry have totally compromised our food supply. It's almost impossible to follow a “healthful dietary pattern” recommended by the researchers. Today, we're faced with nutrient-depleted and toxin-laced foods from our neighborhood supermarket.

2. Even a healthy diet wasn't able to provide targeted nutrition for people who were exposed to noise from blasts, explosions and gunfire. Which mostly boils down to one occupational group: soldiers.

Naval Medical Center researchers at the Marine Corps Recruit Depot in Oceanside, California, looked at 1,000 marines going through rifle training. All were given a standard hearing test.

Then researchers gave 566 marines a powerful amino acid three times a day for a month. The other marines took a placebo.

A second hearing test at the end of the study found that 70% of soldiers who took the amino acid had dramatically less hearing loss.<sup>4</sup>

The potent super-nutrient the soldiers were given was the amino acid, NAC.

The scientists found that NAC protected the tiny ear hairs in the soldiers' ears. They had less damage and also less ringing in their ears.

But supplementing with NAC not only prevents hearing loss.

*It helps reverse it.*

In a recent study, Yale researchers found that NAC also boosts your production of a powerful antioxidant called glutathione. And that helps repair the inner ear damage done by loud noises.<sup>5</sup>

Other scientists have backed this up. In Sweden, doctors found other ways NAC protects the ear from even subclinical hearing loss caused by shooting training.

It does it through resetting the noise level limits that our ears can handle, it's called the psycho-acoustical modulation transfer function (PMTF).<sup>6</sup>

The Navy Medical Center researchers confirmed some of their groundbreaking findings about NAC's

“70% of soldiers who took the amino acid had dramatically less hearing loss.”



protection of soldiers in their trigger-hand ear — the ear on the side of the arm they’re firing with.<sup>7</sup>

NAC plus other nutrients help protect our soldiers’ hearing, too.

Scientists from the Department of Defense Spatial Orientation Center in San Diego found that combining NAC plus **acetyl-L-carnitine** helped military members deal with “acoustic trauma” even if they weren’t wearing their hearing protective devices (HPDs) in the right way.<sup>8</sup>

NAC is available as a supplement in most health food stores. I recommend taking at least 250 mg a day. But if you know you’re going to a loud concert or sporting event, take 1,200 mg 12 hours before. If the noise is a surprise, take 1,200 mg as soon as possible afterward. Then take 900 mg to 1,200 mg three times a day, with meals, for the next 14 days.

Acetyl-L-carnitine is available as a supplement, too. I usually recommend taking up to 2,000 mg a day in two divided doses for seven to 10 days right after exposure to a huge noise or concert. After that, taper down to 1,000 mg once a day.

**Reverse Hearing Loss Naturally**

NAC and acetyl-L-carnitine are two super nutrients that protect your hearing. I use many others with my patients here at the **Sears Institute for Anti-Aging Medicine**. Here are three that can help protect your ears and even reverse hearing loss.

**1. First, protect your ears by adding luteolin.** Luteolin is a powerful antioxidant and one of the few that can cross the blood-brain barrier. It protects the nerve cells in your ears from oxidative damage. It’s also a natural anti-inflammatory that can repair free radical damage that harms the hair cells in your ears.

A recent study out of Korea confirmed this. The authors found that luteolin blocks oxidative stress, in this way putting the brakes on free radicals and reducing inflammation.<sup>9</sup>

Luteolin’s downsizing of inflammation is especially important because of its lowering of the inflammatory marker, homocysteine. Lowering homocysteine lowers inflammation.<sup>10</sup> And dropping homocysteine reduces hearing loss.<sup>11</sup>

The best way to get luteolin is through your food. Aim to get at least one serving at each meal. Here are my top picks for foods and herbs rich in luteolin:

Luteolin-Rich Foods and Herbs to Add to Your Dinner Plate			
Celery	Fresh thyme	Artichokes	Rutabagas
Olive oil	Celery seed	Radicchio	Peppers
Rosemary	Lemons	Dried oregano	Kale
Basil	Parsley	Sage	Mint
Broccoli	Spinach	Brussels sprouts	Beets

You can also supplement. For sharper hearing, I recommend taking at least 25 mg per day.

**2. Then, replenish your starved ears with niacin.** Your inner ear, like your brain, has no energy reserves. It depends on oxygen and glucose from the blood supply. When blood flow slows, your inner ear is starved of energy.

Niacin or vitamin B3 is a natural circulation booster. It energizes healthy cells of all kinds. It also fights inflammation and improves hearing in people with sudden hearing loss.

Case in point: Serbian scientists wanted to see what would happen if they gave different nutrients, including a form of niacin to 37 patients who were hospitalized because of sudden hearing loss.<sup>12</sup>

Overall, the niacin therapy helped 23% to 62% of patients recover.

And it's been shown to reduce ringing in the ears. In the Serbian study, even patients who had the most severe damage, buzzing and dizziness problems were eliminated.

You can boost your niacin levels with food. The best sources are grass-fed beef and organ meats, pastured eggs, chicken and turkey, and wild-caught salmon and tuna. Good vegetarian sources include peanuts, beets, leafy greens, nuts, peas and beans.

You can also supplement. I recommend starting at a small dose of 250 mg per day because too much niacin can lead to “flushing.” Increase the amount gradually every month until you get up to 750 mg or 1,000 mg. You can also split your dose into twice a day to help reduce the flush.

**3. Finally, repair any damage by getting more magnesium.** This mineral boosts blood flow to the tiny vessels in the auditory canal. And it supports the health of inner ear hair cells.

Just like with luteolin, science has been coming out with study after study<sup>13</sup> about magnesium attesting to what I've been sharing with my patients for years:

Magnesium fends off free radicals, and that's one of the main ways this magnificent mineral helps people improve their hearing after acoustic trauma.

In one study, 320 military recruits were exposed to high-decibel gunfire during two weeks of basic training. Those taking magnesium had 50% less hearing damage than a placebo group.<sup>14</sup>



***Boost your magnesium levels to repair any damage in your ears by eating leafy greens.***

More recently, a study that combined the research forces of the Medical University of South Carolina and University of Michigan recognized that magnesium for hearing loss is one of the most exciting areas for science.<sup>15</sup>

The scientists also acknowledged the vital importance of NAC and antioxidants.

Sadly, more than 70% of people are deficient in magnesium. Fortunately, leafy greens like kale, spinach, and Swiss chard are good food sources. So are quinoa, lentils, almonds, sesame seeds and cacao.

I recommend getting between 600 mg and 1,000 mg a day as a supplement. Avoid magnesium oxide or glutamate. The glycine, citrate, malate, and chloride forms are better choices. Take it with vitamin B6 to increase the amount of magnesium accumulating in your cells.

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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

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).

