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Why Do They Call It “Pure Poison” When 3 Spoons A Day Lowers Your Risk Of Heart Disease?

I was hiking through the low mountains in the jungles of Bali with my friend Westi. The temperatures topped the high 80s but the humidity made it feel more like a hundred degrees. The sweat was pouring off us. We were exhausted and dying of thirst...

Just then a young woman walked by with a bundle of coconuts slung across her back. She was heading to a makeshift café in the middle of the jungle. Westi stopped her and asked for two coconuts. Then he pulled out his knife.

Within seconds, Westi made a drinking cup out of a whole coconut. He shaved off a little piece of the coconut and set it aside. Then he chopped a little V-shaped hole in that spot with the knife. At one end of the hole, he chopped a slit, picked up the shaved piece and bent it a little, and stuck it in to make a spout. Voila! A drinking cup.

After we drank the water, Westi cut the coconut in half with two quick chops. Then he made a spoon out of the shaving we used as a spout. Using the sharp edge, we scooped out the delicious coconut and ate it.

I told Westi that his knife was one of the most amazing tools I'd ever seen. Before I left the island, he presented me with my own Bali knife as a gift.

We have coconut trees here at my house in South Florida. But until I got my knife, I had a hard time cracking them open. Now getting the water and meat out is a breeze.



After hiking for hours in what felt like 100-degree heat, this coconut café in the middle of the jungle was like an oasis.

I've always enjoyed eating coconut. In Bali, they call the coconut palm the “tree of life” because it has so many benefits. Amazingly, it has the same nickname in Jamaica and India.

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I've recommended coconut to my patients for years. It's an excellent way to get protein and natural fiber. Coconuts also have zero starch but are rich in nutrients like magnesium and iron.

And the oil from coconuts is among the healthiest in the world...

Which is why I was dismayed last month to hear a Harvard University professor call coconut oil “pure poison” and “one of the worst foods you could eat.”

In an hour-long online video, Dr. Karin Michels said that coconut oil is an artery-clogging saturated fat that causes heart disease.

Since I began practicing medicine nearly 30 years ago, I've made it my mission to expose lies like this...

At first, I decided to simply ignore Dr. Michels' video. But then some of my staff told me that more than a million people around the world watched her video on YouTube. And I knew I had to respond.

Videos like this continue to spew out the same outdated propaganda perpetuated by the American Heart Association. This is the same organization that puts it phony, bought-and-paid-for “heart healthy” check on foods such as canola oil, egg substitute, canned sweet potatoes in syrup — and sugar-loaded cereals like Frosted Flakes.

These AHA-approved foods directly lead to inflammation, cardiovascular disease, diabetes and a whole host of chronic diseases that contribute to our modern health crisis.

And yet there isn't a single study that proves coconut oil causes heart disease.

But there are more than 1,500 studies that prove coconut oil is one of the healthiest foods on the planet.

Now I have touted the health benefits of coconut oil for years. But when it comes to your heart, coconut oil is one of its key protectors. Saying otherwise is so far from the truth.

But I'm not surprised. This saturated fat battle has been going on for more than 60 years.



These are just a few examples of so-called “heart healthy” foods that are anything but...

Shattering The Saturated Fat Myth

I've been shattering this “fat is bad” myth for as long as I've been practicing medicine. The research just doesn't back it up.

In fact, the whole saturated-fat myth has been debunked by science. Because saturated fats do not clog your arteries. And they don't harm your heart.

The truth is, 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.¹ A review of 21 studies in the *American Journal of 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.²

In another study, researchers in England analyzed fat removed from 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 “heart healthy” polyunsaturated fatty acids (PUFA) found in the vegetable oils recommended by the AHA.

Like canola oil, corn oil and margarine.

In other words, vegetable oils — not coconut oil — 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 polyunsaturated fat 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.

The researchers 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%.³

You see, vegetable oils with polyunsaturated fat are **NOT** stable. They break down and become oxidized. In your body they cause free radical damage and inflammation that leads to all chronic diseases. But saturated fats like coconut oil are very stable. The bonds between their molecules are very strong. They don’t break down or oxidize even at high heat.

How 3 Spoons Of Coconut Oil Helps Your Heart

Thanks to the American Heart Association propaganda machine, almost everyone has heard how cholesterol builds up in the wall of your arteries. Eventually, blood flow is blocked and you have a heart attack.

Except it isn’t true. Your body needs cholesterol to perform many vital biochemical functions. Your body uses it to build cell membranes and make vitamin D. It’s essential for good brain function as you age. It’s a

key building block for all of your hormones.

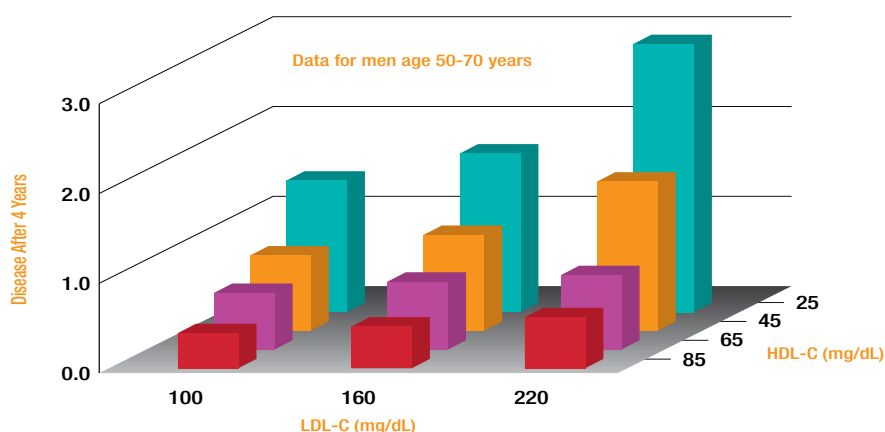
And it’s critical for a long life. In a 10-year study of 724 people published in the *Lancet*, those with higher cholesterol had a lower risk of dying from all causes.⁴

Yet, if you walk into your doctor’s office with a cholesterol level over 300, they’ll shove you in an ambulance and rush you to the hospital.

But the whole “high cholesterol myth” was supported by drug companies that profit off patented drugs that *lower* cholesterol. As long as your **HDL is high enough**, you’re at little to no risk of heart disease. Even if your total cholesterol is 305.⁵

And that’s where coconut oil can help. It raises the amount of HDL in your blood.

CHOLESTEROL IS GOOD FOR YOUR HEART



Your risk of heart disease increases the lower your HDL levels are. As long as your HDL is at least 85, your risk levels are low... no matter how high your LDL or total cholesterol levels are.

A recent study from the University of Cambridge in England found that coconut oil can **lower the risk of heart disease when consumed every day** for a month.

In the study, researchers followed 94 volunteers between the ages of 50 and 75. None of them had a history of heart disease.

After four weeks of eating three tablespoons of coconut oil a day, participants had a 15% rise in healthy HDL levels, leading the scientists to report that this superfood can lower your risk of developing heart disease.⁶

Turn Your Body Into A Fat-Burning Machine With Coconut Oil

Coconut oil is 90% saturated fat. But it also has another unique kind of fat that's found in fewer than a half dozen foods in the world. This rare fat is called *medium-chain triglycerides* — or *MCTs*.

Two strains of MCT — capric acid and lauric acid — are only found in cow's milk, goat's milk, palm kernel oil (which is NOT the same as palm oil), human breast milk — and coconut oil.

Nursing babies get about one gram of lauric acid per kilogram of body weight each day. Coconut oil has almost seven grams per tablespoon.

Unlike long-chain fatty acids, the medium-chain fatty acids in coconut oil are tiny enough to enter your cells' mitochondria directly. This means your cells use the fat from coconut oil for energy instantly, instead of storing it for later use.

A Boston University study gave one group corn oil (long-chain fatty acids) and the other MCT. After 90 days, those that got the MCT lost weight and increased their insulin receptivity.⁷

Another study found that coconut oil can help reduce the symptoms of type 2 diabetes and that “people who incorporate medium-chain fatty acids, such as those found in coconut oil, into their diets can lose body fat.”⁸

Coconut oil can help turn your body into a fat-burning furnace.

5 Of The Best Coconut Oil Health Benefits

1. Balances blood sugar. Coconut oil is slowly released in your body over the course of many hours. This helps sustain blood sugar levels. A study published in the *Indian Journal of Pharmacology* found that supplementing your diet with coconut oil led to improved glucose tolerance.

Another study found that the MCTs in coconut oil significantly improve blood sugar levels and reduce insulin resistance.⁹

A separate study found that when 10 people with diabetes were injected with insulin, they needed 30% less sugar to maintain normal blood sugar levels when they consumed the MCTs in coconut oil compared to vegetable oils.¹⁰

2. Reduces inflammation and arthritis. You know that inflammation is the root cause of almost every chronic disease. But current research shows that coconut oil can help reduce this inflammation.

In a study in India, the high levels of antioxidants present in coconut oil reduced inflammation and treated arthritis more effectively than leading medications.¹¹

In another study, coconut oil that was harvested with only medium heat was found to suppress inflammatory cells. And worked as both as an anti-inflammatory and as a painkiller.

3. Boosts brain function. MCT oils were found to boost cognitive performance in older adults suffering from dementia and Alzheimer's disease. And the results were noticeable after just one 40 ml dose.¹²

The study involved 20 subjects with Alzheimer's or mild cognitive impairment who, on separate days, were given either MCTs or a placebo. The researchers theorize that because of their shorter length, they are more easily absorbed and utilized by the brain.

4. Boosts testosterone and reduces swollen prostate. Coconut oil is one of the best foods to support healthy hormones. It not only helps regulate the thyroid and adrenal glands, but it's also been found to lessen the incidence of prostate cancer.¹³

5. Bulletproof your immune system. Coconut oil has antiviral and antibacterial properties that help bulletproof your immune system against everything from free radicals to a life-threatening virus.

In fact, it's so powerful, that preliminary research suggests it's effective against lipid-coated viruses, such as HIV.

A recent study took a group of 15 men with HIV. They had not received any prior treatment. After three months of supplementing with coconut oil, half of the patients showed a decrease in viral load.

Being Truly Heart-Healthy Can Still Taste Great

Living in South Florida provides me with all the coconuts I can eat. And thanks to the Bali knife my friend Westi gave me, I have a much easier time cracking the coconuts in my backyard open. But even if you don't live in a sub-tropical climate, nowadays it's easy to find fresh coconuts and oil.

But there are a couple of things to look out for. Some brands are refined, bleached and deodorized with chemicals. I recommend looking for unrefined virgin coconut oil. It will be solid at room temperature.

I recommend my patients use coconut oil every day. Here are four ways you can get more of it in your meal plan.

- **Cook with it.** Coconut oil has a high smoke point. That means that it won't degrade at high temperatures — leaving all the fatty acids intact. It's especially great for pan searing and sautéing. If you want to eliminate any coconut taste, consider getting an oil with no flavor. This is known as “expeller-pressed” coconut oil.
- **Bake with it.** You can use coconut oil in place of other oils and butter when you bake. But keep in mind, coconut oil solidifies when you add it to cold ingredients like eggs and milk. So make sure all your ingredients are at room temperature before you add the coconut oil.
- **Make a smoothie.** Scoop a healthy serving of coconut oil (it'll probably be solid, but that's okay) into the blender. Mix in your favorite fresh fruits. Maybe even add some protein powder. Add organic milk and a little ice. Blend it all and enjoy a tasty, heart-healthy smoothie.
- **Take it to go.** If you've got a very busy schedule, you can eat a snack with coconut oil already in it.

This delicious and healthy trail mix is great for people on the go. It will give you the steady, long-lasting energy you need.



I use the Bali knife my friend Westi gave me to cut up the fresh coconut I add to my favorite trail mix.

Make My Favorite Coconut Trail Mix Recipe

Ingredients:

- 2 cups almonds
- 2 cups cashews
- 2 cups pecans
- 1 cup shredded coconut
- 2 tsp. coconut oil (melted)
- 1 Tbsp. cinnamon
- 2 tsp. Himalayan pink salt

Directions:

1. Preheat your oven to 350 degrees.
2. Add all ingredients to a large bowl and toss together until fully combined.
3. Place mix on a large baking sheet and spread out in one layer evenly.
4. Bake trail mix for 10 minutes, toss and bake for another 5-10 minutes.
5. Let cool and dry out completely before serving and storing.

Oven temperatures vary so check your trail mix every 5 minutes.

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This Stem Cell Breakthrough Restores Vision To The Blind

Discover My 2-Prong Approach For Maintaining Healthy Eyesight For Life

Age-related macular degeneration (AMD) is the most common cause of blindness in America and Europe. If you've even been diagnosed, chances are an ophthalmologist served you up the usual story...

"I'm afraid there's no cure for AMD... but there are treatments that may slow down the disease and your vision loss."

Then the hope will usually disappear from the doctor's voice: "Unfortunately, these treatments don't work for every type of AMD, and they're not for everyone."

I'm going to share with you my revolutionary 2-step approach to saving your eyes in a minute... but I want to tell you right now that AMD is NOT hopeless.

In new pioneering trials, advanced-AMD patients have had their sight restored after a stem cell procedure was used to regrow special cells in an area of the retina called the macula — the part of your eye that's responsible for detailed central vision.

I've been effectively using stem cell therapies with my patients for years — and it's shameful that they're not available to more people.

Many doctors still believe stem cell procedures are controversial and that current treatments are, at best, experimental.

In fact, the American Academy of Ophthalmology calls for stem cell treatments for vision to be "investigated" by the FDA — that only the small number of people in an FDA-monitored clinical trial should have access to this breakthrough.



Stem cells can help us prevent and even reverse the most common cause of blindness.

That you, your loved one, your friend and 15 million other Americans should not be permitted to save their vision because... Why?

So eye specialists can corner the market on care? So they can keep prescribing ointments that don't work?

The thing is... It's true that science is only now starting to understand that the healing power of stem cell therapy is virtually limitless.

And many stem cell treatments are already available. I offer a number of them at my clinic in South Florida.

Stem cells are master cells that allow your body to regenerate damaged tissue in any organ or organ system — from your brain, heart and liver to your eyes. They can rebuild aching joints, and they have the potential to cure cancer, heart disease, diabetes, Alzheimer's and Parkinson's disease — to name a few.

And now they can help us prevent or reverse the most common cause of blindness.

In this article, you'll learn about the new breakthrough stem cell treatment that can reverse AMD. You'll also learn the true causes of the condition and I'll reveal two critical nutrients that can completely fend off this devastating disease.

AMD And Alzheimer's Are Closer Than Most Doctors Think

Your macula, the small area at the very back of your retina, is essential for important tasks like reading, driving and even facial recognition. It's densely packed with photoreceptors, which react to light and send electrical nerve impulses via the optic nerve to the brain.

The "dry" version of AMD occurs when tiny deposits of fat and protein accumulate in the macula. As the number and size of these deposits increase over several years, things begin to look blurry in the center of your field of vision. Colors lose their vibrancy. Often, straight lines start to appear wavy.

One of my patients became extremely concerned while driving, after noticing that all the telephone poles had distinctive "kinks" in the middle. She was later diagnosed with dry AMD.

Eventually, it becomes difficult to see objects at long distance.

As the disease progresses, the blurriness often turns into blind spots. Face recognition disappears. And eventually whole areas of vision go away.

Dry AMD can also progress into the much more aggressive "*wet*" AMD. This is when blood vessels grow abnormally and leak fluid into the macula.

And it's no coincidence that AMD and Alzheimer's are closely linked.

Both are products of our modern toxic environment. But neither one is a natural part of aging, despite what most doctors will tell you — except that they usually strike after 60, after a lifetime of accumulating toxins in your body.

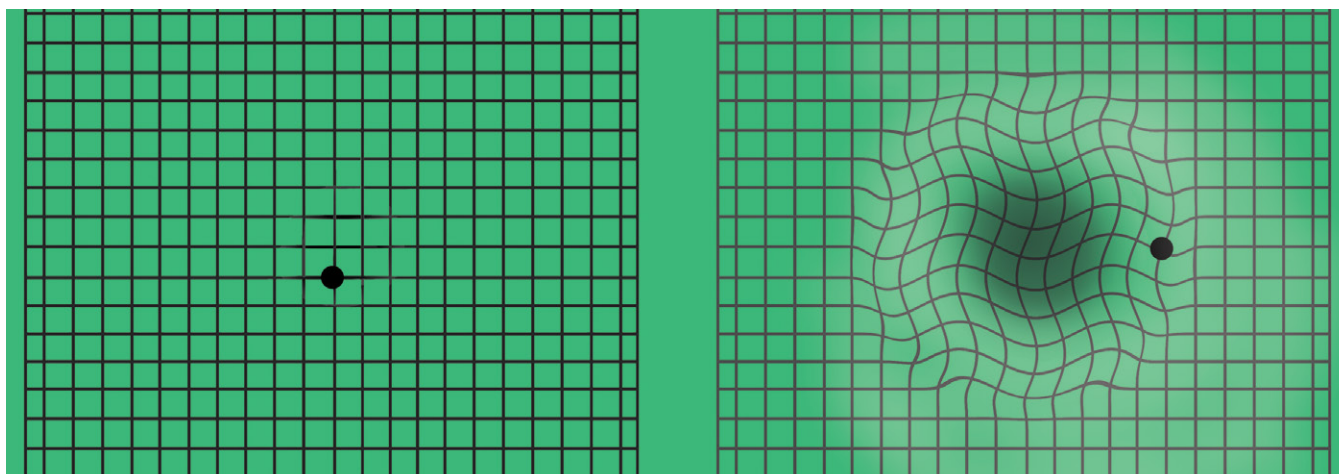
Both also have deep roots in our insulin-spiking, grain-dominated modern diet.

And both conditions are also plagued by toxic beta-amyloid proteins, which disrupt communication between neurons, resulting in loss of function and cell death in Alzheimer's patients.

In AMD, these toxic proteins cause the death of retinal photoreceptors, the light-sensing cells called rods and cones, in your macula.

This is caused by the loss of another type of cell, called ***retinal pigment epithelial (RPE)*** cells. They support the rods and cones.

What AMD Really Looks Like



Distorted view... The grid on the left represents normal vision, but on the right, you can see how the same grid is viewed if you suffer from "wet" AMD.

In one study published last year, researchers at the Maxine Dunitz Neurosurgical Institute at Cedars-Sinai Medical Center in Los Angeles found nearly 500% more beta-amyloid deposits in the macula of Alzheimer's patients than in people without the condition.

And most doctors have no idea about the connection between AMD and Alzheimer's, even though your macula presses against the brain and is regarded by many researchers as an outgrowth of the brain itself.

In Alzheimer's, your glial cells — our brain's neuron protectors, nutrient suppliers and dead neuron waste-disposal crew — aren't able to clear away buildup of beta-amyloid protein.

When you have AMD, your RPE cells — the garbage trucks of your retina — fail to remove the toxic byproducts made by the retina as it performs its light-sensing functions, including beta-amyloid plaque.

That's why I now view AMD as "*Alzheimer's of the eyes.*"

A New Kind Of Stem Cell Therapy That Can Reverse Blindness

The latest research advances into AMD mark an extraordinary breakthrough in the field of regenerative medicine.

In one trial, doctors at Moorfields Eye Hospital in the U.K. used a *new kind of stem cell therapy* to successfully reverse blindness in two patients — a man in his 80s and a woman in her 60s. Both suffered from the severe wet form of AMD, where vision loss can happen rapidly in just weeks or even days.

The findings, published in the journal, *Nature Biotechnology*, revealed that the research team grew

stem cells *into* the kind of cells found in the retinal pigment epithelium. Remember, stem cells can grow or transform into any other kind of human cell.

These newly grown macular cells were then attached to a plastic scaffold "patch," which was then inserted into the patients' eyes — entirely replacing the diseased macular cells, with all their years of accumulated toxins.

And the results were astonishing...

"A new kind of stem cell therapy successfully reversed blindness in two patients."

Before the vision-restoring procedures, both patients were unable to read, even with glasses. A year later, the first patient's reading speed jumped from 1.7 words per minute to 82.8 words per minute. And the second patient had improved from 0 words per minute to 47.8 words per minute.

Even more exciting... Moorfields' doctors believe their revolutionary stem cell treatment could be ready for widespread public use within the next five years.

Stem cells are already used to combat other eye diseases, like glaucoma, diabetic retinopathy and cataracts. And they are far more natural and effective than any conventional medical treatment, which usually means a combination of laser therapy and Big Pharma drugs.

If you've been diagnosed with wet AMD, chances are you've been prescribed an anti-angiogenic drug, like Roche's *Lucentis*. Doctors inject these medications directly into your eyes. Anti-angiogenics work by holding back the growth of new blood vessels and plugging up leaky blood vessels, a hallmark characteristic in the eyes of wet AMD patients.

Aside from the unpleasantness of eye injections, many anti-angiogenic drugs come with a long list of dangerous side effects, including fatigue, diarrhea, hypothyroidism, bleeding complications and heart failure.

But if you've been diagnosed with *dry* AMD, neither the medical establishment nor pharmaceutical companies have come up with any form of treatment that prevents further vision loss.

But researchers at the University of Southern California Roski Eye Institute have found a potential cure.

Like the doctors at Moorfields, the USC researchers also used stem cells to build a retinal implant designed to mimic the RPE, a layer of cells that breaks down as AMD progresses. Then they inserted them into the eyes of four patients with dry AMD.

A few months later, the researchers noticed the patients' retinas had changed shape. That's because the diminished RPE layer at the back of the retina was growing back, thanks to the growth of the implanted stem cells into new RPE cells.

What You Can Do About AMD At Home

Our eyes simply don't get enough nutrients to function properly. And our modern diet is to blame.

At the **Sears Institute for Anti-Aging Medicine**, I teach my patients two easy steps you can take at home to prevent and dramatically slow the progress of both types of AMD. I've been recommending them to my patients for years.

Step 1: Cut down on the carbs.

Poor nutrition is the main cause of AMD. Researchers at Tufts University discovered that people who ate a diet with a high-glycemic-index score — foods packed to the gills with carbohydrates and starches — faced a greater risk of developing macular degeneration.

And people with the highest dietary glycemic index had a 40% increased risk for developing AMD compared with those with the lowest glycemic score.

The secret is to follow a primal diet.

Calories from fat and protein won't spike your insulin.

And look for grass-fed beef and dairy products, wild-caught cold-water fish, and poultry and eggs from pasture-raised animals. Choose healthy fats like olive oil, butter and coconut oil.

I also recommend that carbohydrates should make up no more than 20% to 30% of your diet, preferably less.

But there's more you can do...

Step 2: Replenish your eyes' most important nutrients.

Even the fruit and vegetables we eat are now grown in nutrient-depleted soils. And most major crops have been genetically altered to grow faster — a process that reduces nutrient levels even further.

The two most important nutrients for eye health have been vastly depleted in our modern diet. I'm talking about the carotenoids, *lutein* and *zeaxanthin*. I call them the dynamic duo of eye health.

Of all the carotenoids you might consume, your macula collects only these two. And their concentration in your retina is so high your eyes can't function without them.

Studies show that eating foods rich in lutein and zeaxanthin can increase the RPE levels in the macula... and lower the risk of macular degeneration.

Meanwhile, a Harvard study found that test subjects with the lowest levels of lutein and zeaxanthin accumulation in the outer retina were significantly more likely to suffer from AMD than were those with higher levels of these compounds. And the difference in risk between people getting the highest and lowest levels was a stunning 75%.

In addition, your body can't make these nutrients. So you have to get them from food. Luckily, boosting your intake of lutein and zeaxanthin is an easy thing to do.

Here are a few suggestions...

To load up on lutein and zeaxanthin, pick up some dark green leafy organic vegetables, like:

- Spinach
- Kale
- Collards
- Swiss chard



Dark leafy greens are rich sources of lutein and zeaxanthin, both of which are essential for healthy eyes.

You should also eat organic eggs. The yolk provides another natural source of lutein.

And add some color to your meals. Pick a few orange peppers, zucchini and squash. Toss in a few kiwi fruit. All contain zeaxanthin.

Step 3: Eat this fruit every day.

A brand-new study just published in the *American Journal of Clinical Nutrition* found that people who eat just one orange a day are up to 60% less likely to lose their sight to macular degeneration.⁹

For 15 years researchers in Australia followed more than 2,000 people age 50 or older. They found that the flavonoid in oranges protected the eyes by providing antioxidant and anti-inflammatory benefits.

But what makes this study unique is that the researchers could not find a similar link between AMD protection and other flavonoid-rich foods like wine, apples or tea.

I also recommend you take vision supplements.

The National Eye Institute's Age-Related Eye Disease Study found that the progression of AMD could be delayed or prevented by taking supplements with a specific high-dose formulation of antioxidants, such as vitamins C and E, as well as lutein, zinc and copper.⁸

Here are the daily dosages I recommend:

- 3,000 mg of vitamin C (take 1,000 mg 3 times a day)
- 400 IUs of vitamin E
- 20 mg of lutein
- 2 mg of zeaxanthin
- 80 mg of zinc
- 2 mg of copper

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Breakthrough Therapy Cured 2,000-Pound Giraffe

And It Can Heal You, Too

It was a sight that will stay with me the rest of my life — a herd of wild giraffes racing toward me across the savannah in Uganda.

The technical term is a “tower” of giraffes — a fitting term, of course, for these majestic creatures, which can grow upward of 18 feet tall. In fact, they are the tallest mammal on earth.

One giraffe separated from the rest of the tower and loped toward the group. He stopped to feed on the imperial acacia tree just yards away from me. It was an amazing sight.

The opportunity to observe these impressive animals in their natural habitat was one of the highlights of my trip to a remote area called the Albert Nile in the northwestern region of the country.

A giraffe’s anatomy is a miracle of nature — their necks alone measure about 6 feet in length. No wonder their unusual appearance is the cause of delight for children at a very young age the world over. At 2,000 pounds, their slender legs incomprehensively support a ton of weight.

At first glance, you might imagine there isn’t a lot in common with these imposing beasts — but you’d be wrong. Oftentimes our worlds intertwine with nature in unexpected ways.

Back at home, I learned of a 14-year-old giraffe (middle age in our years) named Mahali living in the Cheyenne Mountain Zoo in Colorado. Unfortunately, he was in pain — and in the worst possible way for a giraffe. He couldn’t put pressure on his front left foot for more than a minute or two.

And the reason for his terrible pain is where our worlds connect — and the way this giraffe’s condition was finally remedied will have you at the edge of your seat.



Watching the giraffes feed from the top leaves of the Acacia trees was one of the highlights of my trip to the Albert Nile area of Uganda.

That’s because it’s the very same therapy I offer my patients here at the **Sears Institute for Anti-Aging Medicine**.

In this article, I’m going to show you how you share some common characteristics with one of nature’s most incredible creations — the regal giraffe.

Enable Your Body To Heal Itself From Chronic Joint Pain

Mahali, was suffering with terrible arthritis pain in his hoof. But the veterinarians at Colorado State University took over. They took 100,000 stem cells from Mahali’s blood and injected them into his inflamed leg.

Six weeks later, Mahali was dramatically improved. Thermal images showed a huge drop in inflammation.

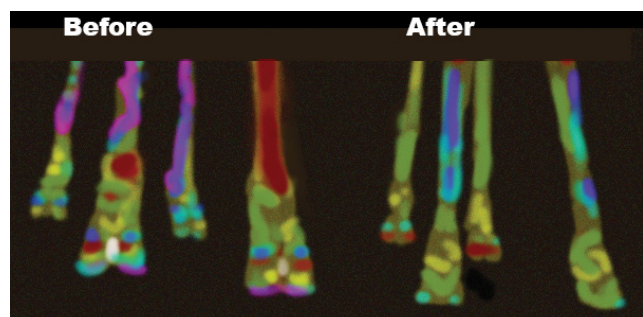
This was the first time stem cell therapy had been used in a giraffe. But why not? Stem cell therapy has already been used to successfully treat arthritis in horses, elephants, mountain lions, tigers, wolves and dogs.

It's cutting-edge therapy with a contrarian twist. And it's one I staunchly stand behind.

You see, stem cell therapy has also been used successfully to treat people with chronic joint pain and osteoarthritis. That's because stem cells are your body's master cells. They can be transformed into virtually every cell type. They even help regenerate injured tissues.¹

And they let your body do what it was naturally designed to do: heal itself.

I combine stem cells with *platelet-rich plasma (PRP)* as a first-line therapy to treat my patients' arthritic joint pain. The real-world results are miraculous: This therapy uses your own body to regenerate tissue, collagen, tendons and ligaments. It helps restore youthful joints. What's good for giraffes (and a host of other animals too!) is good for you too.



Thermal imaging shows how stem cell therapy eliminated severe arthritis inflammation in Mahali's leg.

PRP treatments are fast and relatively painless. The whole process takes only about 15 minutes. It doesn't require any recovery care. You don't lose any time from work or your daily routine.

If you're interested in learning more about this therapy, please call **561-784-7852**. My staff at the **Sears Institute for Anti-Aging Medicine** will be happy to answer all your questions. You can also visit www.searsinstitute.com.

Arthritis Is Not Just A Symptom Of Aging

Zoo vets said that what Mahali was experiencing was just the result of "getting on in the years." It's the very same refrain I hear from doctors today — who

want to prescribe medications with toxic side effects and send you on your way.

But I couldn't disagree more.

We were designed to be active and pain-free for a very long time. Arthritis is simply not part of nature's life plan.

But it is part of the modern way of life plan. More and more young people today are getting arthritis. In fact, a study from Boston University looked at data on more than 33,600 people. They found that nearly one-third of arthritis sufferers are aged 18 to 64 — as young as 18!

Arthritis doesn't mean you're getting old. It also doesn't even mean there is something wrong with you. It only means there is something wrong with the modern world we live in.

Let me explain...

Watch Out For Modern Diet Threats That Are Ground Zero For Arthritis

We all came from hunter-gatherer tribes. We evolved over millennia to thrive on certain foods.

You were designed to eat meat, wild berries, nuts and seeds. You were NOT designed to eat lots of grains.

But today's food industry has turned that balance on its head. Food companies have flooded our markets with cheap grains to boost their profits. As a result, we're eating more and more breads, pastas, cereals, muffins, crackers, pretzels, chips, cookies and other processed foods.

Your body was not designed to handle all those grains. Every time you eat grains, your pancreas has to pump out insulin to push the sugars from these cheap foods into your cells to make energy.

The more grains you eat, the more insulin builds up in your bloodstream. It overwhelms the receptors in your cells. It makes them insulin resistant. Insulin becomes less effective at pushing glucose into your cells.

That’s why insulin resistance has been linked to every chronic disease of aging.

Research is now piling up showing that insulin resistance from a grain-heavy diet is at the root of arthritis.²

Insulin has several roles in the joints. We know that insulin:

- Helps build cartilage
- Increases bone building
- Promotes fracture healing

In a recent study in *Arthritis & Rheumatology* researchers discovered that your joints — just like your muscles, liver, fat, and other tissues — can develop insulin resistance.

They found that the **synovium** in your joints is sensitive to insulin. The synovium is a membrane found in joints like your knee and shoulder. It surrounds the inner lining of your joint. Its main function is to create synovial fluid which helps nourish and lubricate your joints.

DANGEROUS SIDE EFFECTS OF ARTHRITIS DRUGS
• Vioxx, Celebrex , and other COX-2 inhibitor drugs cause excessive blood clotting. They spike your risk of heart attack and stroke.
• Steroid drugs and creams turn OFF your body’s own natural repair and rejuvenation mechanisms. And they cause you to age more quickly.
• Big Pharma’s newest “biologic” drugs like Humira, Remicade and Enbrel are linked to pneumonia, lymphoma, tuberculosis, and skin, gastrointestinal, breast and lung tumors.
• Chemo drugs like methotrexate have terrible side effects. Many patients still have chronic, low-level disease and pain.
• NSAIDs like Ibuprofen increase risks of heart attack and stroke. They also cause serious side effects like ulcers and bleeding.

The researchers found that when you have insulin resistance in your synovium, insulin can no longer suppress inflammation in the joints.³

They also suggested that improving insulin sensitivity may be just what we need to slow the progression of osteoarthritis. In a minute, I’ll share with you the first step I take with all my patients to improve insulin sensitivity and reverse arthritis.

Big Pharma just tries to relieve joint pain with drugs. But they have very little success and they cause even more troubling problems.

And when all these drugs fail, mainstream medicine uses risky, expensive, and invasive surgeries to try to repair joint damage.

Or they replace your joints with a hunk of metal.

I’ve been helping my patients relieve joint pain for almost 20 years. But I don’t prescribe those dangerous drugs...

3 Natural Strategies For Preventing And Healing Arthritis

1. First add more fat to your meal plan to fight off arthritis pain and reverse insulin resistance. A diet that consists of too many carbs and grains is at the root of arthritis pain. To reverse arthritis you must reverse insulin resistance.

Yet incredibly, many doctors and nutritionists still recommend whole wheat and gluten-free grains to their arthritis patients!

I help my patients prevent and reverse arthritis pain by going back to the basics. For that, I recommend the **Primal Power Meal Plan**.

The Primal Power Meal Plan is very low in carbohydrates, moderate in protein and very high in fat. When you eat this way carbs don’t trigger insulin.

But there’s more to it than that...

A high-fat diet can actually ease arthritis pain. As long as you're eating the right fats.

The respected journal, the *Annals of the Rheumatic Diseases* published the results of a study. Half the participants ate a traditional Western diet. The rest ate a diet based on healthy fats. Researchers found that those who included healthy fats had better physical function and an increase in physical ability.

Strictly avoid trans fats and vegetable oils like corn, sunflower, safflower, soy and canola. Instead, choose healthy fats like olive oil, avocado, butter, ghee and heavy cream.

I also recommend MCT (medium chain triglycerides) oil. Your liver converts it directly into energy. My favorite is coconut oil. You can use it to make mayonnaise and salad dressings, or add it to smoothies.

2. Then offset our unnatural environment with stretches to restore balance to your body. Stretching your back gives you more mobility, and can help maintain your spine and your height. Plus, it helps to eliminate back pain by improving posture.

But you don't want to stretch your back by leaning forward into a flexion position like you're in most of the day. You want to lengthen and restore the muscles and joints through "eccentric" movement — going the opposite way. Here's one stretch that I recommend:

- Lie on your back and keep one leg flat on the ground.
- Use your hands to bring your other knee into your chest.
- Repeat with the other leg.

It may seem — because it's bringing your leg forward toward you — as though it's more flexion. But what you're really doing is elongating the spine and back muscles instead of bending them forward. This gives you the extension you need to offset the forward bending we do much of the day.

3. If you need extra relief, cool joint inflammation with frankincense. Frankincense is the resin from the boswellia tree. You probably know it as one of the gifts the Magi brought to the infant Jesus. Back in biblical times, it was more highly prized than gold.

For centuries, Ayurveda medicine has used boswellia to calm inflammation and treat arthritis. But it remains almost unheard of in the West.

Modern research shows boswellia supports comfortable and pain-free joint mobility. In one study, boswellia extract significantly reduced inflammation in just a few days.⁴

In a large study, researchers followed 440 arthritis patients for six months. They found that frankincense relieved pain as effectively as drugs. It also significantly improved knee function.⁵

Look for boswellia or frankincense in any health food store. But don't get confused... there are 16 known boswellia species. Look for *Boswellia serrata* or Indian frankincense. You'll find it as a pill, cream or powder.

Ask for a supplement standardized to at least 65% boswellic acids. I suggest taking 400 mg three times a day.

Frankincense is also available as an essential oil. You can add it to massage oil to soothe skin and joints.



Resin from the Boswellia tree can reduce arthritis inflammation within days.

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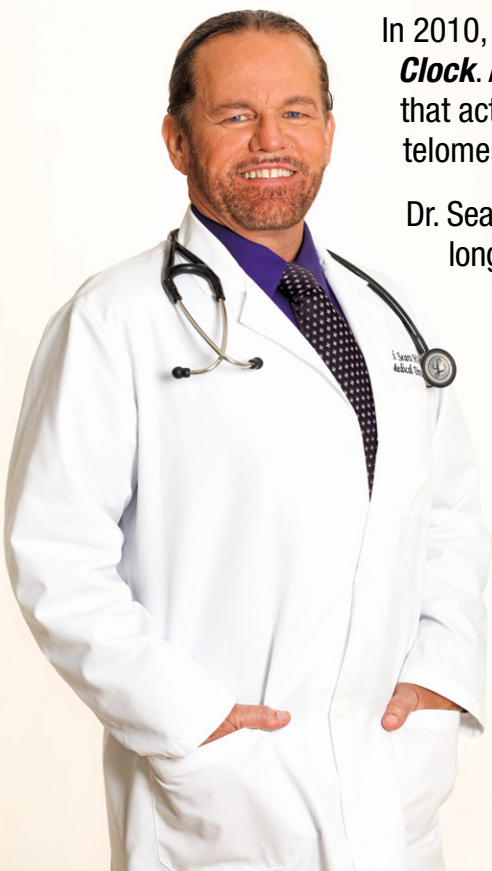
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The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations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

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).