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You've probably been hit with a huge medical bill at some point in your life...

And paid thousands of dollars for prescription drugs your doctor insists you need. Not to mention trying to meet that huge deductible on your health insurance.

You probably believe the U.S. health care system cares more about your money than your health. And I don't blame you for thinking that.

Because it's true...

Every month, more than 60 million Americans struggle to pay their medical bills.

More than half — 53% — say getting a bill they can't afford to pay is JUST AS BAD as being diagnosed with a deadly disease.

Meanwhile, Big Pharma's worldwide sales surged to \$1.1 trillion last year!

Medicine has gone from a noble calling to big business.

Don't get me wrong. I'm all for industry and business. I run one myself. But the problem is, when it comes to medicine, the drive for profit hasn't cured our ills.

Chronic conditions like heart disease, cancer, diabetes, Alzheimer's and obesity have skyrocketed over the past few decades.

The most recent statistics from the Centers for Disease Control and Prevention reveal that chronic diseases are now responsible for 70% of all deaths.

Big Pharma continues to push its drugs for every chronic disease going — and they've made trillions in the process. But it's not working.

I don't want you to misunderstand me. Pharmaceutical companies have their place in the world. When it comes to infectious diseases, they continue to help save countless numbers of lives.

But they've got nothing to offer when it comes to the chronic diseases that cause more than 60% of deaths globally.

Big Pharma knows it can't cure these modern epidemics the way it did with infectious diseases. But it also knows there's a lot more profit in managing your condition than in curing it.

I'm here to tell you that you can do more than just manage your disease. You can heal yourself of today's most devastating diseases...

...without Big Pharma's toxic drugs.

That's the theme of this month's **Confidential Cures**. Taking your health into your own hands... and CURING the UNCURABLE.

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Shave Off The “Dead Weight” To Reverse Alzheimer’s

The most important piece of health advice I can give you starts with a story from my childhood.

I grew up on a farm in Kentucky.

We grew all the food we ate. And one of the first lessons my brothers, sister and I learned was how to maximize the amount of fruit a plant could bear. It’s very simple...

Just cut off weak or dying branches.

Why does that work?

It saves resources. You see, every branch on a plant needs water and nutrients. If you cut off the underperforming branches, that means healthy branches get more resources... and therefore... can produce more fruit.

But there’s more. All things being equal, pruned plants grow faster. They grow bigger. And they are stronger against pests and disease (no pesticides needed).

In a nutshell, because the healthy parts of the plant aren’t being bogged down... removing the “dead weight” makes the entire plant healthier.

This is the most important health advice I can give you because your body works the exact same way.

Inside your body you have “dead weight.”

And every action you take — what you eat, if you exercise (or how much you exercise) — determines how much of this dead weight builds up inside you.

Simply put, you look, feel and perform your best when you have less of this dead weight. You grow tired and fatigued as you collect more. And as more



Growing up on a farm, I learned that removing a plant's "dead weight" is the best way to keep it healthy. The same applies to your body.

and more dead weight collects inside you — any of a number of chronic diseases start to emerge.

I’ve spent years looking for the best ways to rid your body of that dead weight and fight, even reverse, a terrible disease like Alzheimer’s.

Thanks to a Nobel Prize-winning discovery, I now know the best ways to do so. It’s called your ***Second Immune System***.

The best part:

- You do NOT need drugs.
- You do NOT need a hospital or doctor’s visit.
- You do NOT need health insurance.

Alzheimer's Loses Against Your Second Immune System

For 12 years, T.P. had been suffering from younger-onset advanced Alzheimer's.

Doctors told him his condition was “genetic” and irreversible.

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

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

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

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

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

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

Here at the **Sears Institute for Anti-Aging Medicine**, I've successfully treated dozens of Alzheimer's, diabetic and cardiac patients by helping them activate the “second immune system.”

Are You Carrying Cellular “Dead Weight?”

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

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

But nobody knew how to activate it.

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

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

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

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

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

That's when your body begins to accumulate the “dead weight” of damaged, dysfunctional and other unnecessary cells. If you don't do

something about it, the dead weight just piles up in your body, like trash bags on garbage day.

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

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

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

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

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

“Your second immune system combats threats from *inside* your body.”

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

No Other Treatment Does This...

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

- ▶ **Heart disease:** Autophagy therapy cuts heart disease risk 77%.¹
- ▶ **High blood pressure:** Another study tested autophagy therapy on 174 people with hypertension. After three weeks, 90% of participants had readings below the “high” threshold of 140/90 mm Hg.²
- ▶ **Diabetes:** Researchers completely reversed diabetes in mice within six weeks.³
- ▶ **Asthma:** A Stanford University study showed asthma subjects had up to 86.2% less inflammation in four weeks. Lab tests showed they could take in 16.6% more oxygen.⁴
- ▶ **Cancer:** The National Cancer Institute found increased levels of plasma protein *carbonyl* in patients with certain cancers. Autophagy therapy reduced carbonyl by 73.3%.⁵
- ▶ **Arthritis:** Numerous studies show activating autophagy is a powerful weapon against the inflammation that causes arthritis.⁶

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

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

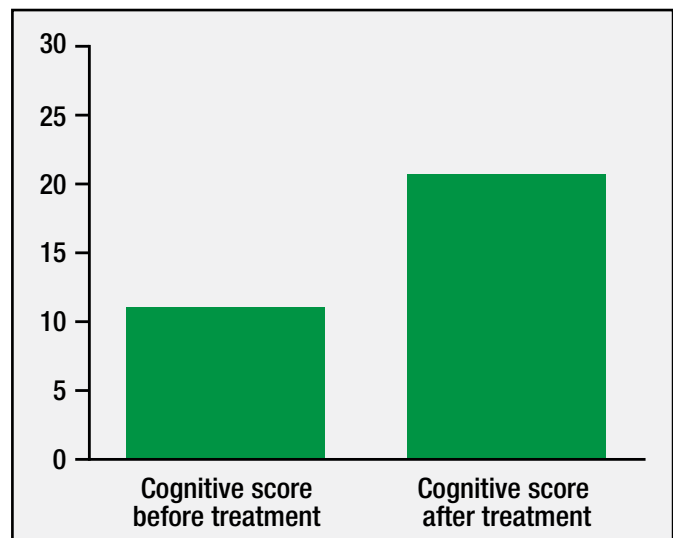
Ten weeks later, after autophagy activation, T.P. took the test again.

He scored an amazing **8 points higher**, for a score of 20. While that still put him in the “mild dementia”

category, it was a remarkable improvement. A person with Alzheimer’s typically *DECLINES* two to four points each year.

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

Activating Autophagy Dramatically Improves Cognitive Function



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

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

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

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

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

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

Activate Autophagy With My 30-Day Protocol

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

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

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

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

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

- **Omega-3s:** Your brain can't function properly without high quantities of omega-3s. And the most important omega-3 is docosahexaenoic acid, or DHA. DHA is the main constituent of cell membranes in your brain and it declines with age. Levels drop even lower with Alzheimer's. DHA protects by increasing the production of vital neurotransmitters, allowing electrochemical signals to jump between brain cells.

- **High-dose MCTs:** Brain cells need glucose as a vital energy source. Certain medium-chain triglyceride (MCT) fats provide brainpower by producing ketones. Ketones make fewer waste products, keeping the stress off the damaged brain cells. Studies show that using ketones as brain fuel can slow and *even reverse* symptoms of dementia.

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

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

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

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

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

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

size of scar tissue and stop it from forming.⁸ I recommend 10 mg.

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

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

Use The Secret Of Your Primal Ancestors

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

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

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

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

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

And fasting is when autophagy kicks into high gear.

Studies show that fasting can have a profound effect on "garbage collection" in the brain and Alzheimer's — especially at 24 and 48 hours.¹⁰

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

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

1. First, ease into it. Stop eating after dinner. If you eat nothing between 8 p.m. and 8 a.m. you're already fasting 12 hours a day.

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

- Have a 10 a.m. breakfast.
- Lunch at noon.
- Finish dinner by 6 p.m.
- Your body gets no additional food from 6 p.m. until 10 a.m. the next day.

3. Challenge yourself when you're ready. When your body gets used to the 16-hour fast, you can move up to the 24-hour mark.

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“Miracle” Dan’s All-Natural Diabetes Cure Beats Harvard’s New Drug

You don’t need insulin to cure your diabetes. You can overcome this disease naturally.

And that’s exactly what British army veteran Dan Darkes did.

They called him a “freak.” But when this life-long diabetic no longer needed insulin...

Medical experts started calling him “Miracle Dan.” A one-of-kind aberration.

He shocked his doctors when he cured himself of type 1 diabetes (T1D). They say it’s the first time this ever happened in the history of the human race.

It’s not...

I’ve seen my patients do the same thing many times. In a minute, I’ll give you a peek at my four-part protocol to balance your blood sugar and stop diabetes in its tracks.

Eight years ago at the age of 23, Dan was diagnosed with T1D. Beta cells in his pancreas stopped producing insulin. His blood sugar was out of control.

Doctors did what they always do with diabetes patients. They told him it was incurable. And they put him on insulin shots four times a day *for the rest of his life*.

That just didn’t sit well with Dan...

He knew you could reverse type 2 diabetes with diet and exercise. But all the experts told him that would be useless with T1D. That didn’t stop him.

Over the next two years, he stepped up his exercise and cleaned up his food choices. Then almost 20 months ago he stopped his insulin shots cold. He just didn’t need it anymore. And his routine finger pricks show his blood sugar levels were perfectly normal.

Dan’s British doctors didn’t believe it.



“Miracle” Dan Darkes cured his diabetes without drugs — but doctors still don’t believe it’s possible.

They sent him to the U.S. for more testing. The U.S. doctors confirmed that his pancreas was working again. It was putting out healthy levels of insulin.

But they could not accept that Dan cured himself...

Instead, they said he must have a rare gene that recharged his immune system, restored his pancreas and kick-started his dormant beta cells. But here’s the thing...

The doctors couldn’t identify this gene. It’s so rare, they said, they’ve never seen it before or since. In other words, they ***made up*** the whole gene theory.

I’m not surprised. Most doctors just won’t accept that diet, exercise and supplements are stronger than genes and drugs. They can’t accept it because if it were really true, they’d be out of business.

The medical industry wants you to think that chronic diseases like diabetes, cancer and heart disease are incurable. They want you to spend the

rest of your life taking their drugs to manage your symptoms. And the scam is working. They've built up a \$50 **billion** market for diabetes drugs.

That's why the American Diabetes Association's website is Diabetes.org and not CUREdiabetes.org.

But Miracle Dan revealed them for what they really are... drug hucksters. And they just keep trying to push more and more of their drugs on T1D patients. When a natural solution is already available...

Stem Cells Beat Big Pharma's Holy Grail

Traditional doctors think the best way to treat diabetes is with insulin. So they continue to prescribe more and more of it to people with diabetes.

They just keep changing how you take it...

First, there were do-it-yourself shots. Then there were insulin pumps.

Now a study from Harvard claims an insulin pill is the new "Holy Grail" in diabetes treatments.¹

Up until now, drugs like insulin couldn't survive the stomach. Gastric acid and digestive enzymes break it down before it can get into the bloodstream.

So, engineers from Harvard developed a coating for an insulin pill. It can survive the digestive tract and make it to the blood intact. But their new pill still has to be tested in animals and then humans.

Now, I'm sure a lot of diabetics will be happy they don't have to stick themselves everyday...

But they're still locked into Big Pharma's insulin drug machine for life. And the cascade of health problems that come with putting a band-aid on instead of getting to the root of the problem.

Doctors can't treat diabetes effectively because they don't understand the REAL cause of this disease. The truth is this public health crisis is caused by our industrial, grain-based diet.

Our bodies weren't designed for all the carbohydrates modern humans eat.

Every time you eat carbs your pancreas has to put out insulin to clear your blood of the sugar produced by those carbs. The insulin sends the sugar into your cells for energy. But over time with too many carbs, your body becomes resistant to insulin. Your pancreas burns out and you can't produce any more. Your cells get no energy and sugar builds up in your bloodstream.

It's making Americans fatter. It's making us much more susceptible to chronic diseases. I'm talking about obesity, heart disease, cancer, Alzheimer's, arthritis, high blood pressure and of course diabetes.

Here at the **Sears Institute for Anti-Aging Medicine**, we're having great success treating patients with my diabetes-reversing protocol.

I help my patients reverse their diabetes with breakthrough stem cell therapy. This safe treatment restores your body's natural ability to produce and use insulin.

Curing Diabetes With Stem Cells Is As Easy As 1, 2, 3

You know by now that stem cells are your body's supply of healthy "replacement cells." They have the ability to cure almost every disease ever known.

Your pancreas contains its own supply of these miracle cells. These pancreatic stem cells can be transformed into insulin-releasing beta cells that get destroyed by diabetes. These new beta cells can sense blood sugar levels and react as needed and restore insulin production.

Studies prove this new stem cell therapy can reverse diabetes...

Northwestern University researchers cured diabetes in 87% of people using the patients' own stem cells. The patients continue to remain disease-free five years later.²

And researchers at Swiss Medica Clinic were able to eliminate or reduce the need for insulin by 80% or more in type 2 diabetics over a six-month period.³

My team and I have been perfecting this process. It's now very easy and efficient. Here's what you can expect:

1. Harvest: Using liposuction, fat tissue is removed from your abdomen or love handles. This minimally invasive procedure is done during an office visit. All you need afterward is a small bandage.

2. Isolate: We isolate your stem cells from your extracted fat tissue. Your cells are not changed in any way. They are then prepped for fast, safe re-introduction into your body.

3. Infuse: Your cells are reintroduced back into your body through an IV infusion.

The whole process takes only a few hours. There is no anesthesia. And since we use your own cells there is zero chance your body will reject them.

If you're interested in being a part of my diabetes-reversing protocol, including stem cell therapy, please call my staff at **866-371-7677**. They will be happy to answer your questions.

But if you can't make it to the **Sears Institute for Anti-Aging Medicine**, you can start my four-part protocol to prevent and even reverse diabetes today.

My 4-Part Protocol Prevents — And Even Reverses — Diabetes

I don't just help my patients manage diabetes. I work with them to personalize a plan to reverse their diabetes, once and for all.

My novel protocol includes diet, exercise and supplements. Miracle Dan did something very similar. He kicked up his exercise routine. He cleaned up his diet, eating lots of nuts, oily fish and vegetables. He also took supplements.

Here's a peek at just some of the powerful strategies I use. You can try them, too, to help control your blood sugar whether or not you have diabetes.

Step 1: Heal your gut. As I said before, type 1 diabetes is an autoimmune disease. And studies show autoimmune conditions like T1D are linked to "leaky gut syndrome."⁴ Let me explain...

When the lining of your gut breaks down, undigested food molecules, yeasts, toxins and wastes flow into your bloodstream.

As all this junk flows through your blood, your body treats it like foreign invaders. Your immune system goes on high alert. In T1D, this out-of-control immune system attacks your pancreas so you can't make insulin.

The first step to curing an autoimmune disease is to stop eating the foods that are most damaging to your gut. Reducing these foods allows your gut to slowly return to normal. The top foods to avoid that cause leaky gut are:

X Grains. The biggest threat to your gut is our industrial food supply full of cheap grains. They contain gluten, phytates and lectins. These compounds are all hard to digest. They gum up your digestion and irritate your gut. They cause damage and inflammation.⁵ Avoid all grains, but especially steer clear of wheat, rye, barley, rice, spelt and soy.

X Dairy. Milk from cows contains a protein called casein. It is 20 times more inflammatory than gluten. And pasteurization kills off vital enzymes you need to digest dairy.

X Sugar. This feeds yeast and bad bacteria that can damage your intestinal wall creating a leaky gut. And it's not just the sugar in your sugar bowl or sodas. Processed carbs like crackers, breads, pasta and cookies break down into sugars that cause the same damage.

Step 2: Prime your blood sugar with my Primal Power Meal Plan. The next step in reversing diabetes is to balance your blood sugar without insulin. The best way to do that is to follow a **very low-carb diet**.

You see, every time you eat carbohydrates your pancreas has to put out insulin to clear your blood of the sugar produced by those carbs. The insulin sends the sugar into your cells for energy. But over time, with too many carbs, your body becomes resistant to insulin.

**"Studies show
autoimmune conditions
like T1D are linked to
leaky gut syndrome."**

Or your pancreas burns out and you can't produce any more. Your cells get no energy and sugar builds up in your bloodstream.

I help my patients keep their blood sugar low naturally with my Primal Power Meal Plan. The goal here is to aim for foods with a zero score on the glycemic index.

The Glycemic Index (GI) measures how quickly foods break down into sugar in your blood. When you eat foods high on the glycemic index it causes a higher spike in blood sugar and insulin. But foods with a GI of zero keep your blood sugar low and stable.

Here's a quick guide to eating the Primal Power way:

- ✓ **Load up on more fats.** Fats are all zero on the GI. Choose fats like olive oil, coconut oil, avocado, butter, ghee and heavy cream. Strictly avoid trans fats and vegetable oils like corn, sunflower, safflower, soy and canola.
- ✓ **Chose the right kind of protein.** Beef, organ meats, salmon and other cold-water fish are your best sources of protein. If possible, eat grass-fed beef and wild-caught fish. Also choose poultry and eggs from pastured chicken and turkey. Nuts are another good source of protein as well as fat. Reach for almonds, pecans, walnuts and macadamia nuts.
- ✓ **Eliminate all the *carbage*.** When it comes to carbs avoid all processed foods. Choose vegetables with the lowest GI score. These include non-starchy veggies like leafy greens, broccoli, cabbage, celery, cauliflower, green beans, mushrooms and spinach.

Step 3: PACE yourself for success. Intense exercise lowers blood sugar levels. That's what Miracle Dan found out when he started running 60 miles a week. Every day he needed less and less of his prescription insulin.

But you don't have to spend hours running to get

results. Research shows that high-intensity workouts can improve insulin sensitivity in just weeks.⁶ It works better than steady state cardio like long-distance running.⁷

That's the beauty of my **PACE** (**P**rogressively **A**ccelerating **C**ardiopulmonary **E**xertion) program. All it takes is 12 to 20 minutes a day. And with PACE you start wherever you are, whatever shape you're in.

To get your blood sugar levels back to normal, try doing three sets of this easy and effective PACE move. You can do it anywhere you have room to run.

Warm-Up 5 min (stretching)	Set 1		Set 2		Set 3	
	Exertion	Recovery	Exertion	Recovery	Exertion	Recovery
	20-meter sprint	2-4 min	40-meter sprint	2-4 min	50-meter sprint	3-5 min
	Set 4			Set 5		
	60-meter sprint	3-5 min	100-meter sprint			

If you want to learn some other good PACE exercises, go to my YouTube channel: <https://www.youtube.com/user/AlSearsMD/videos>. I have more than 30 different exercises and a complete workout to help you get started.

Step 4: Take these blood sugar busters. These all-natural supplements have been used for hundreds of years to treat blood sugar disorders.

- **Cerasee.** Cerasee (*Momordica charantia*) is a vine with warty green fruit that looks like a bumpy cucumber. It's also called bitter melon, bitter gourd or bitter cucumber.

Studies show cerasee lowers blood sugar without insulin.⁸ In fact, one study on 25 diabetic patients found that bitter melon is more effective than Big Pharma's blockbuster diabetes drug Avandia.⁹

I like to use cerasee in my cooking. I chop it up and add it to stir-fries, soups and beans. Or you can find bitter cucumber extract in capsule form.



I first heard about cerasee from a traditional healer in Jamaica. Now, I grow it in my own yard.

Take 500 mg to 1,000 mg three times a day after meals.

But don't go overboard. Too much bitter cucumber can cause vomiting and diarrhea. And be careful if you already have low blood sugar. Bitter melon could make it go too low.

- **Vanadium.** This little-known trace mineral mimics the action of insulin. It helps move glucose from the blood into the cells where it can be used as energy. Vanadium also helps reduce damaging blood sugar and insulin spikes. In one study, people with diabetes took vanadium daily. After just three weeks average blood sugar levels dropped by 10%.¹⁰

Take 500 mcg three times daily. Just don't exceed 10 mg in a day.

- **Berberine.** This plant nutrient is found in medicinal herbs like barberry and goldenseal. In the 1980s, Chinese doctors discovered it can normalize blood sugar levels. Berberine works by decreasing insulin resistance. It also increases your body's ability to break down sugars inside cells and decreases sugar production in the liver.

To lower blood sugar levels, take one 500 mg capsule of berberine two to three times a day with food.

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Biblical Gift Cures Cancer

You might remember the familiar biblical story of the three wise men who brought gifts to the baby Jesus.

They gave him gold to symbolize his royalty. Myrrh to foretell his death.

And the third gift was given as a sign of his divinity.

What you might not know is that the last gift was so much more.

Modern science now proves that one of these presents may also be a life-saving gift to cancer patients.

I'm talking about **frankincense** (*Boswellia serrata*).

At that time, this resin from the Boswellia tree was more precious than gold. Throughout the Middle East, it was used for religious purposes. Still today it is known as the holy anointing oil. For thousands of years, it has been used in incense and perfumes.

And I can tell you frankincense has a long history in natural medicine. It goes back for thousands of years in Africa and the Middle East. Ayurvedic healers in India have used it for 5,000 years. But it's almost unheard of in the West.

That may be changing...

New studies suggest that frankincense may help treat cancer.¹

That's big news since cancer will soon become the number one killer worldwide. It's on track to outpace heart disease, AIDS and tuberculosis **combined**.

The World Health Organization says the number of new cancer cases will catapult to 27 million per year by 2030. By then, there will be 17 million cancer deaths every year. And 75 million people will be living with cancer.



New research reveals that this Biblical gift from the three wise men could be a true miracle against cancer.

Mainstream medicine's strategy of cut, burn and poison only makes things worse. And Big Pharma drugs treat cancer like a bacteria or virus. In other words, they treat it like a foreign invader. But it's not. Cancer cells are your body's own cells. Yes, they've gone berserk but they're still human cells.

So treatments like radiation, chemo and other drugs kill cancer but they also kill healthy cells. That's why cancer patients lose their hair. It's why they get terrible nausea and infections during their treatment.

But this ancient plant may turn that around...

Beats Chemo By Attacking Cancer Cells Directly

Frankincense has an amazing property. It targets cancer cells without harming healthy cells.

In one lab study of bladder cancer cells, frankincense oil was shown to have anti-tumor powers. It killed cancerous cells, but it did not destroy healthy cells.²

Frankincense also activates genes that suppress cell growth and trigger apoptosis or programmed cell death.

In other words, frankincense is able to tell the difference between a cancer cell and a healthy cell. That's something that Big Pharma's drugs have never been able to do.

Other studies show that frankincense contains various compounds called boswellic acids. These have been shown to cause death in brain tumors as well as leukemia cells.³

Frankincense has also been proven to kill breast cancer cells and disrupt the growth of future cancer cells.⁴ And research shows it beat chemotherapy in killing late-stage ovarian cancer cells.⁵

Besides being a tumor buster, frankincense is potent because it gets to the root cause of cancer and every other chronic disease of modern times.

Frankincense Cools The Fires Of Inflammation

You already know that inflammation causes the redness, swelling, pain and heat you get after an injury like a sprained ankle or a cut. It's how your body fights off infection.

When inflammation occurs, your body produces white blood cells. They're part of your body's defense system. As your body heals, it goes away.

But sometimes your body gets stuck in inflammation. You may have no symptoms at all but it can be one of the biggest threats to your health. In fact, I've said for decades that inflammation is the silent link between every single chronic disease of aging. I'm talking about everything from cancer... to heart disease... to diabetes... and even dementia.

It's so closely linked to those age-related diseases it's been called "inflamm-aging."⁶ That describes perfectly what happens to all of us as we get older.

Here's what happens...

Every time inflammation turns on, your genes produce molecules known as *cytokines*.

Cytokines are used by your immune system cells to signal each other about threats. They put your immune system on high alert. They order white blood cells to get into gear.

When you're young, cytokines only increase when there's an infection or injury. But over a whole lifetime, your body accumulates so many of these messengers you're swimming in them.

These cytokines cause cellular damage which causes more inflammation. It's a cycle that keeps repeating itself.

Eventually, you start to develop unmistakable signs of aging. Those high levels of cytokines are linked to frailty and loss of muscle mass as well as Alzheimer's disease.⁷

They're also directly linked to fatal heart attacks. In one study, high concentrations of cytokines in the bloodstream were the strongest predictor of death.⁸

And for many years, it has been settled science that cancer is linked to long-term inflammation.⁹ For instance, inflammation has been shown to be a critical key to the development of breast cancer.¹⁰

My 3-Nutrient "Inflamm-Aging" Cocktail To Zap Cancer

Cancer and other diseases of age aren't inevitable. Here are three of my top weapons to reverse inflammation, ward off cancer and age disease-free.

Step 1: Use The Wise Men's Gift To Stop Inflammation Before It Starts

A growing body of research shows that the boswellic acids in frankincense battle inflammation.¹¹

In one Italian study, 52 young rugby players had acute knee pain and inflammation. The players were given either a placebo or an extract of Indian frankincense.

After just four weeks the players taking the *Boswellia* had a significant reduction in pain and inflammation compared to standard treatments. They could walk farther without pain. They had less damage to their joints, tendons and muscles. And they needed fewer drugs or doctor's visits.¹²



Resin from the Boswellia tree can reduce inflammation within days.

In another large study, researchers followed 440 arthritis patients for six months. They found that frankincense relieved pain as effectively as painkiller drugs.¹³

Boswellia works in many different ways. It contains enzymes that block prostaglandin e2 (PGe2). This hormone-like chemical is produced by the body in response to an injury. It makes blood vessels dilate and expand. This causes the injured area to become swollen and arthritic. But by directly attacking PGe2, *frankincense stops inflammation before it starts*.

Boswellic acids in frankincense are also potent inhibitors of 5-lipoxygenase (5-LOX). This is an enzyme responsible for inflammation. Knocking out 5-LOX enzymes helps prevent inflammation and pain.

Frankincense is one of the most effective treatments I've found for arthritis and joint pain. And it doesn't have the adverse side effects of Big Pharma's painkillers.

It is also calming and de-stressing. I recommend it as a soothing treatment for cancer patients to lower stress and give their immune systems a chance to regroup.

Frankincense oil is prepared by tapping *Boswellia* trees and making an aromatic gum from the resin. These large branching trees are native to India, Northern Africa and the Middle East.

For joint and other pain, I suggest taking 400 mg three times a day. Look for a supplement standardized to at least 65% boswellic acids.

Frankincense is also available as an essential oil. You can place a drop of two under your tongue. Or dilute a drop in a glass of water or a teaspoon of honey. I also like to mix frankincense with coconut oil and rub it right onto a sore joint.

But make sure you use only an essential oil that is organic. And it should have "supplement facts" on the label if it is suitable for consumption.

Step 2: Relieve The Fires Of Inflammation With Fat

Omega-3 fatty acids are rich in two of the most powerful inflammation fighting compounds. They're called *resolvins* and *protectins*.

Groundbreaking studies show these omega-3 components relieve inflammation fast. They also drastically reduce the levels of pro-inflammatory factors like cytokines.¹⁴

Research from Harvard Medical School shows that two omega-3 fatty acids reduce cytokines that lead to chronic inflammation and even cancer.¹⁵ Other studies show people who supplement with fish oil containing at least two grams of EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) per day produce fewer cytokines.¹⁶

And of the two fats, DHA is the more potent. When type 2 diabetics were given 4 grams of EPA or DHA every day for six weeks, both reduced cytokine levels. But DHA reduced certain cytokines by 35% compared to 20% for EPA.¹⁷

The best food to fight cytokines is cold water fish rich in omega-3s. In a study of more than 3,000 Greek men and women, those who ate more than 300 grams (about 10 ounces) of fish per week had up to 33% lower cytokine levels than those who didn't eat fish.¹⁸

These days I'm careful about what fish I eat. Most rivers, streams and oceans are polluted with industrial chemicals, PCBs, heavy metals and mercury. Wild-caught salmon is still a good choice.

And small fish that are at the bottom of the ocean's food chain. They only feed on plankton so they don't build up heavy metals and other contaminants in their flesh like larger fish do.

If you're not a fish-eater, you'll want to supplement. I used to recommend fish oil capsules to my patients. But just like fish, many of the oils on the market are contaminated. That's why I found a better solution...

Oil from krill is much purer than fish oil. And it's also much richer in DHA than other fish.

Another rich source of DHA is squid oil. It's got even more than krill oil. In fact, some squid oils can contain more than 65% DHA.¹⁹

Look for omega-3 supplements that contain a combination of krill and squid oils. And make sure you take enough to fight cytokines. Studies show that less than 2 grams of DHA plus EPA won't be effective. I recommend taking at least three grams of DHA plus EPA every day.

Step 3: Shut Down Your Inflammation Command Center

Curcumin is one of the main compounds in the Indian spice turmeric. It's the pigment that gives turmeric its bright yellow color.

Ayurvedic healers in India have used turmeric for thousands of years as a powerful medicine. And I call it the world's most powerful and safest anti-inflammatory therapy EVER developed.

You see, your body's inflammation command center is a molecule called **nuclear factor-kappa B** (NF-kB). NF-kB is the switch that activates more than 400 of your body's pro-inflammatory genes. It plays a major role in the genesis and spread of tumors. It also helps suppress your body's ability to kill cells that grow out of control.

But curcumin can stop NF-kB from even activating and generating cancer cells. One clinical study in *Cancer Letters* proved that curcumin targets cancer stem cells (CSCs). CSCs are the root cause of tumor formation and malignancy.²⁰

Other studies show curcumin:

- Prevents DNA damage that can lead to cancer.
- Halts replication of cancerous cells.
- Triggers programmed cell death in breast cancer cells.
- Slows the growth and spread of human prostate cancer cells.
- Targets destruction of cancer-cell mitochondria while leaving healthy cells alone.
- Fights colorectal cancer cells.

My favorite way is to start my day with a turmeric smoothie. Here's my favorite recipe:

Banana Turmeric Smoothie Recipe

Ingredients:

- 1 banana
- 1 cup frozen mango
- 1 cup plain yogurt or kefir
- 1 tsp turmeric
- ¼ tsp cinnamon
- ⅛ tsp ground ginger

Directions:

1. Add all the ingredients into a blender and whirl until smooth.



A banana turmeric smoothie is a delicious way to kick off your day.

Still, I find that most of my patients don't use enough turmeric to get the full health benefits of curcumin. That's why I recommend curcumin supplements. Take at least 500 mg or 1,000 mg if you want to see even better benefits. Some of my cancer patients take up to **8 grams** (8,000 mg) of curcumin a day.

But don't waste your money on curcumin that doesn't really work...

Your body typically absorbs only about half of the curcumin you take in. Look for a supplement with piperine (an extract from black pepper). Adding 20 mg of piperine can increase the bioavailability of curcumin by **2,000%**.²¹

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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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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).

