



Dr. Sears'

CONFIDENTIAL CURES

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

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Dear Friend,

Do you feel like you are constantly being bombarded with advice? From newspapers, TV — heck, today it even comes through your telephone.

It's bad enough that we can't get away from it. But what's even worse is that more often than not, this unsolicited "advice" is just plain wrong.

If not downright dangerous...

And it's enough to make you lose any faith you had left in our establishments.

All those government agencies and associations that tell you what to put into and onto your body.

Take the American Heart Association, for example. For 60 years, they've fed us bad information about what they consider "healthy eating choices."

You know what happened ever since they dictated their advice...

As a nation, we got fatter, sicker and slower.

But the latest "diet trend" is giving me a tiny sliver of hope. After being told for decades that eating fat is the worst thing you can do for your health, the most popular meal plan in the country is based on getting a huge percentage of your calories from fat.

That is exactly what I've been telling my patients since the very first day I started practicing medicine.

Unfortunately, the establishment has a long way to go.

While their Keto Diet provides a good start, it doesn't go far enough. Sure it recommends fat, but it doesn't tell you which kinds of fat you should eat — and just as importantly, which ones you shouldn't.

In this issue of **Confidential Cures**, I want to dig deeper into how following the "right" advice has been all wrong.

From the diets we follow to the "healthy" fish we eat to the chemicals we slather on our bodies...

I'll help you figure out the right advice from the wrong.

To Your Good Health,

Al Sears, MD, CNS

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My Better-Than-Keto Health Plan Returns You To Your Natural Fat-Burning State

J. Peterson had his “aha moment” while hiking in the Montana mountains with his children.

He weighed almost 300 pounds. He was out of breath, suffering from chest pain — and just couldn’t keep up with his kids.

As they continued running up the mountain trail without him, Peterson decided right then and there he had to lose weight and change his life.

Because as he puts it: “My family is counting on me.”

Today, five months later, J. has lost 92 pounds. And regained his health.



This father of three lost 92 pounds in only five months by following an eating plan I’ve recommended to my patients for over a decade.

He did it by following a meal plan that I’ve recommended to my patients for decades.

As you know, most weight-loss “experts” will tell you that the only way to lose weight is to count calories and eat a low-fat diet.

But they couldn’t be more wrong.

Because the minute you “go on a diet,” your body starts to work against you. Let me explain...

When you cut calories and fat, you end up consuming more carbohydrates. And when you eat carbohydrates, your body releases insulin. Too much insulin production overwhelms the insulin receptors in your cells and makes them insulin-resistant.

This results in dangerously high glucose levels and insulin spikes. This forces your body to pack on the pounds through a process called *lipogenesis* — the conversion of carbohydrates into fat.

Most doctors still only think of insulin as a hormone that regulates blood sugar levels. But there’s much more to it than that...

Return To Your Natural Fat-Burning State

Insulin is also a “storage” hormone. And it triggers your body to store more and more fat from carbohydrates.

That’s what makes eating keto so effective. It focuses on eating foods that are very low in carbohydrates, very high in fat and moderate in protein. When you eat this way, carbs can’t trigger insulin.

Studies confirm that very low-carb diets improve insulin sensitivity. In one study of overweight women published in the *Journal of the American College of Nutrition*, a diet with less than 10% of calories from carbs improved insulin sensitivity. And a low-fat, high-carb diet made insulin sensitivity worse.

And makes the pounds pile on...

The meal plan that J. followed is the keto diet that has become so popular lately. I’m sure you’ve heard of it. It’s taken over newsstands, bookstores and the Internet.

But my meal plan is better than the keto diet. More on that in a moment. First, let me tell you exactly what keto is.

When I talk to people about a keto meal plan, I describe it as their new — and improved — way of life. It’s something that you can start today and stay on for the rest of your life. When it comes to weight loss, it’s not the amount of calories you consume that’s most important, but how your body uses them. Over the long run, this difference in what your body “decides” to do with the calories you eat makes all the difference.

A keto diet strives to get you to a state of ketosis. That’s the natural metabolic process that happens when your body doesn’t have enough starchy sugar and glucose for energy. So you end up burning fat instead. Molecules called ketones then build up in your bloodstream.

This is a good thing.

Ketosis has proven to be safe and effective in numerous studies. In one study published in *Nutrition Metabolism*, participants lost an average of 22 pounds after only weeks on a Ketogenic diet. And most kept the weight off after a year.¹

Here are three things you need to know about Keto...

1. Fats must make up 70% of your calories. One of the things I love best about Keto is that is FINALLY supports what I’ve been telling my patients for more than 30 years...

Fat is one of the healthiest things you can eat.

You need fat to gain more energy, maintain your body temperature, transport nutrients, and build a faster brain.

Fat is so important that if your body senses you’re starving, it does *everything it can to preserve your fat stores*.

This goes against everything we’ve been told for 50 years. In fact, the diet dictocrats did everything they could to ban natural fat from your food because they still say it causes heart attacks and other disease. Nothing could be further from the truth.

Where most keto gurus go wrong is that they still tell you to avoid saturated fat. I’ve been shattering this “saturated fat is bad” myth for as long as I’ve been practicing medicine. The research just doesn’t back it up.

The Difference Between Ketosis And Diabetic Ketoacidosis

Ketosis shouldn't be confused with diabetic Ketoacidosis, a dangerous condition that affects people with type 1 diabetes.

In order to reach a state of Ketoacidosis, insulin levels must be so low that the regulation of blood sugar and fatty acid flow is impaired.

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.² 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.³

Other fats that are good for your health are:

- ✓ **Mono-unsaturated fats** from plants and plant oils. These include olive, sunflower, avocado and most nuts.
- ✓ **Poly-unsaturated fats.** This fat group also comes primarily from plant oils. It includes safflower, sesame and sunflower seeds, corn and soybeans, many nuts and seeds, and their oils.
- ✓ **Omega-3 fats.** These fats are from both plant and animal sources. Food sources include Sacha Inchi, canola and flax seed oils. Animal sources include grass-fed beef, fish — especially oily fish such as Atlantic salmon, mackerel, Southern bluefin tuna, trevally, and sardines.
- ✓ **MCT oils.** I also recommend medium-chain triglycerides (MCT) oil. Your liver converts it directly to ketone bodies.

2. A keto diet is SUPER low-carb. Did you know your daily requirement of carbs is zero? You don’t need them at all. You can easily make carbs from fat or protein.

The more carbs you eat, the more insulin builds up in your blood. It overwhelms the insulin receptors in your cells. It makes them insulin-resistant. Insulin becomes less effective at pushing glucose into your cells. Your body wasn't designed to handle all those carbohydrates.

Soon your blood sugar levels soar. You feel tired and can't concentrate. You're hungry and have carb cravings. You store dangerous fat around your middle. You can't lose weight no matter what you do.

Carbohydrates should never make up more than **5% or 10% of your total calories**. The easiest way to start is by avoiding all processed foods. Also avoid grains, rice, pasta, beans and legumes and starchy vegetables.

When you eat carbs, your pancreas reacts by massively overproducing insulin to push the sugars from these foods into your cells to make energy.

3. Picking the right kind of protein is important. Protein is crucial for both losing weight and gaining muscle. That was proven in a major study in which people who ate a high-protein diet dropped seven pounds in six weeks. The group that followed a standard diet didn't lose any weight. And the high-protein group simultaneously gained twice as much muscle.⁴

The great thing about eating more protein is that it gives you the feeling that you're full. That's because protein boosts your sensitivity to a hormone called leptin. This hormone tells your brain that you're satisfied. So you stop overeating.

Also, getting enough protein flips your metabolic switch from "store fat" to "melt fat." Your body then uses the calories as essential fuel to function at its best.

But the kind of protein you eat is important. Because the protein you eat is only as healthy as the animal it comes from...

Conventionally raised cows and other animal foods eat a diet that consists mainly of corn and grain. Even if you follow a low-carb, no-grain eating plan, the meat you buy from the grocery store doesn't. When you eat a grain-fed animal, you're eating these grains.

I suggest eating grass-fed beef and wild-caught fish. Choose eggs from pastured chicken. Other good sources of protein include chicken, turkey, wild-caught salmon and other cold-water fish. Nuts and seeds such as almonds, peanuts, cashews, sunflower and pumpkin seeds also have plenty of protein.

These three factors are what make a keto diet so healthy. But my Keto Meal Plan goes one step further...

Here's Why My Meal Plan Is Better Than Keto

Every single person in the world was born in a state of ketosis. In fact, it's the way we all lived — for tens of thousands of years — until the introduction of agriculture.

But here's what makes my Meal Plan better than keto — and more more effective:

My plan focuses on foods that score a zero, or near zero, on the Glycemic Index (GI).

The GI measures how quickly foods break down into sugar in your bloodstream. High-glycemic foods turn into blood sugar very quickly, causing your insulin to spike — and the pounds to pile on.

Foods are ranked on a scale of 0 to 100, with pure glucose (sugar) given a value of 100. High-glycemic foods turn into sugar quickly. A potato is a good example. Potatoes have such a high GI rating. It's almost the same as eating table sugar.

Foods like grass-fed beef, pastured poultry, fat and oils have a GI of zero. They contain no carbs.

Following a low-GI plan does more than help you enter ketosis and lose weight. It has a number of additional health benefits, including:

- **Reverse diabetes.** When you eat carbohydrates, your body releases insulin. Too much insulin production overwhelms the insulin receptors in your cells and makes them insulin-resistant.

This results in dangerously high glucose levels and insulin spikes. But research has proven that eating low GI foods helps diabetics manage their blood glucose levels,⁵ and reduce insulin resistance⁶ — which is important for reducing the risk of diabetes-related complications. And a recent analysis published in the *Cochrane Review* found that low GI plan can help people with diabetes reduce their HbA1c by 0.5% — and reduce the risk of common diabetic complications by 20%.⁷

- **Lose weight.** Overweight and obesity are the underlying causes of many diseases.

Giving up high-glycemic foods can help you lose both fat and pounds — in as little as five weeks.⁸

My patient Louise is a perfect example of how a low-glycemic Keto eating plan can help you shed pounds. When she first came to see me, she was 100 pounds overweight. She was also suffering from hypertension, inflammation and sky-high blood sugar levels.



My patient Louise is a perfect example of how a low-glycemic Keto eating plan can help you shed pounds.

Over the years, she'd tried to lose weight on other diets. And they all worked... for a little while. But she always ended up gaining back the weight — plus more.

I put her on my eating plan immediately. And the results were amazing. Within just days, Louise started to lose weight. So far, she's lost more than 100 pounds and shed 31 inches.

And she's never felt better or healthier.

- **Improve heart health.** According to the Glycemic Index Foundation, a low GI meal plan can improve heart health by...
 - ✓ Improving the elasticity of blood vessel walls and blood flow.⁹
 - ✓ Reducing the risk of atherosclerosis, a chronic disease affecting blood vessels, by reducing inflammation.¹⁰

- ✓ Aiding abdominal fat loss.¹¹

Three Tips To Get The Best Better-Than-Keto Results

1. Avoid the wrong kind of fats. Way too often, people think doing Keto gives them a green light to eat any kind of fat they want. But even though fat is generally good for you, there are certain fats you have to avoid.

- **Trans fats.** This fat group is also unsaturated. You'll find trans fats in products containing “hydrogenated” or “partially hydrogenated” oils. Common sources are margarine, shortening, and commercially produced food products. Studies show trans-fats, as opposed to saturated fats, accelerate atherosclerosis, coronary heart disease, cancer and other ailments.
- **Omega-6 fats** are primarily from plant oils such as corn, soy, and safflower — basically anything that's processed. Studies show these fats, including refined vegetable oils, are a major culprit behind cancer and heart disease, not animal fats.
- **Bacon fat from the wrong kind of pigs.** As a kid growing up on a farm, we used bacon fat — or lard — in everything. It's one of the healthiest fats you can eat. But be careful where your pork comes from. A whopping 90% of the pork in your supermarket comes from pigs raised in confined animal feeding lots (CAFOs). They are fed antibiotics, growth hormones and toxic foods that are not natural to pigs.

Instead look for pork from pasture-raised pigs. They should be allowed to roam free and forage for grasses, herbs, nuts, fruits and insects. It's what pigs were made to eat.

2. Practice periodic fasting. The keto diet was designed by doctors at Johns Hopkins to help epileptic patients stop having seizures. The researchers found that fasting not only helped with the seizures, but put their patients into a state of ketosis. In other words, a keto diet tricks your body into acting like it's fasting.

To speed up the effects of this meal plan, I recommend what is called intermittent fasting.

It's a safe, simple regimen that calls for an eight-hour eating window each day, followed by a 16-hour fast.

Here's how it works:

- Start your day with a 10 a.m. breakfast
- Lunch at your regular time
- Finish your dinner by 6 p.m.
- Your body gets no additional food from 6 p.m. until 10 a.m. the next day

When your body gets used to the 16-hour fast, you can move up to the 24-hour mark. You can practice one-day fasts as often as every two weeks.

3. Watch out for hidden keto-killing carbs. If you've been doing Keto but still can't lose weight or get into ketosis, your problem may be hidden carbs.

By now you know not to eat carbs and starch from obvious sources like bread, pasta, sugar and processed foods. But did you know that a lot of healthy foods contain hidden carbs? Here are where these keto-killers could be lurking:

Nuts: They can be a great snack on your keto plan — low carb, filling and heart healthy.

Good nuts to choose are macadamia, pecan and Brazil nuts. But not all nuts are created equal, and some can quickly sabotage your allowance of net carbs per day. Some of the nuts with the highest amount of carbs include:

- Chestnuts—13.6 g
- Cashews—8.4 g
- Almonds—5.6 g

Fruit: Following a Keto plan means eliminating a lot of fruit. They are healthy in a lot of ways, but just a handful can blow your carb count for the day.

Here are the fruits with the highest carbs:

- Medium-sized banana—25 g
- Medium-sized apple—18 g
- Medium pear—27 g
- 1 cup of grapes—15 g
- Medium-sized orange—15 g
- 1/2 cup of cherries—9 g
- Kiwi—8 g

Vegetables: You would think you could eat the veggies you want on a Keto meal plan. But you can't. Some vegetables extremely high in starches.



Certain high-carb fruits are off-limits on a Keto meal plan.

A good rule of thumb is to avoid vegetables that grow underground. Some of these are:

- 1 large baked potato—54 g
- 1 cup hash browns—50 g
- 1 medium baked sweet potato—20 g
- 1 medium-large baked yam—28 g
- 1 cup sliced parsnips—17 g

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Farmed And Dangerous...

Newest Health Food Hoax

I was sitting in my office listening to a meeting going on in the conference room next door. My staff had gathered together to talk about the latest health research they'd uncovered. That's when I heard it...

“One of Norway's top scientists calls farmed salmon the most toxic food in the world.”

I immediately interrupted... and asked to see the study.

Now, as a regular reader, you know I always recommend fish that are wild-caught. But I admit, what I read in this report surprised even me.

As it turns out, farmed salmon is *five times more toxic than every other food* the researchers tested. ¹

You know that I've warned my patients against eating farm-raised animals. Whether it's beef or fish or eggs, these Big Agra mass-produced foods are harmful to your health.

I've been exposing Big Agra's tactics for years. They're not concerned with what's healthy for us... only with grabbing the biggest profits.

I've even written to you before about the dangers of eating tilapia — which is worse for you than donuts.

But I didn't realize the extent of the dangers of farmed salmon.

And some of the worst fish farms come from the Scandinavian country of Norway — a country that prides itself on being one of the world's most socially responsible places.

Salmon farms have existed for decades in Norway. In fact, it's where most salmon production takes place. And for years researchers have been trying to find out what's going on behind the scenes at these fish factories.

However, they were blocked at almost every point by the Norwegian Ministry of Fisheries and Coastal Affairs — a woman named Lisbeth Berg-Hansen.

As it turns out, the minister is a major shareholder in one of the country's biggest commercial salmon farms.

And she did everything in her power to ensure that no one got a sneak peek behind the curtains. It took intense pressure — and eventually a lawsuit — to get this information out to the public.

And once the results were published, it was easy to see why the minister wanted to keep them a secret. In this issue, I'll fill you in on what she and others in the farmed fish industry wanted to keep to themselves. But first, I want to break the myth that farmed salmon is a “health food”...

Fish Or Foul?

One of the big reasons salmon has such a reputation as a health food is because of its high fat content. Wild salmon contains about 5% to 7% of healthy fat.

Farmed salmon has anywhere from 15% to 34% fat. Unfortunately, it's the unhealthy kind. Let me explain...

For decades, I've been telling you that fat is not the enemy — that you evolved to eat it and it's an integral part of good health. But the fat in farm-raised fish has a dark side. And when you eat it, you end up with the same amount of “bad fats” as a fast-food meal or bag of chips.

Those bad fats are omega-6s. And instead of being good for your heart and brain, they're flooding your body with inflammation.

It's not that omega-6s are necessarily bad for you. They are essential fatty acids that your body needs. But the standard American diet (SAD) is heavily skewed toward omega-6, thanks to the prevalence of processed foods, grains and fake vegetable oils we eat.

In fact, the average American has an omega-6 to omega-3 ratio of **20:1**. Your ideal ratio should be only 2:1.

So, you need to eat foods that are high in omega-3s to balance out the omega-6s.

Unfortunately, farm-raised salmon isn't a great source. The omega-6 to omega-3 ratio in farm-raised salmon is

way out of whack. Consider these numbers: A typical serving of wild salmon has almost 4,000 mg of omega-3 and about 340 mg of omega-6.

But a serving of farmed salmon sends those figures sky high — with almost 2,000 mg of omega-6.²

Those high levels of omega-6s are a direct cause of inflammation. And this dangerous inflammation in your body is the main culprit behind almost every chronic disease we face today, from cancer and heart disease to arthritis, diabetes and Alzheimer's.

So what makes farm-raised salmon so low in healthy omega-3s and high in omega-6s? A big reason is the corn diet the fish are fed. Most wild salmon eat either greens or other fish that eat greens. This is what supplies them with omega-3s.

Corn, however, is loaded with omega-6s. When the fish eat the corn, they convert the omega-6s into arachidonic acid, the main cause of dangerous inflammation.

But corn is just one of the unnatural ingredients in a farmed salmon's diet...

Fish grown in man-made ponds are also fed processed fish feed. Now, wild salmon are natural carnivores, and feed on smaller fish. But these factory-produced pellets are made from ground up chicken feathers, poultry litter (feces), genetically modified yeast, soybeans and chicken fat.³

And this list of gross ingredients isn't even the worst part.

There's An Alphabet Soup Of Toxic Chemicals Inside Your Fish

It's one of the dirtiest — and most dangerous — secrets in the fish-farming world...

After conducting a series of comprehensive toxicology tests, researchers determined that farmed salmon is one of the most toxic foods in the world. A large global assessment found 13 persistent organic pollutants (POPs) in the flesh of the fish.

According to researchers at the Environmental Working Group, farmed salmon sold in U.S. grocery stores has **16 times** the concentration of contaminants than wild salmon.⁴

And the *Journal of Nutrition* reported that farmed salmon had polychlorinated biphenyl (PCB) concentrations that are **10 times higher** than in wild fish.

PCBs were widely used as a coolant and lubricant in transformers and other electrical equipment. They were banned in the U.S. in 1977 and worldwide in 2001. So how do they show up in such high amounts in farmed salmon?

As I said earlier, salmon are carnivores. To make the pellets they're fed, fish farmers harvest wild fish from the North and Baltic Seas. But these two ticking time bombs off the coast of Scandinavia are some of the most polluted waters in the world.

The polluted bait fish end up in the fish pellets. And because farmed salmon has such high fat content, these toxins stay stored in the fish — and eventually end up in you.

Cornell University showed concentrations of PCBs are significantly higher in farmed than wild-caught salmon. The reason for this is because farmed salmon contains more fat than wild salmon, and PCB accumulation settles in the fat.

All of these chemicals are proven carcinogens. And in addition to causing cancer, the Centers for Disease Control and Prevention report that these toxins cause immunosuppression, neurotoxicity, reproductive and developmental toxicity,⁵ endocrine disorders and type 2 diabetes, insulin resistance and glucose intolerance.⁶

Would You Like Some Salmon With A Side Of Car Tires?

But one chemical found in farmed salmon is causing particular concern. It's a stabilizer called ethoxyquin and it's used during the production of car and truck tires to prevent the rubber from cracking.

But ethoxyquin is also a synthetic antioxidant. And fish farmers add it to fish food as a preservative. In other words, it stops the fat in fish pellets from spoiling.

Developed by Monsanto in the 1950s, the use of ethoxyquin is strictly regulated on fruits, vegetables and meat. But not in fish — because it was never intended for such use. That means there are currently no limits to how much of this chemical can be used in seafood production.

This car-tire chemical leads to the following health dangers:

1. An increased risk of DNA damage. Recent studies show that ethoxyquin can cause DNA damage in humans. In one study, researchers found that the chemical caused severe damage to human lymphocytes within one hour of eating.⁷

2. It can pass the blood-brain barrier. Your blood-brain barrier is a membrane that prevents most harmful substances from entering the brain. But in 2008, a Norwegian researcher named Victoria Bohne found that this toxin can cross this barrier — potentially causing cancer.⁸ Since her discovery, the scientist was forced to resign from her position at the National Institute of Nutrition and Seafood Research (NIFES) after attempts were made to falsify and downplay her findings.

3. It ends up getting stored in your fatty tissue. Another study found that mice who were fed varying levels of ethoxyquin for 14 weeks had unsafe levels of the toxin in their livers, kidneys and adipose fat tissue.⁹ Unsafe levels of the chemical were also found in the breast milk of Norwegian mothers who ate a high salmon diet.

Farm-Raised Salmon Isn't Pink — It's Grey

Salmon farmers feed their “crop” a chemical pigment that turns the fish pink. If they didn't, the flesh of the fish would be white, grey or beige — and no one would buy it.

You see, wild salmon get their bright reddish-pink color by eating krill and shrimp that contain astaxanthin.

But farmed salmon can't forage the oceans for these colorful crustaceans. To turn them pink, fish farmers feed them synthetic astaxanthin derived from petrochemicals that haven't been approved for human consumption in any country.

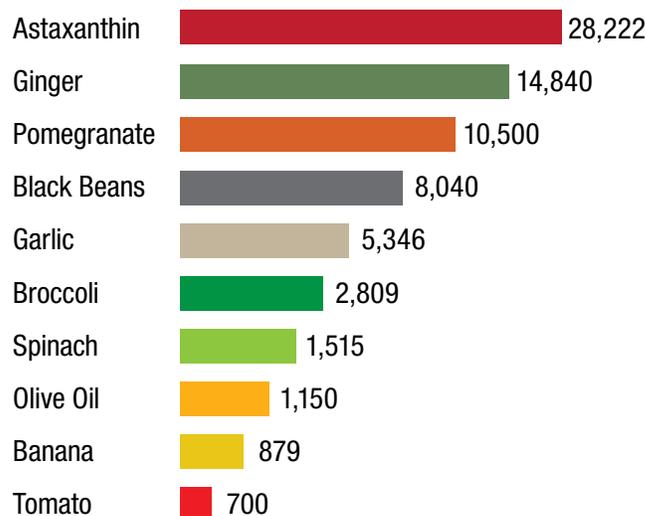
And there's another issue...

Studies conducted at Creighton University and Brunswick Laboratories showed that synthetic astaxanthin is more than 20 times weaker than natural astaxanthin. A typical serving of wild salmon contains a whopping 4.5 mg of astaxanthin. But the same-size serving of farm-raised Atlantic salmon has just 0.5 to 1.1 mg of astaxanthin.

And when it comes to anti-aging, I believe astaxanthin is the world's most powerful antioxidant.

ASTAXANTHIN VS. OTHER POWERFUL ANTIOXIDANTS

(measured in ORAC units per 100 grams)



ORAC units measure the antioxidant capacity of foods, herbs and spices. As you can see, astaxanthin scores much higher than some of the healthiest superfoods.

Studies show it's:

- 6,500% more potent than vitamin C
- 5,400% more powerful than beta-carotene
- 1,430% more powerful than vitamin E and green tea

In fact, astaxanthin has more antioxidant power than the most antioxidant-loaded foods. Check out the chart on this page to see how it stacks up against other powerful antioxidants.

Astaxanthin has the unique ability to launch multiple targeted attacks on damaging free radicals inside and outside your cells.

It goes directly to the business of preserving the structure of your cells and preventing damage to your DNA.

My patients have had astounding success using astaxanthin to treat heart disease and minimize their risk of heart attack or stroke. I also recommend it to reduce the risk of breast, bone and colon cancers, lower blood sugar levels, protect against glaucoma and improve memory.

Astaxanthin may just be the best antioxidant for DNA protection. It's 6,000 times more effective than vitamin C, 800 times more than CoQ10 and 550 times more than vitamin E or green tea.^{10, 11}

While I recommend food as the most natural way to get your nutrients, it's very hard to get enough DHA from fresh fish alone.

I used to recommend cod liver oil as a supplemental source of DHA. But a much more bioavailable and concentrated source is krill oil. Krill's DHA is in the phospholipid form instead of cod liver's triglyceride form.

Try to get at least 500 mg of DHA per day, and if you can, get it from a pure source of krill oil.

Get Schooled — Learn How To Pick The Best Fish

Wild-caught salmon is one of the healthiest foods on the planet. Its benefits include everything from brain health to preventing heart attacks and cancer. And researchers continue to discover new benefits — including bone and skin health, enhanced eyesight, protection against attention deficit disorder and arthritis prevention.

Here's what I recommend for buying the very best salmon you can:

Always choose Alaskan salmon (and don't confuse it with Atlantic salmon). Alaskan salmon is not allowed to be farmed. But most farmed salmon available in the U.S. is sold under the name Atlantic salmon. It's a marketing ploy designed to trick you into thinking you're getting wild fish.

In fact, a recent survey found that 90% of those asked didn't know that Atlantic salmon is farm-raised. And a third believe that Atlantic salmon is wild.¹²

But it still pays to be vigilant. A *Time* magazine report found that almost half of the wild-caught salmon they sampled turned out to be secretly farmed.

In a report from the conservation group Oceana, researchers collected 82 samples of salmon labeled "wild" from restaurants and grocery stores. Using DNA analysis, they checked to see if the fish was what it claimed to be.

They found that 43% of the salmon was labeled incorrectly. Most of the mislabeling took place in restaurants — including very high-end eateries.

Buy your salmon in season. In the same way that fresh fruits and vegetables have a season, there's a right

Coming Soon To A Supermarket Near You: Franken-fish...

In 2015, the FDA approved genetically engineered (GE) salmon and the first batch has already been sold in Canada.

A pending lawsuit will determine if these Frankenfish can be sold in America.

The makers of the fish, a biotech company called AquaBounty, will tell you that their genetically modified product will solve world hunger and the problem of overfishing.

What they won't tell you is that these fish — which are engineered to grow twice as fast as a typical salmon — were given a growth hormone taken from two unrelated fish sources.

And according to the company's own data, the ratio of 3s to 6s in the AquaBounty fish is the worst of any farmed fish.

If — or when — these fish hit the American marketplace, it'll be just another example of how corporations and their cronies at the FDA will have even more control over what goes into your body.

time to buy fresh salmon. Shopping for salmon when it's in season — typically April through September — makes you less likely to get duped. The researchers had already done a similar experiment once before, where they collected samples during the summer salmon season in 2012. In that survey, Oceana found low rates of salmon mislabeling: only 7% in grocery stores.

Order it online. You can find good-quality wild-caught fish at specialty markets such as Whole Foods or The Fresh Market.

But if you don't have access to fresh, wild-caught fish, look for it on the Internet. I often order mine online from Grassland Beef (www.grasslandbeef.com) or Wild Alaska Seafood (www.wildalaskaseafood.com). It comes right to your door, fresh, packed in dry ice. And as soon as it arrives, I pop it in the oven. Here's one of my favorite ways to cook fresh salmon...

Simple Baked Salmon With Fresh Asparagus

Ingredients:

- 4 - 6 wild-caught Alaskan salmon fillets, skinned
- 2 ½ Tbsp. minced garlic, divided
- 2 Tbsp. fresh chopped parsley
- 4 bunches asparagus (24 spears), woody ends removed
- 1/3 cup freshly squeezed lemon juice
- ½ cup unsalted butter, melted
- 1 tsp. Himalayan sea salt
- ½ tsp. cracked black pepper
- 1 lemon, sliced



Directions:

- Heat oven to 400°F. Place the salmon on a large baking tray.
- Rub each salmon fillet evenly with garlic and parsley. Arrange the asparagus around the fish.

- Combine the lemon juice and melted butter and pour over everything. Season with salt and pepper.
- Place the sliced lemon on top and bake 8-10 minutes, until salmon is opaque.

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Summer Is For Sun, Not Dangerous Sunscreen

Summer is in full swing. Here in South Florida temperatures are in the 90s and tourists are flocking to our beautiful, sandy beaches.

It's also prime time for sunscreen companies to kick up their marketing efforts in an attempt to whip up more fear over the sun. They want to scare you into thinking that each time the sun strikes your unprotected skin, you risk *malignant melanoma*, the most deadly form of skin cancer.

As a *Confidential Cures* insider, you know that I've been vocal about Big Retail's money-grab, and how they put out misinformation because they profit each time you slather on their toxic sunscreens.

Worse yet, they jump on any bandwagon to try and convince you. Even if it's just hype.

Three scientific studies by researchers from London and Australia, recently published in the *British Journal of Dermatology*, claim sunscreen doesn't prevent vitamin D production in your body.¹

The media, doctors and sunscreen manufacturers are already all over this^{2,3} — and as we head into the peak of summer, you're sure to hear more.

My advice is to ignore these studies, and the hype surrounding them.

It's just not true, and you'll read more about that in a minute.

Another thing... I looked at these studies carefully and discovered they were conducted using only SPF 15 sunscreen. As far as most doctors are concerned, the recommendation is to use an SPF 30 block or higher, which almost certainly prevents vitamin D production.

When you deprive your body of vitamin D, one of its most vital substances, you're in fact raising your risk of cancer — as well as a host of other disorders,

3 OUT OF 4 SUNSCREENS ARE TOXIC!

"The vast majority [three out of four] of sunscreens available for purchase in the U.S. still contain damaging chemicals or fail to offer enough protection against ultraviolet rays."



– The Environmental Working Group (EWG) 11th Annual Guide To Sunscreens, 2017

including *diabetes, osteoporosis, arthritis, heart disease, depression, hypertension* and *multiple sclerosis*.

But the other problem is the way these studies have been presented. They encourage you to slap on layers of sunscreen that have been proven time and again to contain dangerous toxins — many of them cancer-causing themselves.

A recent study by Environmental Working Group, *The Consumer Advocacy Organization*, found that nearly two-thirds of all sunscreens on the market wouldn't even pass the safety tests proposed by the FDA.⁴

The group's study, which was done as part of its *2019 Guide to Sunscreens*, found that more than 60% of the products evaluated either didn't offer adequate sun protection or they contained potentially harmful chemicals.

And worse yet, these harmful chemicals that you apply topically are being absorbed into your blood.

A new clinical trial funded by the FDA and published in the *Journal of the American Medical Association* just last month confirms this. Researchers studied the effects of the active ingredients in four popular sunscreens applied topically and found that the chemicals were absorbed into the bloodstream. And at higher concentrations than an established FDA threshold.

Yet the FDA continues to tell us that sunscreen is safe, despite the toxic chemicals.

In this article, I'm going to show you how you can have fun in the sun this summer — without putting dangerous chemicals on your skin or depriving your body of vitamin D. You'll also learn what's really in these sunscreens — and why you should avoid them. I'm going to tell about some incredible natural ways to protect yourself from the sun — from the inside out.

Mainstream Medicine has Demonized the Sun

Corporations and most doctors want you to put on sunscreen to block UVB rays. But I've been saying for years that this modern sun phobia has more to do with the commercial interests of dermatologists and sunscreen makers than protection against cancer.

The truth is malignant melanoma is *NOT* caused by the sun, despite what you've heard. Don't let TV commercials scare you away from your natural connection with the sun and its protective power.

It's true that *burning* is dangerous for your skin, but you still need moderate exposure to sunlight and you certainly should not avoid it all together.

If the sun really were the cause of skin cancer, wouldn't you expect people who live in sunnier climates to have the highest melanoma rates?

I have news that may surprise you: populations with the most sun exposure have the lowest rates of skin cancer in the world. Populations that live closest to the Equator, like those in the sun-drenched Polynesian islands in the Equatorial regions of the Pacific, for example, have far less incidence of malignant melanoma than other regions of the world.⁵

What's worse is that mainstream medicine's demonizing, Factor-30 approach to the sun actually raises your risk of other cancers, including prostate and colon cancers.

That's because you're depriving your body of vitamin D, which is synthesized in your body when UVB rays strike your skin.

And despite the hype, there's no link between malignant melanoma and sun exposure without sunburn.

“I regard vitamin D as probably the single most important organic nutrient required for human health.”

In fact, only 2% of all skin cancers are malignant melanoma. Other forms — such as *basal cell* and *squamous cell carcinomas*, the two most common forms of skin cancer — are highly curable.⁶

Yet the health benefits of sunshine, and the high vitamin D levels it produces in your body, are simply enormous. Vitamin D helps regulate the amount of calcium and phosphate in your body, and is essential for building strong bones, preventing osteoporosis and warding off the inflammation at the root of chronic disease.

Researchers at Creighton University School of Medicine in Omaha, Nebraska, discovered that high doses of vitamin D have the power to prevent 17 types of cancer by a staggering 77%.⁷

I regard vitamin D as probably the single most important organic nutrient required for human health. And your body evolved so you can get it easily from the sun.

If you are deficient in vitamin D, as most Americans are, genes that evolved to protect your health simply can't work properly.

But vitamin D deficiency is only half the problem...

Sunscreen's Dirty Little Secrets

The advice you're getting from your doctor, TV commercials and even the Surgeon General is so wrong, it's scary.

They're all busy telling you to protect yourself against the sun, when you should really be protecting yourself from sunscreen.

Sunscreen delivers chemicals and known carcinogens onto your skin and into your bloodstream — chemicals that are banned in other countries.

One of the main chemicals used in sunscreens to filter out UVB light is *octyl methoxycinnamate* (OMC).

This toxic compound can be found in the vast majority of sunscreens on the market, even though studies found it can kill mouse cells — even at extremely low doses.

Other harmful chemicals include *benzophenone* and *avobenzone*.

These attack the cells in your body causing premature aging. They are also estrogen mimics that can create hormonal imbalances, cause allergic reactions and skin irritation, and are known to promote the onset of breast cancer.⁸

And there's plenty more. Below is a chart of some of the common chemicals found in sunscreen that you should avoid.

CHEMICAL	HEALTH RISKS
Parabens	Endocrine disruptor. Mimics estrogen, upsets hormonal balances, and can cause reproductive cancers in men and women.
PABA (may be listed as octyl-dimethyl or padimate-O)	Attacks DNA and causes genetic mutation when exposed to sunlight.
Mineral oil, paraffin, petrolatum	Coats skin like plastic and clogs pores, traps toxins in, slows skin cell growth, disrupts normal hormone function, suspected of causing cancer.
Sodium laurel, lauryl sulfate, sodium laureth sulfate (sometimes listed as "from coconut" or "coconut derived")	Combined with other chemicals, it becomes Nitrosamine, a powerful cancer-causing agent; penetrates your skin's moisture barrier, allowing other dangerous chemicals to enter your bloodstream.
Phenol carbolic acid	Circulatory collapse, paralysis, convulsions, coma, death from respiratory failure.
Acrylamide	Breast cancer.
Toluene (may be listed as benzoic, benzyl, or butylated hydroxytoluene)	Anemia, low blood cell count, liver and kidney damage, birth defects.
Propylene glycol	Dermatitis, kidney and liver abnormalities, prevents skin growth, causes irritation.
PEG, polysorbates, laureth, ethoxylated alcohol	Potent carcinogens containing dioxane.

How to Build a Natural Sun Barrier

Mainstream medicine's fear of the sun makes more people sick than it saves from melanoma.

The good news is that you don't have to put toxic chemicals on your skin to protect yourself from burning in the sun's rays — although I don't recommend sunbathing as a past-time.

You should always avoid burning. Only repeated sunburn poses a risk of cancer. Consistent, moderate exposure to the sun is extremely unlikely to cause problems.

Your body is wired to get its vitamin D requirements from sunshine. Just 15 or 20 minutes a day in the sun will produce about 10,000 international units (IUs) — a far cry from mainstream medicine's suggested daily allowance of between 400 and 600 IUs.

I recommend three natural compounds to my patients that allow them to have fun in the sun without interfering with their bodies' vitamin D synthesis.

All of these compounds have scientifically proven sun protection and healing properties that are ignored by mainstream medicine. And you can also use them without worrying about skin cancer, toxic chemicals or depriving yourself of vitamin D...

- **First line of defense tocotrienols - sun protection powerhouse:** This overlooked form of vitamin E is a real powerhouse when it comes to sun protection. Vitamin E is actually eight vitamins in one — four tocopherols and four tocotrienols. For years, mainstream medicine was interested only in tocopherols. But research now shows that tocotrienols are the real powerhouse.

Studies reveal that a high dietary consumption of tocotrienols can halt sun damage that may have been triggered during the day, and reduce the likelihood of any skin cancer cells forming.⁹ One group of researchers found that the more tocotrienols you have in your diet, the more it accumulates in your skin. That means you're constantly building up your own personal *natural* sunscreen.

My favorite source of tocotrienols is *annatto oil*, the extract from the South American achiote tree. It contains more tocotrienols than any other source — roughly 15 mg per tablespoon. You can also get tocotrienols from nuts and dark leafy greens. A handful of cashews, almonds or pistachios will provide around 2 mg. And one serving of kale, broccoli or spinach has between 1 mg and 2 mg of tocotrienols.

Most people can't get enough tocotrienols in their diet, so I also recommend supplements.

Supplement with 50 mg of tocotrienols twice a day. Like all fat-soluble vitamins, take them with a meal. And make sure you get supplements that contain natural vitamin E — not its synthetic form. Vitamin E in the form of *all-rac-alpha-tocopherol-acetate* or *dl-alpha-tocopherol* should be avoided. There are serious questions about their safety.

- **Second, get sunburn protection with Gamma-linolenic acid:** GLA is an essential fatty acid. It's a dietary omega-6 fatty acid that is found in many plant oil extracts. And it helps with just about every skin condition, including damage from UV radiation.

There is also significant evidence that GLA offers a natural way to protect yourself from sunburn.

GLA also reduces the inflammation caused by the sun's UV light. A well-known Scandinavian study showed people who took GLA supplements significantly reduced the effect UV light had on their skin.¹⁰

Unfortunately for us, we can't make GLA in our bodies. We have to get it from outside sources. It's not called "essential" for nothing. Your body has to have it to help maintain your largest organ — your skin.

Scientific studies have also found that oils high in GLA — such as *evening primrose oil (Oenothera biennis)* and *borage oil (Borago officinalis)* — modify the skin's response to UV radiation, providing some protection against sunburn. These oils also stimulate skin cell activity and encourages skin regeneration.

Hemp oil is also a good natural choice for GLA, and is great for drizzling over salad or vegetables.

GLA is also commonly available as a dietary supplement and is sold over the counter or online in capsules. I recommend taking 500 mg per day to help with sun protection and skin repair.

- **Then, get protection and healing with Sea Buckthorn Oil:** This special oil comes from the berries of a native European and Asian plant. It doesn't have thorns, but sea buckthorn (*Hippophae rhamnoides*) is rich in many well-known sun-protecting compounds, including beta carotene, lycopene, Lutein, zeaxanthin, and palmitoleic acid (omega 7). It also contains 41 carotenoids, other omega fatty acids, and full complexes of vitamins C, E and K. And it's rich in GLA.

Sea buckthorn has been used in Chinese and Tibetan medicine for more than 12 centuries. It's well-known for its skin-healing and rejuvenating abilities.

Palmitoleic acid, in particular, is critical for sun protection and healing — thanks to its skin regeneration and repair properties.

Studies prove its power to combat the free radical damage caused by the sun's radiation.¹¹

Meanwhile, its high GLA, tocotrienols and antioxidant content provides real natural protection from the sun. Russian cosmonauts included Sea buckthorn in their diets to help counteract radiation exposure from the sun while in space.

Sea buckthorn is supplemented as either a dry plant extract (of which both the berries and the leaves are viable options) or as an oil made from the berries.

When supplementing dry extracts, I recommend starting with 500 mg per day for both the berry extracts and the leaf extracts. You can work up to 2,000 mg quite quickly. For the oil, you can use slightly higher dosage ranges of 2,000 mg to 5,000 mg daily.

Sea buckthorn should not be used or taken by children. And there is no scientific proof regarding safety for pregnant women or nursing mothers.

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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).

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