



Dr. Sears'

CONFIDENTIAL CURES

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

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Dear Friend,

Medicine is quick to come up with a negative label for anything they don't understand, or can't profit from.

Experimental, unproven... even quackery.

But the fact of the matter is there are natural therapies that are curing patients.

And I consider fighting back against this "bully mentality" my badge of honor.

I've seen the positive results with my own patients. Let me give you just one example...

I treat my heart disease patients with a proven therapy that reduces the risk of any cardiovascular event by 41%, while reducing the risk of death from heart disease, stroke or heart attack by 40%.

But the FDA refuses to approve it as a treatment for heart disease. Which means that insurance companies won't cover it.

Instead, they keep pushing their dangerous heart medication drugs that leave you feeling worse than ever.

Or they tell you that you need a life-threatening bypass surgery.

Both these options only make sense from a financial point of view.

Drugs like ACE inhibitors, beta blockers and diuretics make billions for Big Pharma every year.

And performing a bypass surgery is as good as printing money... The cost of an operation has soared to as much as \$200,000 (or more).

But it still won't protect you from having a future heart attack. A Danish study found that death rates spiked for bypass patients 8 to 10 years after their operation. Their mortality risk increased dramatically up to 80%!

*You'd never hear numbers like that from traditional doctors. And that's why I continue to write **Confidential Cures**. To give you information you won't hear anywhere else...*

In this issue, you'll also hear information about a disease that actually affects men but is usually associated only with women. As well as a plant-based cure that the FDA is trying to not only discredit, but steal from you...

To Your Good Health,

Al Sears, MD, CNS

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The FDA Is Coming For Your CBD

Make no mistake about it... the FDA and Big Pharma are taking every opportunity to stop you from using *hemp* and *CBD*.

Worse yet, they are doing it under the false claim that the entire CBD industry is taking you for a ride.¹

But the truth is, the FDA is secretly trying to hand over this fast-growing, multibillion-dollar business to its buddies in the pharmaceutical industry.

And Big Pharma has already laid the groundwork for its big CBD grab.

Over the past few years, it has carved out a “back channel” to the FDA, allowing drug companies to eliminate competition, and turn herbs and nutrients from the natural world into expensive meds.

To be clear: supplements containing herbs and nutrients found in nature are NOT drugs, and therefore cannot be patented.

But that hasn't stopped the FDA and Big Pharma sidestepping the system and lining their pockets. In a minute, I'm going to show you the evidence I've uncovered. But how did we get to this point?

Since President Trump signed the landmark 2018 Farm Bill into law — allowing the legal cultivation, possession, sale and distribution of CBD — the industry has boomed.

A recent analysis projected the American CBD market will be worth a staggering \$20 billion by 2024, compared with just \$1.9 billion last year.²

And Big Pharma's trying to make sure the vast bulk of those sales get funneled straight to them.

As I've written about before, CBD, or *cannabidiol*, is the main non-psychoactive ingredient in cannabis plants, including marijuana and hemp.

And there is no denying its medicinal power... not even by the FDA, which for years pushed prohibition and prevented proper medical research — even as



Medicinal properties of CBD have been known for thousands of years, but the FDA and Big Pharma are taking every opportunity to prevent you from using it.

it rubber-stamped the activities of pharmaceutical companies in pursuit of lucrative CBD drugs.

Last year, the FDA gave permission to GW Pharmaceuticals to sell a CBD-based epileptic drug called *Epidiolex* for \$32,500 a year.³

The fact is, the medicinal properties of CBD have been known for thousands of years. Healers in ancient Egypt administered cannabis to patients. Medical use of “bhang” — the Ayurvedic word for cannabis — was first recorded in India around 3,000 years ago.

This ancient substance has the power to reduce stress and pain, improve your mood and help you sleep far more soundly than a glass of wine.

Science is now catching up with those ancient healers, and is now discovering that CBD can also help combat dozens of life-threatening conditions — including cancer, epilepsy and Parkinson's disease.

Don't worry, I'm not suggesting that you go out and get high. CBD products contain no THC (*tetrahydrocannabinol*), another substance in cannabis plants that does get you high. CBD is a safe and effective option for patients concerned about that.

And I'm not saying you shouldn't be careful when buying CBD products either. There are a lot of poor-quality products and some pretty outlandish claims out there.

Sadly, many of the oils, tinctures, transdermal patches and other products on the market are sold as "cures," but barely contain enough CBD to have any effect at all.

But that shouldn't prevent you from getting the benefits of this ancient medical herb.

In this article, you'll learn how the FDA and Big Pharma are trying to block your access to over-the-counter CBD products and turn this ancient healing compound into pricey drugs. I'm also going to tell you about the incredible science behind how CBD works and the most effective ways you can use it.

The Secret History Of Cannabis

Despite its widespread use for thousands of years, CBD's secret medical history is only now being rediscovered in America.

Yet from the 1840s until 1900, cannabis made up half of all medicine sold in the U.S. The English scholar, Robert Burton, first recommended cannabis for depression in his famous, "The Anatomy of Melancholy," published in 1621. Even Queen Victoria used it to relieve her unbearable menstrual cramps.



CBD alleviated Queen Victoria's menstrual cramps.

They didn't know it, but the ingredient providing the relief was CBD.

Then, in 1992, in a tiny laboratory in Israel, researcher Raphael Mechoulam made an astonishing discovery...

He found a vast hidden network of chemical compounds and receptors throughout the human body, connecting body and brain — and regulating everything from appetite, the inflammatory response and immune system, to aging, mood and memory.

He called it the *endocannabinoid system*, after the plant at the heart of his research: *Cannabis sativa* — better known as marijuana and hemp.

Incidentally, hemp is not a separate type of plant. It's simply a cannabis plant containing low levels of psychoactive THC.

CBD triggers this biological system. Over millions of years of evolution, your body developed tens of thousands of CBD receptors... long before anyone ever thought about smoking marijuana recreationally.

Other mammals also have an endocannabinoid system, which suggests an extremely ancient biological system.

Most doctors have still never heard about Professor Mechoulam's research, or its life-saving potential.

Yet a mountain of evidence has emerged since Mechoulam's discovery. More than 8,000 preclinical studies and clinical trials back up CBD's power to activate the endocannabinoid system and combat a wide range of seemingly unconnected conditions, like:^{4,5,6,7,8}

- Mental health, mood and anxiety disorders
- Movement disorders, like Parkinson's and Huntington's disease
- Neuropathic pain, often the result of advanced diabetes
- Multiple sclerosis and spinal cord injury
- Epilepsy
- Cancer
- Heart disease, heart attack, stroke and hypertension
- Glaucoma
- Obesity and metabolic syndrome
- Fibromyalgia
- And much more.

Professor Mechoulam's great revelation was that all of these conditions are connected by your endocannabinoid system and can be treated by triggering it into action.

Big Pharma's Sneaky "Back Channel"

As I mentioned earlier, Big Pharma's been laying the groundwork to turn natural CBD into one of its expensive drugs.

The FDA has a history of sidestepping the system to reap these big dollar rewards.

It happened first in 2009 to the supplement version of *pyridoxamine* (a form of vitamin B6), a key nutrient that supports brain function and your immune system.

Drugmaker BioStratum persuaded the FDA to reclassify this vitamin as a “new drug” after it produced its pharmaceutical *Pyridorin* for diabetic kidney disease.

Pyridorin is basically pyridoxamine, which isn’t a new drug at all. Pyridoxamine is one of the three primary natural forms of vitamin B6 and is found in fish and chicken, as well as brewer’s yeast.

And in 2017, the FDA approved a new drug for sickle cell disease called *Endari*, which has one active ingredient: the amino acid L-glutamine.

I’ve been prescribing L-glutamine for years. This essential amino acid builds muscle strength, boosts your immune system, lowers blood sugar levels, supports gastrointestinal health, and helps your body maintain healthy growth-hormone levels.

It’s also a highly effective treatment for irritable bowel syndrome and other gastrointestinal health problems.

And the best part is that you can buy a 120-pill bottle of L-glutamine for less than \$10.

But the cost could skyrocket... to a staggering \$40,515 a year. That’s the price of *Endari* — and its manufacturer, Emmaus Life Sciences, has already notified the FDA that L-glutamine is a “new drug.”^{9,10}

This is ridiculous. L-glutamine, which you can get from nuts, eggs, beans, milk and ricotta cheese, is actually food.

Now they’re playing the same game with CBD. Just look at the \$32,500-a-year price tag on GW Pharmaceutical’s CBD-based epileptic drug, Epidiolex.

Meanwhile, dozens of Big Pharma companies are developing their own CBD drugs, including AbbVie and opioid manufacturer Insys Therapeutics in the rush to cash in.

Legally, the FDA could remove the vast majority of CBD supplements from the market at any time — either of its own volition, or if GW or any other Big Pharma company petitions the FDA to do so.

In other words, it’s just a matter of time.

But you can avoid the coming clampdown... by using good-quality merchandise that is unlikely to be targeted. I’m talking about products that contain high enough levels of CBD and make use of the safest and most effective delivery systems.

How To Navigate The CBD Hype

Choosing the right CBD product should be done with caution. There’s a giddy array of options and a lot of hype out there now.

These days, you’ll find everything from CBD-infused juices, honey, coffee, beer, spring water, salad dressings, candies and ice cream to cosmetics, cooking and massage oils, capsules, chewing gums and even sexual lubricants.

The prize for the silliest product probably goes to the CBD-infused pillowcases sold by a firm of fabric makers in North Carolina.

Instead, here’s what I recommend to my patients...

- **Sublingual CBD Sprays:** This is one of the safest, easiest and most effective ways to take CBD. You simply spray it under your tongue, where it’s quickly absorbed into your bloodstream.



Sublingual sprays are one of the most effective ways to take CBD.

The CBD used in this form is extracted from hemp plants using pressurized carbon dioxide gas or a solvent, such as ethanol. The solvent is then removed under a vacuum. The remaining CBD is diluted with an oil, like sesame or coconut, to improve the taste and preserve the cannabidiol.

It typically takes about 15 to 30 minutes to take effect and usually lasts between four and six hours. Thanks to CBD's analgesic and anti-inflammatory properties, this quick action makes it especially helpful if you're using CBD to treat anxiety or pain from muscle ache, arthritis or injury.

- **CBD Tinctures:** These are best taken using drops under the tongue. They can also be mixed into your favorite cold drink, coffee, tea or even in meals and soups — but it will take longer to take effect this way, anything from 30 minutes to two hours.

Tinctures are produced by steeping hemp flowers in a high-proof alcohol, then applying low heat for several hours. This allows the CBD to infuse into the neutral spirit, much of which is then boiled off. The result is a potent liquid that delivers the effects of CBD.

Because a CBD tincture is concentrated, it's designed to be taken in small doses. That's why most tinctures come with a dropper that allows you to take carefully measured quantities.

- **Topical Rubs and Balms:** Topicals aren't absorbed into your entire body, as sublingual sprays and drops are. But they can work well when rubbed directly onto sore muscles or joints, where they can ease pain by reducing inflammation.

CBD balms typically include extracts mixed into a fat, like beeswax or coconut oil. This makes it easier to spread onto your skin and allows the CBD to penetrate.

Research suggests topical CBD rubs can also help with a variety of skin conditions, like acne, psoriasis and eczema.¹¹

- **Edibles and Pills:** Edibles, like cookies, candies, gummies or even CBD-infused cold-brew coffees might seem like a fun way to take CBD, but they are inefficient methods.

That's because eating or drinking your CBD means it will enter the bloodstream through the digestive system, so it will take a while — 30 minutes or longer — before you feel it. Plus, the food it's in, as well as other foods you consume, could affect how your body absorbs CBD, and undermine its potential effect.

You can also take CBD in pill form. Just like ingesting CBD in other edibles, pills can take at least 30 minutes

“CBD oil is similar to a multivitamin. It takes time to build up in your body and produce benefits. It has maximum efficiency and effect when used consistently.”

or more to digest before you experience an effect.

One particular benefit of CBD pills is that the per-pill CBD dose is often clearer on packaging than in other forms. And for chronic conditions, like fibromyalgia and glaucoma, where you might be trying to maintain consistent CBD levels in your body, pills can be an easier option.

- **E-liquids and Vape Pens:** Inhaling CBD using a vaporizer is by far the fastest way to get it into your bloodstream — in as quickly as 30 seconds or less.

But I don't recommend it.

As a physician, I can tell you the only thing you should take into your lungs is clean air!

All vape pens are health hazards. The vapors from these devices are a chemical soup of cadmium, chromium, lead, manganese, and nickel — increasing the risk of multiple disorders, including cardiovascular disease, cancer, Alzheimer's, stroke and diabetes.¹²

The flavors used in many CBD e-liquids also raise red flags. Some use a buttery-tasting chemical called *diacetyl*, a known harmful chemical that's been linked to lung disease.

How Much Should You Take?

CBD dosage depends on the health of your body, your symptoms and the effects that you want. Each person is unique and will experience different effects.

If you have a well-balanced endocannabinoid system, you won't need as much as someone with an imbalance. If you suffer from pressing health problems, you may need to increase the CBD dosage to help rebalance your endocannabinoid system.

You see, CBD oil is similar to a multivitamin. It takes time to build up in your body and produce benefits. It has maximum efficiency and effect when used consistently.

Your correct dose depends on your individual metabolism, body weight and cannabinoid tolerance.

My advice is to start low and build up. If you're new to CBD, I recommend starting with **5 mg daily for the first week**.

But don't be surprised if you don't feel any effects until you reach about 30 mg per dose.

When you buy a CBD product, it's crucial that you check the concentrations.

After all, you'll want to know just how much CBD is actually in the product before parting with your hard-earned cash.

To work this out, you can look at the milligrams (mg) of CBD, which should be clearly listed on the label.

Don't be misled by the "total volume" of oil. The milligrams of CBD are what counts.

Here's a weight guide that will help to determine your dosage:

Mild dose	Medium dose	High dose
85-150 pounds: 12 mg	85-150 pounds: 15 mg	85-150 pounds: 18 mg
151-240 pounds: 18 mg	151-240 pounds: 22.5 mg	151-240 pounds: 27 mg
241 pounds and up: 22.5 mg	241 pounds and up: 30 mg	241 pounds and up: 45 mg

I recommend using the mild dose range into the second week. If you aren't feeling the effects, move up to the medium range. Try the high-strength range if the medium range doesn't bring relief.

The right dosage all depends on your health and your body. Experiment to find out what works best for you.

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Shunned By Doctors, Rejected By Insurance Companies “Claw” Therapy Saves Lives

There’s a life-saving detoxification therapy that can rid your body of heavy metals that have accumulated over years and maybe making you sick.

It’s called “claw” therapy. And it's improving the health of patients.

But most mainstream doctors are not on board. They ignore the link between modern chronic diseases and the heavy metals that are spewed out by factories, mines, power plants, chemical farming and traffic emissions. These dangerous toxins make their way into the air we breathe or into our food supply and drinking water. And they don’t see the benefit of natural “claw therapy.”

Yet they’ll tell you it’s “controversial” or “experimental,” or worse, “snake oil.”

A former colleague of mine left the United States because he was hounded for using this therapy.

Dr. Bruce Shelton was an alternative medicine pioneer who practiced in South Florida, about an hour away from where the **Sears Institute for Anti-Aging Medicine** now stands. I consulted with him a few times, when I was thinking about adding “claw” therapy to my own practice.

He used a chemical compound called *ethylenediaminetetraacetic acid*, or **EDTA** as a chelating agent to rid his patients of heavy metals that had accumulated in their bodies and were making them sick.

Calling EDTA “claw” therapy is appropriate because of EDTA’s unique ability.

It grabs dangerous metals and other toxic pollutants that are dissolved in your blood or stored deep in your fatty tissue or organs... and escorts them painlessly out of your body in your urine.

It’s that effective.



I offer EDTA "claw" therapy here at the Sears Institute for Anti-Aging Medicine. My patients tell me they feel better almost immediately.

I’ve championed the detoxifying benefits of EDTA for more than a decade now, and offer it at my clinic. I’ve also used it successfully as a frontline treatment against a wide variety of inflammatory conditions, including heart disease, diabetes, and Alzheimer’s.

A large, taxpayer-funded study recently revealed it can halve the risk of heart attack in some patients.¹

The problem is... despite the rash of scientific evidence supporting the healing power of “claw” therapy, the medical establishment hates it. Insurance companies won’t touch it.

Powerful Shield For Today’s Toxic World

As I mentioned, you won’t hear about this therapy from most doctors. They’ll tell you your liver and kidneys are your body’s detox system — and they do just fine by themselves. You don’t need to add to what nature has already provided for.

But here’s the trouble with that theory: Your liver and kidneys were made to filter organic toxins. The kind of waste materials your body made naturally, back when we lived in a clean, chemical-free environment.

You see, our bodies were never designed to absorb massive doses of heavy metals or other wildly toxic pollutants that trigger disease in our organs and organ systems.

But the medical community that hounded Dr. Shelton was relentless — and still is.

In the end, Dr. Shelton ran into so much opposition, he moved his practice from Florida to New Zealand, where EDTA therapy is an accepted detox procedure utilized by many physicians.

In this article, you'll see just how far behind the scientific curve conventional medicine really is when it comes to EDTA, not to mention its remarkable cleansing and healing abilities.

I'll also show you the research that supports EDTA as a weapon against multiple diseases. You'll learn how easy and safe it is to get EDTA therapy, as well as some natural remedies you can use to do “claw” therapy in the comfort of your own home.

Tools To Fight The Toxic Burden Waging War On Every Cell In Your Body

In today's world, you can't escape being exposed to heavy metals. Unfortunately, these elements occur almost everywhere in nature. They have a density that's at least five times greater than water.

Our ancient ancestors had very little exposure to heavy metals, except those that occurred naturally in their environment. Today, our exposure is constant and massive.

The good news is, there's much we can do to counteract our toxic world. More on this in a moment.

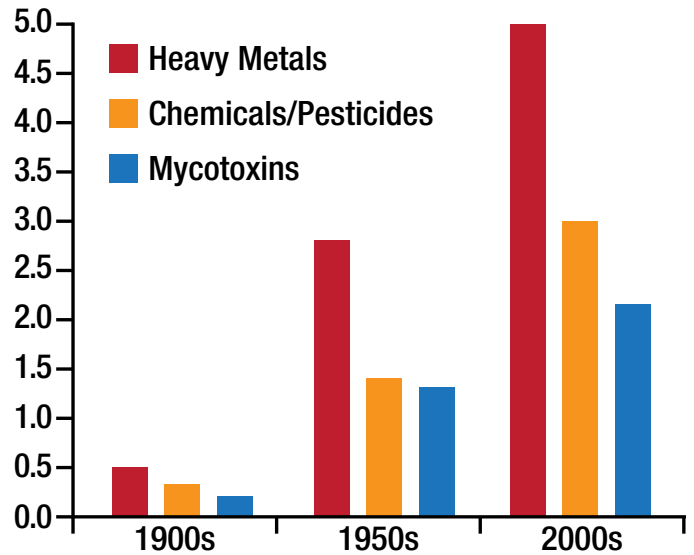
First, let's look at how heavy metals became so prevalent.

A recent study by MIT's Laboratory for Aviation and the Environment calculated that outdoor air pollution causes more than 200,000 premature deaths in America every year — along with millions made ill and infirm.²

You probably already know their names — *mercury*, *cadmium*, *lead* and *arsenic* are among the most damaging to human health and wildlife.

Here's how insidious they are. Many of these heavy metal-laden particles are so tiny they penetrate deep into your lungs and bloodstream. Then they circulate to different organs and tissues, causing rampant inflammation.

Rise Of Heavy Metals



The unprecedented release of heavy metals and toxins has created an alien environment for your body.

But they don't stop there. Other heavy metal particles end up getting stored in the fatty tissue around organs, where they can accumulate for years... until a disease strikes.

And the danger doesn't just come from industrial pollution. About 34 tons of mercury are used each year for “silver” amalgam fillings, in around 120,000 dental offices in America, according to EPA estimates.

Studies show that every time you chew your food with these toxic fillings, mercury vapor is released in your mouth.

Tobacco smoke is another high danger zone. If you're a smoker or secondhand smoker, you should know that tobacco smoke is loaded with the heavy metals like cadmium and lead.

E-cigarettes are definitely not the safer alternative the industry claims it is. They are even worse. The vapors from these devices create a toxic chemical soup of cadmium, chromium, lead, manganese, and nickel — increasing the risk of cardiovascular disease and cancer even more.³

The way most people talk about this problem is that these things are poison. And there's a truth to that. But far more serious is the oxidative damage they do to cells and your body's immune reaction to this toxic burden.

These accumulated heavy metals cause our bodies to react by producing inflammatory diseases, like:

- Diabetes
- Heart disease
- Alzheimer's
- Cancer
- Stroke
- Liver and kidney damage
- Asthma
- Pneumonia
- Chronic bronchitis
- Accelerated aging

A recent study of taxi drivers in Brazil revealed that long exposure to traffic emissions sent the drivers' levels of mercury, cadmium, lead and arsenic through the roof. What's more, their high heavy-metal readings corresponded directly to high levels in inflammation markers and heart disease among them.⁴

In today's modern world, you MUST do something to counteract the effect of the heavy metals and other toxic compounds that get into your blood and attack every one of the 50 trillion cells in your body.

Stack The Deck In Your Favor With "Claw" Therapy

Back in 2003, the government's National Institutes of Health (NIH) attempted to settle a 50-year-old argument. They wanted to know if EDTA "claw" therapy really worked to prevent disease, or if it was just snake oil.

The government-funded TACT (Trial to Assess Chelation Therapy) study was widely expected to drive the final nail into the coffin for chelation therapy.

They tested the effect of EDTA using 1,708 stable patients, all with a history of at least one heart attack. They used a double-blind, placebo-controlled trial — the "gold" standard of scientific methodology.

The results were finally published in late 2013. And the researchers were astounded by what the results revealed:⁵

- EDTA "claw" therapy reduced the risk of heart attack by 18%.
- Among the 633 heart patients who were also diabetic, there was a whopping 52% reduction in further heart attacks and a 43% reduction in heart attack death.

- Notable reductions in the number of strokes and the severity of angina (chest pain) and bypass surgeries were also recorded.

Then, in 2018, researchers updated the study. This time they focused primarily on diabetic patients who underwent chelation therapy. They found a:⁶

- 41% overall reduction in the risk of any cardiovascular event.
- 40% reduction in the risk of death from heart disease, stroke or heart attack.
- 52% reduction in recurrent heart attacks.

You can be sure that if a new medication developed by a pharmaceutical company reduced the risk of heart attack, the cardiology community would be jumping for joy.

You'd think it would be just as happy about EDTA, which also cuts heart attack and stroke risk — especially in high-risk populations, like those with diabetes.

You'd be wrong.

You see, there's no profit in this natural therapy — so it's a non-news item.

EDTA isn't new. It was first discovered in Germany in the 1930s and has been used in medicine in America since the 1950s to treat mercury and lead poisoning.

Doctors in the 1950s also started using EDTA treatment for *atherosclerosis*, the dangerous buildup of plaque in the artery walls that can restrict blood flow and lead to heart attacks.

Through much of the 1960s and 1970s, EDTA was even covered by Medicare.

But then, in 1981, without proper examination of the scientific evidence and with no formal explanation, the United States Public Health Service ruled that EDTA for atherosclerosis — and anything other than lead and mercury poisoning — was "experimental."⁷

Since then the mainstream medical community has shunned the treatment. But the science supporting EDTA has continued to mount.

And the latest studies show that it isn't just effective against arteriosclerosis. Researchers have also been looking into...

• **Alzheimer’s Disease:** In a recent meta-analysis, American and Chinese researchers found that levels of aluminum, mercury and cadmium were significantly higher in Alzheimer’s patients. A number of studies show that heavy metal chelation can target the proteins involved in creating brain plaques that affect people with Alzheimer’s, and can help slow the progress of the disease.^{8,9}

• **Parkinson’s Disease:** Despite widespread skepticism in the medical community linking heavy metals to Parkinson’s disease, researchers have found a lot of evidence that consistent exposure to toxic particles containing manganese, copper, lead, iron and mercury raises the risk of developing this dreadful condition. Studies show Parkinson’s patients often have a large buildup of iron, and EDTA has an extremely strong affinity for binding with iron.¹⁰

• **Diabetes:** We already know from the government’s TACT study that EDTA can be a highly effective therapy for diabetics with cardiovascular complications. Research now also shows EDTA can slow the progress of diabetic nephropathy, a kind of kidney damage that’s common in advanced stages of diabetes. And some practitioners have noted that EDTA can help reduce insulin resistance in diabetic patients. Its power to boost circulation can also help ward off diabetic neuropathy.¹¹

• **High Blood Pressure:** EDTA binds to excess metals and minerals, like calcium, that collect in the plaque blockages in arteries. Flushing these out of your body, can improve circulation as your arteries become more flexible. The kidneys also play an important role in blood pressure regulation, and there’s a strong link between elevated levels of lead, kidney damage, and high blood pressure. EDTA is an extremely powerful lead chelating agent.¹²

I’ve been helping my patients use chelation for years to rid their bodies of heavy metals and other toxins. It’s a safe, easy and fast solution, with a very low risk of side effects.

Let me show you how it’s done...

Purify Your Body With These Easy Steps

You’ll find plenty of detoxification kits — or “detox in a box” — at pharmacies and health food stores. But there is little, if any, scientific evidence that any of these quick fixes work.

I’ve found the most effective approach combines both **intravenous EDTA chelation** along with **oral chelation**.

Chelation can improve your heart health and blood vessels, improve liver and kidney function, increase blood flow to the brain, and so much more.

Simple tests reveal which heavy metals are flowing through your blood and how to safely clear them out of your system.

You may be shocked by what you discover!

IV chelation delivers calcium disodium EDTA directly into your bloodstream. It’s a fast and painless procedure that only takes about 10 minutes.

In no time, this “claw” binds to the heavy metals and toxins in your bloodstream and those that have accumulated in the fat around your tissues, like your liver, and pulls them out.



IV chelation is quick and painless. I use it in my clinic to flush out the toxins we all have from our modern environment.

Patients tell me they feel better almost immediately.

EDTA is the only procedure able to remove toxic metals from human organs, tissue and blood.

If you would like more information about IV EDTA chelation, please contact the **Sears Institute for Anti-Aging Medicine** at **561-784-7852**. My staff will be happy to answer any questions you have.

Even if you don’t do the IV chelation, you can still get great results with oral chelation at home.

Here’s what I recommend:

• **First, try activated charcoal.** Hospitals have been using this form of charcoal for many years as an antidote for drugs, poisons and medicinal overdoses. It’s a great general internal cleanser and is especially powerful against heavy metals.

Like EDTA, activated charcoal grabs heavy metal molecules and pulls them from your body. Taken orally, it has the ability to extract and neutralize many more times its own weight in gases, heavy metals, toxins and poisons.

Just a tiny amount can absorb and wash away years of toxin and heavy metal buildup.

Look for activated charcoal as a very fine, black powder in your local health food store or online. Take 20 grams to 30 grams of powdered activated charcoal mixed with water once a day for one to two weeks.

- **Another detoxifier is modified citrus pectin.** The inner peel of citrus fruits contains one of the most potent detox substances I've found. In one USDA study, people taking modified citrus pectin for six days excreted 150% more mercury... 230% more cadmium, and... 560% more lead.¹³

What's great about modified citrus pectin is that while it eliminates toxic metals and pesticides, it doesn't deplete your body of zinc, calcium or magnesium.

But make sure you get the right kind. Most pectin is made of large long-chain carbohydrate molecules. These are too big to digest and will just pass through your body. The citrus pectin used in clinical studies is formulated for absorption, so it can easily find and bind to toxins. Look for "modified" citrus pectin.

- **You can also use milk thistle (*Silybum marianum*).** This medicinal plant is one of the best herbs I've found for clearing toxins from your blood. It's been used by traditional healers for more than 2,000 years. But most modern doctors know nothing about it.

Milk thistle has a potent antioxidant called **silymarin** that helps detoxify the liver and restore healthy liver function. And it's a great iron chelator.¹⁴

Look for dried milk thistle extract in your health food store or online. But make sure it has a minimum of 80% silymarin, the active ingredient for liver cleansing. Take one 200 mg capsule twice a day.

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Are Big Pharma's Drugs Breaking Men's Bones?

Osteoporosis is typically thought of as a woman's disease.

Decreasing estrogen levels during menopause can drastically change the strength of a woman's bones and can lead to osteoporosis.

But as most doctors focus on women's bone health, many men are underdiagnosed and undertreated.

New research published in the *Journal of the American Osteopathic Association* found that 28% of men between 35 and 50 had osteopenia, a precursor to osteoporosis — compared to 26% in women of the same age.¹

The findings surprised researchers, who did not expect the condition to be more prevalent in men.

Another study found that the lack of studies in men, and lack of reimbursement for DEXA scans are two barriers to proper diagnosis in men.²

To top that off, most mainstream doctors don't think it's a man's problem, even after their patient suffers from weak and broken bones.

And even if they do get the diagnosis right, they almost always get the treatment *wrong*.

At the **Sears Institute for Anti-Aging Medicine**, I treat many of my male patients with bone fractures and broken bones.

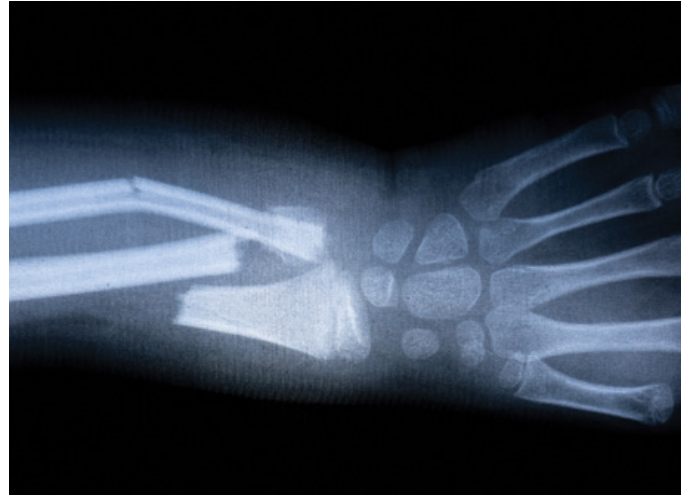
And they're shocked when I give them the diagnosis of osteoporosis.

The good news is there's natural ways of preventing and treating osteoporosis. But the focus is slightly different for men and women. More on this in a minute.

As you can see, osteoporosis in men is on the rise — but it shouldn't be happening.

Mainstream medicine is a big part of *the problem*.

That's because the drugs many people take every single day... some of the most common drugs out there... are slowly but surely breaking your bones.



One in five men over age 50 will suffer a fracture because of osteoporosis.

Say NO To These Bone-Breaking Drugs

Dozens of Big Pharma drugs have the unintended side effect of weakening your bones. Some of them weaken your bones from the inside out. Others make your bones more breakable. And for men, broken bones can be deadly.

But many doctors still prescribe Big Pharma's dangerous drugs like candy. And millions of men take them every day... sometimes for years.

For example:

- **Heartburn drugs** (also called PPIs) like Prilosec and Nexium increase the risk of fractures all over your body, including your hips, ribs, wrists and spine.³ They can up the odds of spinal fracture by 58%!⁴ A large new review looked at nearly 320,000 hip fracture patients. It found that PPIs increased the risk of hip fracture by up to 30%.⁵
- Taking **steroids** like prednisone for asthma or arthritis weakens your bones dramatically. Using steroids for even a few months can affect your bones forever, even after you stop taking them. Steroids double your risk of all fractures, and nearly triple your risk for spinal fractures.⁶

- Another study from *Bone* done earlier this year found that the odds of getting a fracture were 56% higher for people who use acetaminophen (Tylenol, Excedrin) compared with people who don't. Adjusting for age, bone mineral density, weight, smoking, calcium and other factors didn't change the results.⁷

These are just some of the many drugs that can harm your bones. But ironically, the worst of the worst are the drugs used to treat *osteoporosis*.

You heard that right. The very drugs being prescribed for the problem and contributing to it.

Mainstream Treats Men's Osteoporosis The WRONG Way

For those doctors who realize that a male patient has osteoporosis, they treat it the exact wrong way. And these so-called "solutions" actually make it worse.

Wrong idea #1: Prescribing osteoporosis drugs, the same poison they throw at women, is the worst thing you can give a patient with brittle bones. I'm talking about Boniva, Fosamax, Reclast and Actonel... you know the ones. They're supposed to increase bone density, but they make your bones weaker and more likely to break.



Osteoporosis drugs like Fosamax can increase risk of fractures.

Let me explain...

Your bones remodel themselves constantly. Old dead bone gets taken away by cells called *osteoclasts*. Fresh, strong, new bone gets added by cells called *osteoblasts*.

Osteoporosis drugs work by killing osteoclasts, the ones that clear out old bone. Technically, your bones will be more dense. But they'll be filled with old bone and calcium deposits that were supposed to be discarded. That leaves no room for healthy new bone tissue. And the bone that you're left with is fragile and brittle... and breakable.⁸

Wrong idea #2: Flooding you with testosterone. Now, here's the thing. It's true that low testosterone levels lead to decreased bone strength, less calcium in the bones, and increased fracture risk. But mainstream doctors look at this problem the wrong way. They forget that the real issue is *free* testosterone, the only kind your body can use. So handing out prescriptions for testosterone patches, pills, and creams may increase your testosterone, but that won't fix anything.

Most of your testosterone — about 98% — is locked up by a protein called *sex hormone binding globulin*, or **SHBG**. As you get older, SHBG levels rise and start grabbing on to the 2% *free* testosterone. When it's bound to SHBG, testosterone can't connect with special androgen receptors the way it's supposed to. And SHBG doesn't only bind to testosterone. It also locks up another hormone called *estradiol*. Normally, that's a good thing, because men don't want too much of that floating around. But you do need *just enough* estradiol to keep your bones strong.

If you don't address SHBG, no amount of prescription testosterone will stop your bones from breaking. In fact, a new review of seven clinical studies found that testosterone replacement therapy alone does not increase bone density.⁹

There you have it. One of the few occasions that mainstream doctors get the osteoporosis diagnosis right, their treatment approach is dead wrong.

Build Strong Bones Naturally

I've helped thousands of patients — women and men — build strong, healthy new bone the right way. My secret bone-strengthening strategy starts with hormones. After all, hormones control how much calcium sticks to your bones. You can take bottles of calcium supplements, but without the right hormone balance, it won't make a difference.

Your first step toward building bones involves taking control of your hormones. Follow that with a few more simple steps, and you'll have iron-hard bones for life.

Step 1: Men (and women) need the No. 1 bone hormone — testosterone. You can't have strong, dense bones without this important hormone. But your free T declines as you age, which weakens your bones and makes them more breakable. That decline comes partly from less T production, but mainly from a rise in SHBG, the protein that locks up testosterone and other hormones.

So while you want to increase testosterone, it's even more important to lower SHBG. And there's an all-natural herb called *nettle* that can do just that. Nettle contains a compound that binds with SHBG. By locking up the SHBG, nettle frees your testosterone so it can go toward bone building.

You can find nettle in tinctures and capsules. If you're going to use a tincture, make sure the nettle comes from fresh leaves for the most bioavailability. Also, when you're looking at the bottle, make sure the mixture contains at least 65% nettle. The scientific name is *Urtica dioica*, which might show up on the label. With capsules, some contain just root extract (the part you want), and some will have dried powder from other parts of the plant. Make sure you get at least 140 mg of the root extract, which is more concentrated with the special compound that lowers SHBG.

Step 2: Exercise your bones the right way. The idea of exercising your bones may sound weird, but your bones do need constant weight-bearing exercise to function properly. That doesn't mean you need to run to the gym and pump iron. Almost every physical activity you do involves some level of weight bearing for your bones. The key lies in choosing the right exercises. You want to avoid overdoing it and causing too much stress. That releases a hormone called cortisol that reduces calcium absorption and bone density.

I designed my **PACE** principle to specifically return your body, your hormone levels, and your metabolism to their natural state. **PACE** takes just 12 minutes a day. You don't need expensive equipment or a gym membership to do it.

PACE includes weight-bearing exercises that effectively increase your bone strength to help prevent fractures. I realize that some people learn new exercises more easily by watching someone else do them. That's why I created my YouTube channel (www.youtube.com/user/AlSearsMD/videos). You can watch 30 different exercises as well as a complete **PACE** workout.



*My son Dylan teaches a **PACE** class here at the Sears Institute for Anti-Aging Medicine for my patients and staff. The exercises are a great way to increase your bone strength.*

Step 3: Get plenty of the real bone-building duo.

When you hear “bones,” you think calcium. But calcium can't get into your bones without two crucial nutrients to direct it there. For the strongest bones, you need vitamin D and vitamin K2.

Vitamin D acts as both a vitamin and a hormone. It increases the amount of calcium you absorb from food and supplements. It also controls how much calcium you store in your bones so you can use it when you need it. Too little vitamin D can lead to osteoporosis and broken bones. But when you get plenty of vitamin D, it helps your body use calcium more effectively.

The best vitamin D comes from sunshine. You only need about 20 minutes out in the sun (without sunscreen) to get your full daily dose of vitamin D. If you can't get enough vitamin D from the sun:

- **Eat some mushrooms.** Raw mushrooms contain a precursor to vitamin D that your body can easily convert. Cooked mushrooms lose about half the vitamin D content, but can still supply some of your daily D.
- **Eat seafood.** Coldwater fish contain lots of vitamin D. And you may be surprised to learn that oysters have as much vitamin D as salmon. You get about 350 IU for every 3.5 ounces.
- **Supplement.** I recommend 3,000-5,000 IU of vitamin D per day. Choose D3, the bioactive form of vitamin D. Your multi-vitamin may contain D3, but usually only around 400 IU — not nearly enough to build superior bones.

Vitamin K2 regulates the bone-enhancing hormone osteocalcin and stabilizes the calcium in your bones. Study after study shows that you need vitamin K2 to keep calcium in your bones where you want it... and out of your arteries where you don't. Getting enough vitamin K2 can reduce your risk of:¹⁰

- Spinal fractures by 60%
- All non-spinal fractures by 81%
- Hip fractures by 77%

You can find vitamin K2 in several foods. An ancient Japanese dish called natto has — by far — the highest concentration of vitamin K2. You might be able to find it in a grocery store, but you're more likely to come across it in an Asian market. I have to warn you, though, natto has a strong taste, and it takes a little time to get used to it. Other food sources of vitamin K2 include egg yolks, raw milk and organ meat. Make sure you get these from grass-fed, free-range animals.

If K2-rich foods don't cut it for you, you can get your K2 from supplements. When you look for them, stick with only the MK-7 form of vitamin K2. Be sure to

choose a supplement that's been extracted from non-GMO soybeans. I recommend taking 45 mcg to 90 mcg of vitamin K2 per day.

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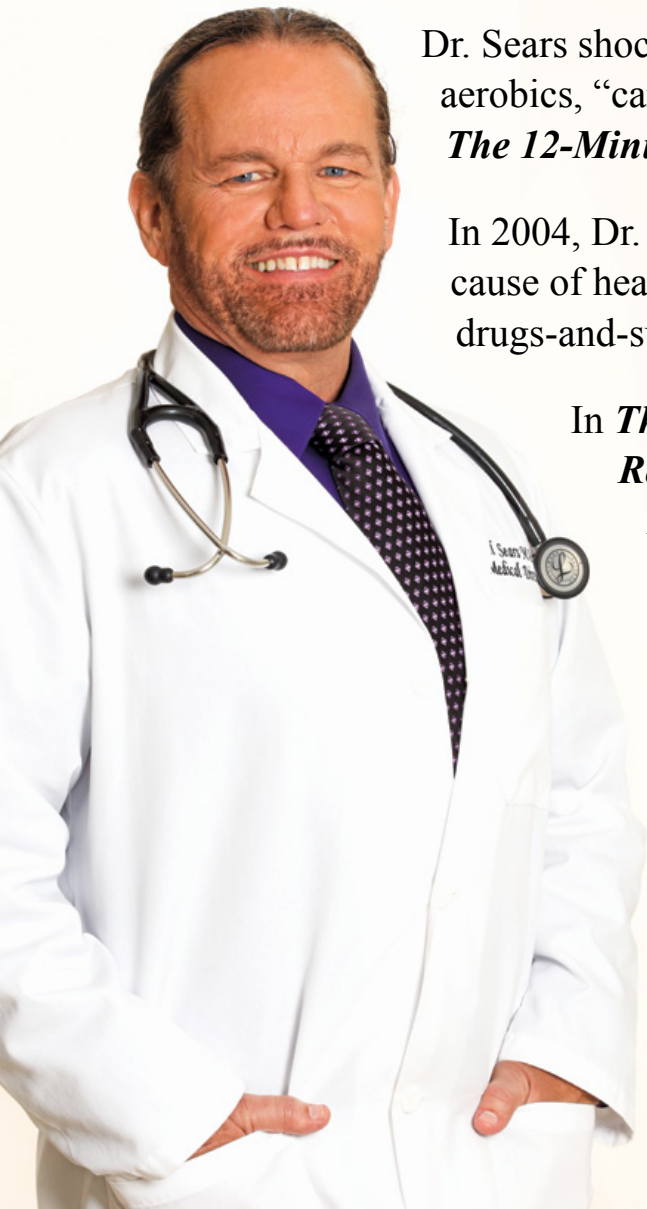
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AL SEARS, MD

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).