

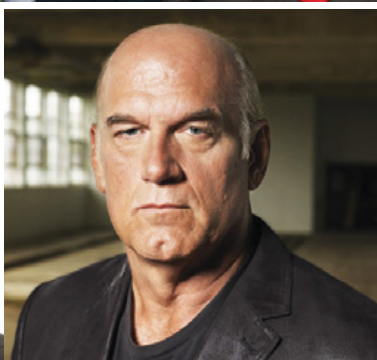
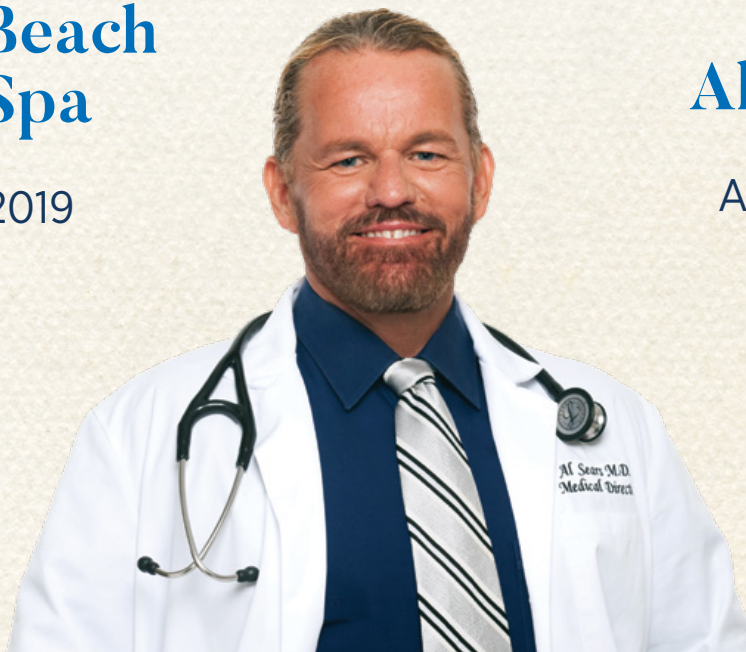
CONFIDENTIAL CURES

2019 SUMMIT

Preview of the 2019 Dr. Sears' Confidential Cures Conference

**Eau Palm Beach
Resort & Spa**
Palm Beach, FL
December 8-9, 2019

Hosted by:
Al Sears, MD
America's #1
Anti-Aging Pioneer



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Dear Friend,

I just had a conversation with my good friend and colleague Dr. Bill Andrews.

“Your previous conferences have been so outstanding that I wouldn’t want to miss a thing!!!”

Hearing those words from someone I admire so much made my whole week.

*Bill will be a keynote speaker at my **2019 Confidential Cures Summit**. This is the biggest and most advanced health conference on regenerative medicine and health freedom ever assembled. It’s happening December 8th and 9th at the beautiful Eau Resort and Spa in Palm Beach Beach, Florida — just a couple miles up the road from my clinic.*

As you may know, Bill is a pioneer in telomere research. He has dedicated his life’s work to proving the effectiveness of telomerase gene therapy. Years ago, Bill and I teamed up to create the nation’s first facility dedicated to pushing the limits on how far gene therapy can go to turn back the clock of biological aging.

Bill also told me in his email that this month, he will start to see some of the first patients to undergo his Telomerase Gene Therapy (hTERT) to reverse human aging. And he plans to reveal for the first time at the Summit the results of this cutting-edge therapy. It will be exciting to hear the results...

Of course, Bill is just one of many top-tier anti-aging experts who will be attending this conference.

Additional keynote speakers include...

The Honorable Newt Gingrich, former Speaker of the House and healthcare freedom advocate; Dr. Bill Andrews; Elizabeth Parrish who is Patient Zero in the field of telomerase activation; Bill Faloona of Life Extension Foundation; Joel Salatin the renegade farmer who wrote “Everything I Want To Do Is Illegal;” Dr. John Gray, author of the bestselling book “Men Are From Mars, Women Are From Venus,” Jesse Ventura, former governor of Minnesota and medical marijuana advocate — and many more.

I feel honored that so many dignitaries in the field of regenerative medicine are joining me. It’s such an important, and timely topic that each speaker is passionate about. We all want to get the word out about the new life-saving therapies.

I also plan to make an announcement. I will be introducing UltraStem. This cutting-edge therapy takes HyperStem — my unique stem cell and hyperbaric oxygen therapy — to the next next level. I hope you will join me.

*In today’s **Confidential Cures** issue I’ll be sharing the work of some of these trailblazers and pioneers.*

Plus, look for your personal invitation to my Summit at the back of this issue. I hope to see you there.

To Your Good Health,



Al Sears, MD, CNS

Time Is Running Out...

The Federal Government Is Targeting Our Health Freedom

The FDA and their cronies in the Federal government have declared that just over a year from now, in November of 2020, they will *shut down stem cell clinics across the country* — perhaps even the **Sears Institute for Anti-Aging Medicine**.

Recently, after a dirty battle by the FDA, a federal judge stated that agency “officials have the authority to regulate stem-cell treatments made from patients’ own fat.” They insist stem cell therapies are “unproven and dangerous” — despite a flood of research that proves their astonishing healing power. And despite the thousands of lives saved.

You see, if the Federal government has its way, you and I and everyone we know will soon be denied access to life-saving natural solutions to our health problems.

It started in 2016... That’s when the **21st Century Cures Act** was signed into law.

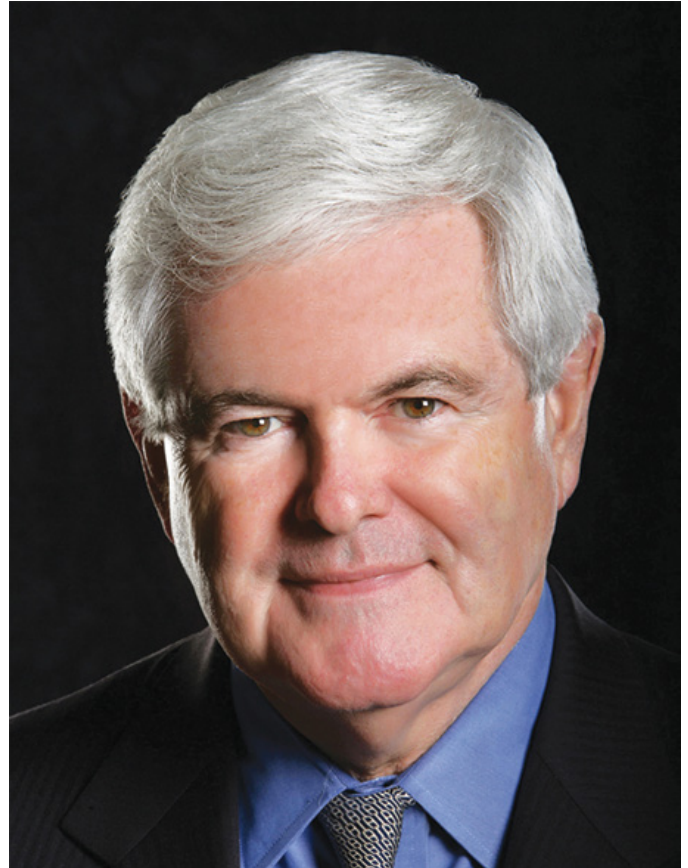
And with the simple stroke of a pen, **this law gave the Federal government ownership of YOUR body.**

Of course, our government pushed this law through by saying it was “designed to help accelerate medical product development and bring new innovations and advances to patients who need them faster and more efficiently.”

They certainly made it sound as if they had your best interests — and your best health — at heart. But that is NOT the case.

Their actions suggest a different — and much less noble — agenda is a play.

You see, in Section 3033 of the Act, more commonly known as the Regenerative Medicine

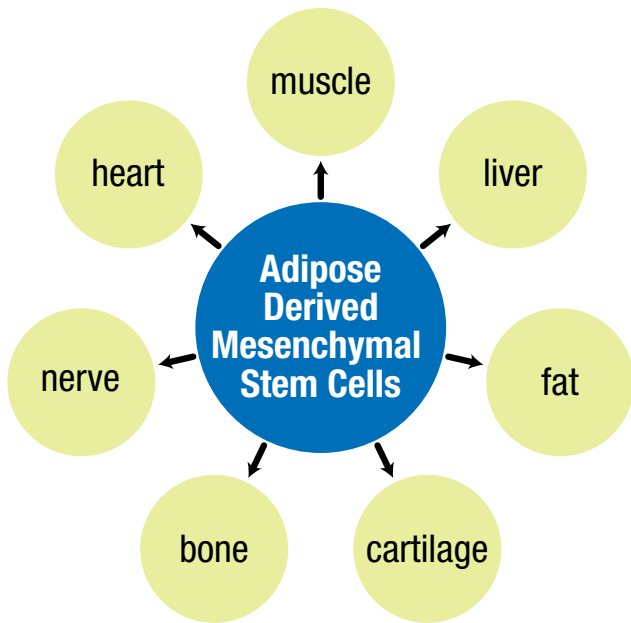


Former Speaker of the House Newt Gingrich will speak about health freedom at my upcoming 2019 Confidential Cures Summit.

Advanced Therapy Designation, they broadened the definition of what a drug is.

This Act declared that drugs were no longer just lab-made chemicals. Specifically, it turned “biological products” into a drug.

Biologics — as they are more commonly known — are produced from living organisms. Your blood. Your genes. Your tissues. Your stem cells. They want to reclassify stem cells as drugs — even though they come from the adipose fat *in your own body*.



Stem cells can develop into many other kinds of cells in your body.

And that’s all the FDA needed to act. You see, less than a year later, on November 15, 2017, the FDA quietly issued a statement enforcing this part of the act.

All of these cures will soon be GONE. **Banned** in the land of the free by the FDA. And just as the FDA is busy closing down clinics, I’ve discovered that Big Pharma is busy behind the scenes snapping up dozens of private stem cell research companies. They’re getting ready to push their pipeline of highly profitable stem cell drugs.

Studies predict the global stem cell market will be worth a stunning \$16 billion by 2025.

Then earlier this year, in June, a directive from the FDA declared war specifically on adipose stem cell therapy. This is one of the stem cell therapies I use at the **Sears Institute for Anti-Aging Medicine**.

The FDA wants to close these clinics — maybe even mine — insisting the treatments are “unproven.”¹ This is despite a continuous flood of scientific research that proves their astonishing healing power.

I’ve even had patients tell me stem cell therapy has “given them back their life.” In fact, at my clinic we’ve used stem cells to cure, treat and even reverse diabetes, heart disease, Alzheimer’s and dementia, Parkinson’s, joint pain and arthritis, and erectile dysfunction.

But here’s where it gets really Orwellian... the FDA has launched their phony war by reclassifying adipose stem cells used in treatments as “drugs” — even though they come from your own body.

This means stem cell therapy physicians will now have to get special licenses and undergo inspections, as if they were actual drug manufacturers.

Don’t get me wrong. I’m all for cleaning up the industry and getting rid of rogue clinics who care more about making a profit than your health.

But if the FDA has its way it could mean the end of stem cell therapy in the United States of America.

The government wants to take away your right to choose in this matter.

We Need To Act NOW

This is bad news. It’s dangerous news and our freedom is at stake.

That’s why I’m so thrilled that Newt Gingrich has agreed to be the keynote speaker at my upcoming **2019 Confidential Cures Summit this December 8th and 9th**.

Newt is an outspoken advocate for health freedom — while continuing to be a fierce critic of our current health-care system. And he is widely considered one of the foremost thinkers in America today — and a fearless advocate for health freedom.

He believes our health-care system is in desperate need of a complete overhaul.

While he was House Speaker, Newt helped save Medicare from bankruptcy, initiated a new focus on research, prevention, and wellness, and doubled the budget of the National Institutes of Health.

Newt believes Washington bureaucracy and red tape are the biggest obstacles to health-care reform. So he founded the Center for Health Transformation.

At the Summit, Newt will share his ideas on building a 21st-century health care system that empowers patients, focuses on the doctor-patient relationship and uses the best new science to save lives and money.

While our government works to revoke your health care freedom, I'll keep providing you the most up-to-date research in stem cell therapy. Therapies that are saving the lives of my own patients — and people like Senator Jim Parker, who'll I'll introduce in a moment...

If the government has its way, and stem cell therapies are banned in the U.S. it will be a disaster... Currently there are **306 active stem cell studies** going on in this country. And the results have been overwhelmingly positive. Stem cell therapy already been shown to be effective treatments for multiple diseases, including heart disease. Here are just a few:

- **Stroke and “Brain Bleed”:**

Multiple studies have shown the remarkable healing power of adipose stem cell therapy on stroke patients.

Strokes occur after a failure of blood supply to the brain. This starves your brain of oxygen and other nutrients, which causes brain cells and tissue to die.

Conventional doctors will tell you that it's pointless to continue therapy on stroke patients if there hasn't been any progress by the six-month point.

But researchers are helping stroke victims make remarkable recoveries using stem cells. They've discovered that stem cells can coax areas of dead brain tissue back to life, dramatically reducing the size of the “dead zone” and halting any further degeneration.²

Stroke patients given stem cell therapy have also shown vastly improved neurological function and reduced brain inflammation, including patients whose stroke had caused severe disability.

Certain types of strokes produce intracerebral hemorrhage, or “brain bleed.” This happens when blood suddenly bursts into cerebral tissue, causing damage to the brain. Although “brain bleed” accounts for around 10-15% of all strokes, it is far more deadly than ischemic strokes. Animal models have revealed stem cell therapy is highly effective at repairing the brain damage done by “brain-bleed” strokes.

- **Multiple Sclerosis and Other Autoimmune Diseases:** An international clinical trial proved that stem cell therapy can reboot an MS patient's immune system and stop the progress of the disease. Some patients who had been in wheelchairs prior to treatment said their condition improved so dramatically it was like they had never been diagnosed with the disease.³

Further clinical trials and research studies now reveal how treatments with stem cells can reverse other autoimmune disorders, like inflammatory bowel disease and lupus.^{4,5} And a recent Australian study revealed that just one stem cell injection produced a 70% improvement in symptoms. Some of the responses occurred in as little as one week.⁶

“Thanks to the stem cell therapy, thousands of patients every year are now able to replace their entire diseased blood system forever.”

- **Blood Disorders:** The use of stem cells from bone marrow and umbilical cord blood stem cells can now treat many blood diseases and disorders that were once considered fatal. These include blood cancers like leukemia, Hodgkin's and non-Hodgkin's lymphoma and multiple myeloma.

Thanks to the stem cell therapy, thousands of patients every year are now able to replace their entire diseased blood system forever.

Many inherited blood disorders, like thalassemia and sickle cell disease, can now be cured with stem cells.

In a person with sickle cell disease, the bone marrow produces red blood cells that contain hemoglobin S, which causes them to become sickle or crescent shape. These abnormally shaped cells prevent normal flow of oxygen to tissues. But with cord and bone marrow stem cell transplants, the defective bone marrow is replaced with healthy bone marrow, which then produce red blood cells that are healthy and don't contain a lot of hemoglobin S.

Exciting new research now also shows that stem cells from skin and adipose tissue may also soon be an effective treatment for inherited blood diseases.⁷

- **Diabetes:** In an animal study at Stanford University, researchers reversed diabetes completely in mice using stem cell technology.

The therapy kept blood sugar healthy for the equivalent of 10 human years.⁸ The procedure was so successful that even the lead scientist admits he was surprised.

In another study, researchers at Northwestern University treated patients using their own stem cells. The results were amazing. Nearly 87% of patients saw their body's ability to produce insulin completely restored.⁹

And researchers at Swiss Medica Clinic were able to eliminate or reduce the need for insulin by 80% or more in type 2 diabetics over a six-month period.¹⁰

It's being played out day after day... real-life stem cell success stories.

Like Jim Parker who had chronic heart problems. Over the course of a decade, the Texas State Senator had five heart bypasses and nine stents placed in his arteries. He was popping nitroglycerine pills like M&Ms.

But it still didn't stop him from having a major heart attack.

The best cardiologists in Texas were called in. They ran a battery of tests... blood work, MRIs, CT's, an echocardiogram, stress tests, you name it, the senator got it. No expense was spared. He received the best care mainstream medicine had to offer.

But the specialists all told Jim that there was nothing else they could do. He was released from a local hospital with another bottle of nitroglycerine pills.

They also sent him home with a bottle of morphine. That's what the National Institute on Aging recommends as standard treatment for pain in end-of-life care.

In other words, Senator Parker went turned to mainstream medicine for help, but was told there was nothing they could do.

In Jim's own words: "They basically told me to make it as well as I could, for as long as I could."

Then Jim met a stranger who told him about life-changing stem cell therapy. That chance encounter saved his life...The same way it has saved a countless number of my own patients.

"This Therapy Didn't Change My Life... It Literally Gave Me My Life Back"

Two weeks later, Jim met with a doctor who performed the stem cell therapy. He says that when he arrived for the procedure he was in a wheelchair because he was too weak to walk.

But just six weeks later, he says: "I began to notice a difference," and, "it has gotten better and better since then."

In fact, six months after the procedure his blood pressure got so low his doctors cut down the strength of his medication.

Today, Jim is once again living a normal life. He's back at work and hasn't taken a single nitroglycerine pill. He sees his doctor twice a year — at most.



Stem cell therapy saved Senator Jim Parker's life after cardiologists sent him home with no hope.

Jim says that stem cell therapy didn't just change his life. It literally gave him his life back.

Senator Parker does not mince words about his dramatic transformation.

"Many people should know about this option. There are people dying here in the land of the free and the home of the brave each day that are in better shape than I was when I stem cell therapy.

"And, by the way, I am not subject to flights of fancy and accepting things a thinking person might not accept. I hold a doctor of jurisprudence degree and have been a criminal defense attorney all my adult life. I am about as cynical and skeptical as you will find but I am a believer."

I'm thrilled that Jim had such an incredible recovery. But it doesn't surprise me. I've seen these same kinds of results with my own heart patients.

But here's the problem Jim faced...

At the time he needed this life-saving stem cell procedure, it wasn't available in the United States. Senator Parker had to fly to Panama for treatment.

And if the FDA has its way, patients like Jim will once again have to leave the land of the free if they want to access stem cell therapy. Let me explain....

Stem Cell Therapies Are Saving Lives Today

Earlier this year, I introduced you to a new therapy that boosts the healing power of stem cells. And it's the biggest breakthrough of my entire career. I named it HyperStem™.



HyperStem combines two of the most effective regenerative therapies that exist today.

It combines two of the most effective regenerative and anti-aging therapies that exist today — stem cells and hyperbaric oxygen therapy (HBOT). When stem cells are combined together with HBOT, it results in 800% MORE healing power.¹¹

With HyperStem™, diseases that were once considered incurable are rapidly changing... heart disease, Alzheimer's, diabetes, stroke... all have been cured using this therapy.

You see, when you use HBOT and stem cell therapy together, you're ramping up the number of activated stem cells in your bloodstream. These then go to work with "turbo-charged" healing power on the parts of your body that need repair.

HBOT works to mobilize stem cells from bone marrow and most stem cell therapies now use stem cells. The combined treatment gets a double dose of these newly activated cells into your bloodstream, and then whisks them toward the areas of damage.¹²

A recent study from Scotland even showed returned heart function to normal in patients suffering from severe heart failure.¹³

Don't Let THEM Come For Your Stem Cells

Sometimes, the most important and effective action you can take is to let your voice be heard. The best way to do that is to write, phone or call your Representative or Senator. After all, they were elected to listen to you, their constituent.

This is an example of a letter to a Representative or Senator. Of course, you are free to make any changes you want or write anything you wish...

Date:

The Honorable (Representative/Senator name)
Office Address
United States House of Representatives/United State Senate
City, State, Zip

Dear (Representative/Senator)

As a constituent in your district, I urge you to support stem cell research, as well as allowing stem cell clinics run by reputable physicians to remain in business for those of us who wish to pursue this life-changing and life-saving therapy.

Thank you for your consideration and please feel free to contact me if you would like to discuss this issue further.

Sincerely,

Name

Title

Address

City, State, Zip

Phone Number

To contact your state Senators, click this link:

https://www.senate.gov/general/contact_information/senators_cfm.cfm

To contact your state Representative, click this link: <https://www.house.gov/representatives/find-your-representative>

3 Natural Ways To Increase Stem Cell Activity At Home

In the meantime, here are three ways you can increase your body's production of stem cells right now...

1. Eat blue-green algae. Blue-green algae is one of the most nutrient-dense foods on the planet. There are two kinds, spirulina and a variety known as AFA. Researchers at the University of South Florida found that the AFA variety can greatly increase the production of human stem cells in bone marrow.¹⁴ AFA is available as a supplement or a powder and can be found online. I recommend 800 mg a day.

2. Eat more seaweed. Seaweed contains an important molecule called fucoidan. This compound increases the release of adult stem cells into the bloodstream. It also helps mobilize those stem cells so they can travel to the parts of the body that need repair and renewal.



A molecule in seaweed increases the release of stem cells into your bloodstream.

Fucoidan is found primarily in brown seaweed and makes a delicious salad. You can also purchase supplements online. I suggest 400 mg a day.

3. Fast for two days every six months. Periodic calorie restriction — no food for two days every six months — kills older, damaged stem cells and

generates new ones. This is a technique I've used for years to jumpstart the healing and rejuvenation process.

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Turn Off Disease-Causing Genes To Rewind Aging

Mainstream medicine is stuck in the past believing that our biggest killer diseases can't be reversed.

I'm talking about modern chronic scourges like heart disease, diabetes, Alzheimer's, Parkinson's, osteoporosis and cancer. Conventional medicine, for all its surgeries and Big Pharma meds, hasn't cured a single one of these conditions.

But there are more and more voices, like mine, out there today challenging this archaic way of thinking.

My colleagues and friends, Elizabeth Parrish and Dr. Bill Andrews are among the world's top anti-aging specialists. And I'm honored to have them as keynote speakers at my **2019 Confidential Cures Summit** next month.

The latest scientific advances now reveal that all of these diseases are the result of cellular degeneration — in other words, aging, in some form or other in tissues, organs and organ systems.

Both Elizabeth and Bill have made history by tapping into the power of a little-known gene called *human telomerase reverse transcriptase*, or (**hTERT**). And both have devised unique therapies that prove biological aging — and the chronic diseases that come with it — can be turned around.

If you're a regular reader, you'll know that *telomeres* are the protective caps at the end of your chromosomes. Telomeres are the key to how your cells — and you — age. The longer your telomeres are, the younger your cells behave; the shorter they are, the more prone you become to aging and disease.

Telomerase is the enzyme that maintains and lengthens telomeres — but it can only be “switched on” via hTERT.

In 1990s, Bill led the research that discovered the human enzyme telomerase. For this research, he was awarded 2nd place for U.S. Inventor of the year.



Dr. Bill Andrews will be a keynote speaker at my 2019 Summit. He is developing a gene therapy that can deliver telomerase to lengthen telomeres.

Bill is presently focused on testing a gene therapy he developed to deliver the telomerase gene to humans and lengthen their telomeres. The first patient is presently scheduled to be treated early next year.

Meanwhile, Elizabeth's place in medical history is no less monumental. As the founder and CEO of BioViva, she created her company to develop anti-aging gene therapies that can overcome disease and the process of biological aging itself.

In 2015, Elizabeth became the first person in the world to lengthen her telomeres and reverse her own aging using **gene therapy**. Telomerase activators and BioViva's gene therapy work by targeting the *hTERT* gene.

Mainstream medicine still doesn't think it's possible to use these new advances in cellular medicine against aging and disease — despite more than 10,000 scientific papers that demonstrate the extraordinary healing and anti-aging properties of telomerase in animal and human models.

In just six months, Elizabeth’s gene therapy added 9% to her telomere length — that’s the equivalent of turning back 20 years of biological aging!

In this article, you’ll learn how *hTERT* has become the new frontier in anti-aging medicine, as well as in disease prevention and reversal. You’ll also learn about some of the incredible breakthrough therapies pioneered by Bill and Elizabeth — and how you can use their scientific advances to turn back your body’s own biological clock.

Rewind Your Biological Clock

Aging itself is a biological problem. Your telomeres shorten as you age. You see, part of the telomere’s job is to protect your DNA from damage when cells replicate. Unfortunately, every time your cells divide, a little bit of the telomere erodes.

Gradually, telomeres get shorter, until the cell can no longer renew itself, and it dies. At the same time, stem cells lose their ability to replace these cells.

When that happens, all over your body, bones get weaker, spines curve, skin sags, brains shrink, legs wither, gums retreat, hair falls out and diseases like cancer, heart disease and Alzheimer’s begin to strike.

Fighting these diseases with Big Pharma meds will never eradicate them — because the root of them all is the cellular degeneration that comes with shortening telomeres.

So you see, it’s difficult to overstate the importance of *hTERT*. Scientists have found this gene in every cell line in the human body.¹

This tiny piece of DNA is your “telomerase switch.” When activated, *hTERT* triggers the production of telomerase, which begins rebuilding your telomeres and extending the life and health of cells throughout your body.

Studies show that high expression of *hTERT* also increases the activity of stem cells, boosting the healing process, and regenerating new, healthy cells to replace old and diseased ones.²

A greater expression of the *hTERT* gene allows your body to start the process of reversing virtually all chronic diseases and to age while still fully mobile, strong and mentally alert.

There is only one major obstacle. For most of the cells in your body, hTERT has been switched off before you’re born.

But new scientific advances, led by anti-aging pioneers like Bill and Elizabeth, prove that aging and disease *can* be reversed using cutting edge *hTERT* therapies.

Meet Anti-Aging “Patient Zero”

Gene therapies targeting *hTERT* had already been shown to be safe and effective in animal studies. But Elizabeth Parrish wanted to prove that it worked in humans. She didn’t want to wait the 12 years it takes for the FDA to approve it...

So she made a courageous decision: Elizabeth agreed to become a human guinea pig — “patient zero” — to test out her company’s own *hTERT* therapy.



Liz Parrish, Patient Zero for telomerase activation, reversed her biological age 20 years.

She also understood what was at stake. Behind cancer, diabetes, Alzheimer’s and heart disease there stood a single biological specter — aging. If she could find a way to stop the hour hand — or even to wind it backwards — she would have found the skeleton key to curing virtually every disease.

At a biomedical clinic in Cartagena, Colombia, Elizabeth received two gene therapies that had been developed by her company — one to protect against the loss of muscle mass, and another to lengthen her telomeres.

The therapy itself involves infusions of a weakened virus, called an *adeno-associated virus (AAV)*, which is modified to carry the hTERT gene. It then infects human cells and releases its payload into them, where the so-called "transgene" triggers the production of extra telomerase.

Animal studies had already produced extraordinary results, in which mice had extended their lifespan and produced "remarkable beneficial effects on health and fitness."³

But anti-aging gene therapy had never before been applied to a human.

At age 45, she didn't suffer from any diseases. There was nothing wrong with her — except she was dying, in the sense that everyone else is slowly moving toward the end.

But six months after the injections, that all changed

*"When the first results came through," she told an interviewer for the London Times last year, "I called my chief technology officer at four o'clock in the morning and said, we just took the first swing at defeating death."*⁴

Not only were her telomeres 9% longer, MRI scans showed cross-sections of her thigh muscles turning from marbled fat into the equivalent of lean steaks — without any exercise. Her fasting blood sugar had plunged by 17%. Her triglyceride levels had halved and her inflammation markers had all but vanished.

Recently Elizabeth told me she feels stronger and more energetic than ever. She also says her thinking is sharper, her hair is thicker and that she sleeps better.

Her company, BioViva, is currently treating its first patients and is conducting human trials to test whether gene therapy can undo the cellular damage that leads to Alzheimer's disease, sarcopenia (muscle wastage), atherosclerosis and other life-threatening conditions.

Meanwhile, Bill Andrews is also leading new research into the use of hTERT therapy to reverse age-related chronic disease. The initial focus is on Alzheimer's, and human trials are currently under way. The results are expected in early 2021.⁵

Unlike traditional Big Pharma's drugs, which are often prescribed for life and only treat symptoms, gene therapy is intended to be one-off treatments that tackle a disease at its source, by fixing under-functioning DNA and allowing your body to repair itself.

Take Control Of Your Own Cells

A number of hTERT therapies are already available. The problem is, these first generation age- and disease-reversing treatments are costly, and are often available only to the very wealthy.

But using the same new research, I have uncovered more affordable ways to reactivate your "fountain of youth" gene.

There are three key *cellular activators* that have been shown to trigger the hTERT gene to produce more telomerase:

Telomerase Activator #1: L-Carnosine. This naturally occurring molecule made of two amino acids helps you repair tissues

and clear away toxins. In your body, it's stored mostly in muscle and the brain. It's also a proven cellular powerhouse.

Studies show that it reduces telomere damage and also slows down the rate at which telomeres shorten. This protects your DNA, and also preserves the health and extends the life cycle of your cells.⁶

It also has the remarkable ability to wake stem cells that are approaching the retirement phase of their life cycle, thus stimulating stem cell activity.⁷

I recommend 1,000 mg of L-carnosine every day to keep the levels in your blood high enough to have an anti-aging impact.

There are no plant-based sources of L-carnosine. Grass-fed, pasture-raised meat is the best way to get it from food. A typical seven-ounce serving of beef has about 250 mg of L-carnosine. Or you can supplement with natural L-carnosine. Take 500 mg twice a day.

Telomerase Activator #2: L- Arginine. This is another key amino acid. Studies show that it triggers a biochemical reaction that creates nitric oxide, the

"I have uncovered more affordable ways to reactivate your 'fountain of youth' gene."

powerful neurotransmitter that helps blood vessels relax and improves circulation. Importantly, nitric oxide is also a telomerase activator — especially in heart cells and those related to circulation.⁸

Unfortunately, you can't supplement with nitric acid. But there are nutrients that can convert to this important molecule in your body. Arginine is one of the most powerful.

Some of the best arginine-rich foods include lobster, spinach and spirulina. You can also supplement. But make sure you buy either natural arginine or L-arginine. You can find it in capsules or powders. Avoid synthetic L-arginine.

There's another amino acid called *citrulline* you should take along with L-arginine. After you've been using L-arginine for a while, an enzyme starts blocking the nitric oxide conversion. That's why you need citrulline. It blocks the enzyme so L-arginine continues to make nitric oxide.

I recommend taking L-arginine and citrulline in a 5-to-1 ratio. I recommend daily doses of 5,000 mg of L-arginine and 1,000 mg of citrulline.

Telomerase Activator #3: Omega-3s. These essential fatty acids are among the basic building blocks of your evolved body and mind — and you're probably not getting nearly enough of them. Our consumption of omega-3s has declined dramatically over the past 50 to 100 years.⁹

Recent research shows that taking omega-3s activates telomerase and leads to longer telomeres.

One study found that people with the lowest levels of omega-3 fats had the fastest telomere shortening over a five-year period. And those with the highest levels had the slowest shortening of telomeres.^{10,11,12,13}

The list of other benefits from omega-3s is as long as your arm. They reduce inflammation throughout your body and are a powerful protector against many of the modern diseases we associate with aging — like high blood pressure, heart disease

and stroke, Alzheimer's, cognitive decline and poor vision, and are especially important for repairing damage to your blood vessels.

The two main omega-3s are *eicosapentaenoic acid* (EPA), and *docosahexaenoic acid* (DHA). The best sources are cold-water fish like pollock, salmon, tuna, lake trout, mackerel and herring. Cod liver oil is one of the richest sources of omega-3s on earth. There are 15 grams of omega-3s in just one tablespoon of cod liver oil.

Take at least 500 mg of DHA omega-3s and about 60 mg of EPA omega-3s daily. I recommend krill and squid oil supplements to my patients for their purity. Plus, the EPA in krill oil is in the "phospholipid" form, which has been shown to penetrate directly into heart cells.

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After Thousands Of Big Fat Lies, One Truth Remains

For years we've been told "eat your vegetables" to be healthy. And at the same time, eating red meat has been vilified.

Many people still believe that red meat is bad for you and should be minimized.

Sadly, it's all been one big fat lie.

You see, despite all this bad advice that's been relentlessly preached to us... fat in your diet is good. The truth is meat is NOT the bad guy.

Not very long ago, I discovered that our Primal ancestors ate a lot more fat than we previously believed and this helped their bodies and brains thrive — turning us into the species that we are today.¹

And the majority of the fat they ate comes from what I call "the missing food group." More on that in a moment...

Of course, you'd never hear this from traditional doctors and "diet dictocrats." For more than 60 years, in addition to bad mouthing red meat, they've lied and told you to eat low-fat, *high-carb* foods.

As a result — we got slower, sicker and fatter.

But fortunately today, the message to eat more fat is finally beginning to resonate with people. There's been a turning point in public awareness that fat is the most important category of nutrient and we're not eating too much of it.

Nora Gedgaudas has also been working hard to get this message out. She will be a featured speaker at my upcoming **Confidential Cures Summit**. She discovered the benefit of a fat-rich lifestyle in the most fascinating way.

Nora learned the benefits of a high-fat diet while living among a family of wild wolves 500 miles from the North Pole.



Nora Gedgaudas, author of the best-selling "Primal Body, Primal Mind," will be speaking at my upcoming 2019 Confidential Cures Summit.

Nora spent the summer on the frozen tundra in the Arctic. Her work involved spending a lot of time sitting around observing the wolf family. Every few days she made the long trek to the weather station for supplies.

Within a week or two, she started to crave high-fat foods. As a traditionally trained scientist, she was used to eating a low-fat diet.

Before long, she was devouring all the high fat foods she could put in her body. It was a meal plan remarkably similar to our ancient ancestors. Not only did Nora's health start to improve — and her life-long depression vanish — but she shed both weight and excess body fat.

It was the start of a lifestyle revolution for the researcher. And helped confirm what I've told my patients for decades... That a high-fat diet keeps you healthy. While a government-recommended low-fat lifestyle makes you sick, overweight and leads to a condition I call **Diet-Induced Hormone Dysfunction**.

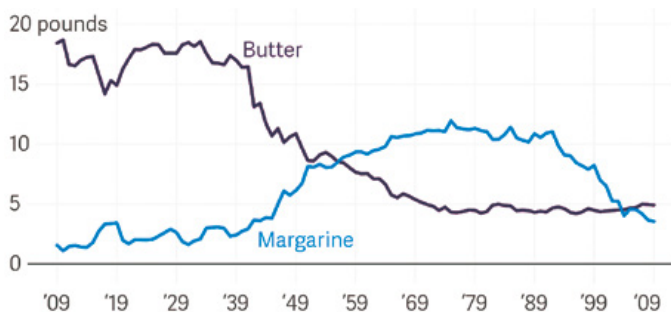
We've Been Fighting A Fake War On Fat For 60 Years

The war on fat first began back in the 1950s with a physiologist named Ancel Keys. His aim was to prove a connection between cholesterol and heart disease.

Because cholesterol travels through your bloodstream in lipoproteins — along with fat, protein and phospholipids — Keys stated that eating animal fats caused heart disease.

His *Seven Countries Study* paper pushed the idea that margarine, corn oil, cold cereal and chicken should replace natural saturated fats in foods like red meat, eggs, milk, butter and lard.

U.S. Butter and Margarine Consumption, 1909-2009



Within no time, Keys' "lipid hypothesis" was accepted as medical fact. In 1956, the American Heart Association broadcast his cholesterol theory of heart disease on the three major TV networks. Keys even landed on the cover of *Time*, where he was hailed a health pioneer and hero.

Yet there were gaping holes in the cholesterol-fat hypothesis no one bothered to question — the most shameful of which was that **Keys deliberately erased data from his own research.**

Despite the fact that 22 countries provided statistics, he cherry picked seven countries that matched exactly the theory he wanted to prove. In those countries he ignored, people routinely ate tons of fat — yet rarely experienced heart disease.²

But Big Food giants like Procter & Gamble and General Mills jumped all over this theory. They realized they could make billions of dollars by selling cheap grains and vegetable oils in place of natural fats.

You see, fat substitutes and carbohydrates are "proprietary" and can be produced in huge quantities and sold at enormous profit. Natural fats have a low, fixed cost because they're natural and don't need to be manufactured.

Sales of vegetable oil and margarine surged.

In 1977, a Senate Committee led by George McGovern released its "Dietary Goals for the United States" and also identified dietary fat as the enemy. It ignored the fact that many native cultures with extremely low rates of heart disease contain much more fat than modern diets do.

If cholesterol levels and dietary fat intake really were precursors to heart disease and obesity, Eskimos (who eat whale fat on a regular basis) would have become extinct long ago. Yet, heart disease is virtually non-existent among them.

The National Institutes of Health also jumped on the "ban fat" wagon. In 1984, they announced Americans must cut their fat intake. And in the interests of health, we obeyed.

But good science has been refuting the cholesterol-fat-heart disease hypothesis for decades. Here are just a few examples:

- The *American Journal of Clinical Nutrition* recently published a review of 21 studies and found no evidence that eating less saturated fat lowers your risk of heart disease.³
- This was backed by another study that found almost the exact same thing. More saturated fat meant less heart disease.⁴
- In 2014, a review of 72 studies found no evidence at all to support the theory that fat causes heart disease.⁵

Your Body Wasn't Built For Today's Food Supply

Over the past 60 years or so, we've been fed a big, fat lie. And this dietary advice has made us fatter and sicker.

According to the CDC, the average weight for men in 1960 was 166.3 pounds, compared with 195.7 in 2014. That's almost 30 more pounds spread over every adult male in America.

What's worse is that we can't seem to turn it around. And it baffles everyone from doctors and nutritionists to scientists and epidemiologists.

No matter how much we diet, we can't seem to slim down.

I've lost count of the number of patients who've told me they lost weight with fad diets or by starving themselves — then gained it all back within a matter of weeks.

The truth is, dieting makes you fat. It creates a condition I call diet-induced hormone dysfunction — which in turn leads to Syndrome Zero. This condition is the biggest health threat our nation has ever faced.

And the hormone it upsets most is insulin.

I've helped hundreds of people use this approach. My files are full of patients who have made remarkable transformations.

Weight gain and heart health have very little to do with the *amount* of calories you eat, but everything to do with the *kind* of calories you eat... and how your body's insulin responds to these foods.

When you replace healthy dietary fats with processed carbohydrates, you trigger diet induced hormone dysfunction.

This causes your hunger hormones to go haywire. As you get heavier, your body changes. Insulin doesn't work very well, and fat cells become receptive to *more* fat storage.

You see, your body wasn't built for the calories that come from our modern Western diet. Corn, grains and insane amounts of sugar have overwhelmed our culture. And low-fat foods are loaded with these ingredients — even when their calorie count is low.

That means *even though you're eating fewer total calories, you still gain fat.*

What's more, if you develop Diet Induced Hormone Dysfunction and gain fat, the traditional calorie-restriction diets make things even worse. It reduces how much energy you can get from food, how much you can burn — and that makes you hungrier.



Warning: Avoid Trans-Fats

Trans-fats have been linked to many ailments, including headaches, skin problems, asthma, arthritis, joint pain, cancer, autoimmune diseases, cardiovascular diseases, heart attacks and strokes.

As the name suggests, food companies make these “partially hydrogenated vegetable oils” by pumping hydrogen into vegetable oils.

The makers of ready-made meals and many bakery goods also use trans fats as a cheap way to give their foods texture and flavor. And it extends their shelf-life.

Foods cooked in these Franken-fats instantly turn into poison.

This is a serious problem, because it's a vicious cycle: Gain more, eat more.

Every time you eat these starchy, carbohydrate-dense “health” foods, your body secretes waves of insulin.

Most doctors think insulin's only purpose is to control blood sugar by carrying glucose to your cells for energy — but there's a lot more to it.

Insulin is also your body's “starvation hormone” and is a key catalyst in the storage of fat inside fat cells.

Too many processed carbs cause your body to produce too much insulin. And this make your body act as though it were literally starving. It starts to convert all of those carbs into *triglycerides*.

In other words, too much insulin makes your body make more fat.

High insulin also inhibits *lipolysis* — the breakdown of fats — which essentially blocks fat from leaving your body. This leads to greater fat storage and weight gain, causing oxidation, inflammation, obesity, heart disease and a host of other chronic ailments.

Doctors and diet dictocrats blame dietary fat for weight gain — but the truth is, fat produces zero insulin in your body.

Reducing your fat intake is also dangerous — because your body needs it. You need fat to give you energy, maintain your body temperature, transport nutrients, and to build a faster brain.

Without fat, our ancestors' brains would never have developed. Without fat, you wouldn't be alive.

Here are a few more reasons why your body needs dietary fat:

- Your heart is covered with a layer of “animal fat” that it uses as an energy booster during times of stress.
- The walls of every cell in your body are made up of fatty building blocks called lipids.
- The “sheath” that surrounds all your nerves is made of a fatty substance called myelin. Without enough fat, you could suffer *demyelination*. Your nerves would lose their insulation and wouldn't transmit their signals efficiently. You would move and think much more slowly.
- Without fat you wouldn't be able to deliver nutrients to your body. Vitamins A, D, E, K and CoQ10 can't be absorbed without fat.

For The Best Fats, Eat This Missing Food Group

As I mentioned earlier, researcher and author Nora Gedgaudas will be a featured speaker at the Summit. Both Nora and I both believe that a “missing” food group helped humans evolve into who we are today.

I'm talking about the nutrients that derive from every part of an animal. When your primal ancestors went hunting for a woolly mammoth or big cat, nothing they caught was wasted. They ate everything... including organ meat, skin, and bone marrow.

All of it is extremely high in the healthy fat that helped us to develop. Today, we're starving for this missing food group. And our health has been suffering big time because of it.

Bringing bone marrow back to the dinner table will help us get our Primal health back on track.

A University of Michigan-led study found that the fat tissue in bone marrow is a significant source of the hormone adiponectin, which helps maintain insulin sensitivity, break down fat, and has been linked to decreased risk of cardiovascular disease, diabetes, and obesity-associated cancers.⁶

Another study found that the fat and peptides in bone marrow can block heart-disease related enzymes and reduce high blood pressure.⁷

3 More Ways To Add Fat To Your Meal Plan

Here are three more ways to add fat to your meal plan.

1. Balance your omega 3 to omega 6 ratio.

Today, most people eat too few omega 3s and too many omega-6s. Omega-3s are the fatty acids found in cold-water fish and grass-fed meats. Omega-6s are commonly found in the manufactured, unsaturated fats in vegetable oils.

Today's omega-6/omega-3 ratio is about 16:1, which can trigger inflammation and lead to premature aging, heart disease, arthritis, diabetes, Alzheimer's and other diseases.⁸

You can balance the omega-6/omega-3 ratio in your diet by reducing or eliminating the use of corn oil, canola oil, soy oil and margarine. Instead, cook with high-quality extra virgin olive oil, coconut or avocado oil, or organic butter from grass-fed cows.



Nora found this 2,000-year-old cracked femur in the frozen tundra of the Arctic. Our ancestors picked it clean of bone marrow.

Good sources of omega-3s are wild-caught salmon, avocado, walnuts, olives, and olive oil. Studies show that the omega 6 *gamma linolenic acid* found in hempseed stabilizes the omega-6/omega-3 balance in your body.⁹

I also recommend supplementing with the two most potent omega-3s — EPA and DHA. Based on my experience, you need at least 500 mg of DHA and about 60 mg of EPA daily.

2. Don't forget to include coconut. For years, coconut fat was demonized as the enemy of heart health because of its rich saturated fat content. Numerous studies reveal that coconut oil improves your levels of heart-healthy HDL cholesterol, brain function and energy metabolism. It's also an immune system booster, and a healthy and safe weight-loss aid.

The key to the coconut health benefits is that it contains a unique kind of fat called medium-chain triglycerides or MCTs. The two MCTs in coconut oil — *capric* and *lauric acid* — are among the most heart-healthy fats from any food.

I cook with coconut oil because it has a very stable chemical structure. That means it doesn't break down when it hits high heat. Other cooking oils can produce harmful trans-fats when heated or reused. Eggs and shrimp are delicious cooked in coconut oil. And fresh coconut shavings are delicious as a dessert topping.

3. Add the next new fat. There's a fairly unknown class of omega fatty acids called omega-7s.

However, a newly discovered kind of omega-7 fat is being hailed as a potential treatment for metabolic syndrome, the condition that leads to diabetes.

Even a small amount of this omega-7 fatty acid — called *palmitoleic acid* — gives your body the ability to improve its response to insulin, to resist the formation of new fat cells and use energy more efficiently.

Omega-7s are called “signal callers” and they improve communication between fat and muscle. And the major benefits of omega-7s all serve to reverse prevent diabetes and lower your risk of obesity and heart disease.

In general, omega-7s:

- Lower your blood sugar and improve insulin resistance.
- Limit the production and accumulation of new fat cells.
- Reduce your appetite and fight obesity.
- Boost your good cholesterol (HDL) and lower your risk of heart disease
- Lower inflammation

In one study, researchers discovered that mice with diabetes had all their symptoms reversed when given an omega-7 fatty acid called *palmitoleic acid*.¹⁰

There are food sources of omega-7s, including the specific *palmitoleic acid* I mentioned above. Macadamia nuts are the best and easiest source. Sea buckthorn—a Chinese shrub with a golden, orange fruit—is another source.

But here's the problem. Both options also contain *palmitic acid*, which is a thick, sticky palm oil. And *palmitic acid* tends to cancel out many of the omega-7 benefits.

For now, your best option is taking a supplement of the purified *palmitoleic acid*. Look for one that contains around **50% *palmitoleic acid***, with levels of *palmitic acid* down around 1%. I recommend taking 200 mg a day.

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He Fought Off Armed FDA Agents — And Won

My colleague Bill Faloon has had his share of run-ins with the government.

Why? Because he's on mission to get the word out about natural therapies that can improve and extend your life.

Now to most, this doesn't sound like a reason for Bill to be targeted.

But... his Life Extension Foundation was raided. An armed force of 25 FDA agents and U.S. Marshalls smashed down the glass doors of his store with a battering ram and stormed his warehouses with guns drawn.

Bill found himself staring down the barrel of a 45-caliber pistol belonging to one of the FDA agents.

Claiming they had a search warrant, the agents seized every single supplement on the property. Bill was threatened with up to 20 years in prison. It took a long 11-year legal process led by health freedom advocates before charges in this "reign of terror" were finally dismissed.

It was the first time in the 88-year history of the FDA that they were forced to give up on a criminal prosecution. After spending millions of taxpayer dollars, the agency abandoned its crusade to destroy the Foundation and throw Bill and others into prison.

Bill has been fighting the good fight... with the goal of fending off aging for as long as possible. He's getting the word out that you don't have to be sick and diseased as you age.

And I'm honored to have Bill as a keynote speaker at my upcoming **2019 Confidential Cures Summit**.

You see, Bill's persecution at the hands of the federal government is all too familiar with me. I've fought my own battles with the FDA.

Today, Bill has expanded his research to include



Bill Faloon — who fought the FDA for years — will be a featured speaker at my 2019 Confidential Cures Summit.

not just life extension but to reverse aging. He has a new project called the Age Reversal Network. And its goal is to help you grow biologically younger using a four-step protocol.

Bill will share his age-reversing protocol at my upcoming Confidential Cures Summit in December.

I don't want to give away too much of Bill's important work. I can tell you though, that step 2 of his age-reversal protocol is restoring your levels of NAD+. NAD+ is a coenzyme that restores and repairs DNA — and wakes up sleeping stem cells. Let me explain...

Wake Up Sleeping Stem Cells

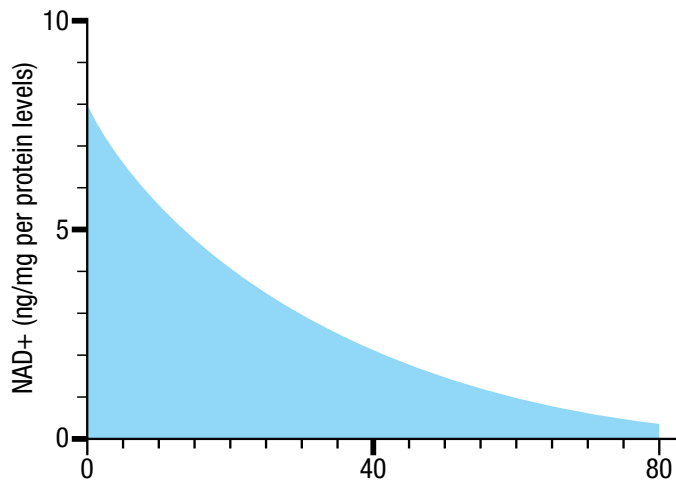
You were born with your own plentiful supply of stem cells. The problem is you "lose" some as you age. That's why when you're young, your body has the ability to bounce back quickly from illness and trauma. When you lose stem cells, your body also loses its ability to heal itself.

But your “lost” stem cells aren’t really lost — they’re just sleeping. This is a phenomenon called *stem cell senescence*, which happens as they age.

The good news is that you can wake up your senescent stem cells and rejuvenate them with a special kind of vitamin that’s been ignored by traditional physicians.

The vitamin I’m talking about is nicotinamide riboside, or NR for short — and it was only recently discovered as a nutrient in milk and brewer’s yeast.

Bring Back The High NR Levels You Had In Your Youth



Low nicotinamide riboside levels are a sign that cellular functions needed to sustain life are struggling.

NR is a powerful form of vitamin B3, or niacinamide, that’s overlooked by most doctors. But some scientists now refer to it as the “miracle molecule.”

In a study published in the journal *Science*, researchers gave NR to elderly mice to target NAD⁺ (nicotinamide adenine dinucleotide). This molecule is a key part of energy production in your cells — and it worked.

You see, NR is important because it converts to NAD⁺, a compound that’s found in every cell in your body and allows the transfer of energy from the foods we eat to power your body’s vital cellular functions.

NR and NAD⁺ levels decline dramatically with age. And the tiredness you feel is an outward reflection of low NAD⁺, and a sign that cellular functions needed to sustain life are struggling.

The mice taking the vitamin had dramatic results. Their muscles significantly regenerated through stem cell activity. The same thing happened with their brain and skin stem cells. And they also lived longer than mice that did not get the vitamin.¹

To some it up, here’s what the researchers saw in the mice that got an NAD⁺ boost:

- fewer dead or damaged brain cells
- renewed production of healthy new brain cells
- restored the brain’s ability to store memories and learn new things (called *plasticity*)
- less brain inflammation than mice that didn’t get the NAD⁺ increase
- lower levels of tau proteins (a hallmark of AD) in their brains

Plus, that NAD⁺ boost appeared to clear out DNA damage in the brain *and* stop that damage from spreading.²

In another study, mice given niacinamide for three months had more energy, less weight gain and improved insulin sensitivity. On a treadmill test, they could run 33% further than the control mice.³

At the same time, the supplemented mice also showed the significant proliferation and development of new brain cells, especially in the hippocampus — the part of your brain that controls learning, language and the formation of new memories.

NR Activates Sirtuins To Reverse Aging

NR’s power to boost your body’s NAD⁺ levels has other potent anti-aging benefits.

It activates sirtuins, which “turn off” genes that promote aging and disease — like those involved in inflammation, fat storage and blood sugar levels.⁴

Studies also show that sirtuins are a major factor in regulating the length of telomeres, the tiny protective caps at the ends of your DNA.

Telomeres are another key pillar of anti-aging medicine. They protect the integrity of your genetic code, and control how quickly you age.

The shorter your telomeres, the more prone you are to disease and “old age.” Critically short telomeres set in motion what Harvard researchers have called a “death spiral” in your cells.

I tell my patients that taking care of your telomeres is one of the most important things you can do to stay active and independent throughout your life.

In a number of clinical studies, sirtuin family member SIRT1 has been shown to significantly slow down the telomere shortening process.⁵

Studies also show that SIRT1 protects the telomeres of aging stem cells — which explains why those that are “sleeping” can go straight to work once they are re-energized.⁶

NR is also a powerful protector against some of the worst age-accelerating menaces you face today, including:

- **Obesity:** A 2012 research paper showed that NR supplementation activates the sirtuins that increase fat-burning, which stops many of the metabolic changes caused by obesity. The same study also reveals that the SIRT3 enzyme promotes resistance to inflammation, a key component of obesity.⁷
- **Autoimmune disease:** NR’s power to convert to NAD+ provides a natural defense against almost every autoimmune disease — including multiple sclerosis, type 1 diabetes, lupus and rheumatoid arthritis. It helps regulate your body’s immune response and turns “destructive” cells into “protective” cells — while at the same time restoring damaged tissue caused by the disease.⁸
- **Alzheimer’s disease:** Mitochondrial dysfunction and poor energy management in brain cells are linked with the development of Alzheimer’s.

Studies show that NR helps combat both of these problems. Researchers have found low levels of NAD+ in brains with neurodegenerative diseases. A recent study showed supplementing with NR for three months slowed cognitive deterioration by boosting stem cells in the brain.⁹

But levels decline with age.

By the time you’re 80, you have only around 4% of the NAD levels you did at age 20. And low NAD levels are linked to many of the chronic illnesses we associate with aging — including diabetes, heart disease, Alzheimer’s and vision loss. Optimal NAD levels also protects against oxidative stress, lowers cancer risk and promotes healthy muscle aging.^{10,11,12}

Increase NAD+ Levels With Miracle Vitamin

While Bill plans to share his four-step protocol to reverse aging at the **2019 Confidential Cures Summit**, you can start growing younger today using his second step.

Nicotinamide riboside is the most efficient and direct pathway for your body to produce NAD+. This miracle vitamin increases NAD+ levels almost 60%.

Although niacin, the regular form of vitamin B3, can also be converted to NAD+, it involves an inefficient metabolic pathway. In some people, it creates an unpleasant flush. But that typically goes away in a few weeks.

No side effects were reported in any of the NR trials — even at high doses.

The best part is you don’t need to undergo any medical procedures or introduce foreign substances into your body to get the stem cell, NAD+ boosting benefits. You’re simply using a natural molecule to restore your body’s ability to repair itself.

Trace amounts of NR can be found in a few foods, such as whole cow’s milk and yeast. Minute amounts are also found in beer — but no food provides high enough levels to wake up your sleeping stem cells. That means you need a supplement.

I recommend taking between 500 mg and 1,000 mg per day before breakfast.

Two More Ways To Turn On NAD+

Here are a couple more ways to switch on this age-reversing nutrient.

1. Practice intermittent fasting. Bill Faloon and the Life Extension Foundation are big believers in calorie restriction to improve health and increase longevity. Studies show calorie restriction feeds

“The shorter your telomeres, the more prone you are to disease and old age.”

off aging by increasing NAD levels. I recommend that my patients start with a safe, simple regimen that calls for an eight-hour eating window each day, followed by a 16-hour fast. It's known as the 16:8 fast.

- 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 following morning.

You can do the 16:8 fast every day. But once a week or so, I recommend doing a longer 20:4 fast. It has a four-hour eating window followed by 20 hours of fasting. I suggest eating between 1 p.m. and 5 p.m. Aim for one or two small meals during this time.

Once you've tackled intermittent fasting, try to fast for 24 hours — at least a couple times a month. It's the best way to give your NAD+ levels — and your stem cells — an age-reversing boost.

2. Follow my high-fat, low-carb Primal meal plan. Eating 70% fat, 25% protein and 5% carbohydrates puts you in a state of ketosis. This helps you burn fat instead of glucose for energy, which increases NAD+.

I recommend every meal to consist of 70% fats, 25% protein, and 5% carbohydrate.

You can get started by sticking to these easy principles:

- **Choose the right fats.** Fats should make up about 70% of your calories. But they have to be the right kinds of fat. Strictly avoid trans fats and vegetable oils like corn, sunflower, safflower, soy and canola. Instead, choose fats like olive oil, coconut oil, avocado, butter, ghee and heavy cream.

- **Eat the right protein.** Protein is the only macronutrient your body requires every day. When your body doesn't get enough protein it prompts insulin to store fat — and too much fat causes chronic inflammation. You can eat all the natural protein foods you love — like steak, omelets, salmon and lobster.
- **Go super-low carb.** Your body's requirement for carbs is zero. Starches spike insulin levels and they're highly inflammatory which can lead to anxiety and depression. And avoid vegetables that grow underground. Choose non-starchy vegetables that grow above ground. Good choices include kale, spinach, broccoli, cabbage and green peppers. Limit your fruit choices to berries that are lower in sugar.

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Family Farmers Being Targeted As Outlaws?

This Renegade Fights Back To Restore A Healthier Food Supply

About 150 miles outside our nation's capital, deep in the Shenandoah Valley of Virginia, Joel Salatin is doing what he loves to do — producing nutritious, wholesome food.

But this family farmer is considered an outlaw.

Why? Because our government has declared what he is doing **ILLEGAL**.

I flew up to visit Joel at Polyface Farm last weekend. As soon as we started talking, I felt like I'd met a kindred spirit. Turns out, when it comes to fighting the autocrats in charge, Joel and I have a lot in common. His struggles with our bureaucratic food industry are parallel to the problems I've faced — and continue to face — with the FDA and Big Medicine.

These government dictocrats only want you to do things their way. When I went against the establishment and treated a 5-year-old boy without using drugs, I was called before the state boards. They tried to take away my license and called me a charlatan.

Joel faces the same fight on his farm. They tried to take away his right to operate his farm naturally, the same way his ancestors did — and they called him a criminal.

In the past three years alone, Joel has received numerous court orders threatening to shut him down. This renegade has been through trials, lawyers and litigation to save his family farm.

Joel is a one-man operation trying to make an honest living in a market controlled by bureaucracy and multinational corporations.



I felt like Joel and I were “brothers” from the moment we met.

A market that's been slowly bought out as one politician after another took Big Agra money to change the rules and force family farms to **“get big or get out!”**

Let me give you an example of what he's been up against in his fight with various government agencies...

Joel raises what he calls “beyond organic” foods, including chickens. His birds are raised out in the open — in fields where they forage for what nature provides.

But the bureaucrats tried to shut him down for doing this. They tried to tell him that his antibiotic-free wild hens and turkeys were a threat to other birds in the area. And that his non-inoculated birds were a threat to the entire poultry industry — and could possibly cripple the economy.

They labeled him a bioterrorist and tried to shut him down.

They lost that fight... So then the government went after him for the way he processes his poultry for market — in an open-air backyard environment.

They proclaimed this “inherently unsanitary” — and against the law. You see, the powers that be declared that to have “clean” chickens, you **MUST** process them in an area with four enclosed walls... and then wash them with chlorine bleach!

Joel fought back. He had a culture taken from one of his birds and another taken from a supermarket chicken. They were analyzed in a neutral lab off site. It turns out that the chickens from the store averaged 3,600 colony-forming units of bacteria/mm.

The chickens from Joel’s farm had 130.

Yet his chickens were the ones deemed unfit to be sold...

Because of regulations like this, our country has lost thousands of family farms over the last few decades. The government will tell you that these rules and regulations are for your protection and safety.

But the reality is... they’re simply protecting Big Agra’s billion-dollar assets.

I’m excited that Joel will be speaking at my upcoming **2019 Confidential Cures Summit**.

His voice needs to be heard... and his farm must be allowed to continue operating.

It’s so important for you and me... because our health depends on traditional farmers like Joel.

We Are Now Nutritionally Bankrupt

Just like Joel, my grandparents owned a family farm. And the food they grew was **TWICE as nutritious** as today’s crops.

A landmark study proves this. In the study, researcher Donald Davis tracked the nutrient content of 43 different fruits and vegetables from 1950 to 1999.

What he found should shock every person on the planet: Food sold on modern supermarket shelves is nutritionally bankrupt.



Eggs from Joel’s hens have more than 10 times the nutrients of factory-farmed eggs.

And you would need to eat at least 10 servings of vegetables today to equal just one serving from 50 years ago!

Take a look at the USDA nutritional values for produce today compared to then:

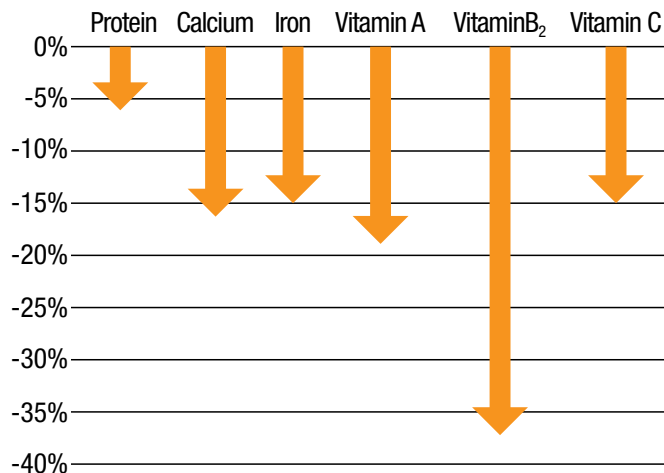
- Apples: Vitamin A is **down 41%**
- Sweet peppers: Vitamin C is **down 31%**
- Watercress: Iron is **down 88%**
- Broccoli: Calcium and vitamin A are **down 50%**
- Cauliflower: Vitamin C is **down 45%**; vitamin B1 is **down 48%**; and vitamin B2 is **down 47%**
- Collard greens: Vitamin A is **down 45%**; potassium is **down 60%**; and magnesium is **down 85%**.

You see, unlike farmers of my grandparents’ generation, Big Agra isn’t focused on nutrition. Their main goal is to make as much money as they can — regardless of the costs to our health.

But it’s not just produce... Beef, poultry and eggs are all less nutritious today than they used to be.

- Pastured eggs have up to **10 times** the nutrients of factory-farmed eggs. For example, USDA eggs have about 48 mcg of folate. Joel’s have more than 1,100.
- Grass-fed beef has five times more omega-3s and higher levels of conjugated linoleic acid (CLA) than grain-fed beef.
- Compared to feedlot beef, grass-fed meats are also higher in vitamins A and E, as well as antioxidants.

Decline In Nutrient Content Of Crops From 1950 to 1999



And in the process of producing as much food as they can in the shortest time possible, they've stripped our native soil of its lifesaving nutrients.

Because of these profit-driven modern farming techniques, 30% of the world's cropland is now unproductive.¹ And what's left is virtually useless in terms of producing crops with the phytonutrients necessary for our survival.

Intensive farming threatens the nation's entire food supply. The high yields strip the ground of its nutrients and the rapid turnover leaves no time for it to recover.

Here in the U.S. alone, **soil is eroding at a rate 10 TIMES faster than it is being replenished.**² And large-scale industrial agriculture is solely to blame.

A University of Texas team compared Agriculture Department figures from over 70 years...

They found **huge declines in nutrient content for 43 common fruits and vegetables.**³

And in the most common produce — cabbage, lettuce, spinach and tomatoes — the average mineral content plummeted from 400 mg to less than 50 mg.⁴

That's almost **90% of minerals gone.**

Scientists had hoped that given time they could turn this crisis around with better land management... But Big Agra won't allow that to happen.

When Joel's family purchased Polyface Farm in 1961, it was basically "unfarmable." He described it as "the most worn-out, eroded, abused farm in the area.

"Using nature as a pattern... and disregarding conventional wisdom, we planted trees, built huge compost piles, and dug ponds."

Joel doesn't do anything conventionally. He hasn't bought a bag of chemical fertilizer in 50 years. He lets the cattle fertilize the land. The hens, which catch rides on the cattle's backs, scratch through the dung, eat fly larvae, leave their own dung — and further season the soil.



When Joel's family purchased Polyface Farm, it was "unfarmable — eroded and abused."

In other words, Joel and his family brought the farmland back to... in his words: "How the Creator created it."

I heard a quote recently that dates back to the 1950s. And it applies more today than ever. It said: "We take artificial chemical fertilizer to grow artificial plants, to feed artificial animals, to feed artificial people who can only survive by artificial means."

It just goes to show how far from nature we've strayed...

Added Nutrients Cause Obesity

Rather than give American farmland time to recover from nutritionally bankrupt soil, Big Agra and the FDA attempted to cover up the nutrient crisis by injecting food with artificial nutrients.

In 1924 "food fortification" was introduced. The government claimed it would "**correct ... nutrient deficiencies in the population.**"⁵

They began adding a long list of vitamins and iron directly to food, a process known to cause toxic side effects and increase the risk of both obesity and diabetes.⁶

But that didn't affect their decision to tamper with American food. But this fortification makes food weaker.

You see, fortified food has vitamins and minerals artificially added to it whether they were there to begin with or not.

But your body doesn't absorb these "added nutrients" in the same way as it absorbs natural ones.

Take skim milk for example...

Skim milk is often fortified with vitamins A and D. Vitamins A and D are both fat-soluble vitamins.

But because skim milk has been processed to *remove the fat*, unless you're eating an alternative fat source with it...

You're not going to see any benefit.

On top of lacking nutritional value, fortified food can also cause severe damage to your body.

When food is fortified, manufacturers often use cheap synthetic nutrients in place of naturally occurring ones.

These synthetic nutrients are known to cause severe side effects that can lead to a slew of chronic illnesses, including diabetes, obesity, arthritis, respiratory diseases and cancer.⁷

Not only are the nutrients synthetic but **companies often add them at dangerously high levels that exceed** the recommended daily amount in just one serving of food.

Such a toxic overload like this can cause...

- Nausea
- Diarrhea
- Stomach cramps
- Hair loss
- Fatigue
- And even nerve damage.⁸

You're Better Off Eating Garden Weeds!

A lack of nutritious foods is causing a health crisis in the U.S. Modern diseases that never affected our ancestors — chronic conditions like diabetes, heart disease, cancer and dementia — are directly linked to low nutrient levels.

A 2017 study found that more than 30% of Americans are at risk of at least one vitamin deficiency.

And a staggering 67,000,000 fail to meet their most basic nutritional needs.

And as a result, we're suffering the WORST decline in nutritional health in our nation's history. A decline that is directly responsible for the escalation of EVERY major disease over the 20th century.

In fact, there's so few minerals left that wild dandelions now have seven times more nutrients than spinach — a so-called "superfood."



And these are just the immediate symptoms.

When fortified food was first introduced to the U.S. in the 1920s, the number of chronic conditions affecting Americans surged. This trend continued into the 30s...

And began climbing again at the beginning of the 1960s...

When educational campaigns were introduced to promote the benefits of fortified food.

As the number of food additives continues to grow...

So do the number of Americans with chronic conditions.

Today, chronic conditions affect 1 in 3 Americans.⁹

By 2020, it will be in 1 in 2...¹⁰

And 81 million—a **quarter of the population**—**will have *multiple* chronic conditions.**

Get More Nutrients In 4 Simple Steps

There are over 100 government agencies and lobby groups, including the USDA, that are supposed to regulate food production and keep us safe.

But all they end up doing is hurting our food supply while allowing toxic food to fill supermarket shelves.

And as long as easily patented, highly profitable foods continue to line the pockets of the corporate farmers and manufacturers, the relationship between government and Big Agra will remain strong.

Sadly, the only person you can depend on to look out for your nutritional health these days is you.

When it comes to getting the most nutrients out of your fruits and vegetables, this is what I do for myself and my family — and what I recommend for my patients:

1. Get locally produced foods from a family farm. Food that's raised or grown close-by has more nutrients than foods that have to be transported long distances. Local produce is allowed to ripen naturally, while food that travels long distances is picked before it's ripe.

Big Agra's mega farms harvest their crops before they've ripened. But allowing produce to ripen naturally — while it's still in the dirt — allows more nutrients to develop. And further studies have shown that vitamins, phytochemicals, antioxidants and many other important nutrients decrease as fresh food ages.

Today, it's easier than ever to get food fresh from a small farm delivered right to your door — within hours of being picked.

Farmers' markets continue to grow in popularity and numbers, making it easier than ever to find and purchase locally grown foods. If there's none nearby, look for Community Supported Agriculture (CSA) programs in your area.

I belong to one, and I can honestly say the food that's delivered to my house is almost as good as what I grew up eating on my grandparents' farm.

2. Only eat “salad bar” beef that hasn't traveled hundreds of miles. Joel says that the cattle he raises get to graze in an open “salad bar.” Modern beef producers care more about making a profit than the quality of protein you eat. As a result, they raise animals in “confined animal feeding operations.” These meat factories feed cows a combination of soy, corn and other grains.

It makes them sick, fat and diseased.

These animals are also pumped full of hormones to fatten them faster.

Herbicides, pesticides, toxins and antibiotics collect in the animal's fat. And then end up on your dinner table.

The animals aren't allowed to run or get exercise so they collect unhealthy levels of omega-6 fats that lead to heart disease.

I can't say this enough... You should stay away from factory-farmed meat. If you're lucky enough to live in Virginia, you can visit Joel's farm in Swoope. Joel doesn't ship his meat out of the local area, but there are family-owned farms that do.

Here are three private farms that offer grass-fed meats:

- Rocklands Farm (rocklandsfarmmd.com)
- Seven Seeds Farm (sevenseedsorganicfarm.com)
- US Wellness Meats (grasslandbeef.com)

3. Add healthy fats. If you don't add a little healthy fat to your salad or side of broccoli, your body can't absorb all the nutrients it would otherwise.

Researchers at Iowa State University proved this point... They had students eat greens and tomatoes with low-fat dressing, fat-free dressing or olive oil. Blood samples were taken before and after each meal.

The bloodwork revealed that people who ate the fat-free or low-fat dressings didn't absorb the beneficial carotenoids from the salad. Only when they had eaten the oil-based dressing did they get the nutrients.¹¹

In addition to olive oil, I recommend coconut oil, walnut oil and grape seed oil.

4. Don't overcook — or undercook — your veggies. It's a myth that eating raw vegetables is always healthier. It depends on the food. Some produce is most nutritious uncooked, while other kinds need heat to bring out their nutrients. For example, to release the antioxidant lycopene, tomatoes need to be heated. But steaming and boiling destroys vitamins B and C in foods like collard greens and kale.

Vegetables that are best cooked include asparagus, carrots, mushrooms, spinach and tomatoes. Those best eaten raw include onions, spinach and red peppers.

Joel's Top Tips for Sustainable Farming

Joel has a bunch of little terse saying that really hit home. One of my favorites is this: Most innovations are not really breakthroughs... They're break-*withs*. That what we've been doing isn't working and breaking with orthodoxy will create innovation.

Here's what he told me...

✓ **Don't feed the beast.** It's easier said than done, but don't eat industrial food. The best way to not eat this processed food is to buy unprocessed food and process it in your own kitchen.

✓ **Eat locally.** Farmers markets are a great place to start. Also, Eatwild.com is a national directory of pasture-based livestock producers.

✓ **Quit thinking you don't have the money to eat "beyond organic."** Take the money you were saving up for vacation and invest it in in your community. Every single community has great farms. Many of them are desperately struggling for sales and patrons. You'll be doing your health — and your local family farms — a favor.

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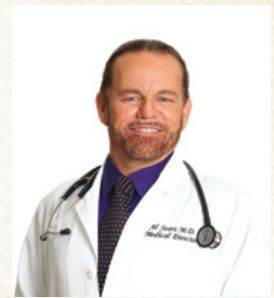
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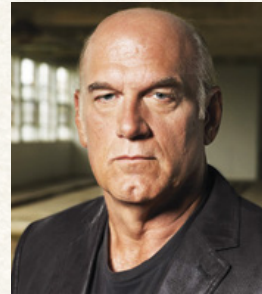
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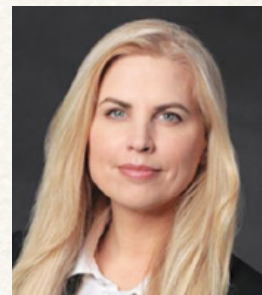
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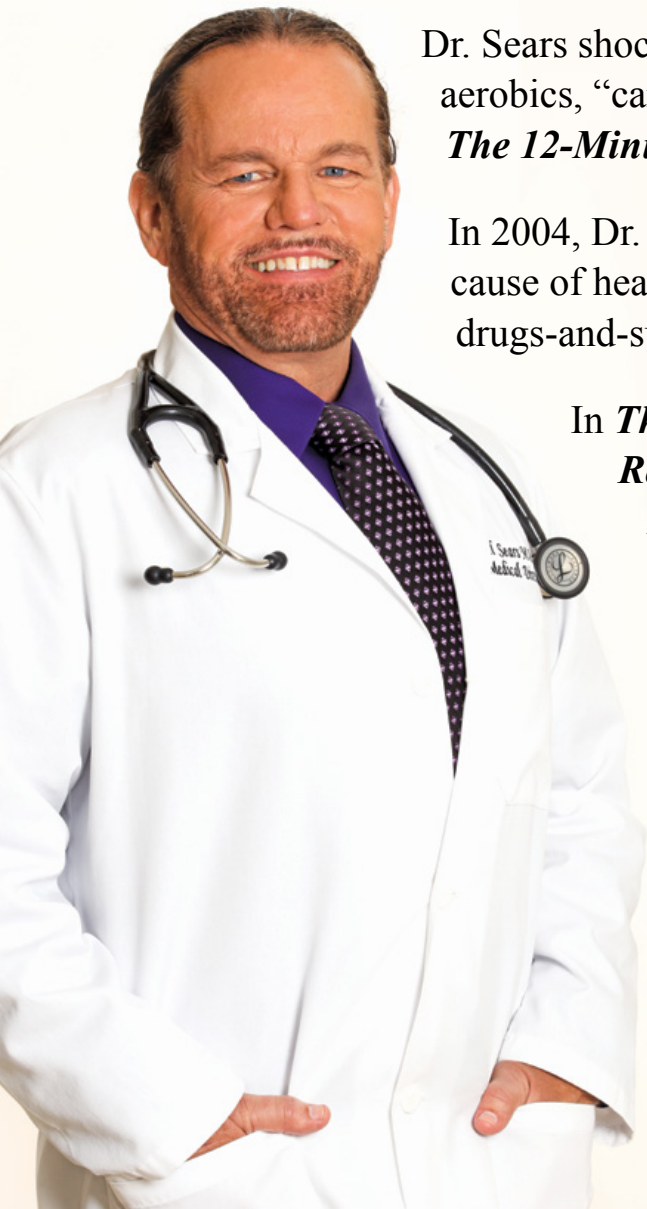
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AL SEARS, MD

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).