

Dr. Sears'

# CONFIDENTIAL CURES

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

June 2020

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Dear Friend,

Our connection through **Confidential Cures** has never been more vital. In these pages, you'll discover the hushed-up studies showing clear evidence that a robust immune system is all you need to stay safe and content.

In our lead article, you'll find out how kick your immune system into high gear.

**Discover the Virus Killers the Media Won't Let Me Tell You About:** Nutritional supplement companies are being targeted for showing you the one thing that virtually guarantees you don't become a casualty of the virus. Here's what the simple solution is, why they're hiding it, and how it gives you immediate protection.

**How Did Native Americans Manage Such Remarkable Feats of Strength and Endurance?** When Spanish explorers surveyed the lands that are now the state of Texas, they encountered Indians who could seemingly defy death and had the strength of Superman. In this article, you'll discover their secret, along with a plan for restoring your own strength and energy reserves.

**How to Restore Your Sanity When Your Doctor Doesn't Believe You Have a Real Condition:** For over 50 years, mainstream

doctors have made life a living hell for women with an overlooked thyroid disorder that mimics the symptoms of a dozen other diseases.

Here's the inside story and a simple protocol to defeat this misunderstood menace.

I hope you find June's issue of **Confidential Cures** helpful, and thank you again for your membership.

To Your Good Health,

Al Sears, MD, CNS

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# The Virus Killers The Media Won't Let Me Tell You About...

Vital new discoveries — and wisdom from our ancient past — concerning the virus epidemic are routinely deleted from social media outlets like Twitter and YouTube. Books publishing these controversial studies are being banned on Amazon and mainstream media simply refuse to publish them.

You can't even say vitamin D3 is proven to treat the current virus outbreak if you're selling vitamin D3 on your website. Any mention of the product is against the law.

Just a few weeks ago on May 11, 2020 the FDA sent a warning letter to a Georgia nutritional supplement company for doing just that... *telling the public vitamin D3 protects against the virus while offering the vitamin for sale.*<sup>1</sup>

That's why my connection to you through *Confidential Cures* is so critical.

Consider this: Two recent studies reveal that people with **higher levels of vitamin D** have substantially less risk of coronavirus.

And if you are infected, your vitamin D levels determine how sick you get.

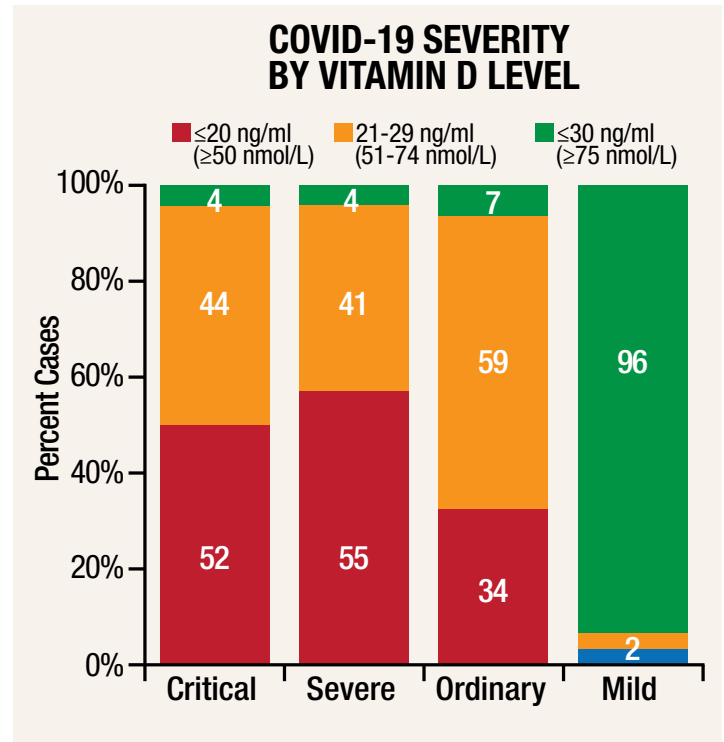
One published in *Aging Clinical and Experimental Research* observed:<sup>2</sup>

- European populations known for **low levels** of vitamin D suffered the **highest mortality** rates.
- Deaths have been **much lower** where people have **higher levels** of vitamin D from more sun exposure and consumption of cod liver oil.
- Older adults who often have lower levels of vitamin D have been most affected.

Both studies noted vitamin D deficiency contributes to **acute respiratory distress syndrome (ARDS)**.

The researchers of the second study evaluated coronavirus case severity based on vitamin D blood concentrations.

Have a look at the graph above.



***Keeping your vitamin D3 levels high is your best protection against any viral outbreak.***

Source: Grassroots Health, 2020

Look at the 4th column on the far right.

The green color represents people with vitamin D levels greater than 30 ng/ml... **As you can see, 96% of those people experienced only mild symptoms.**

If you look at the two columns on the left, you'll see the red color is over 50% in both columns. That means over half the people with **vitamin D levels below 20 ng/ml experienced critical or severe forms of the disease.**

This led the study authors to recommend:

- Raising vitamin D blood concentrations above 40 ng/mL
- People at risk of coronavirus and flu immediately take 10,000 mg and then reduce to 5,000 mg after a few weeks
- Infected individuals might find higher doses helpful, in the short term

While more research will certainly be done, the correlation between vitamin D and coronavirus seems clear.

- **High levels of vitamin D3 means less risk.**
- **Low levels of vitamin D3 means higher risk.**

When we look back at our Paleo ancestors, we see clear examples of how vitamin D3 modulates our immune system and offers natural protection against disease.

Vitamin D played a pivotal role in one of the greatest evolutionary migrations out of ancient Africa. When dark-skinned Africans moved north towards the Mediterranean and into Europe they simply could not survive. Harsh winters, lack of sunlight, and a deficiency of vitamin D3 compelled an evolutionary drive towards lighter skin.

In my 2007 book about vitamin D3 — ***Your Best Health Under the Sun*** — I presented evidence that vitamin D3 clears your arteries, protects against diabetes, and fights against 17 types of cancer.<sup>3</sup>

Part of its power comes from that fact that vitamin D3 is also a hormone, and has the power to regulate cellular activity and direct your immune system.

But vitamin D3 is not the only nutrient that protects against viral infection.

There's also a new study showing the correlation between high **selenium** levels and high cure rates of coronavirus.

## **People Who Easily Recovered From Coronavirus Had High Selenium Levels**

Selenium is a powerful mineral found in the soil, and is present in some drinking water and some foods like Brazil nuts. There's evidence selenium is a powerful antiviral and is protective of cancer and other metabolic diseases. In a recent study looking at Chinese victims of coronavirus, those with high levels of selenium either recovered more easily.<sup>4</sup>

The Chinese with low levels of selenium had a coronavirus fatality rate of a startling 2.5%, whereas fatalities with higher selenium was much lower at 0.05%.

**“Vitamin D3 is also a hormone, and has the power to regulate cellular activity and direct your immune system.”**

Sadly, we're in the middle of another global pandemic, and most doctors still have no idea that vitamin D is an essential component of your immune system.

Without high enough vitamin D levels in your body, your immune system can never be strong enough to ward off coronavirus.

And now there's proof.

But here's the problem: vitamin D is one of your body's most vital substances for health, yet almost everyone in America and Europe these days is woefully deficient.

I've been telling my patients for years the government's recommendations are much lower than the amount your body needs. Even if you're taking the Recommended Dietary Allowance (RDA) of 600 IUs, you're still at serious risk during this pandemic.

The good news is that your body's vitamin D levels can be quickly and easily restored.

In this article, you'll learn about the best ways to get more vitamin D in your body, as well as the right amount to take if you or a loved one are struck by the novel coronavirus. You'll also learn how to replenish other overlooked nutrient-molecules that can reduce the risk of being struck by many of the dreadful conditions that often go along with coronavirus.

## **Power Up Your Immune System**

Most doctors still think vitamin D is only for your bones. And it's true that this powerful macronutrient is essential for the absorption of calcium, which is needed to prevent the childhood bone disease *rickets* and its adult equivalent, *osteomalacia*. Both of these conditions result in soft, weak bones and can lead to deformities.

At the same time, vitamin D deficiencies can also cause *osteoporosis*, the condition that can cause severely reduced bone mass, making your bones brittle and dangerously breakable.

But there's much more to vitamin D than bone formation. It's probably the single most important organic nutrient required for human health — and your body evolved so you can get it easily from the sun.

Vitamin D's primary role in the human body is the **regulation of gene transcription**.

Over the past few decades, scientists have begun to understand that vitamin D touches virtually every aspect of your physiology and biochemistry.

Almost all the cells and tissues in your body contain receptors and the metabolic enzymes for vitamin D — **including your immune cells**, which defend against a vast range of diseases, like cancer and diabetes, as well as germs that cause illnesses like influenza, pneumonia and even coronavirus.

Vitamin D also regulates the genes that trigger the production of a wide array of antimicrobial peptides, which are bioactive against many different bacteria, fungi, mycobacteria (like tuberculosis and leprosy), parasites and viruses, like coronaviruses.<sup>5</sup>

But if you are deficient in vitamin D, the genes that evolved to trigger your immune system and protect your health simply won't work properly.

And deficiency is accelerated when you don't have access to the sun.

## Pollution Blocks The Sun's UV Rays

Wuhan, the Chinese city where the virus began, is extremely polluted, as is London, New York, San Francisco, Chicago and other major population centers where people are prevented from synthesizing vitamin D, and where the pandemic hit especially hard.

This vitamin D connection also reveals one reason why diabetics face a higher risk in the pandemic. Your pancreatic beta cells, which produce insulin, also contain vitamin D receptors and without this key micronutrient they won't function properly — thus creating dangerously high blood sugar levels for diabetics.

Obese patients are also at higher risk of coronavirus, because vitamin D is stored in fat cells and excessive weight makes it metabolically inert.<sup>6</sup>

Meanwhile, a recent Indonesian study looked at 780 cases of Covid-19 and found that the more deficient the patients were, the more severe the effects and complications from a coronavirus infection. The researchers also found that vitamin D deficiency was present in the vast majority of cases that resulted in death from the condition.<sup>7</sup>

*The message from these studies is simple: vitamin D deficiency is dangerous to your health in the best of*

*times — but in the middle of a coronavirus pandemic, it could kill you.*

## How to Get Your Vitamin D Level Up into the Protective Range

It used to be thought that your body made enough vitamin D during the spring and summer months to last you through the winter. Studies now show that's not the case. No matter how much you make in summer, your vitamin D levels will plunge during winter.

You see, UV exposure needs to be between 290 and 210 nanometers for your body to synthesize vitamin D, and that wavelength range in northern climates occurs only between March and September.<sup>8</sup>

I recommend getting at least 8,000 IUs of vitamin D daily from a mix of sunshine, food and supplements. This will give you vitamin D blood concentrations of about 60-65 ng/mL.

Studies show that vitamin D blood concentrations below 40 ng/mL — that's the equivalent of taking 3,200 IUs per day — can leave you extremely vulnerable to a severe case of Covid-19.<sup>9</sup>

And now that we're smack in the middle of summer, I suggest getting 20-30 minutes of daily sun exposure. This will allow your body to produce 50,000 IUs of vitamin D over the following 24 hours.

The trick is not to burn, which can cause damage to your DNA. Any longer in the sun won't produce more vitamin D anyway. Your body is highly intelligent, as the process of vitamin D production is self-limiting.

The two factors that govern sun exposure are skin type and sun strength.

Here's an easy guide to how long you should spend in the sun.

- *If you have fair, freckled skin* you are at far higher risk of sunburn — so you need to be cautious — but you make vitamin D much more quickly than people with darker skin pigmentation. Aim for 10-15 minutes of sun in the morning or in the late afternoon during summer.
- *If you have light brown skin* — a group that includes American Indians, Hispanics, Mediterraneans and Asians — you can aim for 30 minutes of sun each day in the summer.



- *If your skin pigmentation is very dark* — a group that includes African-Americans and dark-skinned Asians — you won't burn easily, and you are also at a much higher risk of having a vitamin D deficiency. So you need to be exposed for much longer. Aim for 40 minutes to an hour.

No other source provides anything like the effect of direct sunshine, but topping up in other ways is crucial — especially during winter and as you age. Aging can cause you to produce less vitamin D — even if you live in a sunny climate.

I recommend two other natural ways to boost vitamin D levels:

■ **Eat foods rich in vitamin D:** Next to sunlight, *cod liver oil* is the most concentrated natural source of this health-boosting, disease-preventing vitamin. Just one tablespoon of cod liver oil contains nearly 1,400 IUs of vitamin D.

Check out this table to see how much vitamin D you get with other healthy foods:

| Food                     | Serving      | Vitamin D IUs |
|--------------------------|--------------|---------------|
| Cod Liver Oil            | 1 Tablespoon | 1,360         |
| Salmon, cooked           | 3-1/2 ounces | 360           |
| Mackerel, cooked         | 3-1/2 ounces | 345           |
| Tuna fish, canned in oil | 3 ounces     | 200           |
| Sardines, canned in oil  | 1-3/4 ounces | 250           |
| Orange juice, fortified  | 8 ounces     | 100           |
| Cereal, fortified        | ¾ to 1 cup   | 40            |
| Egg yolks                | 1 egg        | 20            |
| Liver, beef, cooked      | 3-1/2 ounces | 15            |
| Cheese, Swiss            | 1 ounce      | 12            |

■ **Take good-quality supplements:** Make sure the vitamin D supplement you buy is D3, also called *cholecalciferol*. It's the same vitamin D3 your body produces. Just be sure to avoid the synthetic form of vitamin D2 in most multivitamins, because it is less potent and absorbable.

I recommend at least 5,000 IUs a day from a good supplement — and taken preferably in the morning. You can still get additional vitamin D from other sources like the sun and your diet.

*However, to protect against coronavirus and Covid-19, start with a dose of 10,000 IUs, and then reduce to 5,000 IUs after a few weeks.*

You should also avoid taking vitamin D supplements at night. That's because it's inversely related to melatonin, your sleep hormone, and it may keep you awake.

In addition to vitamin D, I recommend....

• **Vitamin K2:** K2 is crucial, because it helps activate and improve absorption of vitamin D3. And researchers in the Netherlands revealed that coronavirus patients with low vitamin K2 levels have worse outcomes than those with higher levels.<sup>10</sup>

You see, K2 is also a key component of your immune system. A Norwegian study, published in the *Journal of Medicinal Food*, found that K2 blocks the production of pro-inflammatory signals by sending armies of *macrophages* to shore up defense.<sup>11</sup>

Vitamin K2 is available in two forms, MK-4 and MK-7.

MK-4 is the primal form of the vitamin and you can get plenty by eating organ meats, like liver, kidney and heart. Goose liver, for example, is particularly high. Three and a half ounces of goose liver will provide around 370 mcg of K2.

Natto, the Japanese dish of fermented soybeans, is also rich in the MK-7 form of K2. There are 200 mcg of K2 in a half ounce of natto.

You can find K2 supplements at health food stores or online. I recommend up to 90 mcg a day. And, as it's fat-soluble, take it with a meal to improve absorption.

• **Magnesium:** This mineral is essential for converting vitamin D into its bioactive D3 form. Magnesium is responsible for more than 300 different chemical reactions in your body, including those that produce energy and protect your heart and blood vessels. Unfortunately, Magnesium levels can drop when you're boosting your vitamin D3 intake.

You'll find magnesium in fruits, vegetables, especially almonds, dark leafy greens, oatmeal, bananas, and beans. Sadly, industrial-scale agriculture has largely depleted magnesium from our soil. So, to properly boost your levels, you need to supplement.

I recommend magnesium citrate for its low price-point and good bioavailability. Take between 600 and 1,000 mg per day with your vitamin D3.

- **Zinc:** Vitamin D and zinc both play key roles in your immune response. Research also shows that low vitamin D levels correspond to low levels of zinc.<sup>12</sup>

By including them together, you get adequate amounts of each, in a way that complements their effect. Zinc also plays an important role in building bones.

You can find zinc in most stores. You don't need to take as much as you get a lot through your diet, and it is possible to get too much zinc. I recommend 2-5 mg every day with your vitamin D.

- **Selenium:** This important micronutrient has long been known to affect the severity of a number of viral diseases, both in animals and humans. And as I already mentioned earlier, researchers from the UK, studying data from 17 Chinese cities, have found that levels of this key mineral have a direct bearing on the recovery rate from Covid-19.<sup>13</sup>

Selenium is a *trace element*, which means your body only needs very small amounts of it — but plays a vital part in your body's metabolic processes. In fact, just about every cell in your body has selenium — especially in your muscles, liver, thyroid and kidneys. It's also a powerful antioxidant.

The richest source of selenium by far is organ meats, like liver and heart. It's also found in meat, fish, broccoli, cabbage, spinach, mushrooms, garlic, walnuts and Brazil nuts.

I recommend getting 200 mcg of selenium every day. One Brazil nut, for example, contains around 100 mcg of the mineral — *so you just need two per day*.

Supplements are also an option. Most multivitamins contain a little selenium, but make sure you take



***Brazil nuts are the richest natural source of selenium... just two nuts per day gives you my recommendation of 200 micrograms.***

ones that contain enough, so you are getting 200 mcg per day. Or you can get a stand-alone selenium supplement. Choose one that contains *selenomethionine*, the organic form of selenium.

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# How Native Americans Tackled Wild Buffalo With Their Bare Hands...

## And How Their Ancient Nutrition Secret Restores Your Dwindling Energy Supplies

In our era of overweight couch potatoes and junk food junkies, consider this...

Native American men living in the Great Plains — long before Europeans arrived — would run barefoot alongside charging buffalo carrying nothing more than a bone knife...

Using their bare hands, they had the strength and agility to grab the buffalo by the scruff of the neck, pull it to the ground at full speed, and ritually kill the wild beast in a single movement.

These feats occurred routinely regardless of the season — in the blazing heat of summer or with three feet of snow on the ground.

How do we know this?

Spanish explorers on expeditions into North America in the 1500s witnessed feats of strength like this on a regular basis.

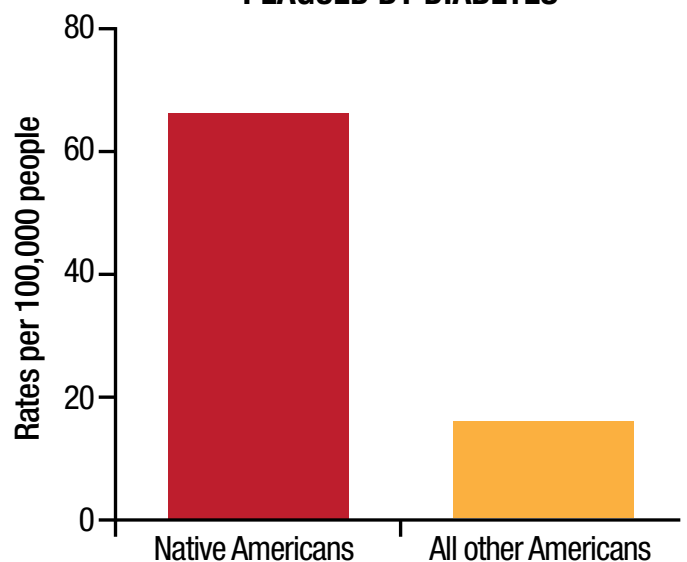
But as the United States grew as a nation, Native Americans had to abandon their ancient hunter-gatherer ways. Their traditional diets — along with the ingredients for their natural medicines — became nearly impossible to access.

Before they lived on small reservations, Native Americans had **zero chronic disease**. No diabetes, no cancer, no heart disease, no dementia.

Yet in just a few generations, high sugar, carb-heavy processed foods led to the highest rates of chronic illness and poor health outcomes — from infant mortality to diabetes, obesity, cancer, heart disease, arthritis and mental illness — in the entire country.

In the chart on the right, you can see how rates of type-2 diabetes are **3 times higher** in Native Americans.

**PARADISE LOST: NATIVE AMERICANS  
PLAGUED BY DIABETES**



*In only a few generations, Native Americans are outpacing all other Americans by over 300 percent.*

Source: European Society of Neuroradiology

**In a very short time, they went from no diabetes at all... to outpacing all Americans by 300%.**

So how did they become the sickest and most diseased Americans?

And how did they manage such great feats of strength and endurance all those years ago?

If you're a regular reader, you know I've written to you many times about our ancestors' connection to their environment and native diet.

In this article, I'd like to show you something I've only hinted at in the past.

**My simple strategy to help you regain some of the power and prowess our ancestors enjoyed naturally.**

Let me explain.

## How Were Native Americans Living In The 16th Century Able To Wrestle Wild Beasts With Their Bare Hands?

You won't read about this in the history books, but many Native Americans enjoyed a kind of power and vigor that is hard for us to understand or believe.

Early European settlers described natives as, ***“tall and muscular with superior endurance and strength. They healed quickly and were hard to kill.”***<sup>1</sup>

Back in the 16th century, Cabeza de Vaca was one of the first Europeans to explore what is now Texas and the Southwest, and he lived with the Native Americans for eight years.

During his time with the Indians, De Vaca witnessed amazing feats.

Here are just a few excerpts from his journal:<sup>2</sup>

- “One Native American ran down a buffalo on foot and killed it with his knife as he ran by its side.”
- “Traversed by an arrow, he does not die but recovers from his wound... the men were happy, generous, with amazing physical prowess... they go naked in the most burning sun, in winter they go out in early dawn to take a bath, breaking the ice with their body.”

What's more, sickness and disease were practically non-existent among native tribes.

Dr. Romig, a former missionary doctor, spent 36 years with primitive Indians in Alaska. He wrote in his reports that during the time he spent with these people, ***he never saw anyone come down with a deadly disease.***<sup>3</sup>

Archeologists confirmed many of these stories when they discovered the skeletons of North American hunter-gatherers rarely exhibited cavities, arthritis, or bone problems. All the evidence pointed to large, broad jaws, and strong, powerful bodies.<sup>4</sup>

To our modern ears, it sounds like these Native Americans were supermen. In reality, their power came from a handful of key nutrients that have all but disappeared from our modern diet.

One of them is a powerful “activator” found in the organ meats and butter fat they ate on a regular basis.

It's only in the last 10 to 15 years that researchers figured out the true identity of this mysterious nutrient. Before then it was known simply as “Activator X.”

Here's what happened.

## How A Cleveland Dentist Hiked Into The Amazon And Made A Startling Discovery

in the 1930s, Dr. Weston Price gave up his Ohio dental practice to explore native cultures like a real-life Indiana Jones. His discovery can help you and your family live a stronger and longer life... while avoiding the risk of chronic disease.

By analyzing the diets of native people, Dr. Price discovered a fat-soluble vitamin he called “Activator X” that activates or “switches on” vitamins A and D, making them stronger and more effective. He also found this Activator X binds to the minerals from your food, making them easier for your body to use and absorb.

As a dentist, he first noticed the influence of this unknown nutrient on bones and teeth. In his now-famous case studies, he photographed native people before and after they started eating Western diets.

In just a single generation, they went from being strong and vital to being born with bone deformities and crooked teeth full of cavities.

Not only did they lose their perfect teeth and wide smiles, they became victims of diseases like cancer, heart disease, and bone loss.

In one of Dr. Price's groundbreaking studies, he showed that rats given this Activator X were cured of rickets, a bone disease common in children with vitamin D and calcium deficiencies.

During his field work, Dr. Price was able to treat children with bone and heart diseases, even mental disorders, like extreme anxiety. ***All with this mysterious Activator X.***

Over time, Dr. Price came to realize...

***Natives with the highest levels of this vitamin had the strongest, leanest and most attractive bodies, along with the most powerful immune systems.***



## I Saw This With My Own Eyes During My Expedition Into The Peruvian Amazon

In many ways, I'm following in the footsteps of Weston Price.

I travel over 20,000 miles a year to visit and study the last remains of the world's hunter-gatherer cultures. And when I was in the Peruvian Amazon about 10 years ago, **I was able to witness the last of the *Ashaninka* tribe while they still lived in their native habitat.**



***During my time with the Ashaninkas, I witnessed their rapid decline after adopting high-sugar Western diets.***

During more recent trips, I discovered the Ashaninkas no longer hunt in the jungles like their ancestors did. They've been moved out of their homeland by large corporations who want their natural resources.

Like Dr. Price, I watched as tribes like the Ashaninkas became "Westernized" and started wasting away. Cut off from their native diet and left with cheap, processed food and sugary sodas, these former Amazon dwellers became fat, sick, and slow. *Almost overnight.*

It's happening to us, too. We just don't notice as much because the changes happen more slowly. As Americans, and transplanted Europeans, we've been cut off from our native diet for thousands of years.

***But that doesn't mean you or I have to give up the strength and vitality Nature intended for us.***

### Revealed: The True Identity Of Activator X

When Weston Price lived with native cultures back in the 1930s, he discovered that people with the highest levels of the unknown nutrient he called "Activator X" had attractive features, incredible stamina, and an iron-clad immune system.

After decades of research, including chemical tests from Russian researchers and a Danish study published in the *British Journal of Nutrition*, the 60-year mystery was slowly revealed.<sup>5</sup>

***Today, we know "Activator X" is a form of vitamin K2.***

There are three primary forms of vitamin K2, but the one I use with my patients—and the one I'll share with you today—is the kind that gave our ancestors this amazing advantage.

And the lack of this crucial, fat-soluble vitamin in our modern diet is just one of the reasons we no longer enjoy the kind of robust lives our ancestors did.

Here's why.

This particular form of vitamin K2 performs dozens of critical jobs in your body. And when it's missing, bad things happen.

Most doctors don't even realize this, but there's a curious connection between your bones and your heart.

And the common link is vitamin K2.

### Do You Really Need Calcium Supplements To Build Strong Bones?

Americans consume more calcium than any other nation on Earth, yet we have the highest rates of bone loss and osteoporosis.

We also eat foods that have little to no trace of this particular form of vitamin K2. That's a problem, because you need vitamin K2 to build strong bones.

Without vitamin K2, it's impossible for calcium to "stick" to your bones or make your bones stronger. Here's why.

- Your body has dozens of proteins that need vitamin K2 to "activate" them.
- If you don't have vitamin K2 in your blood, these proteins float through your blood in their "inactive" form.

***And that's bad news for your bones.***

You see, one of the proteins dependent on vitamin K2 is *osteocalcin*.

Osteocalcin is a bone-regulating protein, and it's controlled by vitamin K2.

When osteocalcin is “activated” by vitamin K2, it binds or “sticks” calcium to the mineral portion of your bones, making them strong and resilient.

But when vitamin K2 isn’t there, osteocalcin stays “inactive.”

And when osteocalcin stays inactive, two things happen:

One, your bones become weak and brittle, because the calcium is not sticking to your bones. And two, the inactive calcium floats through your blood and “sticks” to places it doesn’t belong... *like your arteries and blood vessels.*

And here’s the kicker: The “plaque” that clogs your arteries is actually the inactive calcium that should have been used in your bones. That’s why it’s often called, “hardening of your arteries.”

*The facts are clear: When you’re missing vitamin K2, your bone strength plummets, leaving you with a high risk of fractures, bone loss and osteoporosis.*

Just look at these studies:

- A landmark study published in the *Journal of Bone and Mineral Research* discovered that people with the highest levels of “inactive” osteocalcin have a **500% higher risk of bone fracture.**
- In a seven-year study, researchers found that elderly men and women with the highest intake of Vitamin K2 had a **65% lower risk of hip fracture** than those with the lowest intake.
- A two-year Japanese study found vitamin K2 **lowered spine fractures by 52%** in people with osteoporosis.
- Published in the *American Journal of Clinical Nutrition*, a 10-year study that followed over 72,000 women found that women with the lowest intake of vitamin K2 had a 30% higher risk of hip fracture than women with a higher intake.
- Experimental studies on animals revealed vitamin K2 improves bone architecture, increases bone mass and mechanical strength, stimulates the deposition of calcium and boosts resistance to fracture.

It’s clear vitamin K2 plays a central role in bone health. By protecting against bone loss that happens with age, and ensuring that calcium “sticks” to your bones, vitamin K2 is the “unsung hero” that keeps

**“When you’re missing vitamin K2, your bone strength plummets, leaving you with a high risk of fractures, bone loss and osteoporosis..”**

your bones strong-as-steel as you age. *And it does it naturally, with no side effects.*

Now that you know vitamin K2 keeps calcium out of your arteries, can you see the connection to your heart?

Let me show you something even more impressive.

## **“Activator X” Keeps Your Blood Vessels Soft And Flexible As You Age**

This particular form of vitamin K2 I use with my patients may be the one nutrient your body needs to clear away years of artery-clogging plaque.

Let’s look at the evidence.

In the same way vitamin K2 “activates” the protein that makes calcium stick to your bones, vitamin K2 activates another protein called matrix GLA-protein (MGP).

The job of MGP is to stop the build up of calcium.

If you don’t have vitamin K2 to activate MGP, the “inactive” form allows for a rapid build up of calcium in your blood vessels, which blocks the flow of blood to and from your heart.

In animal studies, mice genetically bred to lack the MGP protein develop a wild and unrestrained buildup of plaque in their arteries that’s so powerful they die within a few weeks of birth.

You need vitamin K2 to activate MGP and put a stop to the buildup of plaque in your arteries.

Vitamin K2 also activates two other proteins that play a key role in plaque build up and heart health. One is called gas6, the other protein S.

When activated by vitamin K2, these two proteins **clear away** the dead cells and other debris that combine with calcium to form the deadly plaque that clogs your arteries.

## **Modern Studies Back Up My Own Experience With My Patients**

The most important study to link vitamin K2 to heart health comes from the Netherlands.

The Dutch trial followed 4,800 people for 7 years and it’s considered a landmark study because it’s one of the first large-scale, well-controlled clinical studies to show a clear connection between vitamin K2 and heart health.

The results, published by the *American Society for Nutrition*, revealed that people with the highest levels of vitamin K2 experienced a 57% reduction of death than those with the lowest levels.

Overall, the researchers found vitamin K2:

- **Boosted coronary artery health by 57%**
- **Lowered the risk of severe calcium buildup in your arteries by 52%**
- **Lowered all-cause mortality by 26%**

Look at that last number. Vitamin K2 lowers your risk of dying of ALL CAUSES — not just heart trouble — by an amazing 26%.

But that's not all it can do.

Researchers from the University of Maastricht recently showed vitamin K2 can actually *reverse* the buildup of plaque that is already in your arteries.

In this promising animal study, researchers showed for the first time that plaque buildup in your blood vessels is not just preventable, it's reversible.

The reason is the vitamin K2-dependent protein I mentioned earlier, MGP.

MGP is responsible for the reabsorption of calcium so that it doesn't "stick" to places it doesn't belong.

By "activating" MGP with high doses of vitamin K2, this reabsorption process kicks into high gear.

Hardening of the arteries, a condition once thought to be "irreversible," is now reversible with the power of vitamin K2.

## Which Forms Of Vitamin K Should You Take?

For the sake of clarity, I've been talking about vitamin K2 in this article. But there's another form of vitamin K, called "K1."

Vitamin K1 is a completely different nutrient. ***Don't get them confused.***

Taking vitamin K1 ensures that your liver can synthesize the ***clotting factors*** your body needs. This is especially helpful if you don't eat a lot of green, leafy vegetables. And that's the primary role of vitamin K1.

Altogether, there are three forms of vitamin K.

1. Vitamin K1
2. Vitamin K2 (MK-4)
3. Vitamin K2 (MK-7) — This form comes from fermented soy and is not a "primal" form of the vitamin that was available to Native Americans.

The MK-4 version of vitamin K2 is quickly absorbed by your blood stream and is the form used in the majority of studies showing a benefit to your bones and heart. **This is the form available to the majority of our ancient ancestors, including Native Americans.**

Just one word of warning...

## If You're On A Blood Thinner, Do Not Take Vitamin K1 Without Your Doctor's Supervision

Because vitamin K1 creates blood clotting factors, your doctor will tell you to stay away from the vegetables and other foods that are high in K1 while you're on these drugs. But consider that blood-thinning drugs like Warfarin (Coumadin®) will suppress the effects of vitamin K2 in your body.

If you're on these drugs and you don't take any form of vitamin K2, you will most likely experience the side effects, which include an acceleration of bone loss and calcification of blood vessels, or hardening of the arteries.

It's possible to take vitamin K2 without interfering with blood-thinning drugs, but this is something you need to discuss with your doctor. As a precaution, *do not attempt to take vitamin K2 without your doctor's supervision*, as you may cause unintended problems.

Doctors are starting to express concern over the side effects of blood-thinning drugs so it's possible that your doctor will be willing to add vitamin K2 to your drug regimen.

According to the research, patients taking a combination of warfarin and vitamin K2 show an improvement in the markers that measure blood coagulation. That means greater stability, which is critical for this type of treatment.

At the same time, however, a dose of vitamin K2 will slightly change your (*international normalized ratio*) INR level. The INR is the way your doctor measures your blood's ability to coagulate.

In one study, a 95 microgram dose of the MK-7 form of vitamin K2 dropped the patients INR level from 2.0 to 1.7. That means that if you take vitamin K2 with blood-thinning drugs, your doctor may have to adjust your prescription slightly higher to compensate. And of course, monitoring your INR level is crucial throughout the course of your treatment.

If you want to add vitamin K2 to your drug regimen, ask your doctor about trying a modest dose of MK-7 like in the example above. When administered properly, this will provide you with the protective benefits of vitamin K2, without interfering with your drug therapy.

## Which Foods Are High In Vitamin K?

There are dietary sources of vitamin K, but it's important to distinguish between food sources of vitamin K1, and food sources of vitamin K2.

As we have discussed, you can get vitamin K1 from leafy greens like spinach and kale. Vitamin K2, however, is found mostly in organ meats, butter fat and some cheeses.

For your reference, here are the best food sources of vitamin K.

| Food Sources of Vitamin K1 |                      |
|----------------------------|----------------------|
| Brussels sprouts (1/2 cup) | 460 micrograms (mcg) |
| Broccoli (1/2 cup)         | 248 mcg              |
| Cauliflower (1/2 cup)      | 150 mcg              |
| Swiss chard (1/2 cup)      | 123 mcg              |
| Spinach, uncooked (1 cup)  | 120 mcg              |
| Beef (3.5 oz)              | 104 mcg              |
| Pork (3.5 oz)              | 88 mcg               |
| Eggs (1 whole, large)      | 25 mcg               |
| Strawberries (1 cup)       | 23 mcg               |

| Food Sources of Vitamin K2                |                          |
|---|--------------------------|
| Food                                      | Milligrams per 100 grams |
| Natto (Fermented soybean dish from Japan) | 1,103 mg                 |
| Goose liver paste                         | 369 mg                   |
| Hard cheeses                              | 76.3 mg                  |
| Soft cheeses                              | 56.5 mg                  |
| Cottage cheese                            | 24.8 mg                  |
| Egg yolk                                  | 15.5 mg                  |
| Butter                                    | 15 mg                    |
| Chicken liver                             | 14.1 mg                  |

While it's good to know which foods are practical sources of vitamin K, you will need to take a vitamin K supplement to get the benefits we've discussed in this article.

You'll find a quick and easy reference for vitamin K supplements on the next page.

## Where Do You Find Effective and Reliable Vitamin K Supplements?

When supplementing with vitamin K2 you have a number of choices. You can take both forms of vitamin K2, the MK-4 and MK-7 versions... or you can take either one separately.

You can also find supplements that include both forms of vitamin K2 along with vitamin K1.

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# Why This “Invisible” Thyroid Disorder Is Still Overlooked 50 Years Later...

## Plus — How To Rescue Your Own Sanity When No Doctor Will Admit You Have A Real Condition

After all the stress and fatigue from the coronavirus, I bet you never imagined there was *another* risk factor to consider... this time, a very real *threat to your thyroid*.

I’m talking a condition called **subacute thyroiditis (SAT)**, a normally uncommon condition caused by a viral infection of the thyroid gland.

An Italian study published in the *Journal of Clinical Endocrinology and Metabolism* discovered this condition shows up after an infection of the upper respiratory tract, including cases of coronavirus.

I’m not surprised.

You see, your thyroid is under constant attack — and traditional doctors don’t have a clue how to fix it.

In fact, **most physicians don’t even recognize the problem in the first place** — especially when it comes to men. And that makes thyroid disease the most under-diagnosed condition in the country.

I’ve seen this play out for decades: People see a traditional doctor and get a thyroid test that measures levels of *thyroid stimulating hormone* (TSH).

Even if the test reveals your TSH levels are “normal”... it may not be the end of the story.

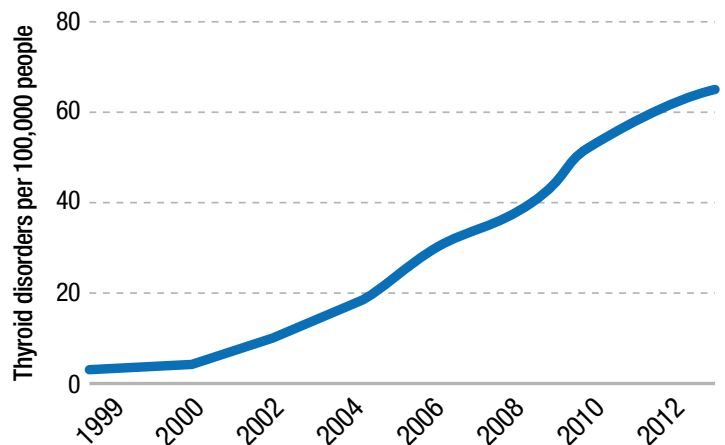
When doctors see a “normal” result they’ll tell you there’s “nothing wrong,” when you actually have a form of hypothyroidism.

*But not the form you might think.*

You see, you could be one of millions of misdiagnosed Americans... **people with a perfectly functioning thyroid gland that have an overlooked thyroid condition.**

You see, the test result was correct. There really is nothing wrong with your thyroid.

### YOUR THYROID IS UNDER INCREASING ATTACK



**Incidence of thyroid disorders has exploded by 600% over the last two decades.**

Source: NIH/National Cancer Institute

What you are likely to be suffering from is a common, but largely unrecognized condition called **type-2 hypothyroidism** — one of the most ignored, misdiagnosed and inappropriately treated conditions in America.

In this article, I’ll show you what’s really driving the type-2 hypothyroidism epidemic. The good news is that your condition can be corrected in a few easy steps, allowing you to get back on the track to feeling like yourself again.

### Why Has This Thyroid Disorder Been Ignored For 50 Years?

Most doctors don’t pay much attention to your thyroid anyway — at least until it goes haywire. And even fewer understand the difference between hypothyroidism and type-2 hypothyroidism. Mainstream medicine still thinks **type-2 hypothyroidism**, sometimes called “thyroid hormone resistance syndrome,” is a rare genetic disorder.

What they don't know is that type-2 hypothyroidism was first discovered half a century ago...

In 1966, Dr. Leslie DeGroot was puzzled by a patient with severe signs of hypothyroidism. The problem was, after multiple tests were run, the patient appeared to have a perfectly healthy thyroid gland.

He concluded that the “only reasonable explanation” was that the thyroid hormone was unable to “pass from blood to cells or the target organ.”<sup>1</sup>

**In other words, the patient had plenty of thyroid hormone, but it was being rejected by the cells.**

Dr. DeGroot, who went on to become the president of the American Thyroid Association and a world expert on thyroid science, had hit upon an important discovery.

Unlike “classic” under-active thyroid, type-2 is a condition in which your thyroid gland still produces normal amounts of thyroid hormone — **but your cells and tissues have become resistant to it.** Much in the same way diabetics suffer from insulin resistance.

## Traditional Doctors Fail To See The Big Picture

You may be suffering from some of the symptoms of thyroid dysfunction — and not realize what you have.

Typically symptoms include feeling unusual fatigue for no reason, heart palpitations, depression, hypersensitivity to cold or excessive sweating, aching joints, trouble concentrating, brain fog and weight gain or loss for no reason.

These symptoms are universal for both men and women. But as the table below indicates, each gender has symptoms unique to them.

| MEN                      | WOMEN                      |
|--------------------------|----------------------------|
| Loss of muscles strength | Constipation               |
| Reduced sex drive        | Heavier or lighter periods |
| Erectile dysfunction     | Infertility                |
| Low testosterone         | Breast discharge           |
| Hair loss                | Irritability               |
| Increased testicle size  | Slowing of heart rate      |
| Osteoporosis             | Hoarseness                 |

Doctors are quick to treat individual symptoms but as I've told you before, they often fail to see the big picture.

And that big picture begins with our environment. You see, it's not a coincidence that an increased onslaught of toxins has led to a surge in thyroid dysfunction.

## Your Thyroid Is Under Attack... Every Day

It's not a coincidence that type-2 hypothyroidism has reached epidemic proportions in recent decades. I've been sounding the alarm bells over how household chemicals are causing a health crisis for decades.

I've also seen the rise of thyroid disease in my own practice. At first the number of new cases I saw was just a trickle. But 25 years later, it's a flood.

More than 30 million Americans have some form of thyroid disease, and up to 60% — 13 million people — have no idea they have it. *Including children.*

A recent study from Columbia University found that children as young as three have impaired thyroid function.<sup>2</sup>

And the reason why so many people — kids included — have damaged thyroids can be linked to our toxic environment. I'll explain in a moment. First you need to know what's going on inside your thyroid.

## What Exactly Does Your Thyroid Do?

By now you know that your thyroid is the tiny butterfly shaped gland in the front of our neck. And you need a healthy thyroid because it...

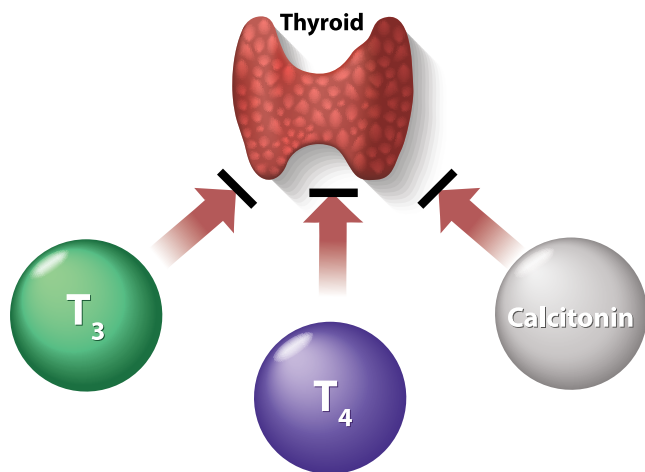
- Produces and stores hormones that regulate the metabolism of every cell in your body for healthy weight management;
- Drives your energy levels;
- Regulates your appetite, body temperature and mood;
- And affects heart, brain, digestion.

The function of your thyroid is a chain reaction that largely begins in the hypothalamus region of the brain and in the pituitary gland, where it produces thyroid-stimulating hormone (TSH).

Your pituitary then sends TSH to your thyroid, signaling the gland to use its supply of iodine to make the hormone, thyroxine, or T4.

T4 then converts into triiodothyronine, or T3, the active form of the hormone, which travels through your bloodstream, seeking out thyroid hormone receptors.

When the T3 signal is picked up by your thyroid receptors, it's then part of a system that controls the rate at which every organ and organ system in your body functions — from your brain and heart, to your liver, kidneys and skin.



***“Thyroid resistance” is when you have enough thyroid hormone, but your cells’ thyroid receptors become resistant to it.***

That’s why when your body’s thyroid receptors reject the hormone, it can affect just about any part of your body. **Almost all your body’s processes slow down — and you just feel terrible.**

Most traditional doctors don’t know what type-2 hypothyroidism is, let alone how to diagnose it.

You see, the standard thyroid-function blood tests measure only TSH levels. This makes it easy to diagnose type-1 hypothyroidism. But if you have type-2, your TSH levels are likely to be “normal.”

Doctors are usually baffled by the “normal” TSH levels, and immediately rule out a thyroid problem or simply treat it as type-1 hypothyroidism, or even hyperthyroidism, the overactive thyroid condition.

The problem here is an excessive reliance on lab results only — *and ignoring the symptoms right in front of them.*

The only blood test that can offer a clue to type-2 hypothyroidism is the test for ***elevated T3 levels*** in your bloodstream, because the problem with type-2 is that T3 hormones can’t bind to any cellular receptors.

You need to ask for this test.

Unfortunately, it’s another opportunity for misdiagnoses. High T3 levels are normally a sign of hyperthyroidism, or over-active thyroid — the opposite of hypothyroidism.

But the main problem isn’t the thyroid itself. Your thyroid is fine. **The problem is with the receptors in the cells and tissues that can’t receive the thyroid’s signals.**

Prescribing harmful Big Pharma medications, like Synthroid for an under-active thyroid or *methimazole* for overactive thyroid, won’t solve the problem.

Instead, you need focus on fixing your ***thyroid hormone receptors***. And that means you need to know what’s causing your receptors to resist the hormone and fix the problem.

## **The Link Between Your Thyroid And The Environment**

Over the past 50 years, huge quantities of modern-day environmental toxins and hormone-disrupting chemicals have contaminated your food supply, the water you drink and the air you breathe.

Scores of toxins can interfere with thyroid function in multiple ways. Common signal scramblers include gasoline, pesticides, herbicides, fungicides and heavy metals, like mercury, arsenic, lead, aluminum, barium and cadmium.<sup>3</sup>

The biggest problem is the effect of *thyroid hormone disruptors*. These synthetic molecules behave just like T3 by attaching themselves to the thyroid receptors in your cells and tissues, and cause your thyroid to go completely out of balance.

Although ignored by mainstream medicine, numerous studies prove beyond doubt that nasty industrial molecules like polychlorinated biphenyls (PCBs) and bisphenol A (BPAs) disrupt thyroid function.<sup>4,5,6,7</sup>

Other research has discovered that people with higher blood concentrations of PFOA (perfluorooctanoic acid) — the chemical often found on non-stick cookware — have higher rates of thyroid disease.<sup>8</sup>

And research on heavy metals — mercury, aluminum, cadmium, arsenic and lead found in seafood, dental amalgams, environmental pollution and vaccines are also among the worst offenders.<sup>9,10</sup>

Here are some of the worst toxins known to bind to thyroid receptors:

- **Chlorine and fluoride** – Chemical irritants in drinking water.
- **Bromides and bromines** – Additives used in plastics, fire retardants, pharmaceuticals, bakery products, pesticides and sodas.
- **Perfluorooctanoic acid (PFOA)** – Used in nonstick products like grease-resistant clothing, upholstery, Teflon cookware, microwave popcorn packaging, fast-food wrappers and stain-resistant carpeting.
- **Perchlorate** – Synthetic chemical in jet fuel, road flares, fireworks, and fertilizers.
- **Bisphenol A (BPA)** – Common industrial chemicals used in soft plastics that come into contact with your food and drink.
- **Mercury** – Spewed by the coal-fired power plants, gold mines, and cement kilns.

Your body can't remove these fat soluble, receptor-blocking toxins through its natural detoxification pathways, because your kidneys and liver are designed to handle only water-soluble waste. Instead, they accumulate in your fat and use your bloodstream to target your thyroid receptors.

Most doctors won't do anything about thyroid dysfunction until it turns into a full-blown disease. Then they'll most likely treat your symptoms with the Big Pharma drug, *Synthroid*.

I never prescribe this synthetic hormone, because it really only masks the problem. And it can also cause a lot of side effects — including bone fractures, joint pain, irregular heartbeat, fatigue, muscle weakness, insomnia, temporary hair loss, irritability and vomiting.

That's why I treat thyroid dysfunction by getting to the real root of the problem. I recommend that my patients detox their bodies every six months using chelation.

“Most doctors won't do anything about thyroid dysfunction until it turns into a full-blown disease. Then they'll most likely treat your symptoms with the Big Pharma drug, *Synthroid*.”

## “Claw Your Way” To A Healthier Thyroid

I offer safe intravenous (IV) chelation to just about every patient I see here at the **Sears Institute for Anti-Aging Medicine**. We test patients regularly for environmental toxins in their bloodstream. And patients are always shocked by the results.

The word “chelate” comes from the Greek “chele,” which means “claw.” Chelation is the process where a molecule (from a nutrient) claws onto toxins, like chemicals and heavy metals.

For IV chelation, I inject calcium disodium EDTA directly into your blood stream. It's painless. And in no time, EDTA grabs toxins while they're in your bloodstream and carries them out through your kidneys — before they can reach your thyroid.

It works fast, too. In a 30-minute session, you're done and on your way. Patients tell me they feel better almost immediately, although multiple sessions are often needed to reverse the build up of chemical toxins.

If you're interested in IV chelation at my clinic, please call **561-784-7852**.

## Purify Your Body And Cleanse Your Thyroid In 3 Easy Steps

I understand not everyone can get IV chelation. In that case, I recommend you take steps to detox at home using oral chelation.

**Step 1. Activated Charcoal:** Hospitals and Emergency Rooms use this unique form of “activated” charcoal as an antidote for drugs, poisons, and medicinal overdoses. It's also a good way to neutralize dental amalgams that contain mercury.

Like EDTA, activated charcoal grabs heavy metal molecules and escorts them from your body. Activated charcoal is extremely effective and inexpensive.

Look for activated charcoal at 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.



**Step 2. DMSA: Effective Cleansing of Heavy Metals:** This compound is highly effective at binding to arsenic, cadmium, lead and mercury, and then eliminating them from the body.

DMSA has receptor sites to which the toxins bind. The toxins live inside cells and DMSA cannot enter the cells. Instead, glutathione (your body's natural toxin remover) pushes the metals out of the cell, where they're picked up by DMSA and excreted.

DMSA should be taken in on-again/off-again cycles. Take it for three days and then stop it for 11 days. Your body needs those 11 days to regenerate its glutathione levels.

**Step 3. Modified Citrus Pectin: Your "At Home" Chelation Treatment:** 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 were able to excrete 150% more mercury... 230% more cadmium, and... 560% more lead.<sup>11</sup>

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. They're too big to digest and will just pass through your body. The citrus pectin used in clinical studies is specially formulated for absorption, so it can easily find and bind to toxins. Look for "modified" citrus pectin.

## Supplement To Boost Thyroid Health

**1. Discover Irish Moss.** One of the most effective treatments I've found for treating type-2 hypothyroidism is a red seaweed found on the shores of Ireland.

It contains the thyroid hormone precursor DI-Iodothyronine (DIT), as well as the thyroid hormones T3 and T4. It's also extremely high in the trace element iodine. You can't make thyroid hormones without high enough levels of iodine. And it's packed with more than 90 minerals, including, zinc, magnesium, manganese, potassium and selenium — all crucial elements your body must have to ensure a balanced thyroid.

Look for raw Irish moss online and health food stores. If you buy it dried, soak it for a few hours in water to rinse away any sand that may be present. Supplements are also available. I suggest taking up to 1,200 mg two or three times a day.

**2. Supplement with Korean ginseng.** This ancient herb belongs to a special class of plants called adaptogens, which help your body adapt and repair.

Studies show that Korean ginseng works on thyroid repair by reducing levels of inactive T3 hormone (rT3). The problem with excess rT3 is that it binds to T3 receptors and inhibits regular T3, thereby reducing vital metabolic activity in your cells.<sup>12,13</sup>

Korean ginseng is sometimes sold as Asian, Chinese or Panax ginseng. You can buy Korean ginseng supplements on the Internet or at most health food stores. There are 11 different species of ginseng, so don't confuse Korean ginseng with other forms, like American or Siberian. Take 200 mg to 500 mg a day.

**3. Finally, take this before bed.** Did you know that a well-known sleep secret is a thyroid protector? Melatonin is a sleep hormone, but it's also an extremely powerful antioxidant that research shows can protect your thyroid from the effects of environmental toxins and metals.<sup>14</sup>

In one study, women with thyroid issues took 3 mg daily of melatonin supplements. After the six months, they successfully improved thyroid function by increasing their thyroid hormone levels.<sup>15</sup>

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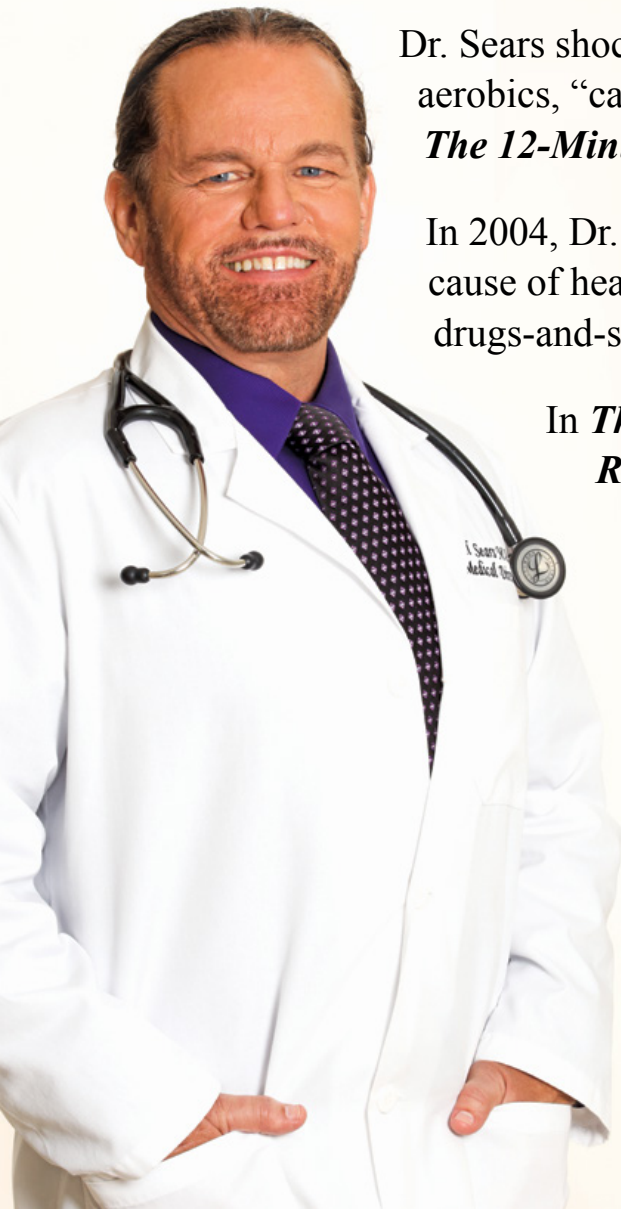
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# AL SEARS, MD

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).