



Dr. Sears'

CONFIDENTIAL CURES

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

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Dear Friend,

Our modern medical industry is designed to assign you a disease diagnosis then follow the latest — and usually most expensive — algorithm to your prescription or procedure.

This “myth of the diagnosis” has found a willing partner in medical research and education to produce “group think.” It is absolute and bypasses your right to make informed decisions... while at the same time ignoring your capacity to heal.

There is no thought of why or how you’re feeling like this... or what was done to you to cause this imbalance.

Only by stepping outside of this “medical matrix” can you find solutions that acknowledge your humanity and healing potential.

In this **Confidential Cures** issue, I’ll show you some of the life-saving solutions hidden from you for decades.

• **Is heart failure a death sentence?** Despite the opposite declaration by cardiologists, congestive heart failure is reversible. You’ll learn about key nutrients that have the biggest impact on your heart. And, the ONE nutrient that no one with CHF should ever be without.

• **High octane fuel for your heart and brain.** Coenzyme Q10 produces your body’s highest output of energy. But as you age, your body produces significantly less CoQ10. There are ways you can “Do It Yourself” and increase the amount your body produces no matter how old you are.

• **The curious case of the woman who feels no pain.** Jo Cameron of Inverness, Scotland feels no anxiety or physical pain. That’s good news for you... The secrets behind her rare genetic mutations give you a clear plan for a pain-free life. Regardless of how many times you’ve been disappointed in the past.

I hope you enjoy this month’s **Confidential Cures** issue, and thank you again for your membership.

To Your Good Health,

Al Sears, MD, CNS

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Death By Cardiologist

What To Do When You Get A Heart Failure Diagnosis... And How To Use This ONE NUTRIENT To Save Your Own Life

Most Americans trust the judgment of cardiologists without question. In the public eye, they seem to be more credible than a typical MD.

So when a cardiologist hands down a verdict of “congestive heart failure” (CHF) the diagnosis can cause some patients to lose hope and give into lifelong prescription drugs and invasive procedures.

But there’s something I want you to know right now... *there’s a safe, natural way to reverse the damage of congestive heart failure.*

Truth is, cardiologists can be the most misguided, inflexible — and corruptible — doctors in all of medicine. *And that’s bad news for you.*

Because this “myth” of the diagnosis can send you down a path that leads to an early death.

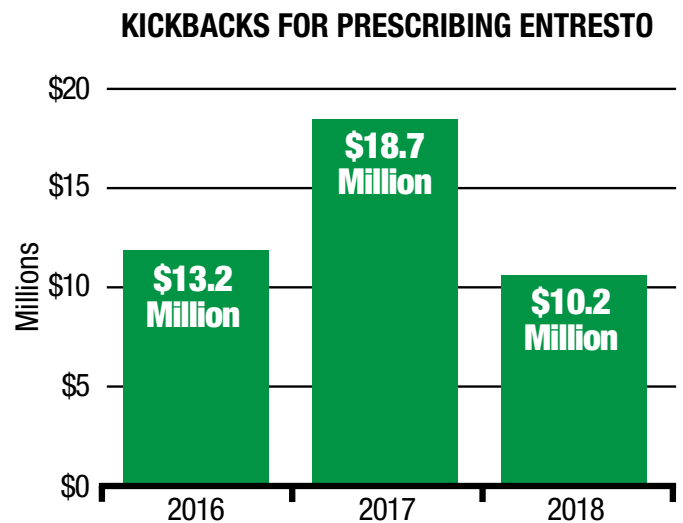
Once the diagnosis is made, it triggers an algorithm designed to set you up for a series of drugs, treatments, and surgeries that may be the LAST thing you really need. And it’s more widespread than you might imagine.

Details from the U.S. Department of Justice reveals cardiologists are sometimes *causing* heart disease in otherwise healthy patients... *by forcing them to take drugs, and submit to surgeries they don’t need.*

And It All Starts With An Unchallenged Diagnosis...

For example, cardiologists were excited about the recently released CHF drug *Entresto*. They’re calling it a “wonder drug” and Big Pharma giant Novartis is spending hundreds of millions of dollars on Entresto’s marketing push.¹

Truth is, there are many problems with this much-hyped heart failure drug — but the biggest concern is that it dramatically lowers your blood pressure.



Drug company Novartis pays millions of dollars DIRECTLY to doctors to prescribe their new heart failure drug Entresto.

Ornstein C. “We found over 700 doctors who were paid more than a million dollars by drug and medical device companies.” ProPublica. October 17, 2019.

You see, most heart failure patients already have dangerously low blood pressure — so a drug like this is the last thing you need.

The label carries a black box warning stating that pregnant women shouldn’t take Entresto — yet NOTHING about its *hypotension* dangers.

Big Pharma is now chasing global heart failure drug sales of \$16.1 billion a year by 2026 — which is astonishing, when these drugs only make the condition worse.² With an annual cost of around \$4,500, Entresto alone is expected to bring in nearly \$5 billion.

Entresto is just the latest addition to the problem. CHF patients are also likely to be prescribed ACE inhibitors, statins, diuretics and other Big Pharma meds to help ease symptoms, along with a doctors’ order to take it easy and get plenty of bedrest.

I can't imagine a worse treatment for this condition. These dangerous drugs basically allow your heart to drown in its own blood. It's no wonder that CHF kills about 1 in 8 Americans every year.³

“Without enough CoQ10 to fuel your mitochondria, your heart simply won't have enough pumping power.”

Without enough CoQ10 to fuel your mitochondria, your heart simply won't have enough pumping power. Decades of research have linked low CoQ10 levels with heart failure. In fact, 50% to 75% of patients with any kind of heart disease have low CoQ10.⁴

Despite what cardiologists tell you, CHF is highly reversible. You see, the solution to congestive heart failure is *increased* cardiac output, not bedrest and a handful of magic pills.

In this article, you'll learn about the ONE NUTRIENT no one with CHF should ever be without. I'm also going to tell you about the work of a Texas doctor who has spent years using this nutrient to save the lives of dozens of heart failure patients. And you'll learn about other side effects-free nutrients that will help reverse this dreadful condition and bring your heart back to life.

The World's Most Powerful Heart Nutrient

The nutrient I'm talking about is CoQ10. Despite more than 60 years of scientific proof, you're still unlikely to hear about CoQ10 from any cardiologist in America.

Back in the mid-1990s, I was one of the few doctors in America testing CoQ10 levels. In fact, then there was only one lab in the whole country where I could send my samples. CoQ10 is a cellular-energy producing nutrient and antioxidant, and it's the equivalent of high-octane fuel for your cells. It's made by your liver and also found in a few foods.

And it's essential for the normal function of all your vital organs — especially energy-hungry organs like your heart. In fact, your heart — because of its high energy needs — has the highest concentration of CoQ10 of any tissues or organs in your body. You see, your mitochondria — tiny power plants inside each of your cells — need CoQ10 to make **adenosine triphosphate (ATP)**, the cellular fuel that powers everything your body does.

Your heart muscles have about 5,000 mitochondria per cell — far more than any other organ in your body. That's because your heart has an extra-special need for ATP — it has to keep your heart pumping 24/7, over the course of your lifetime.

Age brings a double problem: the older you get, the less CoQ10 your body makes and, at the same time, the fewer mitochondria your cells have — and the less powerful your heart gets. But the real drop in CoQ10 levels is usually the result of taking cholesterol-busting statin drugs. Primary care doctors and cardiologists prescribe these more than any other drug.

Clinical studies show statins — which work by blocking a liver enzyme needed to make cholesterol — can lower CoQ10 levels by as much as 40%, making your heart even weaker.⁵

Big Pharma's powerful propaganda has made sure most American doctors are ignorant of the link between statins and CoQ10. If you suffer from CHF, your heart needs high doses of CoQ10 to keep pumping.

Heart failure does not mean your heart has failed, or stopped beating. It means your heart muscle has become weaker and no longer has the ability to pump as much blood as your body needs. With CHF, blood and other fluids build up in the tissues behind your heart and in your lungs. As the fluids accumulate, you become weaker, tired and short of breath, and your heart swells like a water balloon.

This is an extremely dangerous condition that causes tissues and organs to become starved of life-giving oxygen. Symptoms include: shortness of breath during daily activities, breathing trouble even when lying down, weight gain and swelling in the feet, legs, ankles or stomach, weakness, fatigue or dizziness.

Less blood flowing to your brain makes you dizzy and confused. At the same time, vital organs like your lungs, brain and kidneys begin to shut down as they become deprived of oxygen-carrying red blood cells.

Prescription Drugs May Leave You Drowning in Your Own Blood...

When you're ordered to stay in bed and then pumped full of diuretics, ACE inhibitors, beta-blockers, statins and other CHF and heart drugs like Entresto and Enalapril, doctors are simply letting you drown in your own blood.

The beta-blockers that doctors prescribe decrease your cardiac output. And just as dangerous are the statins, which dramatically deplete your body's CoQ10 levels and steal your heart's power to pump. Meanwhile, Entresto's blood-pressure lowering side effects make it even harder for your heart to pump enough oxygen around your body.



Big Pharma's dangerous heart disease drugs allow you to drown in your own blood.

In September 2014, the prestigious *New England Journal of Medicine* published the results of the Novartis-funded PARADIGM-HF study, which found that taking Entresto resulted in fewer CHF deaths than Enalapril.⁶

Even though the trial was stopped after 27 months because of low blood pressure and allergic swelling side effects, Novartis won FDA approval for Entresto and began its multimillion-dollar marketing push to persuade cardiologists to prescribe it.

A few months later, in December 2014, the *Journal of the American College of Cardiology* published another important CHF study — the Q-SYMBIO trial. The study enlisted 420 patients.

The participants all suffered from moderate to severe CHF. The most serious of them could barely pump blood around their bodies and ran a strong risk of dying within a few years.

The study followed them for two years, after which they were randomly assigned either CoQ10 in a 100 mg dose twice times daily or a placebo.

The results showed that patients who were assigned CoQ10 had:⁷ halved their risk of dying during the study, almost half the risk of acute heart problems, and less weakness and fatigue.

Despite these results — which demonstrated significantly better outcomes than the Entresto trial — no Big Pharma reps will be taking doctors to lunches, dinners or other freebies to talk about the healing power of CoQ10 or total absence of adverse side effects.

Hospital pharmacies don't carry CoQ10 and most cardiologists won't even discuss it. You see, CoQ10 is a nutrient, not a drug, and cannot be patented — which means there's not enough money in it for Big Pharma.

In my experience at the **Sears Institute for Anti-Aging Medicine**, I've found no better way to increase your heart's pumping power than CoQ10. For CHF, supplementing with high doses of CoQ10 can yield immediate, even life-saving benefits.

Back in the mid-1990s, I remember the day my first batch of CoQ10 blood-test samples came back from the lab. The results were a real eye-opener. More than 80% of my patients were CoQ10 deficient.

Ever since, I have devoted myself to getting my patients' CoQ10 levels back up to where they need to be. And it's a strategy that has worked wonders with them — and not just for their hearts.

Just in the past few years, compelling research has linked CoQ10 deficiencies with Alzheimer's disease;⁸ the neurodegenerative disease, multiple system atrophy (MSA);⁹ reduced male and female fertility;¹⁰ septic shock and inflammation from the spread of infectious pathogens in the bloodstream;¹¹ Huntington's disease;¹² and tinnitus.¹³

Energize Your Heart With These Nutrients

Bedrest and useless Big Pharma meds are the very last things you need if you suffer from congestive heart failure. Instead I recommend a four-nutrient cocktail to all my CHF patients.

And CoQ10 is at the top of the list.

CoQ10: Studies show this super nutrient not only reduces the common weakness and fatigue symptoms of CHF, it also halves your risk of acute heart problems.¹⁴

Some of the best sources are beef, chicken and fish. Organ meats, like liver and kidney, are especially rich in CoQ10. Your ancestors ate the organs of every animal they hunted, but consuming organ meat is no longer popular. And unless you're eating organ meats most days, you're probably not getting enough CoQ10 from your diet. That means you'll need a supplement.

If you're healthy, I recommend at least 120 mg of ubiquinol every day. There are huge preventative benefits for your heart, brain, gums, blood pressure, energy levels and more.

But if you're taking statins, you should boost your daily ubiquinol intake to 200 mg.

If you suffer from CHF, your CoQ10 levels are likely to be dangerously low. I recommend getting 400 mg to 450 mg.

Always look for the ubiquinol form of CoQ10. It's eight times more powerful than the more common ubiquinone form. You can buy CoQ10 as tablets, chewable wafers or gel caps. Powdered capsules are not well absorbed.

And because CoQ10 is a fat-soluble nutrient, take it with a meal for optimal absorption.

You should also take...

PQQ: The little-known nutrient *pyrroloquinoline quinone*, or **PQQ**, triggers your heart cells to build healthy new mitochondria. This provides your heart cells with the capacity to produce more fuel, so your heart pumps with more energy. At the same time, PQQ protects your mitochondria by neutralizing free radicals that damage and kill your mitochondria.

Good sources of PQQ are kiwi fruit, sweet green peppers, carrots, potatoes, cabbage, sweet potatoes and bananas. But for heart failure patients, I recommend going straight to a supplement. Take 10 mg of PQQ daily with your CoQ10.



Kiwi contains a powerful nutrient that triggers heart cells to build new energy-producing mitochondria.

L-carnitine: Your body converts L-carnitine to acetyl-L-carnitine (ALC). Studies show that when your mitochondria slow down, ALC can fire them up again.¹⁵

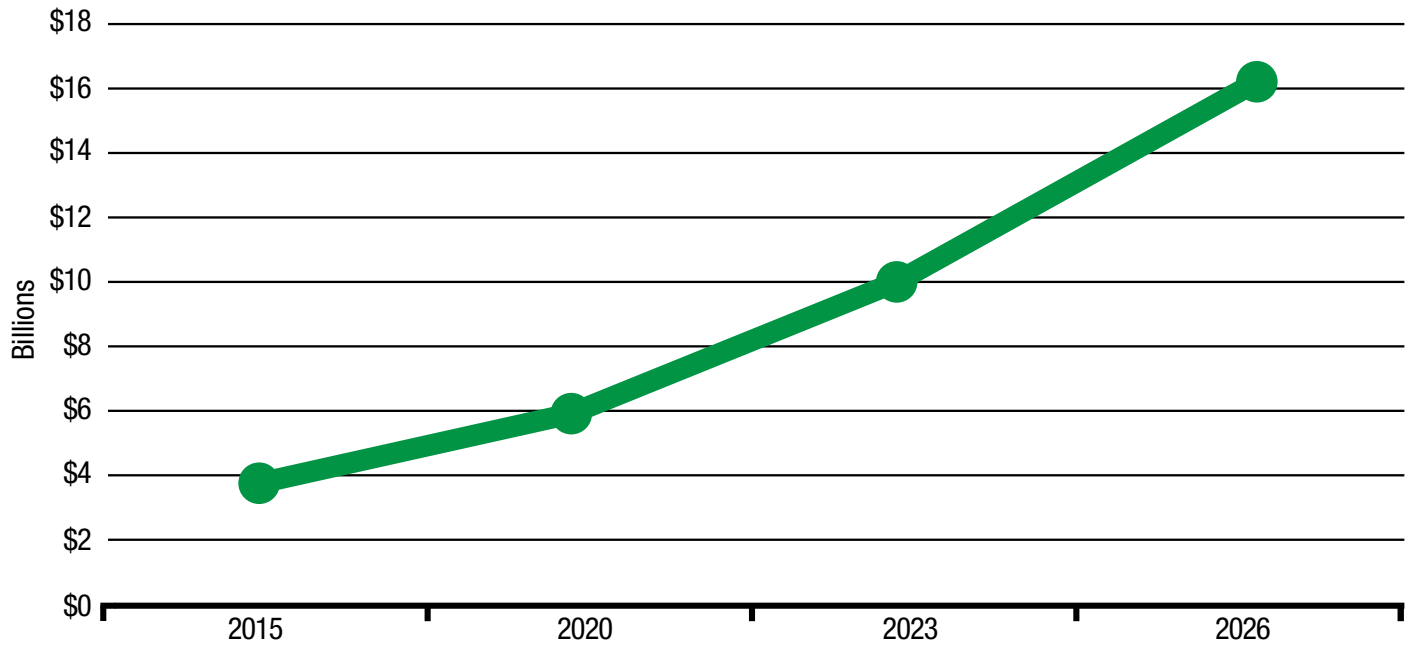
Congestive heart failure patients have significantly depleted levels of L-carnitine. You can replenish lost L-carnitine by eating red meat and whole dairy products. But with congestive heart failure, you should also take a supplement.

Look for a formula that contains only L-carnitine — not DL-carnitine, which is synthetic and interferes with the action of natural L-carnitine. I recommend 2,000 mg daily.

D-ribose: Studies show D-ribose improves your heart's ability to relax. With better relaxation, it has more power to pump blood to the rest of the body.¹⁶ D-ribose has also been shown to reduce the classic CHF symptoms of fatigue and weakness. At the same time, it boosts heart-muscle strength and oxygen intake.¹⁷

Researchers at the University of Utah gave D-ribose to 15 heart failure patients and after just eight weeks recorded heart and breathing improvements in all of them.¹⁸

KICKBACKS FOR PRESCRIBING ENTRESTO



The growth of the global heart Failure drug market has been exponential over the past few years - from around \$3.7 billion in 2015 to an expected \$16.1 billion in 2026.

Data Source: PharmaPoint: Heart Failure – Global Drug Forecast and Market Analysis to 2026

You can't get D-ribose from food. You have to take a supplement. I recommend 5 grams of powdered D-ribose three times a day. You can mix it into an 8-ounce glass of water or juice and then drink it all down at breakfast, lunch and dinner.

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High Octane Fuel For Your Heart And Brain

In his remarkable book “The Common Form of Joint Dysfunction,” one of the most respected doctors of the 20th century — Dr. William Kaufman — wrote something I’ve always remembered since I first read it:

“The lack of only a single nutrient can cause diverse problems in the human body.”

While there are many nutrient deficiencies in our modern world, one of the most troubling is the nutrient that helps create the cellular fuel for your heart and brain.

I’m talking about coenzyme Q10.

It might shock you to find out that government health advisors don’t even consider it “essential”... yet it’s impossible to live without CoQ10.

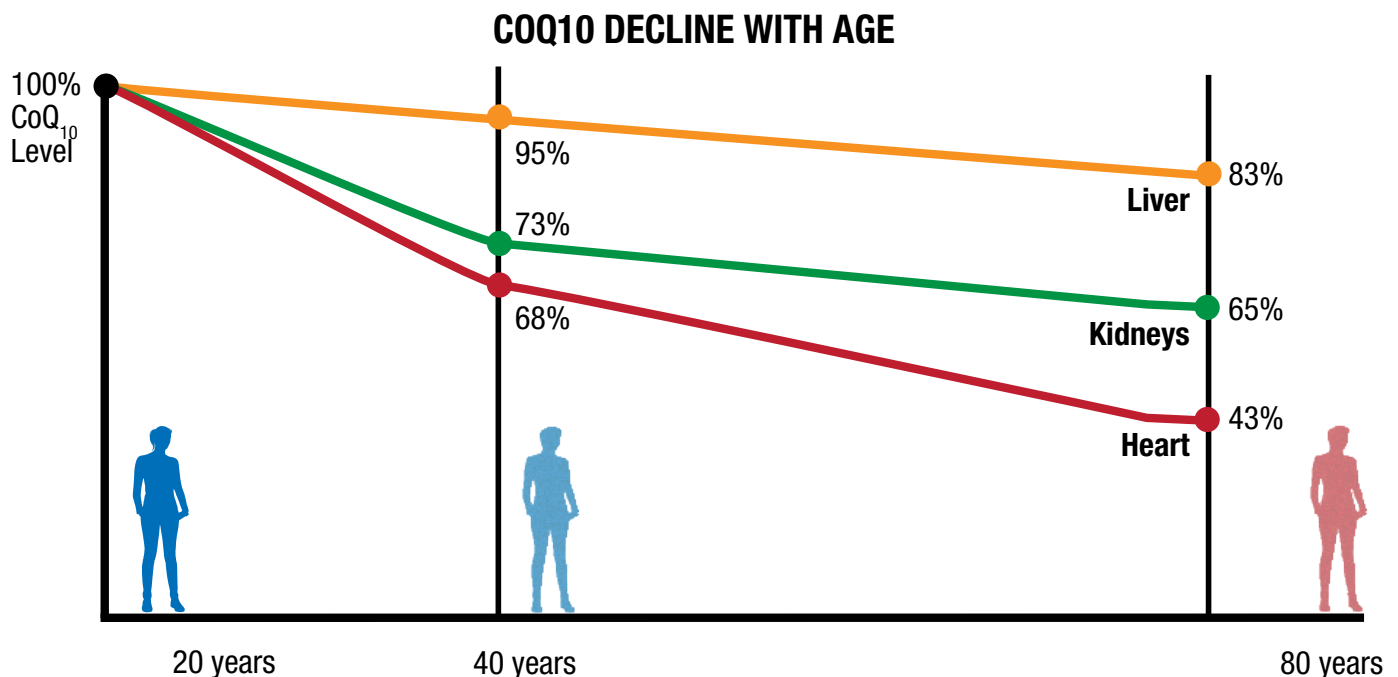
It’s called **ubiquinone** because it’s ubiquitous — it powers every single cell in your body.

In fact, it’s so important that revealing how CoQ10 works won Peter Mitchell the Nobel Prize in 1978.

If you don’t have enough of it, you leave yourself open to muscle weakness, seizures, heart failure and cancer. In fact, CoQ10 is the primary source of energy for the immune cells that get suppressed by cancer.

CoQ10 also works wonders to energize the heart, reduce oxidized fat in blood vessels, and destroy free radicals lurking in the heart. This nutrient alone helps 50% of my patients get high blood pressure back to normal.

Like I mentioned in the previous article, the majority of people with heart disease are deficient in CoQ10.



Coenzyme Q10 levels decline with aging. For example, the heart of an 80-year-old person only contains 43% of the CoQ10 it had at age 20.

CoQ10 Also Supplies High Octane Fuel To Your Brain

As the most energy-hungry organ in your body, your brain cells have the greatest number of mitochondria — anywhere from 2,000 to 5,000 of them in each nerve cell. And healthy brains need well-functioning mitochondria.

But as you grow older, your mitochondria decay, become weaker and die. They also become fewer in number. This is a major cause of aging and the cause of many neurodegenerative disorders, like Parkinson's and dementia.¹

Recent clinical studies reveal that your brain is a prime target for mitochondrial decay. More than any other part of your body.² This happens because the high-energy demands of your brain cells — and their constant exposure to large amounts of oxygen — make them vulnerable to damage from free radicals and oxidative stress.³

When the damage becomes severe enough, brain cells trigger the destruction of their own mitochondria.⁴

Fewer mitochondria in your brain cells mean you lose your capacity to make energy and your mental performance begins to decline.

Ultimately, this sets your brain cells on the path to “cell suicide.” And this loss of cells in brain tissue impacts your mobility, your ability to learn and your memory, causing all kinds of neurological and brain disorders.⁵

In this article, I'll show you how to increase the amount of CoQ10 your body produces — no matter how old you are. And the NASA nutrient often referred to as “CoQ10's more powerful cousin.”

But first, let me show you why we're so deficient and why it's a real crisis of the modern world.

How The War On Cholesterol Made You “CoQ10 Deficient”

In the late 1970s and 1980s, mainstream medicine launched its war on cholesterol. They spread the lie that it caused heart disease. But there was an

“Fewer mitochondria in your brain cells mean you lose your capacity to make energy and your mental performance begins to decline.”

unexpected consequence of this war: Instead of reducing heart disease in America, the rates skyrocketed.

It wasn't a coincidence. Not only do Big Pharma's cholesterol-lowering statin drugs deplete your body's store of the heart super-nutrient CoQ10 by as much as 40%, we were told to stop eating the richest dietary sources of CoQ10 — organ meat and other red meats. More on this in a moment...

CoQ10 isn't just critical for your heart. This vital anti-aging nutrient and antioxidant is essential for the normal function of all your organs — especially as you get older.

And the latest research reveals just how important CoQ10 is and how devastating low levels can be. The loss of CoQ10 from our diet has only made the problem worse.

As you age, your CoQ10 levels decrease — and if you can't get it through nutrient-rich dietary sources or from supplementation, your energy levels fall and your organs function below par.

I've been recommending CoQ10 through diet and supplements to my patients for decades now. It's strong enough to reverse congestive heart failure and keep your arteries clear of deadly plaque.

Since CoQ10's power was first demonstrated in Japan, hundreds of studies have confirmed it can:

- Reverse heart disease⁶
- Lessen heart attack damage⁷
- Reverse congestive heart failure^{8,9}
- Slow — and in some cases even reverse — cancer^{10,11,12}
- Reverse gum disease^{13,14,15}
- Lower blood pressure¹⁶
- Reverse macular degeneration¹⁷

Increase Your Cells' Power Generators

If you are already taking CoQ10, you know that it's like high-octane fuel that your body draws on to power everything it does.

You see, CoQ10 is produced in your body, and it acts like a turbo booster for your mitochondria — the little powerhouses within each one of your cells — by helping them burn fuel more effectively.

A single cell in your body can contain between 200 to 5,000 mitochondria, with the largest number found in the most metabolically active cells, like those in your brain, heart and skeletal muscles.

But because of changes in cells, stress and poor diet, most people’s power generators begin to malfunction and die off as they age.

In fact, the Mitochondrial Research Society reports 50 million U.S. adults are suffering from health problems because of mitochondrial dysfunction.

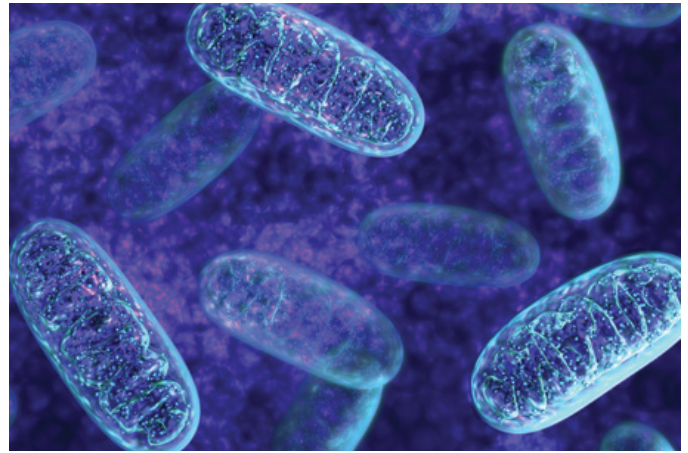
Common ailments often associated with aging — such as memory problems, heart issues, blood sugar concerns and vision and hearing difficulties — can all be connected to a decrease in mitochondria.

I was one of the first to realize CoQ10 provides the “spark” your mitochondria need to function. It is one of the first things I recommend to my patients. CoQ10 was also the first super nutrient we identified to have an immediate connection to mitochondrial health.

I noticed an immediate and startling change in my patients who took it. They had greater energy, stamina and strength than ever before. CoQ10 is essential for your cells’ mitochondria.

Energy production at the cellular level begins when the body turns the food we eat into nutrients (glucose, amino acids, and fatty acids) the mitochondria can use to produce energy. Within the cells, the mitochondria manufacture **ATP (adenosine triphosphate)**. ATP is your body’s source of energy. ATP is the fuel cells burn to perform their tasks.

To make energy, the mitochondria use plenty of CoQ10. This is essential to keep these powerhouses of the cells working efficiently. In this way, CoQ10 provides a virtual “Fountain of Youth” for your cells. When cells run out of CoQ10, the mitochondria simply cannot produce enough energy to meet the body’s demands.



Decreasing mitochondria is associated with the “diseases” of aging — such as memory loss, heart issues, diabetes and vision loss.

When the body has enough CoQ10, it can operate efficiently. When stockpiles of CoQ10 run low, the mitochondria are less efficient and they may produce adenosine diphosphate (ADP), which is a less potent fuel.

Over time, running your body on cheap fuel takes its toll, damaging the mitochondria and contributing to a growing sense of fatigue, weakness, and eventually, disease.

Over the years, your mitochondria age and show signs of wear and tear just as the rest of the body does. And when this happens, your mitochondria become less efficient at producing ATP.

When your mitochondria break down, they produce less energy. If this happens long enough, you experience chronic fatigue. This energy crisis can compromise your immune system, leaving your body more vulnerable to attack from bacteria, viruses and additional pathogens.

A number of studies found that people who suffer from ailments associated with aging — including cardiovascular disease, Parkinson’s disease, and Alzheimer’s disease — all tend to have abnormally low levels of CoQ10 and high levels of mitochondria failure.

If you are in one of these categories, CoQ10 supplements can make a dramatic difference in your energy level and cardiovascular health. CoQ10 sparks your aging mitochondria to make more energy. It also acts as a potent free radical scavenger. It soaks up oxidized molecules before they can cause damage.

This is one reason why CoQ10 levels are closely related to athletic endurance and time to exhaustion. It is also why high levels promote a strong heartbeat. In fact, CoQ10 is crucial for the heart because of the constant energy that is required to be produced.

“For optimal health and mitochondria support, I recommend starting at 100 mg of CoQ10 daily and working your way up to 300 mg per day.”

CoQ10 Protects Your Most Vulnerable Organ

Taking care of your lungs today is more important than ever... And of all the organs in your body, your lungs have the most contact with oxygen. This makes them especially susceptible to oxidative damage.

Increased oxidative damage in the lungs and poor antioxidant protection – the result of low levels of CoQ10 – can leave you vulnerable to disease causing viruses and bacteria. It can eventually result in lung diseases like asthma and **chronic obstructive pulmonary disease (COPD)**.¹⁸

It’s also been shown that people suffering from these conditions are CoQ10 deficient.¹⁹ But increasing levels of CoQ10 can reduce inflammation in those with asthma — and eliminate their need to treat it with dangerous steroid medications.²⁰

Another study showed improvements in exercise performance in those suffering from COPD. This was observed through better tissue oxygenation and heart rate after supplementing with CoQ10.²¹

Here’s How Most CoQ10 Supplements Let You Down

I often hear from new patients that even though they’re taking CoQ10, they don’t feel any different. That’s because not all CoQ10 supplements are created equal. Most of the CoQ10 they’re taking never makes it to their cells.

In fact, most people over 50 have a hard time converting CoQ10 into its usable form. The lion’s share of valuable CoQ10 disappears — making it impossible to give your cells the protection they need.

The trouble with most brands of CoQ10 supplements is that they use a cheaper form of the

enzyme — known as ubiquinone. This form of CoQ10 is extremely difficult for your body to absorb.

So the label says the pill contains 50 mg of CoQ10. And it probably does. But only a tiny fraction of that is actually absorbed by your body. The rest is passed as waste. So it never reaches the cell membranes and walls where it’s needed most.

As a regular reader, you’re probably aware that you need the ubiquinol form. With ubiquinol, your body absorbs up to eight times more CoQ10 than with ordinary CoQ10 supplements.²²

For optimal health and mitochondria support, I recommend starting at 100 mg of CoQ10 daily and working your way up to 300 mg per day. Be sure to take your supplement in the morning. Taking it close to bedtime can lead to insomnia. Because CoQ10 is fat-soluble, taking it with food will help your body absorb it up to three times faster.

And always take CoQ10 with PQQ. Pyrroloquinoline quinone stimulates something called “mitochondrial biogenesis” — a unique process that actually boosts the number of healthy mitochondria in your cells.

In a study published in the *Journal of Nutrition*, mice fed PQQ grew a staggering number of new mitochondria, showing an increase of more than 55% in just eight weeks. The mice with the strongest mitochondria showed no signs of aging — even when they were the equivalent of 80 years old.²³

Get More CoQ10 Naturally

Your body naturally produces CoQ10 after you consume **chlorophyll** from green plant foods.

Chlorophyll is the green pigment in plants that allows them to turn sunlight into energy through photosynthesis. After you eat greens you have chlorophyll in your bloodstream.

And this consumed chlorophyll reacts with the sunlight that penetrates through your skin.²⁴ When this happens, your body is able to create and regenerate CoQ10 naturally.²⁵

One of the best food sources of chlorophyll is spinach. Parsley, garden cress, green beans and arugula are also good sources of chlorophyll.



Your body can make its own CoQ10 after eating you consume chlorophyll in green plants.

But it's not easy to eat enough greens to get the CoQ10 you need as you age. For that reason, I suggest you add more of these foods to your diet:

1. Eat more of the superfood that made our ancestors great. Although organ meats have fallen out of favor in America, they've been used for thousands of years in cultures that use every edible part of a slaughtered animal.

Many traditional cultures and their medicine men — including Native Americans — still believe that eating the organs from a healthy animal supports the organs of the person who eats it. For example, a traditional way of treating someone with a weak heart was to feed the person the heart of a healthy animal. And given that an animal heart is rich in CoQ10, these traditional healers were right on the mark.

Organ meats like heart and liver from land animals are the most concentrated food sources of CoQ10, with beef heart containing about 16 mg of CoQ10 per five-ounce serving. And compared with the muscle meat we are used to eating these days, organ meats are far more densely packed with every key nutrient your body needs — including heavy doses of B vitamins, such as B1, B2, B6, folic acid and B12.

Organ meats are also loaded with key minerals like phosphorus, iron, copper, magnesium, iodine,



Organ meats like heart and liver from land animals are the most concentrated food sources of CoQ10.

calcium, potassium, sodium, selenium, zinc and manganese and provide the important fat-soluble vitamins A, D, E and K.

2. Include pastured beef as well. You'll find high concentrations of CoQ10 in muscle meat as well. Humans evolved to eat meat... But there's a big problem with today's red meat. 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" or CAFOs. 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.

Stay away from factory-farmed meat. You can purchase grass-fed beef online and have it delivered right to your home.

3. Further sources of quality CoQ10. Another good CoQ10 source that became a casualty of the cholesterol myth are eggs. First they told us not to eat them at all. Then they said to toss the yolk. But the bright reddish-orange yolk of a pasture-raised chicken is full of CoQ10.

You'll also find high levels in wild-caught salmon, buffalo, oxtail and ostrich.

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The Curious Case Of The Woman Who Feels No Pain

And How You Can Use This Accidental Discovery To Live Pain-Free For Life...

Jo Cameron does not feel physical pain. And she never feels anxiety.

When I heard her story it intrigued me.

Can you imagine never feeling pain?

For many of my patients, it would mean instant relief — and the promise of living pain free for the rest of their lives.

While this may sound like a fluke or a fantasy, the life of this 72-year-old woman from Inverness, Scotland holds an important clue.

You see, Jo doesn't get headaches. She never feels anxious. Even after surgery, she has little or no need for pain medication.

Here's why: Jo has two rare mutations that affect her **endocannabinoid system (ECS)**¹ ... the most important, yet least understood, “signalling system” in your body.

In plain language, it means the trillions of CBD receptors in her body are switched on 24/7.

Jo Cameron is living proof the ECS system regulates pain in your body... and she's a living illustration of CBD's pain-killing power.

In this article, I'll show you how this accidental discovery can help you live with less pain, and what makes CBD and medical marijuana so effective for pain relief. And I'll show you why you don't always need CBD to activate these pain-killing receptors.



A rare mutation that keeps Jo Cameron's endocannabinoid system turned on all the time means she never feels pain.

Accidental Discovery Stuns Doctors

Jo went in for a hand surgery that is often very painful. When discussing anesthesia and pain management options, she told her surgeon she wouldn't need any.

You can imagine his reaction. Not only was he extremely skeptical, but he insisted she would need it.

Amazingly, she didn't.

That's when they discovered she had two rare genetic mutations that together, gave her immunity from pain.

One mutation limits how much **FAAH** she produces. FAAH is an enzyme that breaks down **anandamide**, an endocannabinoid compound known to elevate mood and reduce pain.²

The more FAAH, the more pain.

The other mutation involves a gene called FAAH-OUT. This gene controls your FAAH levels. In her case, she's missing half of the gene, causing her body to break down a lot of FAAH before it causes pain.

As a result, she has a constant abundance of anandamide and no pain.

CBD Works In Much The Same Way...

It slows the action of FAAH, increasing the amount of anandamide in your body.

Jo is living proof that your ECS regulates how you feel pain. Her experience also explains why CBD works so well to relieve pain.

Compare that with the **mu-opioid receptors** that dominate our world... pain drugs like morphine,

OxyContin, hydrocodone, and dozens more activate and attach to these mu-opioid receptors.

They provide temporary pain relief but wire us for addiction and a never-ending quest to increase the dose — and find new sources for the drugs when primary physicians refuse to write more prescriptions.

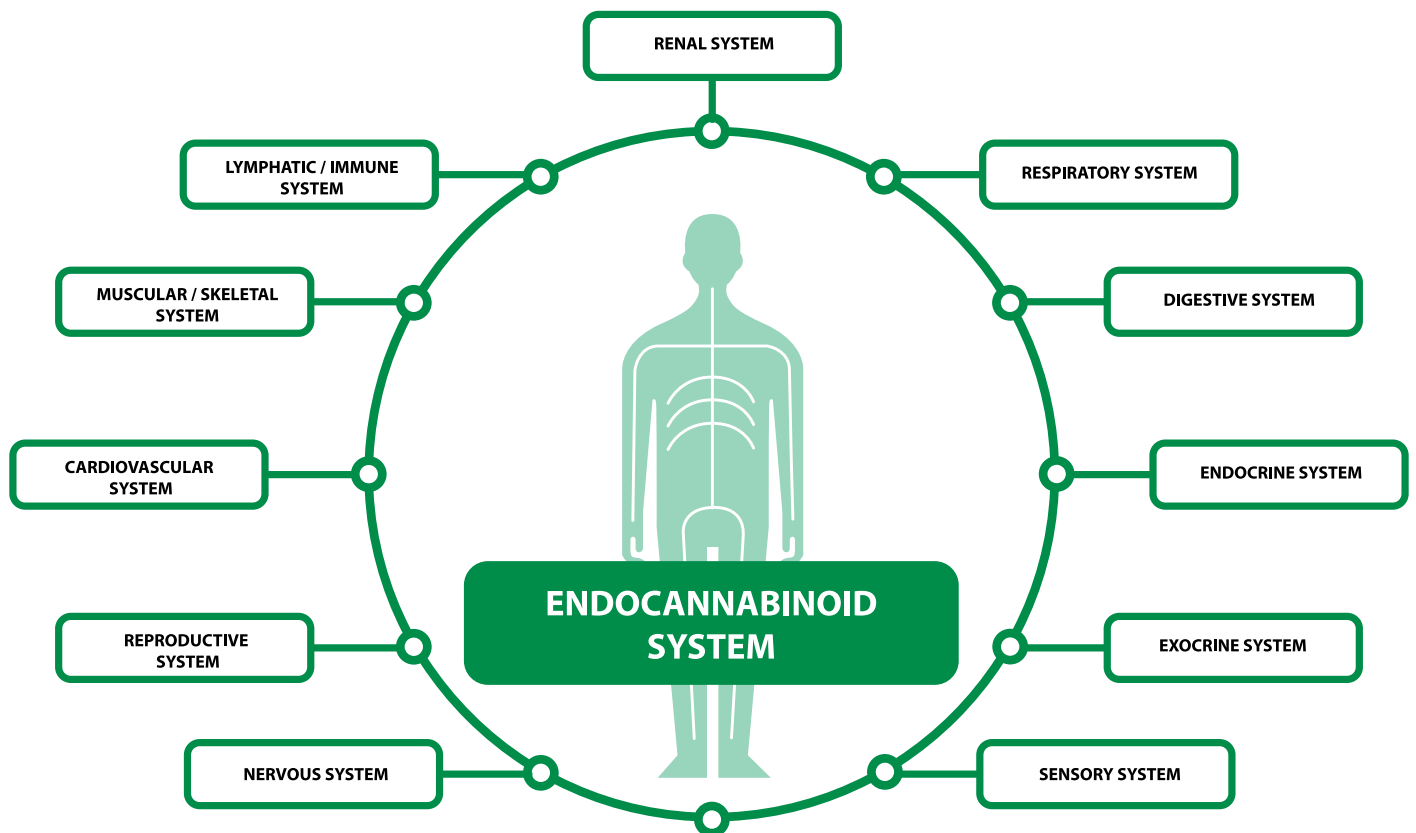
Drug addicts call it “chasing the dragon.”

Yet, this is the preferred protocol because it's the most profitable. Just ask the Sackler family who raked in tens of billions of dollars from their OxyContin drug over the last two decades.

But you have a safer, more satisfying option... and it's a completely natural “built in” system your body already has.

Your Own Endocannabinoid System... Pain Relief More Powerful Than Opioids

Jo lives pain-free because her endocannabinoid system (ECS) stays "turned on" all the time.



Your body's own built-in ECS affects almost every aspect of your body.

Our ECS plays a vital role in our health and regulates:

- Pain
- Appetite
- Digestion
- Immune response
- Inflammation
- Sleep
- Fertility
- Mood
- Body temperature
- Memory

It's one purpose is to keep your body in a state of balance. For example, when you need food, your ECS activates and makes you feel hungry.

Feel hot as you work out? Your ECS causes you to sweat.

The ECS is made up of three parts: 1) compounds called endocannabinoids, 2) the cell receptors they connect to, and 3) the enzymes that break them down.

For Jo, two rare genetic mutations affected this third part of her ECS and turned off her ability to feel pain.

When your body needs to restore balance, it produces endocannabinoids. Two of the most studied are anandamide and 2-AG.

As the first discovery, researchers named anandamide after the Sanskrit word "ananda," which means bliss or happiness.

- In the central nervous system, brain, and spine, they connect to what scientists call CB1 receptors.
- Cells in your peripheral nervous system, digestive system, and some immune cells have CB2 receptors.

Once these compounds do their job, your body produces an enzyme called FAAH. It breaks down the compounds and returns your body to normal.

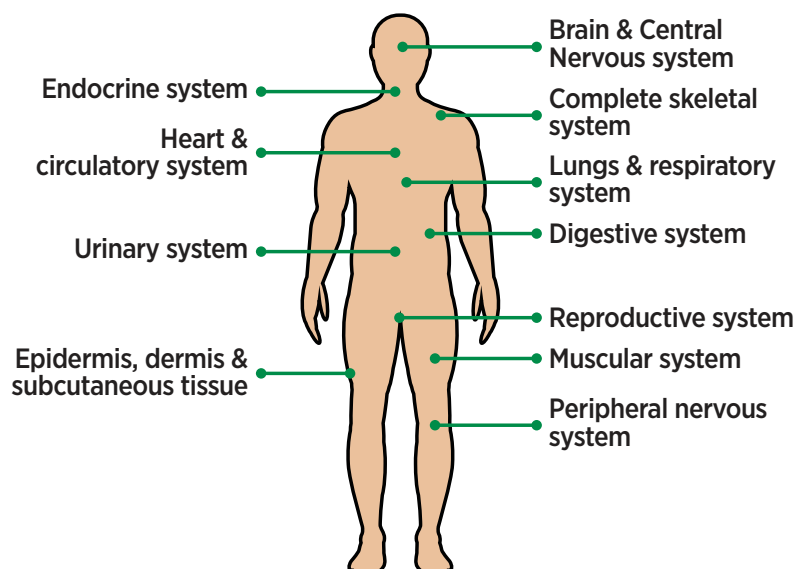
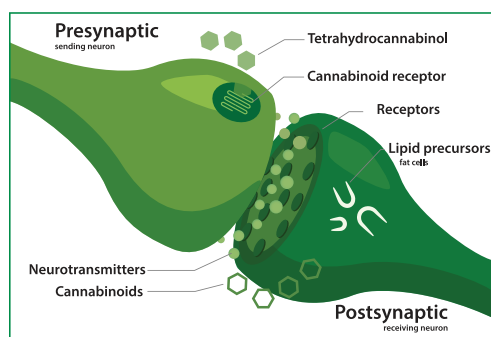
That was where Jo's system failed.

She produced normal amounts of anandamide. But her body — due to one genetic mutation — produced less FAAH. As a result, she had a constant build-up of this powerful endocannabinoid.

Jo's second mutation amplified this effect. She only had half of a gene called FAAH-OUT. It regulates FAAH. In her case, it never turned off, keeping her FAAH levels, and pain, even lower.

As a result, she had twice the usual amount of endocannabinoids coursing through her body.

Locations of CBD Receptors



Turning on your cannabinoid receptors can effectively block pain — even if you don't use CBD.

Now, Jo's experience is exceptionally rare. But her unique condition points to just how powerful our ECS is.

The Benefits Go Beyond Pain Relief

CBD and medical marijuana both come from hemp, but they aren't the same.

CBD is short for cannabidiol and is naturally present in all hemp plants. Marijuana comes from hashish, a form of hemp raised to increase for higher levels of THC.

Both CBD and THC interact with your ECS to relieve pain. They just do it in very different ways.

THC binds directly to your cells. It stays until your body removes it, which takes a little time.

This is why marijuana produces a "high" and why medical marijuana can give you a "buzz."

CBD works differently. It slows the activity of FAAH. This allows your own cannabinoids to last longer, extending pain relief. It's a lot like the way Jo's system works.

By not binding to the cells, CBD doesn't give you a "high." It just brings relief from pain. This is why CBD is more appealing to many people.

Pain is big business in the U.S. The CDC estimates that around 20% of all adults live with chronic pain.³

It's no surprise CBD gets so much attention. For one, CBD is new. It's natural.

CBD is also not addictive, like opioids. And you won't develop resistance to it with use.

Plus, its benefits go beyond pain relief. It also helps:

- Improve circulation
- Control blood pressure⁴
- Manage an irregular heartbeat⁵
- Strengthen your lungs and open your airways⁶
- Reduce inflammation
- Balance blood sugar⁷

Activate Your ECS With A Full Range Of Plant Compounds

CBD marketers want you to believe it's the only natural substance that positively affects your ECS. This isn't true. New research confirms many plants have compounds that support your ECS.

Full Spectrum CBD.

I do recommend CBD to deal with pain. It's safer than Big Pharma's dangerously addictive drugs, but you shouldn't take just any form of CBD.

For the best results, take a full spectrum CBD product. Typically you can find it as an oil or in gummies.

Full spectrum CBD has every cannabinoid present in the hemp plant. This does include a small percentage (.3%) of THC. It won't make you high, but it could cause you to fail a drug test.

Studies show full-spectrum CBD reduces inflammation more effectively than a similar dose of a CBD isolate, a product that only has cannabidiol.

Researchers believe this more significant effect happens due to an "entourage effect." All the cannabinoids work together, delivering hemp's full healing potential. You won't find any dosing information. The FDA has not yet determined a recommended daily intake.

If you choose to take CBD, I have created a free dosage calculator that will help you decide where to start.

You can find it here: [CBD dosage calculator](#)

As I said there are other ways to ramp up ECS.

How A Gift From The "3 Wise Men" Lights Up Your ECS

UC Davis researchers tested frankincense against placebo in a study with 70 patients suffering from stiff joints.⁸ After a week, everyone in the test group reported significant relief. That's a 100% success rate.

Frankincense is also known as *Boswellia serrata*, an ancient Ayurvedic remedy.

For the best results, you want Indian Frankincense.

It has the highest concentrations of boswellic acids, the compounds that support the ECS through what's called the "cannabinoid tetrad" — four signs that show it is acting on the ECS.

I recommend taking 400 mg daily for ECS support. For pain relief, take 400 mg twice daily.

Delicious Dark Chocolate Mimics CBD

Chocolate acts a lot like CBD. It has a fatty acid compound called *N-oleoylethanolamide*. This compound slows FAAH enzyme activity, so your natural cannabinoids last longer. To support the ECS, choose chocolate that is 70% or higher dark chocolate.



Dark chocolate contains a compound that naturally relieves pain.

Exercise

Researchers tested 11 healthy cyclists after one hour of intense activity and found increased endocannabinoid AEA levels.⁹ Even 15 minutes after they stopped, the cyclists AEA levels had continued to rise.

Fortunately, you don't need to do an hour of intense training.

Instead, take 15-20 minutes every day and exercise until you are breathless, like that which I recommend in my PACE program.

You can get started on PACE Workouts with free videos here...

https://www.youtube.com/watch?v=ub0eov_MxJs

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The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.

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).

