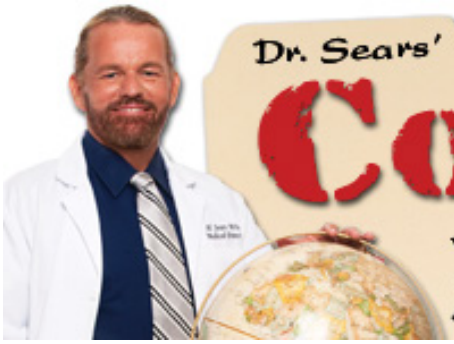


Dr. Sears'
Confidential Cures
Your Guide to Truth and Lies in Medicine from Around the World

October 2020 **Vol. IX Issue 10**

Dear Friend,

Flu season is here, and the CDC has shifted into overdrive pushing you to get your flu vaccine as early as possible.

They insist that it's even more important this year with the added threat of the pandemic.

But what are the risks of getting the flu vaccine? Is it worth it?

I'll show you all the research and data on this hotly debated seasonal topic.

The GOOD NEWS is there are ways to boost your native immunity naturally. In this issue of ***Confidential Cures****, I'll show you exactly how so you can enjoy optimal health through the winter months, and all year long.*

One great way is to boost your vitamin D3 intake. You see, when you maintain robust levels of vitamin D3 you are giving your immune system powerful support. Especially as we head into the colder months when so many people won't be able to soak up the sunshine like we do here in Florida. I recommend taking vitamin D3, known as 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 less absorbable.*

It's also important to get the right nutrition to support a healthy immune system. The food we eat is nature's plan to build a strong immune system. But, we should also talk about the quality of the food in our grocery stores. It's not what nature intended for us and makes us sicker. In this issue, I'll show you how to avoid the processed, grain-filled "carbage" trap and eat the way our natural primal ancestors did.

I developed my Primal Power eating plan with my own patients to give them lasting, sustainable health benefits. It focuses on the foods that will nourish your body instead of making you sick.

In this issue, you'll also learn:

- *Why the $60 billion vaccine industry has kept you in the dark about the potential adverse effects of the vaccines they're pushing us to get. And what you can do to bolster your native immunity to feel confident in the upcoming winter months.*
- *The main culprit behind today's dramatic rise in chronic disease including Alzheimer's and dementia. New studies show an incredible connection between the gut and brain and have reported that a low-carb, keto-enhanced eating plan can improve brain-related gut health. My plan goes a step further to provide everything you need for optimal health.*
- *How to protect yourself from the "poison pushers" and balance your blood sugar with this paleo solution that supports healthy immunity as well.*

To Your Good Health,

Al Sears, MD, CNS

Also in This Issue...

The Truth About Vaccines This Flu Season

The CDC officially kicked off the 2020-2021 flu vaccine campaign earlier this month. Now you're being told that getting a flu vaccine is especially important this season with the added threat of COVID-19.

Flu shots have gained an unquestioned and unquestionable reputation. It has become okay for the medical establishment to overlook and ignore the vaccines' potential adverse effects. And, unlike drug ads, the messages we're fed *ignore* the potential side effects of vaccines.

So it's not a surprise that most people were never informed about these potential risks. We've been kept in the dark and simply didn't know the questions to ask.

In this ***Confidential Cures*** article, I'll show you how the $60 billion dollar vaccine industry continues to keep us all in the dark.[1] And, I'll show you ways to bolster your native immunity so you can enjoy optimal health year-round.

The Hidden Risks Of The Flu Vaccine

Most vaccines have several primary ingredients, including weakened or dead virus strains, preservatives, and adjuvants (substances that enhance the vaccine's action).

The main active ingredient is the virus itself, which is supposed to produce an immune reaction in your body. More on this in a minute...

Other ingredients may include...

- Antibiotics (to prevent bacteria from forming during production and storage)
- Formaldehyde (to deactivate and decontaminate the viruses and toxins)
- Chicken egg proteins (eggs are a good environment for virus reproduction)

Just one example of the 2020 propaganda machine fueling the push for the flu vaccine.

- Dog kidney cells (some viruses reproduce better in these cells than in eggs)
- Pork-based gelatin (a strong preservative)
- Thimerosal (a preservative that's about 50% mercury)

The CDC and vaccine makers claim that these ingredients are necessary for vaccines to be safe and effective.[2]

But these ingredients have risks. They are toxic and can potentially harm your:

- Skin
- Stomach and intestines
- Lungs
- Brain and nerves
- Immune system[3]

They can trigger an autoimmune response and even cause allergies in some people.[4]

Most people have been told that these reactions are the necessary evils that go along with avoiding the seasonal flu.

But are these adverse effects really worth the risks, considering the dubious effectiveness of the flu vaccine?

How Much Of A Shot In The Dark Is It?

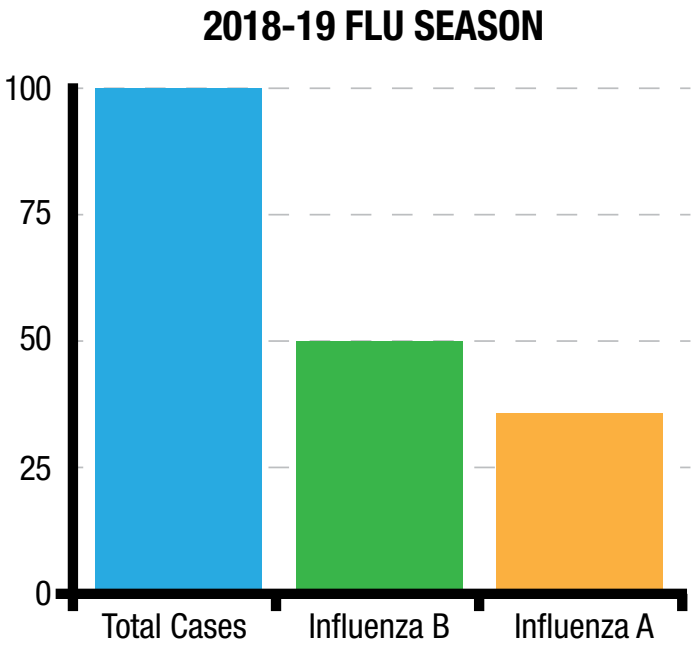
First, a flu vaccine is *always* a shot in the dark. Because it's prepared roughly a year in advance of flu season, it's designed to immunize you against one to four strains of the flu virus.

But consider this: there are about 60 strains of influenza that shift in prevalence from year to year.[5]

This means that even if you get the shot and have no adverse side effects, you may still get the flu if the developers didn't get the prevalent strains right.

And they get them ***wrong*** more than half the time, on average. According to AAFP.org, here are the flu shot effectiveness statistics for the season of 2018-19:[6]

The overall effectiveness was 45%.



"Specifically, the flu vaccine has been 50% effective against influenza B/Victoria viruses and 37% effective against influenza A (H!N!)pdm09." -AAFP.org

Now you may say this is not all that bad. But consider that to be effectively immunized for a strain of flu, your entire immune system will be involved. Well, what does that really mean?

You see, prior to the advent of the new and unproven mRNA vaccines, to gain a heightened immune response to the prevalent flu strains, you must inject yourself with foreign proteins from microbes.

As a result, you risk a whole host of problems, even if you receive immunity against the right strains of the flu this season.

When foreign protein molecules enter your body via a flu shot, they bypass the digestive system. And that is a recipe for allergies.

These same foreign proteins may cause an autoimmune reaction. You may have heard that when receiving a transplant, a patient must take immunosuppressants. Doctors do it to prevent transplant rejection or damage to the new organ.

Think of a flu shot as a micro transplant that may trigger an autoimmune reaction that could do serious damage, such as:

- Depressed brain function (because vaccines contain neurotoxins)
- Chronic illness (because vaccines can alter T-cell function)
- Higher risk of contracting other diseases for weeks or months after the shot

Pregnant women and seniors face even greater risks.

Immune systems weaken with age. So, developers need to create vaccines that are up to four times as potent just to elicit an immune response.

As a result, the seniors' immune responses to several strains of the flu get a boost. At the same time, their immune systems as a whole can become depressed that much more.

Pregnant women largely do not know what to expect as a result of taking the flu shot. Suffice to say the flu vaccine has been classified as a Category C drug. This means it has not been tested enough on humans to determine safety.

The question a pregnant mom has to ask: Do you want yourself and your baby to be test subjects for a substance that contains heavy metals, foreign proteins, and even elements that are considered environmentally toxic?

By taking a flu shot, you're basically subjecting yourself to a lot of unknowns. Flu vaccines are notorious for lacking sufficient safety studies.

When The Cure Is Worse Than The Disease

Would you be surprised to find out that the Spanish Flu of 1918 probably did not originate in Spain and wasn't even an influenza?

Over 50 million people are estimated to have died during the so-called Spanish Flu pandemic of 1918 to 1920.[7]

Eleanor McBean, an eyewitness to the pandemic, wrote a book in 1957 telling how she and her unvaccinated family survived the Spanish flu.

The first US case appeared in Fort Riley, Kansas during military vaccination experiments. The soldiers were really immunized against bacterial meningitis. The vaccine that produced flu-like symptoms contained serums seeded with random doses of different diseases.[8]

US soldiers may have brought these diseases with them into Europe, causing the pandemic. When the war ended, the U.S. government was fearful the returning soldiers would spread the "flu" at home. The second wave of the virus that began in August was much deadlier. Flash forward to more recent history.

During the 2009 swine flu pandemic, devastating reactions to the H1N1 vaccine were widely reported. Finland, for instance, suspended use of the vaccine after teenagers developed narcolepsy in response to the Pandemrix vaccine in Finland, France, and Sweden.

The swine flu vaccine has a record of severe adverse side effects, including debilitating conditions as Guillain-Barre syndrome.[9]

The Million-Year-Old Healer?

You've now heard the case against vaccines. But if they are not the answer, then what is?

One word — nature. It has given us solutions to every problem humanity has faced so far. Because the human body has a tremendous capacity for self-healing and self-protection.

This is why simple solutions often work best. They help your body's native ability to fight off viruses without limiting the protection to only a few strains.

The main principle is to boost immunity while adding a specific method like nebulized hydrogen peroxide when necessary.

Please note you should follow the nebulizer protocol below ***only when you're sick***. It is not recommended as a preventative.

Buy a nebulizer. You can order a nebulizer on Amazon. Opt for a desktop version because it is potent enough to vaporize the needed ingredients and to last you a while. Trek S is a good model.

Don't wait until you have the symptoms to get the nebulizer, because time is of essence if the infection begins to affect your breathing. Have one ready for use at home.

Using my nebulized-hydrogen protocol to prevent the flu and other viral infections means you'll never have to rely on a Big Pharma vaccine for protection.

In addition, purchase a couple of masks because the nebulizer comes with a tube as it is meant for asthmatics. But you need to get that peroxide in your sinuses as well.

Buy hydrogen peroxide. Choose 3-12% food grade hydrogen peroxide (also available online). Don't get the commercial 3% peroxide available in most grocery stores. It contains some toxic stabilizers.

Buy normal saline. A saline solution is just water mixed with some salt (sodium chloride). This solution is used for many purposes in the medical industry. Hospitals use it intravenously to hydrate the patient while supplying electrolytes.

The 9% saline mix is the most common. Don't use tap water to avoid any kind of contamination. Also, be forewarned that nebulizing distilled water without salts may damage lung cells.

Just use sterile normal saline (available online as well).

Buy an empty dropper bottle. It's just a small bottle with a dropper in the cap, the kind they use to store and sell essential oils and other liquids in small amounts.

Prepare the peroxide dilution. You won't be nebulizing pure hydrogen peroxide. What you need to do is add a small amount of peroxide into the saline, and that will be the mixture you pour into the nebulizer.

Here is how to measure out the proper concentration. One dropper (a full squeeze) contains roughly one millimeter (mm) or 1CC of liquid.

If you are using the 3% hydrogen peroxide, then add three dropperfuls to a 250CC bag of normal saline. This will bring the concentration of hydrogen peroxide down to .04%.

If you are using the 12% hydrogen peroxide, then add only one dropperful of peroxide to a 250CC bag of normal saline. This will bring the dilution down to a little below .05%.

You don't have to be totally precise. A concentration of anywhere between .04% and .1% is safe and effective. A higher concentration can give you a slight burning sensation. That's how you know to use a lower concentration of hydrogen peroxide.

Nebulize the dilution. Now, the final step is to actually nebulize and inhale the vapors. Place three droppers of the hydrogen peroxide dilution you've just prepared into the nebulizer.

Turn on the nebulizer, put the mask on, and inhale for 10-15 minutes. Do this for about four times a day if you're sick. You can even nebulize hourly if you wish, until the symptoms improve.

As you feel better, you can decrease the frequency and then eventually discontinue.

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To Fight Alzheimer's And Dementia, Fill Your Plate With Fat

While the USDA continues to push high carbs as "nutrition," Alzheimer's and dementia are at an all-time andhigh and are slated to quadruple by 2050.[1]

The **MyPlate icon** that replaced the older Food Pyramid puts equal emphasis on grains, vegetables, fruits and protein with no mention at all of healthy fats.

I've been saying for years that it's a big mistake for you to follow this mainstream, misguided advice.

Our ancestors did not live on carbs and neither should we.

Our natural primal-hunter diet that consisted of real food has now been replaced with cheaper, more profitable sources of processed, grain-filled "carbage."

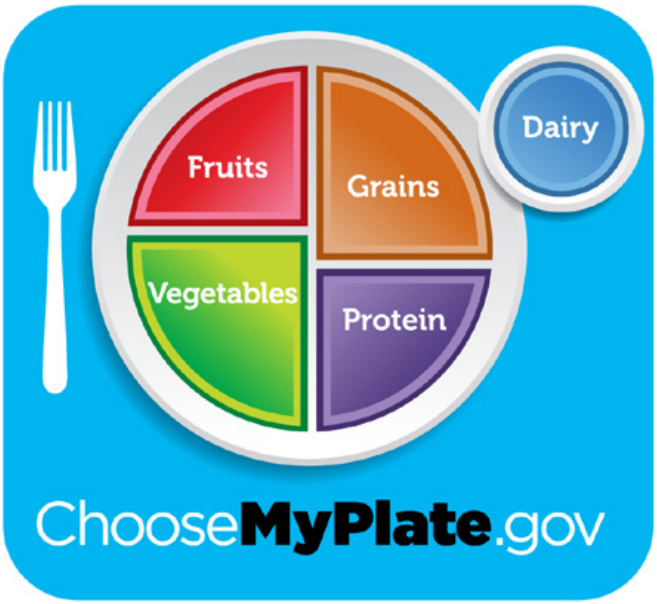
Just look at the aisles in the middle of your grocery store — the majority of your choices lie here. They are processed foods full of grains, sugar and GMO wheat and corn.

Now look at the sections where there's fresh, real food... your produce, meat and dairy departments represent just a small percentage of the store's total square footage.

This "carbage" being given the spotlight... it is THE main source of today's chronic disease.

The Primal Power eating plan I've developed with my own patients focuses on the foods that will nourish your body instead of making you sick. More on this in a moment.

So is this widespread belief in "high-carb nutrition" the culprit behind the incredible rise in Alzheimer's and dementia?



Government dietary guidelines are so misguided they don't even include the number-one food source for brain health.

A recent study says yes.

In August 2020, researchers at the Wake Forest School of Medicine and the Mayo Clinic published their findings on the connection between the gut microbiome and A/D.[2] They studied a number of subjects with Mild Cognitive Impairment (MCI).

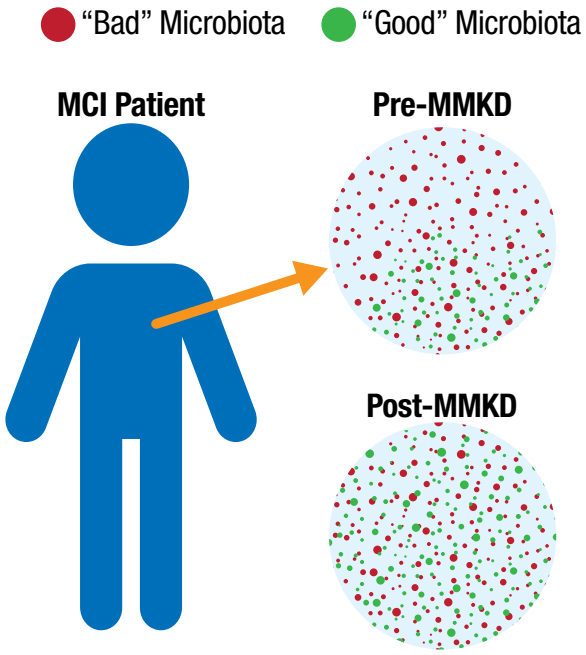
According to the study, several fungal organisms were present in higher numbers in patients with MCI between the ages of 58 and 70.

The same group of scientists had discovered a year earlier that certain bacterial strains were also prevalent in the subjects with MCI.[3]

Interestingly, both studies had the subjects follow either a Modified Mediterranean Keto Diet (MMKD) with very low carb intake or the American Heart Association Diet (AHAD) with higher carb intake. The results were revealing.

In both studies, the patients who followed the MMKD, which is a Mediterranean diet tweaked to be more like keto, showed lower numbers of both bacteria and fungi associated with MCI, which is a precursor to Alzheimer's and dementia.

Moreover, the MMKD diet also increased the number and function of the "good" microbiome.



Results of a 6-week intervention.

Conversely, those who followed the AHAD diet showed an increase in the numbers of microorganisms that contribute to the potentially devastating disease.

Note that the MyPlate[4] food regimen prescribed by the USDA is similar to The American Heart Association Diet[5] whose effects were examined against MMKD in the studies.

The Second Brain and Alzheimer's/Dementia

The human bowel is lined with nerve tissues and has been called the second brain, for good reason. It's called the enteric nervous system but is often referred to as the "gut brain."

The connection between the gut and the brain was observed as far back as ancient Greece. Later, the great Persian physician Avicenna (980-1037AD) wrote that "the stomach is involved in many head disorders."[6]

Today, we know that the human enteric nervous system (the one that regulates the gut) contains at least 100 million neurons... more than the human spinal cord or the peripheral nervous system contain.[7]

Moreover, microorganisms such as bacteria, protozoa, viruses, and fungi comprise over ten times the count of somatic cells in a person.[8]

An important neurological disorder, MCI, occurs in people who are generally younger than those we usually think of as Alzheimer's or dementia patients. Unlike Alzheimer's, which is associated with chronic inflammation of the central nervous system, MCI is characterized by symptoms of cognitive decline.

MCI is also a precursor to Alzheimer's and dementia. So early detection and intervention can save most patients from the potentially lethal diagnosis.

This is why MCI is important, and now we know how to influence it. The new study I cited above shows that by following a low-carb, keto-enhanced version of a Mediterranean diet, you can improve your microbiota and consequently prevent or improve MCI or A/D.

High-Carb Diets Affect Both Brains

But there's another great reason to embrace keto or a similar diet to improve brain-related gut health.

You may know that Alzheimer's has been called "Type 3 Diabetes." It turns out insulin resistance plays a role in dementia, just as it does in Type 2 diabetes.

Glucose can't get into neurons to be used as fuel while ketones (the fat-based cell food) can. In other words, the brain burns fat for energy. High-carb diets produce a lot more glucose than fat to circulate in the body as fuel.

Researchers have found that cellular dysfunction and brain insulin resistance are early indicators of A/D.[9]

And, according to studies, human intestinal microbiota are associated with metabolic syndrome and such diseases as Type 2 Diabetes, Inflammatory Bowel Disease (IBD), and Alzheimer's.

Among all the influences on the human gut flora, nutrition is the number one contributor.

Can Eating Like A Greek Help Prevent Alzheimer's and Dementia?

Here's the bottom line: by adhering to a keto eating plan, you can improve both the state of your gut microbiome and your insulin-related metabolism, to help you improve or prevent MCI and A/D.

The Keto-modified Mediterranean plan is proven to work, so let's explore what to expect when you're on it.

What does a Mediterranean eating plan consist of? It's a melting pot of many cultures and generally includes:

- High-quality animal proteins and fats that come primarily from fish and other seafood
- Carbs mostly in the form of fruit, nuts, legumes, grains, potatoes, and breads
- Some poultry, eggs, and dairy
- Rare or sporadic red meat

But at a glance, it's obvious why it needed to be modified to be more ketogenic to bring about improvements in the gut microbiota.

It needs two tweaks:

- The carb section is way too liberal
- Red meat shouldn't be deemphasized as a source of many essential nutrients

If we exclude grains and breads, emphasize good fats from the right sources, and allow more red meat, we arrive at MMKD. This is really a ketogenic plan that includes wonderful foods found in the Mediterranean.

> "When you begin a ketogenic nutrition plan, this means you're switching your body from burning sugar (glucose) for energy to using fat as a source of fuel."

When you begin a ketogenic nutrition plan, this means you're switching your body from burning sugar (glucose) for energy to using fat as a source of fuel. This is a significant change, and your body has to adjust to it.

It will take your body anywhere from three days to a couple of weeks to make the adjustment, depending on your current state of health. You may experience some mild discomfort during the transition period.

Some of the signs that you are switching to ketosis may include:

- Headache
- Flu-like symptoms
- Low energy
- Brain fog
- Disrupted sleep pattern
- Constipation

But don't worry, because these signs and symptoms will go away once your body is in consistent ketosis. And once that happens, you will feel a lot better, have steady levels of energy, and will generally be glad you made the switch.

To mitigate these symptoms, be sure to stay well hydrated, get more rest, make sure you get a proper fat/carb ratio, and add more green veggies and olive oil if constipation occurs.

Simple, Delicious, Brain-Saving Foods To Start You Off

Despite all the confusing news reports, profit-driven advertising, and "so-called" mainstream advice from doctors, drug companies, and medical associations... the solution to a healthy eating plan is a very simple one.

It's something we can all do. It has immediate, lasting and sustainable health benefits. And you can start it today.

Going back to our primal roots is the key. Heeding the advice of Hippocrates to let food be our medicine, but to choose that food wisely, will make all the difference for your health.

We've placed too much trust in nutritional "experts." When I went to medical school, only a few credit hours were dedicated to nutrition. For most doctors, that's still all the education they have on nutrition.

I've spent my life in search of real nutrition for my patients. I don't doll out prescription medications to cover up symptoms. I look for the root of the problem and how to correct it.

So let's look at what to eat and what *not* to eat if you want to improve or prevent MCI or A/D or to feel better overall.

What fats you consume is one of the key distinctions you need to make to ensure you do MMKD right. And here's the key: avoid trans fats and hydrogenated oils. Choose healthy unsaturated fats instead.

Fat sources to avoid include vegetable oils like corn, sunflower, safflower, and canola. Also, stay away from processed foods because they often contain trans fats, which are liquid oils transformed into solid form.

Instead, opt for such delicious, healthy fats like olive oil, coconut oil, avocado, butter, ghee, and heavy cream.

MCT oil is a great addition because your liver converts it directly into ketones. You can use it to make mayonnaise and salad ,dressings or add it to smoothies.

When it comes to protein, it is very important to get the highest quality you can. Yes, you'll pay more, but the difference is worth it.

Try to buy only grass-fed beef and organ meats and pastured chicken. Your fish should ideally be wild-caught. And keep your eggs organic or from free-range chickens. These are your best sources of protein.

You'll come across warnings about red meat. Remember — the MyPlate food regimen that has replaced the Food Pyramid wants very little of it on your plate.

But remember, fat intake doesn't make you fat. You have to be wary of modern fats for other reasons. These include adulterated polluted fat from the modern animal husbandry industry where feedlot cattle are fed grains like soy, beans and corn.

Keep in mind that grass-fed red meat is a different story. It's the highest quality protein you can get, and it's loaded with omega-3s and key vitamins.

What kinds of carbs should you eat? When it comes to carbs, the first order of business is eliminating the bad ones.

The easiest way to do it is to avoid all processed foods. If it's in a can or a bag, just skip it.

And when it comes to carbs, the Primal Power Plan relies on low glycemic foods that are slower to spike insulin.

Here's a list of great sources of carbs to get you started:

- Non-starchy vegetables like leafy greens.
- Avocado — not only a great source of fats but it also contains high-quality carbs.
- Nuts of all kinds (pecans, Brazil nuts, and macadamia are some of the best).
- Seeds like sunflower and pumpkin seeds, raw or roasted (no salt).
- Low-sugar fruits like berries and melon are great in moderation.

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Protect Yourself From The "Poison Pushers" And Balance Your Blood Sugar With This Paleo Shortcut

Our modern food supply is turning healthy people into diabetics.

And the people *already* battling diabetes are now facing cancer, heart disease, and Alzheimer's.

While the invisible connection that links these chronic diseases is routinely ignored by the media and medical journals, the carefully crafted narrative that hypnotizes the public into eating these poison foods is rooted in junk science.

By trumpeting these biased, and often falsified studies, you're conditioned to believe that *bad is good... and good is bad...* And you're made to feel like a criminal if you don't believe the corporate shills masquerading as doctors and medical professionals.

But it doesn't have to be this way. You don't have to end up sick and diseased and you don't have to be used as fodder for these trillion-dollar profit machines.

Today, I'll show you the truth behind these corporate propaganda campaigns — why all chronic diseases are really caused by this one common factor — and how our ancient ancestors used this simple shortcut to avoid the REAL culprit behind diabetes, cancer, and Alzheimer's.

Don't Trust The "Science" On This One

The big, multinational companies that produce the vast majority of our food are the puppet masters pulling the strings of the research institutions and their "scientific studies" used to frame the medical advice you receive from trusted national organizations.

Ultra-processed foods drive the global epidemics of heart disease, cancer, diabetes, and Alzheimer's.

Even the United Nations — not exactly known for their objectivity or respect for Americans — formally recognized the impact companies producing ultra-processed foods are having on our health. They listed these products as major drivers of global epidemics like heart disease, cancer, diabetes, and Alzheimer's.[1]

The companies who produce these fake foods have billions of dollars at their disposal. They're using this money to literally take over our food supply.

You'll find evidence simply by looking for corporate sponsors.

The **Academy of Nutrition & Dietetics** is sponsored by corporations like PepsiCo, Danone, and the Campbell Soup Company.[2]

And the **American Diabetes Association** — one I'm sure you're familiar with — is backed by pharmaceutical behemoths Merck and AstraZeneca.[3]

Still not convinced our food supply is being controlled?

Business Insider reported only ten companies control almost every large food and beverage brand in the entire world. This includes names you'll be familiar with — Kellogg's, Coca-Cola, Nestle, and General Mills.[4]

Lobbying to influence our food choices is one thing. But actively manipulating scientific studies is even worse. Often, these large corporations will fund nutritional research — leaving us with biased outcomes and cherry-picked results.

For example, Kellogg's Australia funded one such study. They were looking at whether whole grain cereal fiber could be used to help people with Type 2 diabetes manage their condition. Of course, they proudly concluded that whole grains were an "important" part of a diabetic's diet.[5]

(Honestly, what did you expect?)

It wasn't long before this "study" came under fire by a number of respected health experts. They angrily accused Kellogg's of practicing "junk science."[6,7]

This assertion that "grains are important for diabetics" is one of the most reckless and dangerous claims I see today. Let's take a closer look at how a high carbohydrate diet affects your Type 2 diabetes.

Are Grains A Wolf In Sheep's Clothing?

In the past 40-50 years, our modern diet has become more starch-loaded than any other time in human history.[8]

It's no coincidence our Standard American Diet is abbreviated as "SAD." It's filled with processed foods containing an unnaturally high amount of grains. This is made even worse by cheap and unhealthy vegetable oils. Refined sugars are added at every opportunity.

Even the red meat you buy at the grocery story is from animals who have been grain-fed. Then, the milk, cheese, and butter comes from grain-fed cows.

Grains are one of the worst foods a diabetic can eat. But biased studies funded by Big Agra food corporations say the opposite.

A nation-wide analysis of U.S. grocery stores revealed that more than 60% of the calories we buy come in the form of highly processed foods.[9]

Our levels of disease have kept pace with this increase in grain and processed food consumption. If you look back a few decades, to 1957, you'd find that only about 1% of the U.S. population had high blood sugar.[10]

It was around this time the American Heart Association famously (and falsely) linked dietary fat to heart disease. The result? Millions of Americans began to remove fat from their diet and replace it with low fat / high carbohydrate items.

Years later, it was discovered how sugar is actually a bigger factor in heart disease than fats.[11]

Fast forward to the decades between 1980 and 2016. The number of people suffering from high blood sugar rocketed from around 6 million to 111 million people. Yes, you read that right. **That's a 1,750% increase in just 35 years!**

It gets worse. By the year 2030, the World Health Organization estimates that 40% of the U.S. population — 144 million people — will be diabetic or prediabetic.[12]

Through it all, mainstream media has been struggling with how to talk with people about what they should eat.

The American Diabetes Association has turned the page on their older Diabetic Food Pyramid which listed grains and starches as the foundation of a healthy eating plan.

They've since switched to a "plate model" for choosing food groups. But they still encourage 25% of a diabetic's food plate to be filled with grains and starches. And they list whole grains as a superfood on their website.[13]

The result of all this bad messaging is a widespread pandemic that was raging out of control long before our most recent pandemic hit the news cycle.

People are dealing with uncontrollable weight gain, fatigue, high blood sugar, and organ malfunction. This has resulted in a constellation of chronic diseases that threaten every man, woman, and child on our planet.

It's insulin resistance on a global scale.

After 25 years of research, I've discovered all **chronic diseases are caused by the same risk factor — excess insulin production** caused by eating too many carbohydrates in the form of processed grains.

I Call This "Syndrome Zero"...

Syndrome Zero is the hidden source of all chronic disease.

You see, whenever you eat carbohydrates, insulin is released. But too much insulin production overwhelms the insulin receptors in your cells and makes them insulin-resistant.

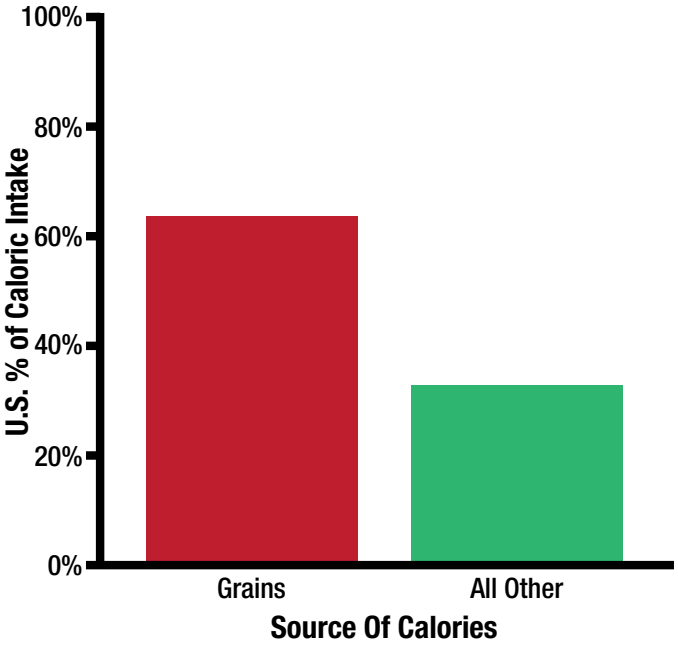
This results in dangerously high glucose levels — but it also overwhelms your body's natural ability to produce cellular energy and fight disease.

And these insulin spikes force your body to pack on the pounds through a process called lipogenesis — the conversion of carbohydrates into fat.

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

Insulin is also a "storage" hormone — triggering your body to store more and more fat from carbohydrates.

SYNDROME ZERO PRIMARY SOURCE



Processed foods and grains make up almost two-thirds of the calories consumed by Americans today.

Here are just a few of the most common symptoms of Syndrome Zero:

- Weight gain/can't lose weight
- Feeling tired all the time
- Thinning hair and nails
- High blood pressure
- High triglycerides
- Brain fog/difficulty concentrating
- Mood swings
- Elevated blood glucose levels
- Insulin resistance
- Chronic inflammation

The inflammation caused by overwhelming waves of insulin and blood sugar is the root cause of the biggest health concerns of our time.

Our ancient ancestors lived in a "feast or famine" cycle. They were NOT used to multiple meals per day.

But today, modern humans are stuffing themselves to death with sugar and processed grains.

We're overfed yet undernourished.

That's because many of our foods today — especially high processed foods — are missing the vital nutrients we need to stay healthy.

Remember, over the last several decades, our genes haven't changed. But our environment has changed... more specifically our food environment.

Today's modern diet of highly processed foods is fueling our chronic diseases. It's putting us on the road to not just Type 2 diabetes, but also obesity, cancer, and Alzheimer's.

Excess insulin from the overeating of grains is doing more than just causing Type 2 diabetes. It's also making us fat. It's robbing us of our energy, preventing us from repairing bodily injuries and tissues and weakening our immune systems.

In today's day and age, a weakened immune system is the last thing you want.

But you can beat chronic disease — not just diabetes — with just one simple Paleo shortcut.

Why Our Ancient Ancestors Never Worried About Diabetes

For tens of thousands of years, our hunter/gatherer ancestors lived in a world where their dinner was not guaranteed. And their cycle of feast or famine ensured their blood sugar and insulin were never chronically high.

But it wasn't until 1919 when Dr. Frederick Allen stumbled upon a unique and useful way to help diabetics manage their condition... ***fasting.***[16]

Anytime you are not eating, you are fasting. So, using this technique does not need to involve long and painful periods of starvation. Instead, there are some very practical and easy ways you can integrate this practice into your regular life.

To start, consider our ancient ancestors. Each day, they didn't consume three regularly spaced meals with extra snacks. They also didn't live a sedentary lifestyle. Instead, they were occupied with the hard work of finding food and surviving in their environments.[17]

How To Identify SYNDROME ZERO

The relatively recent shift away from the protein- and fat-based, nonprocessed diet of even our grandparent's generation and the rise in macronutrients, like starch and other carbohydrates, has caused measurable changes in our bodies.

Tests will show increased:

- **+ Blood insulin**
- **+ Blood triglycerides**
- **+ Body fat (adipose tissue)**
- **+ Blood homocysteine (oxidation)**

With this in mind, researchers have been studying how various patterns of eating and fasting can influence how humans deal with obesity, insulin resistance, and inflammation. We've seen some pretty exciting results.

Intermittent fasting helps improve glucose regulation, increases stress resistance, and suppresses inflammation. It also helps cells to activate an important process called *autophagy.* This is where the body cleans house and disposes of old or damaged cells.[18]

One study of 16 healthy people found "alternate-day fasting" for 22 days helped them lose 2.5% of their initial weight and 4% of their fat mass. This came with a 57% decrease in insulin levels.[19]

Then, in animal models, intermittent fasting improves insulin sensitivity. It also prevents obesity caused by a high-fat diet and helps prevent vision damage due to high blood glucose.[20]

To see the positive effects of this way of eating, we just need to look to the island inhabitants of Okinawa in Japan. This population traditionally eats on an intermittent fasting schedule and has low rates of obesity and Type 2 diabetes. They also live

extremely long lifespans — many more exceeding 100 years of age than in other parts of the world.[21]

Then, two recent studies showed reversed insulin dependence for patients with prediabetes or Type 2 diabetes when using an intermittent fasting plan.[22,23]

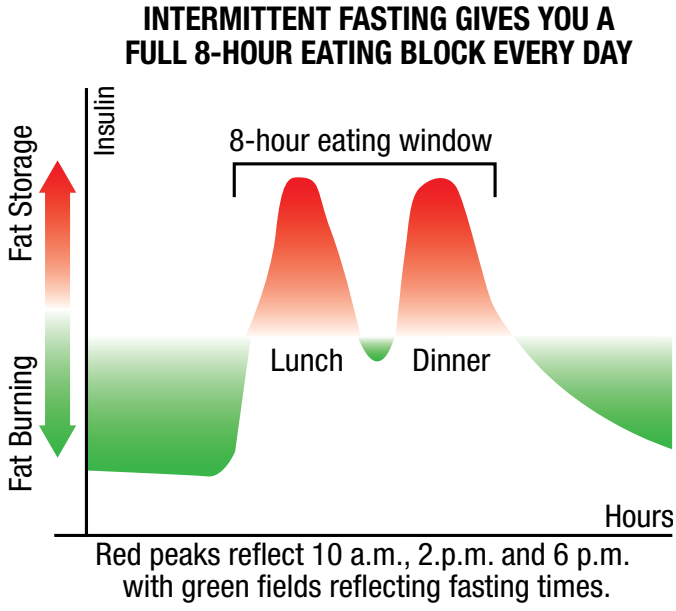
Weight loss and less insulin dependence is just one of the benefits of intermittent fasting. People who start intermittent fasting also notice they feel sharper and have more mental clarity.[24]

In addition, fasting helps:

- Lower your hemoglobin A1c levels[25]
- Increase your energy[26]
- Help your body produce more growth hormone[27]
- Increase longevity[28]
- Improve blood pressure[29]
- Reduce inflammation[30]

If you'd like to start using intermittent fasting to control your Type 2 diabetes, start with a form known as ***time-restricted eating.*** The goal here is to eat your food within a smaller window of time during the day.

This way, your body has a longer period of fasting with lower insulin levels.



Once your body is accustomed to fasting for 16 hours, you can then fast for a full day once a month.

Remember, anytime you're not eating is a *fast* and anything above four hours is *fasting*. It's often a good idea to start with an easier fast of just 16 hours. **This leaves you 8 hours a day to eat your food.**[31]

The easiest way to do this is skipping breakfast.

For instance, you might delay your breakfast until 11 am and then finish up your last meal of the day by 7 pm. During your eating window, make healthy food choices focused on lots of healthy fats, lean proteins, and vegetables... not lots of grains. Then, during your fasting time, drink plenty of liquids to stay hydrated.

This is just one powerful way to help control your Type 2 diabetes. Refer to my past issues of ***Confidential Cures***, or search my website (www.alsearsmd.com) to learn about other ways to lower your blood sugar using supplements like chromium, true cinnamon, gymnema sylvestre, vanadium, or berberine.

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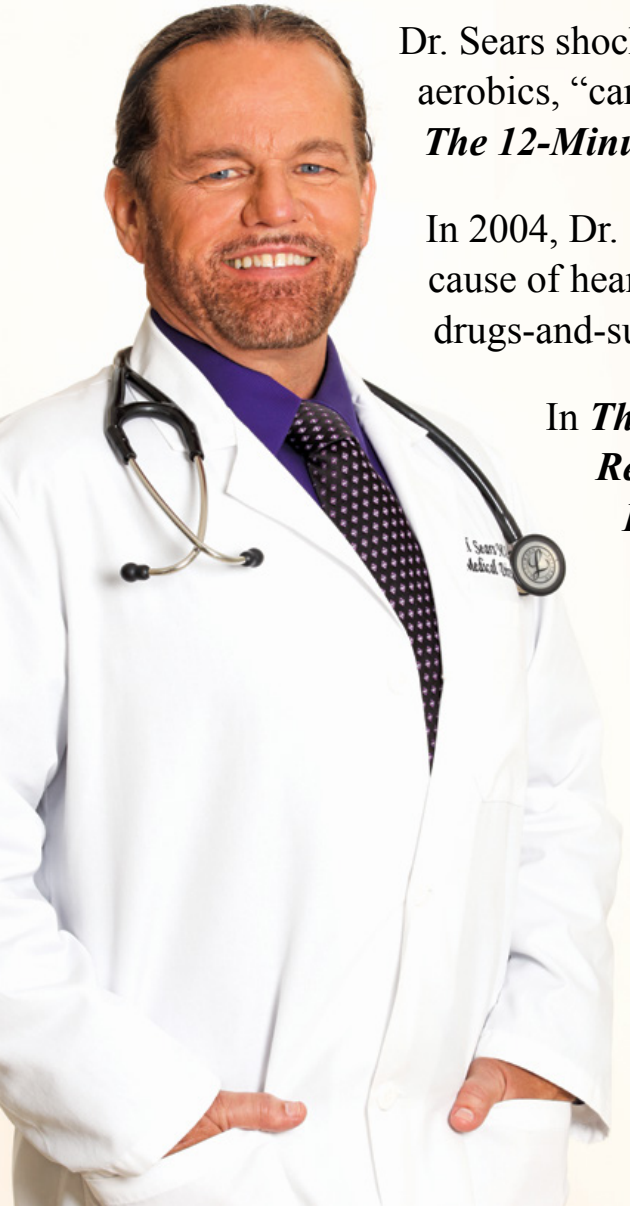
AL SEARS, MD

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).