

Dr. Sears'

CONFIDENTIAL CURES

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

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Dear Friend,

Our Medical-Media-Government bureaucracy continues to ignore the biggest health care crisis of our time...

It has already killed billions of people — and it threatens to kill millions more if we don't address it immediately.

I've named it Syndrome Zero because I consider this threat to be "ground zero" for almost every chronic disease we face today.

These diseases of aging include heart disease, cancer, Alzheimer's — and so much more.

Syndrome Zero is a direct result of our modern diet. Over the past century, our food supply has become almost entirely industrialized.

And the food industry is focused solely on profit.

It has padded its own pockets by packing our modern diet with cheap grains, carbohydrates, refined sugars and starch.

Your September issue of **Confidential Cures** focuses on three of the most devastating chronic diseases caused by Syndrome Zero.

And what you can do to prevent Alzheimer's, cancer and heart disease.

In this issue you'll learn:

How mainstream medicine completely missed the mark on Alzheimer's. It is NOT a normal part of aging. Your brain is capable of remaining

fully functional no matter how old you are. Dementia is a recent event, and its root is insulin overload. That's why Alzheimer's is sometimes called diabetes of the brain.

Cancer isn't a genetic disease. Most doctors tell you cancer is all about gene mutations in your DNA. You don't get cancer because there's something wrong with your genes. But there is something wrong with the world you live in. And it's affecting the way the mitochondria in your cells turn fuel into energy.

Big Brother is coming for your meat. The government wants to slap a "sin tax" on your steak. They STILL believe eating red meat is what causes heart disease. In this article, you'll discover the nutrients that feed a broken heart — while still enjoying your steak.

To Your Good Health,

Al Sears, MD, CNS

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The Real Protection From Alzheimer's

Doctors will tell you that Alzheimer's effects are irreversible.

Mainstream medicine offers NO hope.

And considering this disease has become a global pandemic, that's not good news.

My patients are more concerned about falling victim to Alzheimer's disease than getting cancer.

That's because it's a mind-wasting condition that can rob your memories, destroy your language skills and turn your closest loved ones, family and friends into total strangers.

But here at the **Sears Institute for Anti-Aging Medicine**, we're proving that Alzheimer's disease is not hopeless.

One neurologist at a prestigious California university, Dr. Dale Bredesen — who uses many of the same protocols I use — has documented the reversal of cognitive decline in more than 100 patients.¹

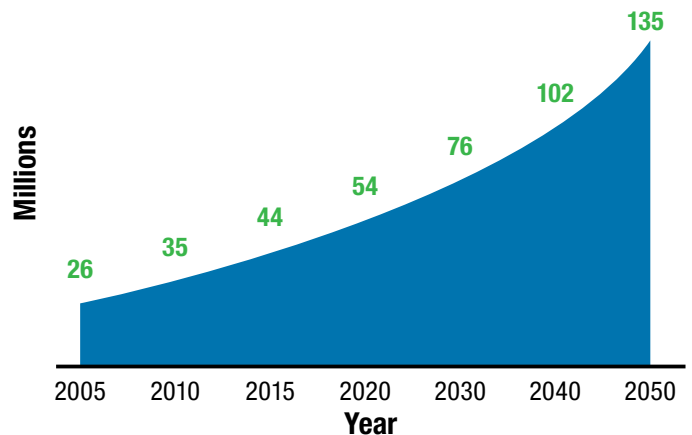
His successes prove what I've been telling my patients for years: most Alzheimer's cases are not genetic.

In fact, Alzheimer's is most often the result of multiple environmental factors. Dr. Bredesen and I both use many of the same under-utilized tests to identify deficiencies and metabolic damage that can cause dementia.

These tests include fasting insulin, vitamin D, toxins and night-time oxygen levels, as well as gut-microbe analysis. And for Alzheimer's sufferers, the results usually boil down to one thing: the effects of the condition I call **Syndrome Zero**.

This state of chronically high insulin is ground zero for almost every chronic disease, including diabetes, heart disease, kidney disease, cancer and Alzheimer's.

GLOBAL PANDEMIC RISE OF ALZHEIMER'S



The global rise of Alzheimer's disease is terrifying. Today, around 44 million people worldwide suffer from Alzheimer's, with the vast majority of them in Western Europe and America.

In this article, you'll learn about the widely ignored but clear link between Syndrome Zero and Alzheimer's disease. I'll also share with you some of the critical nutritional recommendations specifically for your brain. You'll learn how to beat Syndrome Zero, reduce your risk of becoming an Alzheimer's victim, and even reverse its cruel effects.

Big Pharma's Epic Failure

Mainstream medicine has totally missed the mark in Alzheimer's research, prevention and cure. They just don't understand the real cause of this horrible disease.

Most doctors will tell you it's in your genes. *This is false.*

There are two distinct types of Alzheimer's. Early-onset Alzheimer's occurs before the age of 60. It accounts for between 5% and 10% of all cases, and it runs in families. In other words, only a very small percentage of Alzheimer's cases are genetic.²

But late-onset, or “sporadic,” Alzheimer’s is the most common form. This is the type that is spreading rapidly. It usually strikes people around the age of 60 to 65. The sharp increase in victims is a recent phenomenon.

Dementia is NOT a normal part of aging. Your brain is capable of staying fully functional no matter what your age — as long as you take care of it.

Most doctors also think Alzheimer’s is all amyloid plaques and tau tangles — *another error*.

Yes, plaques and tangles are classic hallmarks of Alzheimer’s. They cause nerve cells in the brain to stop working, lose connections with other nerve cells, and finally die. But these are symptoms of the brain’s unsuccessful efforts to repair itself — not the cause of Alzheimer’s.

This focus on genes, amyloid and tau tangles is way off target, and has led to years of trying out all sorts of drugs, vaccines and monoclonal antibodies.

Sadly, all of them have failed. In fact, they make things worse...

Drugs like Aricept and Reminyl belong to a class of drugs called “cholinesterase inhibitors.” They are supposed to increase a brain chemical that improves memory. But in a large study in the *Archives of Internal Medicine*, researchers found that people taking these drugs:

- Were twice as likely to be hospitalized for fainting
- Were 69% more likely to have a slowed heart rate
- Had an 18% increased risk of hip fractures.³

Politicians and government agencies keep throwing billions at these flawed theories and drugs. The only thing they’ve done is line the pockets of Big Pharma.

At the same time, Alzheimer’s cases have surged in recent years to become the sixth-leading cause of death in America. And it will likely triple over the next 50 years.

“Dementia is NOT a normal part of aging. Your brain is capable of staying fully functional no matter what your age — as long as you take care of it.”

Syndrome Zero Is Driving The Explosion In Alzheimer’s Cases

Alzheimer’s is a recent phenomenon. Our ancient ancestors never had this problem. They revered their elders for their wisdom. They didn’t have to care for them like infants.

Today, we live in a toxic world. Pollutants, chemicals, and other contaminants — many of which are in our food supply — didn’t exist thousands, or even hundreds, of years ago.

There is a clear link between the food we eat and the terrifying spike in the number of late-onset Alzheimer’s cases. That link is Syndrome Zero.

Let me explain...

Over the last hundred years, corporations have taken over our food supply. In their race for profits, they’ve packed our diets with cheap grains, carbs, sugar and starches. Now these ingredients are hidden in thousands of common foods we consume every day.

Here’s a small, partial list: breakfast cereals, bread, bagels, hamburger buns, salad dressings, potato chips, crackers, cookies, rice, spaghetti, mashed potatoes... and the list goes on.

Many carb-heavy foods spike insulin and blood glucose higher and longer than pure sugar.⁴

Our primal ancestors didn’t have to worry about Alzheimer’s. They ate the way nature intended. They ate NO refined or processed sugars.

Our modern dietary shift has wrecked our metabolism and given way to the global pandemic of Syndrome Zero — the same hidden phenomenon driving the diabetes, obesity and heart disease epidemics.

It’s also a big reason for the spike in Alzheimer’s disease...

These unhealthy, sugary foods overwhelm the insulin receptors in your cells. It makes them **insulin-resistant**, causing your blood glucose and insulin levels to skyrocket.

Syndrome Zero Leads To 'Diabetes Of The Brain'

At its root, Alzheimer's is an insulin problem. And it starts with glucose. You see, glucose is essential to the proper function of your brain cells. Even though your brain makes up only 2% of your entire body mass, it uses 50% of the glucose in your body.⁵

Your brain cells use glucose to make ATP energy to do their work. That includes making and keeping memories. It also maintains and enhances learning and cognitive ability.

But when you have Syndrome Zero, insulin can't drive glucose into your brain cells. The result is cerebral dysfunction, inflammation, oxidative stress. Your neurons can't repair themselves. Memory breaks down.

Insulin also binds to insulin receptors at each synapse, the critical junction between brain cells that allows signals to pass back and forth.

But after years of consuming a carbohydrate-heavy diet, your brain gets overwhelmed by the chronically high levels of insulin. Syndrome Zero sets in and, eventually, insulin signaling shuts down. Now, glucose can no longer fuel your brain cells.

Research proves Syndrome Zero is involved in the development of Alzheimer's.⁶

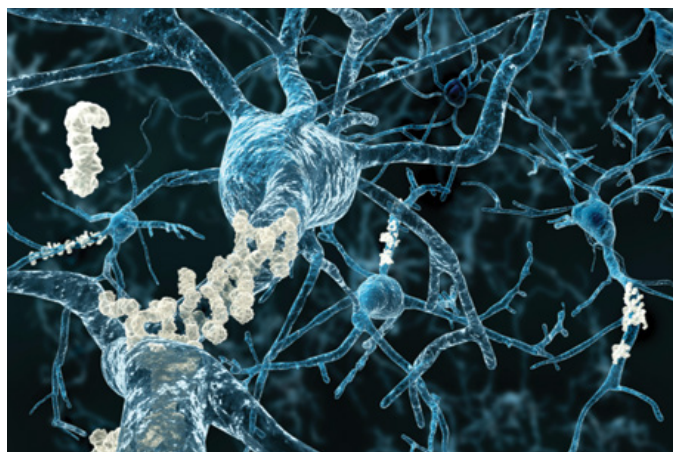
- A study published in the *Journal of the American Medical Association Neurology* found that people with higher levels of insulin resistance, used less glucose in the areas of the brain that are most susceptible to Alzheimer's.⁷
- In a long-term Swedish population study, researchers looked at data from more than 2,300 men. They were tested for glucose tolerance. Men with insulin resistance at the beginning of the study had a 31% higher risk of developing Alzheimer's disease 35 years later. Dementia and cognitive risks were also linked with high fasting insulin levels and insulin resistance.⁸

Studies also reveal a direct link between Syndrome Zero and amyloid plaques.

These brain plaques are a build-up of amyloid-beta, a peptide secreted by insulin. It builds up

as insulin travels through the bloodstream and accumulates in the brains and pancreases of diabetes and Alzheimer's patients.

In Alzheimer's patients, clusters of these peptide fragments form between nerve cells in the brain. They prevent neurons from working properly, causing memory loss and confusion.⁹



Peptide fragments in the brain can cause memory loss and confusion.

Amyloid beta also produces brain cell-damaging toxins known as oligomers. Studies show these are a big factor in Alzheimer's-related memory loss.¹⁰

When these oligomers attach themselves to neurons, they knock out the nerve cells' insulin receptors. This causes insulin resistance in the brain.

At the same time, all those sugar molecules attach to fats and proteins in a process called **glycation**. This causes protein fibers to become stiff and malformed. And as these warped proteins clump together, they form tau tangles, another Alzheimer's hallmark.¹¹

Restore Your Insulin Balance

Mainstream medicine can't see beyond drugs and surgery. And most doctors know nothing about diet, nutrition, medicinal herbs, exercise and other non-drug treatments.

I have used natural therapies to help my patients stay sharp into their 80s, 90s, and beyond.

The first step in restoring damaged brain cells and reducing your chances of developing Alzheimer's is changing your diet.

A primal diet will restore your body's insulin balance. And it will help foster the natural elimination of amyloid plaques and tau tangles, and restore healthy brain function.

By drastically reducing your starch and carb intake you can normalize your insulin levels, and maintain a sharp mind, now and throughout your golden years.

I recommend limiting carbs to no more than 20% to 30% of your diet. This primal diet allows your body to get its calories from fat and protein, which won't spike your insulin.

Look for grass-fed beef and dairy products, wild-caught cold-water fish, and poultry and eggs from pastured animals. And choose healthy fats like olive oil, butter and coconut oil.



A primal diet helps restore your body's insulin balance.

In a recent study, human subjects with mild cognitive impairment were put on a high-carb diet or a very low-carb diet. After just six weeks, the low-carb group showed improved memory compared to the high-carb group.¹²

But there's much more you can do...

Protect Brain Health with B Vitamins

B vitamins are critical to keeping your brain healthy and spry, and several of them are highly protective. Deficiencies have been linked to cognitive decline and Alzheimer's disease.¹³

Vitamins B12, B6, B1, B2, niacin (B3) and folate (B9) have all been shown to protect against dementia and Alzheimer's.

You see, these B vitamins regulate the amino acid *homocysteine*, which can trigger severe inflammation that drastically reduce blood flow to your brain. This molecule has been linked both to brain shrinkage and an increased risk of Alzheimer's.

B vitamins suppress homocysteine and have even been shown to turn around Alzheimer's and vascular dementia.

I recommend getting your homocysteine levels checked. It's also one of the tests used by Dr. Bredesen. Levels of homocysteine rise as you age, largely because of a decreasing ability to absorb B vitamins.

You won't hear about homocysteine from most doctors. But you should insist on the test as an Alzheimer's prevention. It's a simple blood test that may just save your brain. I help my patients keep their levels at 7 mmol/L or below.

Low B12 has been directly linked to cognitive decline...

Studies show that deficiencies in vitamin B12 can spur faster rates of cognitive decline. Low B12 also pushes up homocysteine levels.¹⁴

A number of other studies show people who eat foods rich in vitamin B12 are at lower risk for Alzheimer's disease.^{15,16}

I recommend getting your B12 levels tested. Your doctor might tell you that levels between 200 pg/mL and 350 pg/mL are normal. I suggest keeping your level no lower than 450 pg/mL.

B12 is naturally found in fish, meat, poultry, eggs, milk, and milk products. And studies show vitamin B12 supplements are highly effective.¹⁷

I recommend at least 100 mcg per day. But I advise many of my patients to take as much as 5,000 mcg per day for improving brain function.

Look for "methylcobalamin." It's the most bioactive and absorbable form of B12. Studies show the brain and nervous system need high amounts of this form.¹⁸

Here at the **Sears Institute for Anti-Aging Medicine**, I also offer intravenous B12 injections. The shots are a good option if you have trouble absorbing B12. They bypass the gut and go directly into the bloodstream.



Vitamin B12 injections can help with healthy brain function.

If you'd like more information about B12 injections, just call my staff at **561-784-7852** to get the details. Or you can visit my website at www.searsinstitute.com.

A number of other B vitamins have been shown to be crucial for healthy cognitive function, as well as memory and information processing speed.

Your body absorbs B12 better when you take it along with other B vitamins. I suggest taking it with thiamine (vitamin B1) and pyridoxine (vitamin B6).

Thiamine also helps nerve signals travel from your brain to your extremities, and back again.¹⁹ While 100 mg will prevent deficiency, I suggest supplementing with 200 mg to 250 mg daily to prevent and fight Alzheimer's.

And B6 supports the synthesis of neurotransmitters, which help your nerves communicate more easily.²⁰ I recommend 40 mg a day.

Meanwhile, vitamin B3, also called niacin, has been shown to clear tau tangles and restore brain function.²¹

A niacin deficiency causes a condition called **pellagra**. Symptoms include dementia, memory loss, confusion, and disorientation. It's common among people who eat grains like corn and sorghum as their primary food.

Niacin also protects the mitochondria of brain cells. B3 breaks down into a molecule called **nicotinamide adenine dinucleotide (NAD⁺)**, which declines as you age. Studies link decreased NAD⁺ levels to brain degeneration, insulin resistance and Syndrome Zero.²²

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New 'Metabolic' Method Stops Cancer

The frontline of cancer therapy today is on the WRONG track. It's no surprise the number of people getting cancer every year is still increasing.

Most doctors tell you cancer is all about your DNA.

They believe malignancies are caused by gene mutations inside the nucleus of your cells. Cancer dogma asserts that these mutations lead to runaway cell proliferation and tumors.

That's why cancer therapy today involves gene therapies that target specific mutations... Despite all the excitement about gene therapy, research shows that genetics explain very little about the origins of most chronic diseases — including cancer. You don't get cancer because there's something wrong with you and your genes.

But there is something wrong with the world you live in today. And that's why so many people end up as victims in the modern cancer epidemic.

Cancer is not a genetic disease. It is metabolic disease — a condition that arises from a problem

with the ability of the **mitochondria** in your cells to turn fuel into energy.

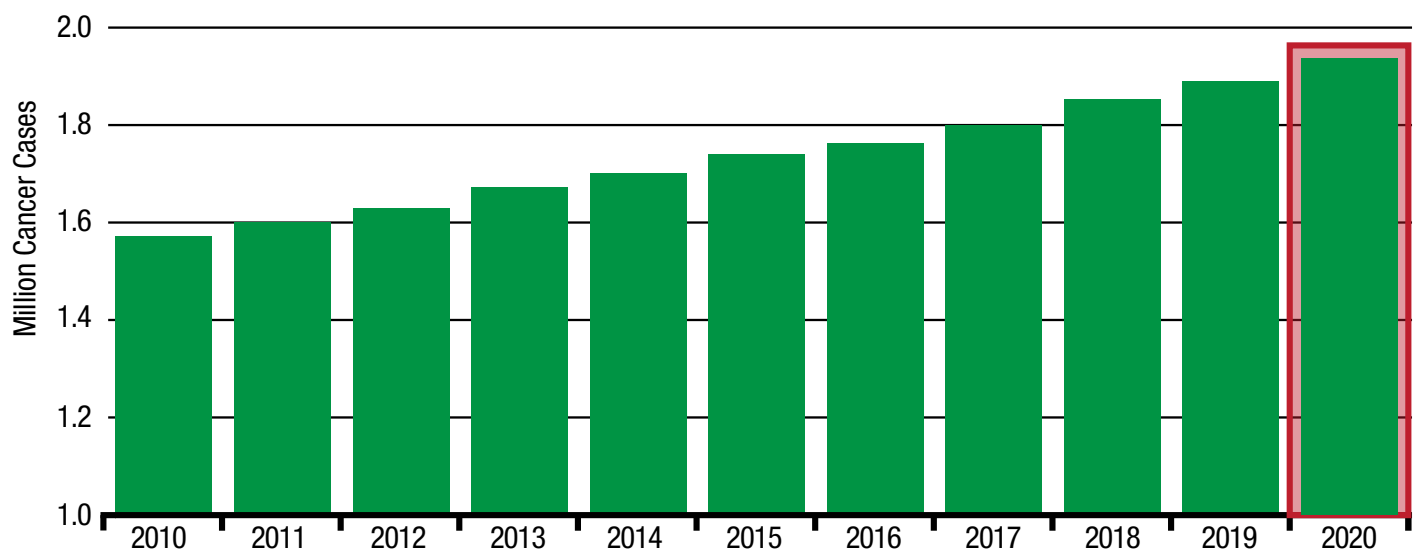
Research shows that the genetic mutations that spur cancerous tumors come AFTER mitochondrial damage has occurred.¹

And the origin of this mitochondrial damage can be traced directly back to the emerging global health threat I call Syndrome Zero. And its link to cancer couldn't be clearer.

In this article, you'll learn exactly what Syndrome Zero is and how it has become the global pandemic no one is talking about. You'll also learn how our modern food supply has created this cancer, and how the real cause of cancer was discovered as early as the 1920s by a Nobel laureate, but his work is still ignored by mainstream medicine.

And I'm going to share with you four life-saving therapies I use with my own cancer patients at the **Sears Institute for Anti-Aging Medicine**. You'll learn how to beat Syndrome Zero, reduce your cancer risk, and even stop cancer in its tracks.

PROJECTED NEW CANCER CASES



This chart shows the rising number of new cancer cases over the past decade. That number is expected to increase from about 1.5 million in 2010 to 1.9 million in 2020. Source: CDC

Cancer Is A Modern Phenomenon

Even if you don't have cancer, I'm sure you know someone close to you who does, or perhaps died from it. That wasn't the case even 50 years ago.

Sure, cancer is an ancient disease. The earliest evidence of cancer is found among fossilized bone tumors in human mummies in ancient Egypt. But it was extremely rare.

And for our primal ancestors, it was even rarer. I see the evidence for this all the time in my travels around the world. Hunter-gatherer communities that have preserved their traditional ways have almost no cancer.

But it's not that they have better genes. They have better food.

The problem began about 12,000 years ago when our ancestors switched from being hunter-gatherers to farmers. They started to cultivate the first cereal crops in the fertile crescent of the Near East and Ethiopian Highlands. Gradually, they added grains to their basic diet of meat and berries — what I call a *primal diet*.

But in just the past 100 years, grains have displaced the primal parts of our diets. The three main cereal crops in the world today are wheat, rice and corn. According to the World Health Organization, these crops provide around 80% of the world's calories.

Early wheat was very different from what you eat today — especially at the DNA level. Wild wheat contained 14 chromosomes. Soon after humans started to grow grain crops, hybrid varieties of wheat evolved to have 28 chromosomes. Today's genetically modified version — what I call a Frankenfood — has an amazing 42!

Food companies love these cheap grains. They're great for profits. As a result, we are eating more and more starches and sugars. But there's a problem. Our bodies weren't designed to process such large quantities of these alien carbohydrates. As hunter-gatherers, our bodies evolved to burn fat and protein for fuel. Now our bodies struggle to adjust to burning carbs.

“Food companies love these cheap grains. They're great for profits. As a result, we are eating more and more starches and sugars.”

The result is Syndrome Zero... and it has wrecked our metabolism.

Grains Lead To Syndrome Zero — And Cancer

Syndrome Zero is the near-perpetual state of high insulin — and it's ground zero for almost every chronic disease.

Every time you eat carbohydrates your pancreas releases the insulin hormone. Insulin then carries the glucose from the carbs into your cells and mitochondria to produce energy.

But with the flood of cheap grains in your diet, your pancreas has to work overtime, producing more and more insulin. As a result, most people today suffer chronically high insulin levels.

As I mentioned in the previous article, the more carbs you eat, the more the insulin receptors on your cells become overwhelmed, making them insulin-resistant. All that insulin your body is producing becomes less effective at transporting glucose into your cells — so, in response, your pancreas produces even more insulin.

At the same time, your blood sugar is skyrocketing, which causes its own catalogue of health problems. Meanwhile, these chronically high insulin levels force your body to pack on the pounds — and worse, it leaves you vulnerable to a raft of chronic conditions, one of which is cancer.

The 'Warburg Effect'

In an important study, Taiwanese scientists confirmed what German physician and biochemist Otto Warburg observed back in the 1920s — that cancer can be killed by disrupting its energy metabolism.²

You see, Warburg discovered that cancer cells were different from normal cells in a critical way. Healthy cells make energy using glucose and oxygen “respiration.” But cancer cells thrive in an anaerobic — or oxygen-free — way of producing energy.

He found while healthy cells completely absorb and break down glucose, cancer cells are unable to carry out the same functions. In fact, cancer cells

love glucose and use it to produce their own energy through the primitive process of *fermentation*, instead of *respiration* with oxygen.

Warburg was studying rat tumors in 1923. He expected to find that tumor cells consume more and more oxygen as they grew.

But to his surprise he found that the cancer cells fuel their growth by gobbling up enormous amounts of blood sugar. Then they broke it down without oxygen. And he found the same thing when he looked at human tumors. The cancer cells were ravenous for glucose.

His theory for the “primary cause for cancer,” namely the abnormal production of cellular energy, is still referred to as “the Warburg effect.”

Syndrome Zero Is Behind Multiple Cancers

All this energy production — whether it’s in cancer cells or healthy cells — takes place in little organelles called mitochondria.

Mitochondria live inside every human cell. They were first discovered by a German pathologist called Richard Altmann back in the 1890s — but their real power has only just recently begun to be understood.

Your mitochondria are responsible for your body’s master energy system. They allow you to see, hear and feel. They beat your heart, stimulate your sex drive and allow you to think. They are the nanotechnology of your cells, and power every function and organ in your body.

Each of your cells has at least one of them. The average human cell has 200. And when they malfunction, they’re the root cause of cancer.³ Studies now show that syndrome zero and the chronically high levels of insulin that accompanies it, have a devastating effect on these little organelles.⁴

In one large Italian study, people with the highest insulin levels had a 62% higher risk of dying from cancer.⁵

The rise of Syndrome Zero, obesity and insulin resistance are closely linked to the rise of pancreatic cancer.

The statistics are shocking:

- Pancreatic cancer is the fourth leading cause of cancer death in the U.S.
- The 5-year survival rate is only 6%
- This year, an estimated 57,600 Americans will be diagnosed with pancreatic cancer in the U.S., and more than 47,050 will die from the disease.

And it isn’t just pancreatic cancer... high insulin is also linked to a number of other deadly cancers. Animal studies prove a link between high insulin, a high-carb diet and prostate cancer.^{6,7} Other studies connect high insulin and insulin resistance to colon cancer⁸ and stomach cancer.⁹

You see, high insulin levels are also linked to a serious condition of low oxygen called *hypoxia*. And research links hypoxia to breast cancer, and other women’s cancers like endometrial cancer and tumors.^{10,11,12}

Studies show hypoxia:¹³

- Leads to more malignant cancer cells
- Increases genetic instability
- Activates invasive cell growth
- Leads to resistance to chemo and radiation treatments
- Increases metastases

When your body becomes insulin resistant it boosts the activity of a transcription factor called hypoxia-inducible factor-1 α (HIF-1 α). HIF-1 α leads to a condition of low oxygen in your blood cells.¹⁴

These low oxygen levels lead to the real cause of cancer that mainstream medicine has ignored for almost a hundred years...

Otto Warburg realized that when cells can’t get enough oxygen, they have to find another source of fuel. Instead of cancer cells going through normal cell respiration using oxygen, they resort to a more primitive and inefficient energy source. They ferment glucose. Warburg won the Nobel Prize in Medicine or Physiology in 1931 and cancer research has been sidetracked ever since.

Three Ways To Cut Your Cancer Risk

Most doctors haven't connected the dots between Syndrome Zero, low oxygen, your mitochondria and cancer. But here at the **Sears Institute for Anti-Aging Medicine**, we're putting Warburg's ideas to work.

A healthy mitochondria can help reduce your risk of cancer. I help my patients make sure their bodies are fully oxygenated and don't develop hypoxia, and I make sure their mitochondria are in prime condition.

By taking a metabolic approach to cancer, you are attacking the primary root of the disease. And the best is, there are no nasty side effects.

Here are four cancer-fighting therapies to boost the health of your mitochondria:

1. The keto diet: The best way to start attacking Syndrome Zero and cancer is to drastically reduce the amount of insulin-spiking grains and other carbs you consume by following a *ketogenic diet*.

The keto diet is high in animal fat and protein and very low in carbs. It's close to the diet of your ancestors. When you eat this way, there are no glucose overloads to trigger extreme insulin responses — and there's nothing for cancer cells to ferment as fuel.

Since your body doesn't have enough glucose to burn for energy, you burn fat instead.

Following a ketogenic diet is simple, especially if your aim is cancer prevention. If you are battling cancer, the diet may have to be tweaked for a higher ratio of fat to protein, perhaps as much as 4:1, and you should consult a certified nutritionist for advice. But you can see from this keto food pyramid just how easy it is...

Here's what I recommend:

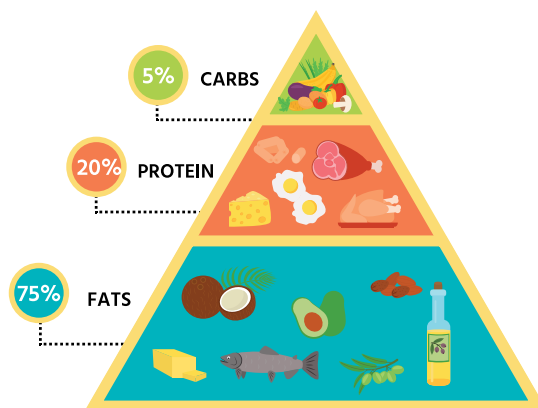
- **Reduce starches in your diet.** Firstly, avoid wheat as much as possible. Starches should never make up any more than 5% or 10% of your total calorie intake. The easiest way to start is by avoiding all processed foods. Also avoid grains like rice and corn, as well as breakfast cereals, cereal bars and low-fiber or sweetened foods.

They all spike insulin production very quickly.

I recommend following the glycemic index, which measures how quickly food breaks down into sugar in your bloodstream. Go to www.AISearsMD.com/glycemic-index/ for more information on using the glycemic index.

- **Choose the right fats.** Strictly avoid trans fats and vegetable oils like corn, sunflower, safflower, soy and canola. Instead, choose fats like olive oil, coconut oil, avocado, butter, ghee and heavy cream. I also recommend MCT (medium chain triglycerides) oil for a keto diet. Your liver converts it directly to ketone bodies. You can use MCT oil to make mayonnaise and salad dressings, or even add it to smoothies.
- **Eat plenty of protein.** Beef, organ meats, fish and eggs are your best sources of protein. Eat grass-fed beef and wild-caught fish. Choose eggs from pastured chicken. Other good sources of protein include chicken, turkey, wild-caught salmon and other cold-water fish. Nuts and seeds such as almonds, peanuts, cashews, sunflower and pumpkin seeds also have plenty of protein.

KETO FOOD PYRAMID



A ketogenic diet is high in fat — with moderate amounts of protein. Carbohydrates are at a near-zero level.

2. Take CoQ10: This super-nutrient is key to preventing mitochondrial depletion and keeping them “fully charged.” CoQ10 is a high-octane fuel for your mitochondria and it sparks them to make extra energy.

If you can't get CoQ10 through nutrient rich dietary sources like liver, or from supplementing, your energy levels fall and your organs function

below par, leaving them vulnerable to cancer. Cholesterol-busting statins also drastically reduce CoQ10 levels.

I recommend that everyone take 30 mg of CoQ10 daily. If you're over 60, double that to 60 mg. But if you're fighting cancer, increase the dose to at least 100 mg a day. And always make sure it's the **ubiquinol** form of CoQ10, which is the most absorbable and potent variety.

3. Add PQQ: While CoQ10 does an amazing job of squeezing more power out of your remaining mitochondria, it does nothing for the mitochondria you've already lost. That's where the little-known nutrient, **pyrroloquinoline quinone**, or **PQQ**, comes in.

PQQ triggers your cells to build healthy new mitochondria, producing more fuel, so your cell systems work more energetically and more efficiently. At the same time, PQQ also 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 cancer patients, I recommend going straight to a supplement. Take 10 mg of PQQ daily with your CoQ10.

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Diet Dictocrats Want To Take Away Your Steak?

The lawmakers and D.C. dictocrats on Capital Hill are trying to punish you for your “sins.”

They’re trying to lump something as normal and primal as eating a piece of meat in with the dangers of smoking cigarettes or downing Big Gulp cups of sugary soda.

How? By slapping a “sin tax” on red meat.¹

It’s already happening in Europe...

Ever since the World Health Organization declared red meat a carcinogen in 2015, governments have been trying to push their no-meat agenda. Their solution is a 40% tax on beef.

In the U.S., they want us to pay 34% more for a steak. The cost of bacon and pork would double.

They claim this will help them recoup the healthcare costs caused by meat eaters.

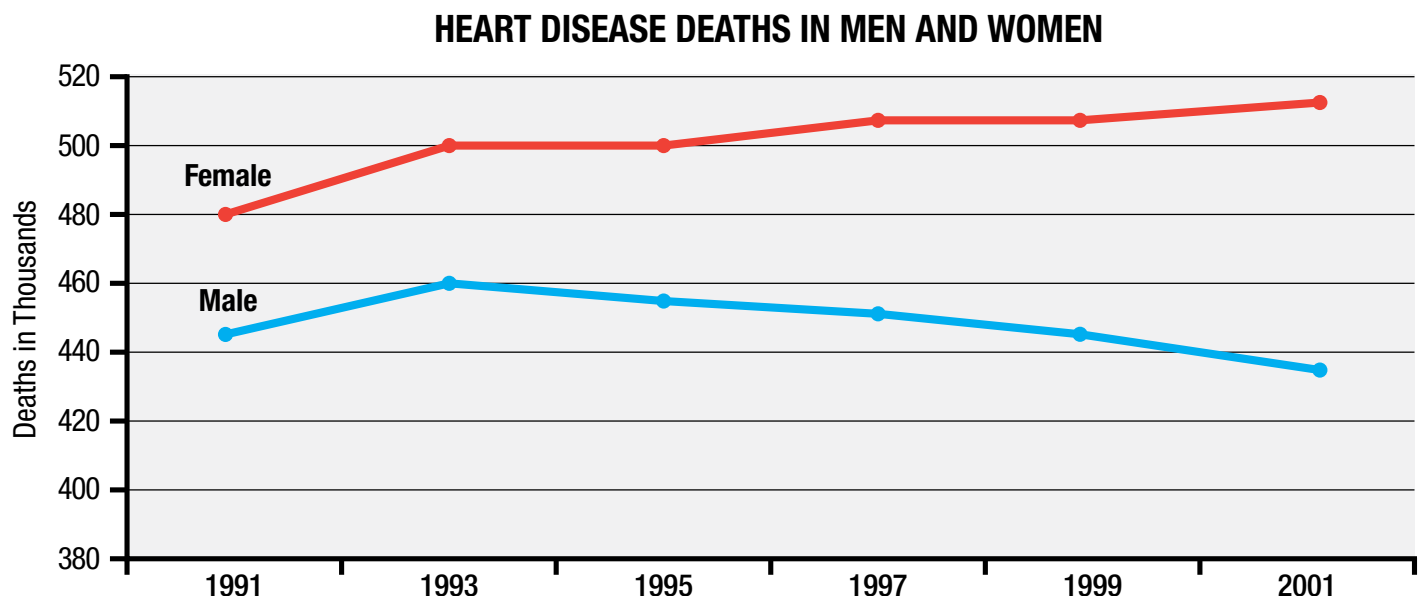
But here’s what they still don’t get... Red meat doesn’t cause heart disease — or high blood pressure, diabetes, colon cancer or early death.

Now it’s true that commercially raised beef is a toxic abomination. But, we should not be punished for the sins of these unethical ranchers who torture animals.

Real beef, the kind our hunter-gatherer ancestors thrived on. The beef that is responsible for our large brains, could never and will never cause disease.

You and I evolved to eat meat. Our primal ancestors thrived on its fat and protein. And without it, we never would have made it to the 21st century.

Almost every cell in your body needs both the protein and the fat from meat to survive. You use protein to build and repair tissues. It’s an important building block of bones, muscles, cartilage, skin, hair, nails and blood. You use protein to make enzymes, hormones and other body chemicals.



Heart disease is the leading cause of death for men and women in the United States.

And the fat helps you transport nutrients around your body and deliver them where they're needed. Vitamins A, D, E, K and CoQ10 can't even be absorbed without fat.

But there is a problem with the majority of today's red meat... And it is making people sick.

*In this article, you'll learn why **heart disease** continues to be the number one cause of death in the U.S. for both men and women. And more importantly, how you can protect your heart without Big Pharma's deadly drugs.*

Why Is There Grain In My Meat?

Today's ranchers aren't interested in the quality of their beef. They care about making a profit. So they feed their cattle a combination of grain, soy and corn.

But cattle evolved to eat eat grass.

You know the old saying "You are what you eat." If the beef you eat comes from grain-fed cattle, then you're eating all those grains as well.

The result is an unhealthy ratio of omega-3s to inflammation-causing omega-6s.

And it's this chronic inflammation leads to Syndrome Zero and its constellation of chronic diseases — including heart disease, Alzheimer's and cancer...

You do need both omega-3 and omega-6 fatty acids for good health. However... their amount and ratio in your diet have important physiological impacts on your health.²

Our ancestors had a ratio of 1:1 in their diets. That means for every bit of omega-6 they consumed, they also ate the same amount of omega-3s.

In our modern world, the ratio of omega-6 to omega-3 fats we eat has skyrocketed to as much as 20 to 1. And it's causing a whole host of health problems.

That's because grass-fed beef is rich in omega-3s. When we started plumping our cattle up using an unnatural grain-based diet, we wrecked their fat content... and it's now chockfull of omega-6s.



Benefits of Grass-Fed Beef

- ✓ Fewer calories: A six-ounce grass-fed loin has 92 fewer calories than grain-fed. This saves an average American 16,642 calories each year.
- ✓ More Omega-3: Grass-fed beef has 2 to 10 times more omega-3s than grain-fed beef and a healthy ratio as little as 1:1.14 Grain-fed beef is as much as 14:1.
- ✓ More CLA: Grass-fed beef has 2 to 5 times more CLA than grain-fed. CLA supports immune and cardiovascular growth and lean muscle mass.
- ✓ More Vitamin E: Grass-fed beef contains 3 to 6 times more vitamin E than grain-fed beef.
- ✓ More Carotenoids: Grass-fed beef has up to 4 times more beta-carotene than grain-fed beef. Carotenoids promote eye and macular health.
- ✓ More B Vitamins, CoQ10, and Zinc: Grass-fed beef has more B vitamins, CoQ10, and zinc than grain-fed beef.

Studies show that excessive amounts of omega-6 polyunsaturated fatty acids and the very high omega-6 to omega-3 ratio found in today's Western diet can trigger the COX-2 enzyme.³ That's an enzyme that increases inflammation.

If you reduce that omega-6/omega-3 ratio down to 4:1, you see a 70% decrease in mortality rates.

And a ratio of 3:1 can suppress inflammation in all patients.⁴

Omega-3's Bountiful Benefits

But omega-3s have specific benefits for heart patients. Such as:

1. Lowering your blood pressure. Omega-3s can reduce blood pressure levels in people with high blood.⁵

2. Raising your cholesterol. I tell my patients who have inflammation to raise their cholesterol.

There's no evidence that high cholesterol increases heart risk if your HDL is at least half your triglycerides.

If you can make your HDL higher than your triglycerides, that's even better. My HDL is twice as high as my triglycerides.

A pretty good HDL level is about 45. And we want your triglycerides to be below 150, normally. But if you can get your triglycerides down to 100, and your HDL up to 50, then it doesn't matter what your total cholesterol is. There is no risk.

The keto diet we talked about in the last article, along with garlic, niacin, quercetin and my PACE exercise program will all raise your HDL.

3. Preventing plaque and blood clots. Omega-3 keeps your arteries smooth, which prevents the plaque buildup that can harden them. Omega-3s can keep blood platelets from clumping together. This helps prevent the formation of harmful blood clots.^{6,7}

It's not easy to get the omega-3s you need from food. They're more unlike most health experts, I don't recommend you take fish oil. Most fish oil supplements come from polluted waters that contain chemicals like PCBs and heavy metals like mercury. I recommend you get your omega-3s from krill and calamari oil.

They're more concentrated in the two special kinds of omega 3 called EPA and DHA. And your

body absorbs them better. Always take omega-3 fatty acids with a meal. This allows the fats to be properly digested.

Fix Syndrome Zero To Fix A "Broken" Heart

Inflammation is your body's reaction to a diet we didn't evolve to eat.

Our modern food supply is made up of inflammation-friendly foods like refined carbohydrates and sugars, cheap vegetable oils and processed carbage. And this toxic concoction causes your gut to become way out of balance — and allows dangerous heart-breaking bacteria to thrive.

You see, inflammation begins in your gut. And certain gut bacteria produce a vital enzyme called *fatty acid synthase*, or **FAS**.

But when your microbiota is out of balance, FAS production screeches to a halt. This has a devastating effect on your health.

You see, FAS is critical for keeping the mucus layer of your intestine intact, and preventing the microbes in your gut from

leaking into your cells. And when you don't have this protective layer in your intestine, bad bacteria invade your bloodstream.

This creates inflammation in heart cells — leading to restricted blood flow and arterial blockages, a major cause of heart attack, heart failure and stroke.⁸

Meanwhile researchers at the Cleveland Clinic found that atherosclerosis is a direct result of a gut-chemical called **TMAO**.

A brand-new animal study proved that too much TMAO — the result of a toxic gut — is a direct link to oxidative stress, inflammation and the shrinking of blood vessels leading to the heart.

People with the highest levels of TMAO are 62% more likely to experience serious cardiovascular problems than those with the lowest levels.⁹

Luckily, you can heal your broken heart by fixing your gut... In the previous article, we talked about

“Our modern food supply is made up of inflammation-friendly foods like refined carbohydrates and sugars, cheap vegetable oils and processed carbage.”

the best diet to reverse and prevent Syndrome Zero. But to treat the heart-breaking effects caused by a toxic gut, there are a few things you'll want to include.

It starts with by choosing foods that contain the prebiotic inulin. Prebiotics are a special kind of non-digestible fiber. These living microorganisms pass through your gut and remain undigested because your body can't break them down.

In other words, prebiotics act like fertilizer — feeding your probiotics so they can do their job.

Great sources of inulin include bananas, asparagus, onions, garlic, leeks and Jerusalem artichokes.

Then add in the probiotics. These will help recolonize your gut with healthy bacteria and crowd out the bad bacteria. You get a good supply from fermented foods like fresh sauerkraut, kefir, kvass and kimchi and cultured dairy.

I find most of my patients benefit from also taking a supplement.

Look for one with:

- Lactobacillus plantarum
- Lactobacillus acidophilus
- Bifidobacterium lactis
- Lactobacillus rhamnosus
- Bacillus subtilis

Look for one that guarantees 10-20 billion CFUs (colony forming units) at the expiration date. Between the time of packaging and the time you take them, billions of the bacteria may die off.

Get To The Fat Of The Matter

Heart disease is closely linked to the skyrocketing rates of type 2 diabetes and obesity over the past few decades. But its roots lie in Syndrome Zero and the explosive rise in carb and refined sugar consumption.

You see, Syndrome Zero is a major cause of visceral fat. This deadly, internal fat wraps around organs like your heart. And it's far more dangerous than the subcutaneous fat that lies right beneath your skin.

Visceral fat is a storehouse for toxins that pump directly into your body. When you have too much visceral fat, you can almost guarantee you'll develop heart disease, diabetes and cancer. Too much of it produces excess secretion of a substance called adipokine. This causes body-wide inflammation that leads to these diseases.¹⁰

And you don't have to be overweight to have it...

Visceral fat also appears to be more metabolically active than surface fat and can result in increased secretion of cortisol, the stress hormone, that can cause the inflammation at the root of today's chronic diseases.

That's one reason why visceral fat significantly raises your risk of heart disease — far beyond what was previously thought. It has been shown to cause:

- Excessively high insulin levels
- High triglycerides, which leaves dangerous deposits of plaque inside blood vessels
- High blood pressure

The best way to get rid of deadly visceral fat is short-burst exercise. I use this principle in all of my exercise programs for my patients at my clinic. Real fat burning doesn't take place during exercise. It takes place after you exercise, as you recover. We call this "the afterburn," and it's one of the keys to PACE.

Short-burst exercise tells your body that you don't have to make more fat and squirrel it away for the next time. You're not going to exercise long enough to use it for fuel, so why make more fat?

Instead, when you keep your sessions brief, you use carbs for fuel during exercise and then use fat long afterward. Ten to 12 minutes is all you need to rev up your metabolism. Then, during times of rest, your metabolism burns up your visceral fat.

Visceral fat disappears very quickly when you exercise this way. When you follow this plan instead of doing hours of cardio, you burn up to 9 times the fat for every calorie burned.¹¹

If you're not doing PACE, now is the time to start. To see some more examples of my PACE program in action, [visit my YouTube page here](#).

Feed Your Hungry Heart These 4 Super Nutrients

You can protect your heart with four super nutrients — L-arginine, vitamin K2 and CoQ10.

1. L-carnitine: More than 20 placebo-controlled studies support L-carnitine's role in protecting your heart.¹² Carnitine reduces arterial plaque, lowers LDL cholesterol, and increases HDL levels. These benefits appear in healthy subjects as well as in patients with heart disease.

You obtain carnitine from red meat and dairy. But not enough... I suggest you take 500 mg of L-carnitine daily. It is important that you choose the naturally occurring L-carnitine and not the synthetic DL-carnitine. The D-form interferes with the natural action of the L-carnitine.

2. L-Arginine: This naturally-occurring amino acid is the precursor to nitric oxide. L-arginine improves blood flow by breaking down into nitric oxide in the bloodstream, which helps dilate blood vessels in the lining of the heart. Without nitric oxide, your blood vessels narrow. Arterial plaque makes these vessels rigid and restricts blood flow.

Red meat is a good food source of L-arginine. So is fish, chicken, nuts, sesame seeds and sunflower seeds. You can also supplement. I recommend you take 500 mg of L-arginine daily with food to support muscle growth and heart health. As with carnitine, buy only the L-form of this amino acid.

3. K2: This is one of the best vitamins for heart health. A study of 4,800 people showed high levels of K2 lowered the risk of coronary artery disease by 57%.¹³

The study also found that populations that get more vitamin K2 in their diets reduce their risk of dying from cardiovascular disease by 50% over those who had lower amounts.

Grass-fed meat, goose liver, natto, gouda and Brie cheeses and egg yolks are good sources. This vitamin is so important for your heart that I recommend taking a supplement — between 45-90 mcg daily. And since it's fat-soluble, take it with a meal to improve absorption.

4. CoQ10: We talked about CoQ10 in the last article. But I consider it to be one of the most important nutrients for your heart you can take. You see, a new clinical trial found that CoQ10 reduced the mortality of patients with cardiovascular disease by 53%.

For the Swedish study, 440 participants supplemented with CoQ10 or a placebo for five years. In addition to living longer, the patients who took the CoQ10 had significantly improved cardio function, spent less time in hospitals and reported a better quality of life.¹⁴

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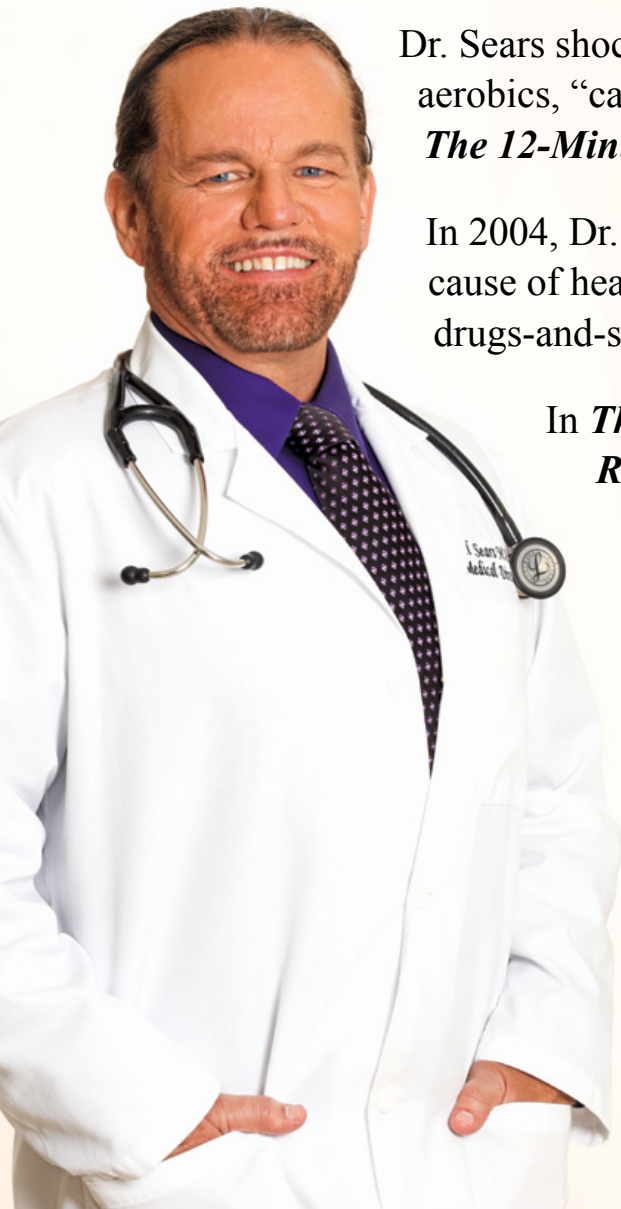
The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.

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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).