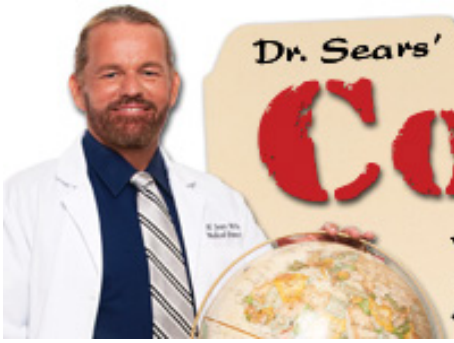


Dr. Sears'
Confidential Cures
Your Guide to Truth and Lies in Medicine from Around the World

January 2021 **Vol. X Issue 1**

Dear Friend,

I'm on the frontlines of a growing stem cell revolution with a handful of pioneering MDs around the world.

You see, stem cell therapies rapidly push the field of regenerative medicine forward into exciting new territory.

The resulting breakthroughs could save you, along with millions of Americans, from chronic diseases... like diabetes, heart disease, Alzheimer's and cancer.

But the FDA continues to do everything in its power to stop us. They want to block your access to stem cells... ***even the ones in your own body.*** They want to shut down clinics that offer stem cell therapies.

That has meant the end of most stem cell treatments in America.

But there is hope coming from some important stem cell research that can help this movement gain momentum. Hope to the tune of $5.5 billion for research.

It's important because over the last several decades stem cells have been a political hot potato struggling for funding.

The results will bring us into a new world... giving us new ways to use stem cell therapy and new cures.

In today's issue of ***Confidential Cures,*** I'll tell you more about how stem cells could ultimately defeat Alzheimer's and other chronic diseases. And I'll show you...

- **How to reinvigorate your own stem cells** from home with simple strategies that will boost your body's stem cell production. And, where to find stem cell clinics in your area.
- **How to sidestep the diet police's bad advice** and discover how to USE fat to lose weight.
- **How to beat sneaky cortisol...** which is spiking during the pandemic, and how you can shed unwanted pounds, despite all the extra stress.

To Your Good Health,

Al Sears, MD, CNS

Also in This Issue...

Over His Own Body And Mind The Individual Is Sovereign...

Hundreds of New Stem Cell Cures and Breakthroughs Are Coming... Yet the FDA Continues to Block Access

The belief in sovereignty over our own bodies was eloquently expressed by the 19th century British philosopher John Stuart Mill and is one of my guiding principles... and the driving force behind my own practice of medicine.

Yet we are continually battling government and corporate forces that want to deprive us of those very rights.

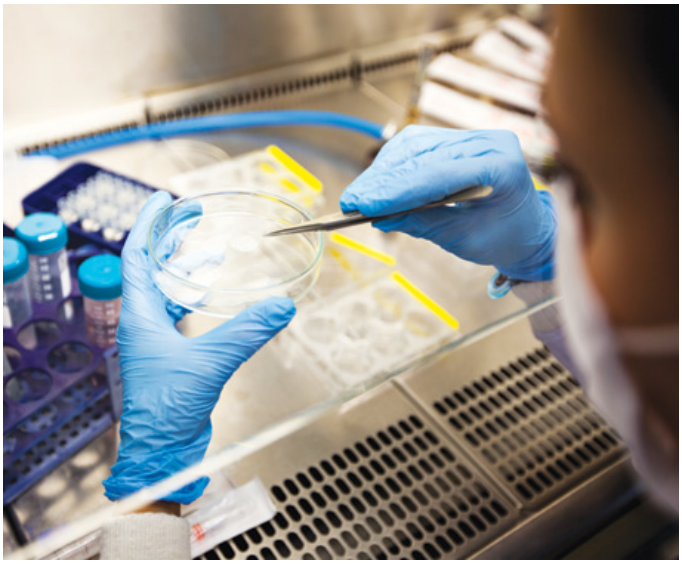
Today, new life-saving stem cell therapies are being outlawed throughout the country. ***Even for the stem cells that come from your own body.***

On one hand, there's reason for hope. There's been a massive cash infusion of $5.5 billion into new stem cell research in California and it's set to pave the way for cures to cancer, heart disease, diabetes, Alzheimer's, Parkinson's and more.

The money will go directly to the California Institute for Regenerative Medicine (CIRM), which provides funding for stem cell research at universities and research institutes around the state.

Since CIRM was founded in 2004, it has advanced research and treatments for more than 75 diseases — including many of the stem cell therapies I've used here at the **Sears Institute for Anti-Aging Medicine**.

That's huge because for the last several decades stem cells have been a political hot potato struggling for funding. It's about time more funding and focus is being placed on this critical research for stem cell therapy.



I've had great success treating — and in many cases reversing — deadly chronic diseases in patients using stem cell therapy.

As a regular reader, you've heard me say that stem cells are the future of medicine. I've been on the forefront of this revolution along with a handful of other pioneering doctors... and I believe it's truly game-changing.

I've had great success in the past treating patients with stem cell therapy, and in many cases have been able to reverse deadly chronic diseases.

I've even had patients tell me stem cell therapy has "given them back their life" — whether it's been a treatment to bolster their immune system, a treatment for erectile dysfunction, chronic joint pain, wound healing or reducing insulin resistance in diabetics.

But that's where the good news ends. Because despite this additional funding for research, the FDA continues to do everything in its power to block your access to stem cells... even the ones that come from your own body. That has meant the end of most stem cell treatments in America.

"Stem cells are also a vital part of your immune system. They produce streams of new immune cells that fight infections, reduce inflammation and ward off disease."

Recent directives from the FDA have declared war on adipose stem cell therapy — a simple procedure using stem cells from your own fat (adipose) tissue. The therapy has been used in clinics across America — including the **Sears Institute for Anti-Aging Medicine**. But the FDA wants to close these clinics — insisting the treatments are "unproven and... dangerous" — despite the continuous flood of scientific research that proves their astonishing healing power.

If the FDA has its way, it could mean the end of most stem cell treatments in America.

In this *Confidential Cures* article, you'll learn about the incredible potential of stem cell research, and what this funding could mean for you or a loved one — even if you're not in California. The new research has the potential to benefit all Americans. You'll also learn about many of the stem cell treatments currently available in clinics near where you live and some that you can even do in your own home.

Why Stem Cells Are So Important

Stem cells have already begun to revolutionize medicine. And before long, I have no doubt they will completely transform modern health by eradicating all illnesses and changing the way your body ages.

As you know, stem cells are master cells and they are the basic building blocks of your entire body.

They are your steady supply of healthy "replacement cells" — whether it's a heart muscle, blood, retina, nerve or immune system cell.

You see, at their biological root, diseases are the result of cells that malfunction because they are harmed, old or dying — or, in rare cases, genetically damaged.

Your body assigns stem cells regularly to replace these malfunctioning cells. The problem is, the more you age — and the more toxic our environment — the less efficient this natural healing process becomes.

I have no doubt that one day soon stem cells will offer us an easily renewable source of replacement cells to regenerate damaged organs and tissues, and this will reverse every disease.

We may be at the beginning of this revolution, but stem cell therapies aren't new. They have been used routinely for decades as a standard treatment in transplant procedures for patients with blood cancers like ***leukemia***, ***Hodgkin's*** and ***non-Hodgkin's lymphoma*** and ***multiple myeloma***.

Thanks to the properties of blood stem cells, thousands of patients every year are now able to replace their entire diseased blood system for life.

Stem cells are also a vital part of your immune system. They produce streams of new immune cells that fight infections, reduce inflammation and ward off disease.

It used to be thought that stem cells could only be taken from embryos, umbilical cords and bone marrow.

But that changed in 2013 when researchers at UCLA discovered that human adipose (fat) tissue contains an abundant and easily accessible supply of stem cells.

In fact, it was funding from CIRM that led to many of the adipose stem cell therapies that are now widely available in clinics around the world.

You see, the discovery that these adult stem cells are predominantly *mesenchymal* cells, which can be coaxed to becoming many different kinds of cells, was the true game changer. Mesenchymal stem cells can develop into muscle, tendon, ligament, cartilage, bone, cardiac, neuronal, reproductive system, kidney liver cells and more.[1]

And like their embryonic relatives, mesenchymal cells also have the ability to self-renew — which means you will always have your own supply of them.[2]

It's hardly surprising that adipose stem cells are at the forefront of research into new treatments for diseases that were once thought to be irreversible. Many of the conditions mentioned below are already treatable with proven, early-stage pioneering therapies or the focus of advanced clinical trials...

- Heart disease[3]
- Autoimmune diseases, like diabetes, rheumatoid arthritis and multiple sclerosis[4,5]
- Alzheimer's and Parkinson's diseases[6,7]
- Burns
- Nerve damage from toxins
- Bone, cartilage, ligament and tendon damage
- And much more

Stem Cells Will Ultimately Defeat Alzheimer's

Stem cell therapies have the potential to completely eradicate Alzheimer's disease by altering the cellular malfunctions that cause this devastating condition in the first place.

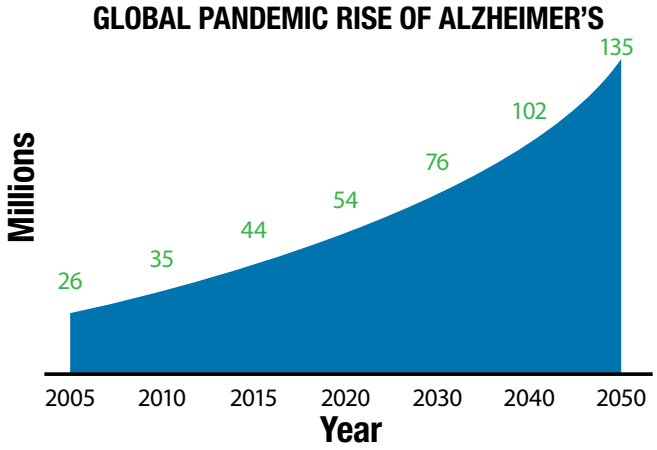
In fact, experimental stem cell therapies are already available that target the neuronal inflammation, neurofibrillary tangles and plaques that play a major role in the memory loss and confusion that are the hallmarks of the disease.

I believe a complete cure for Alzheimer's and other neurological conditions is possible — with better brain mapping technologies and more advanced systems of targeted stem cell therapies.

That's why California's latest investment in regenerative medicine is critical.

CIRM group has already agreed to commit $1.5 billion — of the total $5.5 billion investment — to fast track stem cell diagnostics and therapeutics for neurological disorders, including:

- Alzheimer's
- Parkinson's
- Stroke
- Epilepsy
- And other brain and central nervous system diseases.



The global rise of Alzheimer's disease is terrifying. Today, around 54 million people worldwide suffer from Alzheimer's, with the vast majority of them in Western Europe and America.

This $1.5 billion pledge is a huge increase on previous cash commitments. Over the past decade or so, only around $33 million in grants targeting Alzheimer's was awarded by CIRM.[8]

And politicians and media pundits who crow about investment being a poor use of taxpayer dollars, should consider this:

- Every 65 seconds, another American is diagnosed with Alzheimer's.[9]
- Each year, half a million new cases are diagnosed — and that figure is continually rising.
- The National Institutes of Health (NIH) estimates the cost of Alzheimer's to the U.S. economy runs well over $200 billion a year. The cost of the suffering is incalculable.[10]
- And worse is yet to come — a colossal burden for our children and grandchildren.
- By 2050, Alzheimer's is projected to cost upwards of **$1 trillion a year**, which will cripple America's healthcare system.[11]

America can't afford *not* to invest in stem cell research. In fact, more should be invested — and not just in California, but across the country.

Laying The Foundation For More Cures

Advances in stem cell science, of course, go far beyond the fight against Alzheimer's.

Thanks to CIRM-funded research, recent advances have already seen type 1 diabetics begin to produce insulin, quadriplegics regain upper body function and blind patients regain their sight.

Since the California research body was founded in 2004, it has built a dozen stem cell research facilities, funded more than 60 clinical trials, and published nearly 3,000 medical discoveries.[12]

Many of these trials are on track to produce a raft of new, FDA-approved stem cell treatments over the next few years, including therapies for: [13]

- Age-related Macular Degeneration (AMD) and other eye diseases
- Schizophrenia
- Autism
- HIV
- Type 1 and type 2 diabetes

And, at the same time, these clinical trials and studies also have laid the groundwork for many more therapies to come. If voters hadn't approved the new CIRM funding, many promising treatments and cures may have stalled or even ended there.

Find A Stem Cell Clinic In Your Area

Dozens of scientifically proven stem cell treatments for conditions as varied as *cancer, diabetes, heart disease, arthritis, blindness* and even *wrinkled skin* are already out there. They just haven't reached the mainstream yet.

We offer a number of highly successful stem cell treatments here at the **Sears Institute for Anti-Aging Medicine**. If you're interested in stem cell therapy at my clinic in South Florida call my staff at **561-784-7852** for details. Or visit my website at **www.searsinstitute.com**.

If you live in another state, an easily searchable directory of state-by-state local clinics can be found at **www.stemcellfinder.com/providers/**.

However, you do need to exercise some caution. Sadly, many doctors at a number stem cell clinics don't have relevant training.

The Sears Institute for Anti-Aging Medicine offers a number of highly successful stem cell therapies.

A recent study in the *Journal of the American Medical Association* found that fewer than half of the 166 businesses that were analyzed employed doctors whose formal medical training covered the conditions the company claimed to treat.[14]

The study also found that some stem cell clinics operating in America don't even have a physician on staff.

My advice is you should:

- Consider background checks on physicians and their stem cell experience when considering medical care.
- Make sure at least one physician on staff has relevant medical training for the condition you are concerned about.

Boost Stem Cells At Home

There are also ways to boost your body's stem production at home. Here are just a few of them:

■ **Get eight hours of sleep each night.** In 2013, Swiss researchers discovered that a disruption of normal sleep rhythms disrupted stem cell functioning.[15] And German researchers last year found that a good night's sleep protects stem cells from DNA damage, which keeps them "young."

■ **Take the forgotten B vitamin.** A recent study from the University of Georgia and Tufts University found that vitamin B9 — or folate — can stimulate stem cell proliferation. In fact, researchers are currently testing how a combination of stem cells and B9 can regenerate the spinal cords of injured animals.[16]

I recommend getting 800 mcg of folate each day. Grass-fed calf's liver is one of your best sources with 215 mcg in just three ounces. Dairy, poultry, meat, eggs, seafood and dark leafy greens are also good.

If you choose to supplement, avoid the synthetic "folic acid" form of B9. Look for products that say "5-MTHF." That's the active form of B9.

■ **Eat seaweed.** Seaweed contains an important molecule called *fucoidan*. This compound increases the release of adult stem cells into the bloodstream. It also helps mobilize those stem cells so they can travel to the parts of the body that need repair. Fucoidan is found primarily in brown seaweed and makes a delicious salad. You can also purchase supplements online. I suggest 400 mg a day.

There is a molecule in seaweed called fucoidan that helps release stem cells into your bloodstream.

■ **Add carnosine.** Grass-fed, pasture-raised meat is the best way to get carnosine from food. This molecule has been shown to have a remarkable ability to wake inactive stem cells. I recommend getting 1,000 mg of carnosine every day. A typical seven-ounce serving of beef has about 250 mg of carnosine. If you can't get enough by eating red meat, I recommend you supplement with natural L-carnosine. Take 500 mg twice a day.[17]

■ **Get more sunshine.** Getting 15-20 minutes of unprotected sun each day is safe and will provide roughly 5,000 IUs of vitamin D. If that's not an option for you, take a vitamin D3 supplement of at least 5,000 IUs. This "super nutrient" will not only boost stem cell production, but it also fights cancer, heart disease, Alzheimer's disease, diabetes and a host of other age-related illnesses.

References:

1. Ogura F, et al."Human adipose tissue possesses a unique population of pluripotent stem cells with nontumorigenic and low telomerase activities: potential implications in regenerative medicine." *Stem Cells Dev*. 2014 Apr 1;23(7):717-28.

2.Heneidi S, et al. "Awakened by Cellular Stress: Isolation and Characterization of a Novel Population of Pluripotent Stem Cells Derived from Human Adipose Tissue." *PLOS One*. June 5, 2013

3.Chen L, Qin F, et al. "Application of adipose-derived stem cells in heart disease." *J Cardiovasc Transl Res*. 2014 Oct;7(7):651-63.

4.Bhansali A, et al "Efficacy and safety of autologous bone marrow-derived stem cell transplantation in patients with type 2 diabetes mellitus: a randomized placebo-controlled study." *Cell Transplant.* (2014); PMID:23561959

5.Atkins HL, et al. "Immunoablation and autologous haemopoietic stem-cell transplantation for aggressive multiple sclerosis: a multicentre single-group phase 2 trial." *Lancet* , Volume 388 , Issue 10044 , 576 – 585.

6.Drukała J, et al. "Stem cells, including a population of very small embryonic-like stem cells, are mobilized into peripheral blood in patients after skin burn injury." *Stem Cell Reviews and Reports*. 2012;8(1):184–194.

7.Grymula K, et al. "Evidence that the population of quiescent bone marrow-residing very small embryonic/epiblast-like stem cells (VSELs) expands in response to neurotoxic treatment." *Journal of Cellular and Molecular Medicine*. 2014;18(9):1797–1806.

8. California Institute for Regenerative Medicine. "CIRM Grants Targeting Alzheimer's Disease." Available at: https://www.cirm.ca.gov/our-progress/disease-information/alzheimers-disease-fact-sheet

9. Alzheimer's Association. "Fact and Figures." Available at: https://www.alz.org/alzheimers-dementia/facts-figures

10. Hurd M, et al. "Monetary Costs of Dementia in the United States." *N Engl J Med*. 2013 Apr 4; 368(14): 1326–1334.

11. Bright Focus Foundation. "Alzheimer's Disease: Facts & Figures." Available at: https://www.brightfocus.org/alzheimers/article/alzheimers-disease-facts-figures

12. Wei D and Rose A. "Report: Economic Impacts of the California Institute for Regenerative Medicine (CIRM)." Schaeffer Center for Health Policy and Economics, University of Southern California. Oct 3, 2019.

13. Trounson A. "California Institute for Regenerative Medicine: Accelerating Stem Cell Therapies in California and Beyond." *Stem Cells Transitional Medicine*. 2012.

14. Fu, W. *et al.* Characteristics and Scope of Training of Clinicians Participating in the US Direct-to-Consumer Marketplace for Unproven Stem Cell Interventions. *J. Am. Med. Assoc.* **321**, 2463–2464. 2019

15. Stephenson, K., Grout, M. "Fucoidan and Stem Cells — Seaweed promotes stem cell function." Arizona Center for Advanced Medicine. 2 Sep 2015.

16. Cheng C, et al. Prolonged fasting Reduces IGF-1/PKA to promote hematopoietic-stem-cell-based regeneration and reverse immunosuppression. *Cell Stem Cell.* 2014 Jun 5;14(6):810-23.

17 Wang AM, et al. "Use of carnosine as a natural anti-senescence drug for human beings." *Biochemistry (Mosc.)*. 2000 Jul;65(7):869-71.

You Can Use Fat To Lose Fat

Don't Let the Diet Police Scare You Away from One of Life's Most Vital Nutrients

We're constantly being told that fat is the enemy. We're told we should avoid it at all cost. They try to convince us it's unhealthy.

It's a myth I've been fighting for years, because nothing could be further from the truth.

Don't get me wrong. If you're eating commercially raised beef marbled with fat... that is NOT healthy. These grain-fed animals that are kept in tight quarters and fed a regular diet of antibiotics are sick and polluted and not a food source that brings you health.

But when you're eating the right kind of fats, it's one of the healthiest things you can do.

When I was growing up in Kentucky, my grandmother made the best pies I've ever eaten. No contest. *Her secret was fat.*

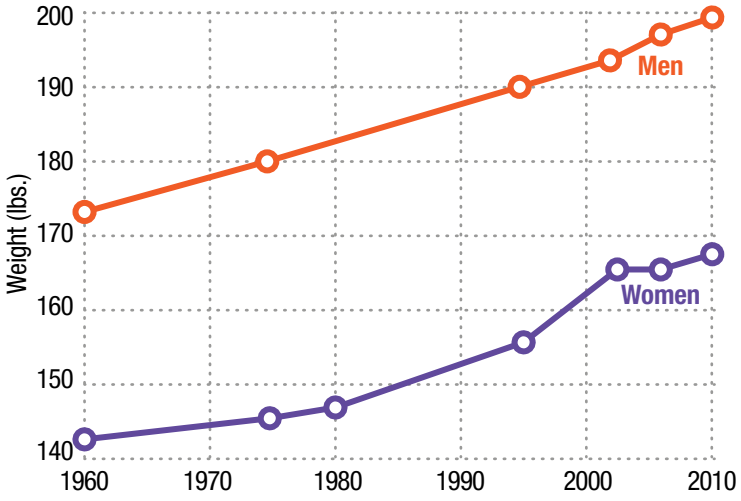
That's right, she used good old-fashioned pig lard to make her delicious pie crusts — an ingredient that today most doctors would have conniptions over. They'd tell you it makes you fat, clogs your arteries (whatever that means) and puts you at risk of a heart attack.

But both of my grandparents lived long into ripe old age. On their small farm, they enjoyed one of the fittest and healthiest lifestyles I've ever seen. And neither had a weight problem.

I'm not telling you this story just to remind you that pig lard is one of the healthiest natural fats you can get. I also want to make it clear that, despite what conventional doctors, nutritionists and so-call dietary experts tell you, ***eating fat doesn't make you fat***.

In fact, the opposite is true: eating healthy fats actually helps keep you lean.

In other words, it's not the fat in the food you eat that's driving our national crises of excessive weight gain, along with the epidemic of diabetes, heart disease and other chronic illnesses that are growing at an equally terrifying rate.



The obesity rate for both men and women has TRIPLED in the last 50 years. Today, 39.8% of adults over 20 are considered obese.

Hales C, et al. "Prevalence of obesity among adults and youth: United States." 2017. NCHS Data Brief. 288.

Something else is going on...

You see, there are basically two kinds of fat — good fat (which comes from animals and is made into butter and lard, and the kind you get on lean, pastured meat) and bad fat (the kind that ends up on your belly and hips).

Of course, there are lots of other kinds of fats you can eat — but they have almost nothing to do with the fat that accumulates on your body.

The real problem is, this "bad" fat can quickly turn into *dangerous fat* that can literally strangle your organs — especially if you're over 50.

*In this **Confidential Cures** two-article feature, I'll show you the hidden dangers of "bad" fat — as well as the astonishing health benefits of "good" fat. You'll see what lies behind those stubborn, unwanted pounds that seem impossible to lose — and, more importantly, how you really can shed them.*

The Deadliest Kind Of Fat You Can Have

Any visit to a mainstream doctor or a dietary clinician about your weight concerns will likely result in a Body Mass Index, or BMI, calculation.

I'm not a fan of BMI, because it doesn't take into consideration the complexity of the human body — and it really isn't very accurate either.

BMI was first used in the 1830s, when a Belgian astronomer, mathematician, statistician and sociologist named Adolphe Quetelet used the calculation to figure out whether a person was a healthy weight — simply by dividing their weight by their height.[1]

Not much has changed in that calculation today — except today your weight is divided by the square of your height. One of its main problems is that it can't tell if you are carrying too much fat or if you have a lot of muscle.

Since muscle is much denser than fat, a muscly athlete can have the same BMI as a couch potato. But there's an even bigger problem with BMI. It can't alert you to the deadliest kind of fat of all — ***visceral fat***.

This type of dangerous fat is stored mostly around your abdominal cavity — especially as you age. Up until about age 40, estrogen in women and testosterone in men controls fat distribution, keeping it away from the abdomen.

But by the time you hit 50, and the levels of these steroid hormones continue to decline, it becomes easier for excessive calories to be stored deep inside your belly.

And the longer you carry this fat, the greater the danger that it converts into visceral fat.

Visceral Fat Destroys Your Health

It doesn't just give you an apple-shaped figure or a swelling beer belly. It wraps itself around your vital internal organs, like your liver, pancreas and intestines.

You see, visceral fat is not a passive repository of energy. It functions like an active organ that emits its hormones and other chemicals, some of them extremely harmful.

This type of fat inflames your tissues, rots your blood vessels and upsets your body chemistry.

It's more metabolically active than surface fat and can also wreak havoc on your immune system as these chemicals travel through your bloodstream, causing the inflammation at the root of many chronic diseases.[2]

It's especially dangerous for your heart. A recent study published in the *Journal of the American College of Cardiology* revealed that visceral fat around the heart produces dangerous protein molecules that can make the heart beat erratically.[3]

These proteins can cause a serious heart condition — particularly in people over 50 —called *atrial fibrillation*, by disrupting the heart's electrical activity and its pumping action.

This often results in heart palpitations, fatigue, shortness of breath and increases your risk of heart failure, strokes, heart attack and other heart-related complications — such as high blood pressure and high triglyceride levels, which leave dangerous deposits of plaque inside your blood vessels.[4]

At the same time, visceral fat significantly raises your risk of diabetes and has been shown to cause disruption of hormonal communication between organs and high insulin levels.[5]

Studies show it can also lead to breast and colorectal cancer, Alzheimer's and other forms of dementia, depression, stroke, arthritis, obesity, sexual dysfunction and sleep disorders.[6]

High levels of visceral fat also raise your risk of non-alcoholic fatty liver disease (NAFLD) — one of the fastest-growing health epidemics in the world.[7]

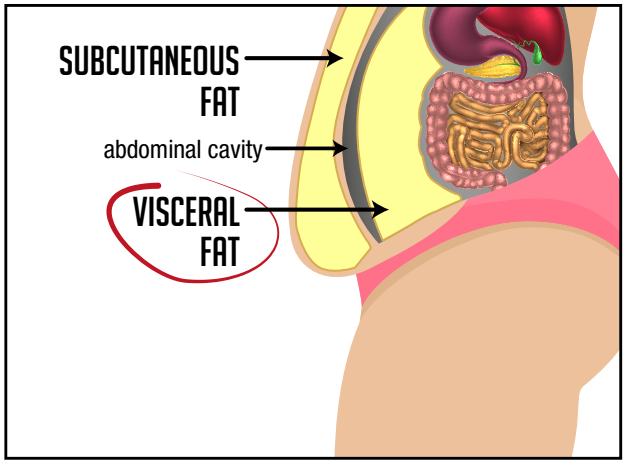
How To Recognize Visceral Fat?

Although people who are overweight or obese are more likely to have large amounts of visceral fat, normal-weight people can have too much, too.

It's easy to recognize, because visceral fat tends to make your belly feel firm, rather than flabby.

There's no way to know exactly where or how much visceral fat is hidden in your body without expensive imagining tests. But there's an easy way to get a rough estimate of the problem.

The next time you visit your doctor, insist that more than your weight and BMI are measured. Physicians should also measure your waist size.



Visceral fat raises your risk of many deadly diseases – including heart disease, cancer, Alzheimer's, sexual dysfunction and more.

I recommend that if your waist measurement is more than 38 inches as a man or 34 inches as a woman, you should take corrective action before it's too late.

This is a crude and unscientific tool, especially if you're naturally a big person — but it's a good place to start. The measurement is not just an indicator of visceral fat levels, it's also a measure of potential health problems that may be around the corner.

Don't Confuse Visceral Fat With Healthy Dietary Fat

Ironically, one of the most effective ways to reduce visceral fat in your body is to replace insulin-spiking carbohydrates from your diet, and replace them with healthy fats.

Excessive carbohydrates are among the primary contributors to the accumulation of visceral fat — as well as the scourge of diabetes, obesity and heart disease around the world.

You see, the low-fat foods recommended by mainstream doctors and dietary clinicians are loaded with carbohydrates and sugar. These spike your blood glucose levels and cause your body to secrete waves of insulin. This, in turn, triggers your liver to produce more triglycerides and body fat. Healthy dietary fats have the opposite effect. They produce zero insulin in your body and keep you lean.

Dietary fat is also one of three main macronutrients the human body needs to survive and thrive. Trying to remove it is a universally bad idea. Here are just a few reasons why your body needs a regular intake of healthy dietary fat:

- **A source of energy**: Your body uses fat to make energy for most of your life-functions. The calories you eat, but don't use right away, are stored for future use in special fat cells called adipose cells.
- **Essential fatty acids:** Your body cannot make these fatty acids, but they are essential for growth, development and cell functions. Your brain-cell membranes are made of essential fatty acids, like omega-3s and 6s.
- **Proper functioning of nerves and brain:** Your brain is made up of around two-thirds fat, and your ability to think clearly depends on getting enough essential fats in your diet. The "sheaths" that surround all your nerves are made of a fatty substance called *myelin*. Without enough fat, you could suffer *demyelination*. Your nerves would lose their insulation and wouldn't transmit signals efficiently.
- **Protecting your heart**: Essential fatty acids, like omega-3, raise HDL "good cholesterol." High HDL is the key to super heart health. Your heart is also covered with a layer of "animal fat" it uses as an energy booster during times of stress.
- **Transporting fat-soluble vitamins**: Without fat you wouldn't be able to deliver nutrients to your body. Fat-soluble vitamins A, D, E, K and CoQ10 cannot be absorbed without fat.

How Fat Can Free You

One of the fastest and most effective ways to rid your body of dangerous visceral fat is to follow a ketogenic eating plan high in animal fat and protein and very low in carbs. It's close to the diet of your ancestors — before the relatively recent invention of agriculture.

When you eat this way, there are no starches to trigger extreme insulin responses. And since your body doesn't have starches to burn for energy, you burn fat instead.

Fat also stabilizes your appetite by triggering the satiety hormones in the hippocampus region of the brain, which makes you feel full. And you feel it in other ways. Fat provides long-burning, consistent energy that carbohydrate-energy just can't match.

In the beginning you may notice a little fatigue, brain fog, low libido or bad breath. That should clear up in a week or two as your body adjusts to burning fat instead of glucose.

Soon your energy and mental sharpness will surge. And as your insulin production starts to normalize, your body will begin the process of healing.

Scientific studies confirm that very low-starch diets also improve insulin sensitivity.[8]

■ **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 to avoid 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. Instead, eat plenty of above-ground and green, leafy vegetables, onions and garlic, berries and other fresh fruits, nuts and seeds. I recommend following the glycemic index, which measures how quickly food breaks down into sugar in your bloodstream. Go to **www.alsearsmd.com/glycemic-index/** for more information on using the glycemic index.

■ **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.

■ **Choose the right fats**. Eat as many different natural foods as possible to get the widest variety of healthy fats. You should get at least 50% of your fat from saturated fats. Strictly avoid bad fats, like polyunsaturated fats, and the worst of all, trans fats, as well as vegetable oils, like corn, sunflower, safflower, soy and canola.

You can easily replace them with olive oil, coconut oil, avocado, egg yolks, cheese, butter, ghee, heavy cream or even lard. 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 add it to smoothies.

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

Today's omega-6/omega-3 ratio is about 16:1, which can trigger inflammation and lead to premature aging, heart disease, arthritis, Alzheimer's, diabetes and obesity.[9]

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

Good sources of omega-3s are wild-caught salmon, avocado, walnuts, olives and olive oil. Studies show that the omega-6 *gamma linolenic acid* found in hempseed stabilizes the omega-6/omega-3 balance in your body.[10]

I also recommend supplementing with the two most potent omega-3s — eicosapentaenoic acid and docosahexaenoic acid, better known as EPA and DHA. *Based on my experience, you need at least 500 mg of DHA and about 60 mg of EPA — EVERY DAY!*

If you're interested in learning more about the ketogenic diet or other insulin-reducing treatments, please contact my staff at (561) 784-7852 or visit my website at **www.searsinstitute.com**.

References:

1. Eknoyan G. "Adolphe Quetelet (1796-1874) – the average man and indices of obesity." *Nephrol Dial Transplant* . 2008 Jan;23(1):47-51.

2. Björntorp P. "Metabolic difference between visceral fat and subcutaneous abdominal fat." *Diabetes Metab.* 2000 Jun;26

3. Bell J and Delbridge L. "Why body fat deep below the surface is a toxic risk, especially for your heart." *Today (Australia).* Sept 30, 2020.

4. Mayo clinic. "Atrial fibrillation: Overview." Available at: https://www.mayoclinic.org/diseases-conditions/atrial-fibrillation/symptoms-causes/syc-20350624

5. Jung SH, et al. "Visceral fat mass has stronger associations with diabetes and prediabetes than other anthropometric obesity indicators among Korean adults." *Yonsei Med. J.* 2016;57:674–680.

6. Whiteman H. "Sugary drinks may increase harmful body fat." Medical News Today. January, 2016.

7. Mirza MS. "Obesity, Visceral Fat, and NAFLD: Querying the Role of Adipokines in the Progression of Nonalcoholic Fatty Liver Disease." *ISRN Gastroenterol 2011*; 2011: 592404.

8. Volek JS, et al. "Comparison of a very low-carbohydrate and low-fat diet on fasting lipids, LDL subclasses, insulin resistance and postprandial lipemic responses in overweight women." *J Am Coll Nutr*. 2004.

9. Patterson E, Wall R, et al. Health implications of High Dietary Omega-6 Polyunsaturated Fatty Acids. *Journal of Nutrition and Metabolism*. Vol. 2012, Article ID 539429, 16 pages.

10. Fan Y, Chapkin RS. "Importance of dietary gamma-linolenic acid in human health and nutrition." *J Nutr*. 1998 Sep;128(9):1411-4.

Beat Sneaky Cortisol And Lose Weight

It's no secret that stress can be deadly. And these days, in the middle of a global pandemic, you don't even have to leave your home to be under attack...

Lockdown, isolation, anxiety, capsized travel plans, and the never-ending assault of conflicting information have almost certainly sent your *cortisol* levels skyrocketing.

I've been warning my patients for years that an overload of cortisol — your body's main stress hormone — can wreak havoc with your health.

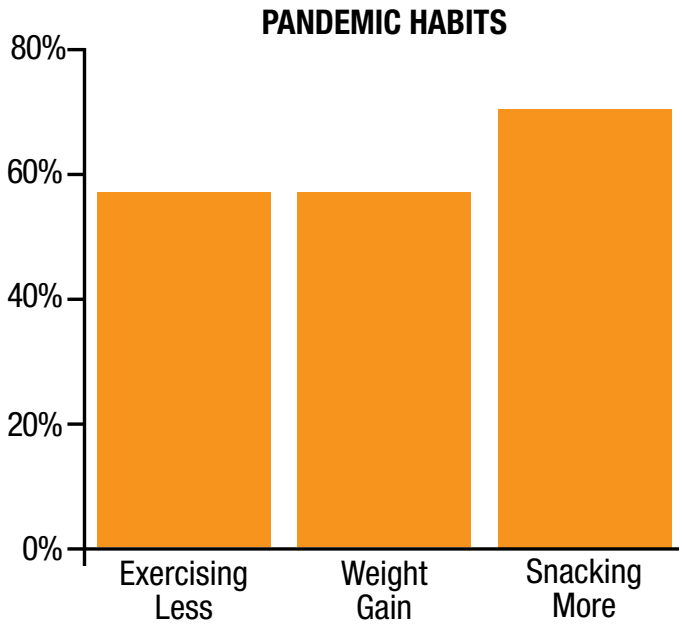
Cortisol also causes *stress belly*. Even tiny amounts of this hormone can force your body to gain fat.

And it's not just subcutaneous fat. I'm talking about ***visceral fat*** — the dangerous, hidden kind you learned about in the previous *Confidential Cures* article.

Cortisol causes visceral fat to build up in your abdominal cavity, where it engulfs and strangles your organs. At the same time, accumulations of this hidden internal fat cause your body to secrete more cortisol.

Unless you do something about this vicious cycle, it can lead to extreme weight gain, obesity and *metabolic syndrome* — a collection of symptoms and disorders that often foreshadows Syndrome Zero which is the basis for all chronic disease... like diabetes, heart disease, obesity and cancer.

Making matters worse, we're now in the middle of a perfect cortisol storm of stress, anxiety and lockdown boredom which has led to a glut of snacking. Americans are now consuming more foods that lead directly to the accumulation of visceral fat.



Since the pandemic took hold in March 2020, Americans are snacking more, exercising less and packing on the pounds.

Source: University of Missouri Health Care

In this *Confidential Cures* article on the dangers of visceral fat storage, I'm going to show you how you can turn this crisis around. The good news is the accumulation of this hidden fat is not hopeless. You'll learn which foods you MUST avoid, as well as the best ways to get rid of visceral fat — along with healthy alternatives to dangerous snacking.

Beware Of Big Agra's Nasty Sweetener

I've seen the trend in my own clinic... more and more of my patients are reporting unexpected weight gain since the lockdowns began. Others, meanwhile, tell me they're not surprised at all, especially after reporting quarantine-binges of Oreos and ice cream.

Almost every adult knows that once weight has been gained, it's extremely hard to lose.

But my main concern is that lockdown-bingeing often involves junk food that leads directly to the formation of visceral fat and surges of cortisol coursing through your body.

You see, almost all junk food contains ***high-fructose corn syrup****,* or *HFCS*, Big Agra's cheap and nasty sweetener. That means every time you take a sip of soda or eat an Oreo, you're damaging your health. This is no exaggeration. Let me explain...

When carbohydrates are consumed, the glucose is absorbed into the bloodstream for energy and driven into your body's tissues with the help of the hormone insulin.

Too many carbs and too much insulin are bad for you. Americans eat far too many low-quality carbs, like the processed grains in sandwiches, pizzas and store-bought baked goods.

Over time, your body can become overwhelmed by insulin. When insulin loses its power, your body responds by pumping out more of the hormone. The result is weight gain, insulin-resistance and often obesity and type 2 diabetes.

But when HFSC is thrown into the mix, the result is even more devastating.

You see, HFCS takes a different path. Most of it goes straight to your liver, where it stimulates the production of triglycerides and the rapid accumulation of visceral fat around your internal organs.

It's the buildup of triglycerides in the liver that leads to NAFLD. This condition causes serious liver issues, including painful swelling and scarring that can lead to cirrhosis, liver failure and death.

And HFCS isn't just in Oreos or ice cream. It's the primary ingredient in sugary sodas, most candy bars, canned fruit, breads, as well as frozen convenience foods, like TV dinners and pizzas.

Even foods that are supposed to be healthy can contain HFCS. What follows is just a short list, so it's best to read labels before buying these common supermarket items.

- **Sweetened Yogurts**: Companies often claim yogurts are low-fat or fat-free, nutrient-dense and high in probiotics. In reality, these "healthy snacks" are little more than HFCS bombs.

While marketed as healthy, most commercial yogurts are chockful of liver-damaging high fructose corn syrup.

- **Fruit Juice**: Although fruit juice is already naturally high in sugar, many companies sweeten it even more with HFCS.
- **Salad Dressing:** You should be wary of salad dressings that claim to be low-fat or fat-free. To make up for the flavor that gets removed with the fat, companies add HFCS to satisfy your taste buds.
- **Granola Bars:** These are almost always advertised as healthy snacks — but they're not. Granola, which is made from rolled oats and often combined with dried fruit and nuts, is already carbohydrate-heavy. Companies often choose to sweeten them more with HFCS — causing your body to accumulate visceral fat as much as an Oreo.

Scientific research has long sounded the warning bell over the deluge of HFCS in the American diet.

In one recent study, researchers working with the National Institutes of Health (NIH) analyzed the data of 1,003 sugary-soda drinkers aged around 45 over a six-year period to measure changes in their visceral fat.[1,2]

The research subjects underwent computed tomography (CT) scans at the beginning and end of the study period.

The results were shocking. They showed that participants who consumed HFCS on a daily basis had vastly higher increases in visceral fat — at an average of 852 cubic centimeters!

"Studies reveal that too much cortisol affects your body's normal distribution of fat, by concentrating it in your abdomen and around vital organs."

How High Cortisol Gives You "Stress Belly"

An excess of cortisol production causes the hormone to act in particularly nefarious ways in your body.

Higher long-term cortisol levels have been shown to be strongly related to abdominal obesity, according to a 2018 review study.[3]

Studies reveal that too much cortisol affects your body's normal distribution of fat, by concentrating it in your abdomen and around vital organs. At the same time, cortisol elevates insulin production, which in turn causes an increase in appetite and sugar craving.[4]

But the process doesn't end there...

Visceral fat contains an enzyme, called *11β-HSD-1*, which controls cortisol concentration in tissue. This enzyme is found in all fat cells, but is more concentrated in the visceral fat cells.[5]

In fact, visceral fat has about four times as many cortisol receptors as "regular" fat. So, it not only contributes to more cortisol production, it also increases cortisol's tendency to increase fat levels.

Visceral fat also releases more retinol-binding protein 4 (RBPR), which has been shown to lead to insulin resistance.[6]

At the same time, visceral fat contains more *cytokines* than subcutaneous fat. These proinflammatory proteins are at the root of multiple chronic diseases.[7]

Cortisol wasn't intended to behave like this in your body.

Your ancestors only had brief periods of stress. Getting chased by a mammoth or a saber-toothed tiger will definitely do that to you. But these stressors lasted only a few minutes. Your body's "fight or flight" response handles that kind of stress very well.

Today, you face a different kind of stress. You are assaulted by continuous stressors that last for days or years... and that's even before we were struck by a global pandemic and lockdown anxiety.

The problem is, you weren't built for this kind of stress. Your body can't cope with the constant state of "fight or flight."

You see, when you're stressed, your adrenal glands respond by secreting cortisol, which puts your body in a state of urgent readiness. It's only supposed to last a minute or two. But when your cortisol levels remain high over long periods of time — as they do in our modern world — the damage is devastating.

According to Harvard Health, high cortisol levels and the visceral fat that accumulates can increase the risk of a long list of chronic disorders, including:[8]

- Diabetes
- Obesity
- Asthma
- High blood pressure
- Headache
- Cardiovascular disease
- Cancer
- Dementia

The good news is that you can dramatically reduce visceral fat and elevated cortisol levels with ***just two key steps***...

Step 1: Eat Like Your Ancestors

The "new normals" of the pandemic may make change seem like a near-impossible task, but you have more control over how you eat and live these days than perhaps you realize. For one thing, you have more time on your hands — and that doesn't have to be a negative.

I recommend you begin with a personal campaign to cut out all high fructose corn syrup from your diet. That means checking labels.

Sugary sodas, ice cream and Oreos are just part of the problem.

Unfortunately, because it's so cheap to produce and easy to add to foods, HFCS is showing up in things you might not ever suspect. Stove-top stuffing, Starbuck's *frappuccinos*, cough syrup, cottage cheese, baked beans... the list goes on.

Chemically produced corn syrup is one of the best arguments I can think of for eating foods the way our paleo ancestors ate them — as they occur naturally. Or as close as you can get these days. The human species evolved over millions of years to thrive on meat as a healthy source of protein and fat. And early humans never suffered from diabetes, heart disease or obesity.

Grass-fed red, free-range meat or wild-caught fish with organic fruit and vegetables — to ensure you're getting the right balance of nutrients, fatty acids and antioxidants — *is not only one of the most nutritious and healthy meals you can eat — it's also your nutritional heritage.*

Step 2:
Exercise Like A Paleo-Hunter

Studies show that exercise is one of the most effective ways to reduce visceral fat. Studies have also revealed that exercise prevents you regaining visceral fat long after you lose the weight.[9,10]

You see, our ancestors were either hunters... or hunted. Those who survived evolved bodies best suited for the short bursts needed to capture prey, or escape predators.

That's why I recommend my PACE exercise program, which will help you shed visceral fat and build your lung power in just 12 minutes a day.

PACE — which stands for *Progressively Accelerating Cardiopulmonary Exertion* — is simple and easy to stick with. If you start today, you'll see a dramatic loss of belly fat within weeks.

The most important thing is to increase your challenge gradually over time.

PACE is safe at any age. And it doesn't matter if you're out of shape. You can start out easy, at your own level. Gradually, you increase your intensity as each move becomes easier.

You don't need to warm up. The warm up is part of the progression you'll make as you repeat the exercise.

Here's how you do it:

■ **Pick Your Favorite Exercise –** You can choose any exercise that will make you stop and pant for breath. It could be as simple as going up and down the stairs, jumping rope, biking, swimming, or even walking.

But whether it's in a pool or on the ground, the beauty of exercising this way is that you can work out PACE-style almost any way you can think of. Just keep the exertion brief, rest in between and increase the intensity a tiny bit each time.

My PACE exercise program is effective and safe — no matter your age or fitness level.

■ **Three Sets Is Best –** In my research into PACE, I've found that a progressive challenge works best when you use three sets of exertion.

- The first is a warm-up set that lasts from 4-6 minutes.
- The second is a ramp-up set that should last for 4 minutes. Use your chosen exercise to exert yourself to the point where you can still talk, but you're out of breath.
- The third is for peak exertion. It should only last from 2-4 minutes, and your heart should be pumping hard enough by the end that you can only grunt a word or two if you have to.

This is just a basic outline for how you might begin a PACE workout. To mix it up and put some variety into the challenge, you can increase the pace of each set, use resistance, or change your exercise activities.

Whichever exercise you choose, the key is to listen to your body. You should be panting at the end of each exertion period. You should *not* be taxed and exhausted throughout the whole workout.

After a few weeks, you should notice that it doesn't take long for your heart rate to return to normal after a set of exertion, no matter what it is. This means you are becoming more fit and delivering more oxygen to your body faster.

References:

1. Fox CS, et al. "Sugar-sweetened beverage consumption is associated with change of visceral adipose tissue over 6 years of follow-up." *Circulation*. 2016.

2. Vartanian LR, et al. "Effects of soft drink consumption on nutrition and health: a systematic review and meta-analysis. *Am J Public Health*. 2007;97(4):667–675.

3. Van der Valk ES, et al. "Stress and Obesity: Are There More Susceptible Individuals?" *Curr Obes Rep* 7**,** 193–203 2018.

4. Epel ES, et al. "Stress and body shape: stress-induced cortisol secretion is consistently greater among women with central fat." *Psychosom Med*. Sep-Oct 2000;62(5):623-32.

5. Purnell JQ, et al. "Enhanced cortisol production rates, free cortisol, and 11beta-HSD-1 expression correlate with visceral fat and insulin resistance in men: effect of weight loss." *Am J Physiol Endocrinol Metab*. 2009.

6. Lee JW, at al. "Abdominal Visceral Fat Reduction Is Associated with Favorable Changes of Serum Retinol Binding Protein-4 in Nondiabetic Subjects." *Endocrine Journal* 55(5):811-8. May 2008

7. Nam SY, et al. "The Effect of Abdominal Visceral Fat, Circulating Inflammatory Cytokines, and Leptin Levels on Reflux Esophagitis." *Neurogastroenterol Motil* 2015; 21(2): 247-254

8. Harvard Health. "Abdominal fat and what to do about it: Visceral fat more of a health concern than subcutaneous fat." Available at: https://www.health.harvard.edu/staying-healthy/abdominal-fat-and-what-to-do-about-it

9. Hunter GR, et al. "Training Prevents Regain of Visceral Fat for 1 Year Following Weight Loss Gary R. *Integrative Physiology* 18, 690–695. 2009.

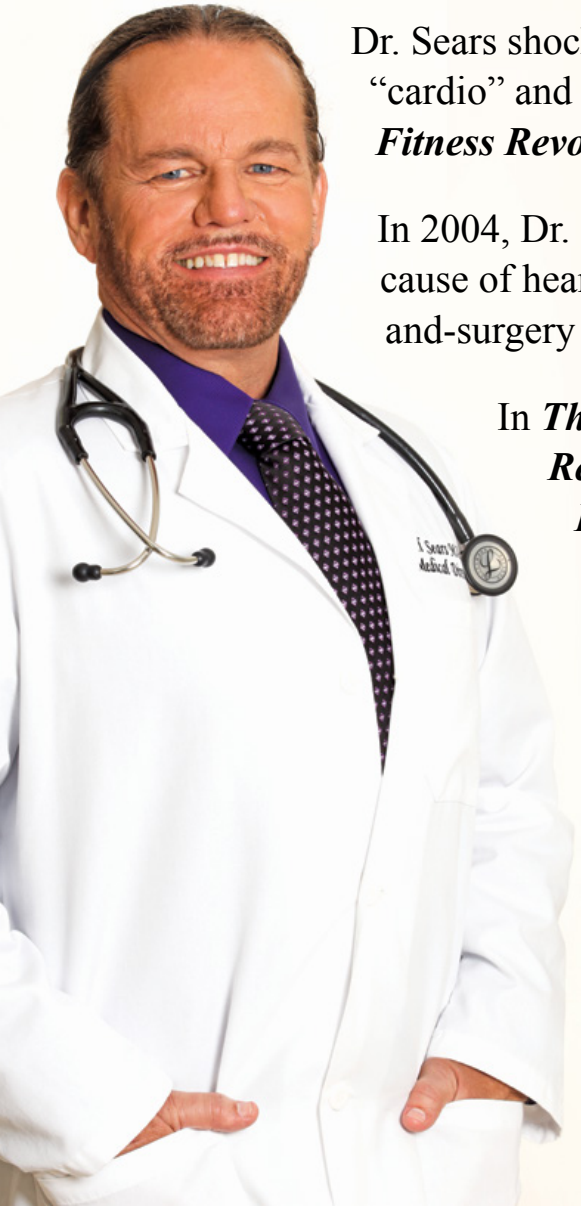
10. Takeshita, H, et al. "Long-term voluntary exercise, representing habitual exercise, lowers visceral fat and alters plasma amino acid levels in mice." Environmental Health and Preventive Medicine Jul 2012

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).