



Dr. Sears'

CONFIDENTIAL CURES

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

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Dear Friend,

There's a rare oxygen-boosting Tibetan mushroom that's more valuable than gold...

It only grows in the highest peaks of the Himalayan mountain range and is prized for its impossibly wide range of health benefits.

You won't hear about it from mainstream physicians because they may not even know about it... *or it's amazing abilities.*

Like delivering oxygen into the smallest of capillaries.

This wild Tibetan mushroom, called *cordyceps sinensis*, is like an "oxygen supplement" — and plays an important role in your immune health, protecting both your innate and adaptive immunity.

Today, it's almost impossible for your immune system to get the oxygen it needs because environmental toxins are "deoxygenating" your three richest sources — food, water, and air — before it can reach your cells.

But there's good news. You can easily boost your immune power, starting today. And you can oxygenate your blood, improve circulation, and boost oxygen delivery to your cells.

In this **Confidential Cures** issue I'll also show you...

- **The 3 Reasons You Should Consider Cordyceps** – It's more important now than

ever, and I'll tell you why. Plus, I'll also show you the simple ways you can increase your body's oxygen intake every day.

- **How To Avoid "Disease Mongering"** – It's deplorable that we even have a term for this "art" of creating a diagnosis so Big Pharma can create a new drug to treat it. Like osteoporosis drugs that are not only ineffective, but dangerous, too. There are natural ways to combat osteoporosis and build stronger bones.
- **Now They're Pushing Surgery For Diabetes Patients?** It's a disturbing new trend among mainstream doctors. But the truth is you can't cure diabetes with bariatric surgery. Fortunately, your body still has the inborn blueprint you inherited from your hunter-gatherer ancestors to be strong, smart and disease-free — and that includes freedom from diabetes.

To Your Good Health,

Al Sears, MD, CNS

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The Oxygen Booster More Valuable Than Gold

There's a natural ingredient that has been proven by almost 3,000 peer-reviewed studies to be more valuable than any drug Western medicine can offer.

Villagers in the Himalayan mountains say it slows aging and helps fight against almost every disease.

For thousands of years, it was reserved exclusively for Asian royalty and considered to be more valuable than gold.

And it still is...

Today it's worth three times its weight in gold.¹

I'm talking about a rare oxygen-boosting Tibetan mushroom that only grows in the highest peaks of the Himalayan mountain range.

You won't hear about it from mainstream physicians because they may not even know about it... or its amazing abilities.

Traditional Chinese healers used this unique mushroom to increase energy and enhance sexual vitality. They called it *yartsa gunbu*, which translates to "summer grass, winter worm." It got the name because it grows on the backs of burrowing caterpillars. But you may know it by its more familiar name — *Cordyceps sinensis*.

Here are the top three reasons to supplement with this "magic mushroom," now more than ever:

#1 – The “Magic Mushroom” That Gets Oxygen Where It’s Needed

Oxygen is your body's most important healer. It's your most effective detox agent, a crucial blood cleanser, your strongest antibiotic and the lead orchestrator of your immune system.



The Cordyceps mushroom (the brown stalk pictured above) grows from the larvae of the ghost moth.

The more oxygen you have, the better your lungs can breathe, the stronger your heart beats and the faster your brain thinks. Oxygen transported from your lungs to your cells also plays a huge role in giving you energy. Every cell uses oxygen to make the energy that keeps you going and lets you do all the things you want to do every day.

Once you maximize your oxygen input, remembering things is easier... Your thinking gets faster... And you will have strength and stamina to spare. But when you can't get enough oxygen into your body, life isn't as good.

Do your muscles tend to "cramp up," getting stiff and achy? Have you ever opened the refrigerator door and just stood there, staring at everything for a few minutes before being able to get what you wanted? Some of my patients complain they're not as quick-witted as they once were.

These are just some mild symptoms of not being able to use oxygen well in your cells. If it gets bad enough, your adrenal glands and thyroid gland pump out more of their hormones to try to get more fuel to your cells. But while this will give you a bit of energy, it is not the kind of energy that feels good. It's a "fight-or-flight" kind of energy that feels stressful and depletes your body even more.

Your nerve cells and brain cells have no way to make energy besides using oxygen, and they suffer the most. You start to think more slowly, even to the point of being unable to follow normal conversation.

You have slowed reaction time and it might be difficult to drive. You start to do everything in slow motion, and take a long time to "think about it" before you can do the next thing.

Using oxygen better will help you in your everyday life to stay sharp, strong and agile. This is the key to today's chronic disease. I like to think of Cordyceps as an oxygen supplement.

Research shows that consuming this medicinal mushroom *switches on genes that increase oxygen delivery to your cells*. In one study of 30 elderly patients, Cordyceps sinensis significantly improved the amount of oxygen the subjects could assimilate.² A second study showed that Cordyceps sinensis increased cellular oxygen absorption by up to 40%.³

Meanwhile, a 2016 study from the University of North Carolina at Chapel Hill showed that daily Cordyceps supplementation increased the maximum oxygen intake in adults after just three weeks.⁴

#2 - Protect And Strengthen Your Immune System

Because it's such a potent oxygen booster, the cordyceps mushroom also plays an important role in your immune health — and protects both innate and adaptive immunity.

Today, it's almost impossible for your immune system to get the oxygen it needs because environmental toxins are deoxygenating the three sources of oxygen — food, water, and air — before it can reach your body.



By oxygenating the blood, cordyceps improves circulation to boost immunity.

But the good news is you can easily boost your immune system, starting today. And you can oxygenate your blood, improve circulation, and boost oxygen delivery to your cells.

A recent study noted that oxygen is "indispensable" for your immune system — it needs it to work properly.⁵ Because while white blood cells don't carry oxygen the way red blood cells do, they still require it as a source of energy.

Additionally, when white blood cells metabolize oxygen, they make a byproduct called hydrogen peroxide. This is broken down by the enzyme peroxidase and converted into powerful antioxidants. And antioxidants are a critical line of defense used by your immune system.

You see, your body's ability to fight off disease gets weaker as you age for one primary reason — free radicals.

These are "rogue" oxygen molecules produced by cells as a natural byproduct of normal biological processes, like turning food into energy. Free radicals also enter your body through small particles in polluted air, cigarette smoke, and via the consumption of a high carbohydrate and sugar diet.

And they are incredibly damaging to your immune system. Scientists now know the assault of free radical attacks on your immune system is one

of the chief mechanisms behind the aging process — because it reduces your body’s ability to defend against illness and disease.

Studies also show aging immune cells even produce their own free radicals, which trigger their own destructive chain reactions that cause widening circles of damage, disease and accelerated aging.⁶

That’s why activating your body’s own free radical-fighting, natural antioxidants is so important. The problem is that antioxidant “super oxides,” like superoxide dismutase (SOD), catalase and glutathione peroxidase, can’t synthesize properly without enough oxygen.⁷

Research by immunologists at UCLA proves an aging body’s ability to reinvigorate its antioxidant defenses against free radicals can literally reverse the negative effect of these harmful molecules on the immune system.⁸

This is critical research, because it means that by fighting the effect of free radicals on your immune system, your body not only becomes better at fighting disease — it also means you can actually slow the rate at which you age.

#3 – The Potent Anti-Inflammatory Effects Of Cordycepin

While some inflammation is necessary for the body to heal itself, too much produces the chronic diseases of aging. Cordyceps helps fight inflammation in the body.

Cordyceps has a potent anti-inflammatory effect thanks to a compound known as *cordycepin*. Research shows that when human cells are exposed to cordycepin, certain proteins that increase inflammation in your body are turned off.⁹

When oxygen levels get low enough, you end up with hypoxia (low oxygen in your blood) or hypoxemia (low oxygen in your tissues). These dangerous but common medical conditions cause chronic inflammation.

The classic symptoms include shortness of breath, changes in skin color, fatigue, lack of mental focus

“Lung power is the No. 1 predictor of how long you’ll live. How well you breathe determines how long you’ll stay active and healthy.”

and memory loss. But if you go to your doctor with any of these conditions, you are likely to be misdiagnosed and told that your symptoms are just part of the aging process. This is where supplementing with Cordyceps can make an important difference.

Research has shown that when human cells are exposed to Cordyceps, special proteins that increase inflammation in the body become suppressed.^{10,11,12}

And in an animal study, Cordyceps was found to reduce inflammation in the airways of mice, making it a potential therapy for asthma.¹³

Cordyceps may also have topical uses. One study found it reduced skin inflammation when applied topically in mice, further demonstrating its anti-inflammatory properties.¹⁴

Improve “Whole Body Health” With More Mushroom Magic

Cordyceps can help fight against almost every disease. It...

■ **Increases power to your most vulnerable organ — your lungs.** Lung power is the No. 1 predictor of how long you’ll live. How well you breathe determines how long you’ll stay active and healthy. A study published in the journal *Chest* found that the better your lungs work, the less likely you are to die of any cause.¹⁵

The best way to tell how powerful your lungs are is a measurement called VO2 max. That’s because VO2 max measures the amount of oxygen your lungs can use while you’re exercising at your maximum capacity. And the more oxygen you can get to your body, the better your body works.

■ **Lowers blood sugar and improves insulin resistance.** Cordyceps contains a special kind of sugar that supports healthy blood sugar. With diabetes, your cells resist insulin because they can’t store any more sugar. Cordyceps improves insulin sensitivity and blood sugar levels.¹⁶ As energy metabolism increases, cells burn glucose faster and your blood sugar levels stay within the normal range.

In one study patients were given 3 grams of Cordyceps daily. By the end of the trial, 95% showed improvement in their blood sugar profiles. But only 54% of the control group given conventional treatments showed improvement.¹⁷

■ **Improves heart function.** Numerous studies demonstrate that Cordyceps can lower blood pressure and correct heart rhythm disturbances like arrhythmia and chronic heart failure. The reason it can stabilize arrhythmia is due to the presence of adenosine and other nucleosides, which have a pervasive positive effect on coronary circulation.¹⁸

■ **Can help cancer patients.** Cordyceps mushrooms are rich in polysaccharides, a kind of carbohydrate that possesses powerful anti-cancer properties.¹⁹ This makes it an impressive cancer-fighter.

Clinical trials conducted by researchers at Stanford University showed that Cordyceps decreased tumor size in 50 lung cancer patients by 46%.²⁰ And a Chinese study reported that Cordyceps helps fight the growth and spread of cancer cells.²¹

Look For Wild-Harvested Cordyceps From Tibet

You can find Cordyceps supplements in capsules, liquid, or as a tea. But when choosing a supplement, always check the source because some Cordyceps supplements have been found 50-times weaker than natural, wild sources.

As a supplement, I recommend wild-harvested Cordyceps from Tibet. Take 2 to 5 grams twice daily for best results. Cordyceps are generally considered safe. But if you are pregnant or breast-feeding or take blood thinners, talk to your doctor first.

Simple Ways To Increase Your Body's Oxygen Intake Every Day

1. **Healing breath.** Even for the sick and elderly, this is an easy way to get the healing benefits of oxygen. It can be done sitting or lying down. Just place your hands on your belly and feel it expand as you inhale. Then expand your breath into the sides of your lower chest pushing your side ribs out. Finally, lift your upper chest and let it fill with air.



Because it's hard to find, natural cordyceps are usually very expensive. That's why most available are grown in a lab depriving it of all the unique nutrients from the mountain soil.

Exhale in the same order, from your abdomen to your ribs to your upper chest. Start with 5 minutes a day and work up to 15 minutes. In no time at all, you'll be boosting your oxygen throughout the day without even thinking.

2. **Crack open a window.** You can't get a good supply of oxygen from stale air. Whether it's your home or office, crack a window to let fresh air circulate. But if you live in an area with lots of smog and fumes, you may want to consider a good air filtration system instead.

3. **Spider plants for oxygen?** Another way to boost your room's oxygen is to keep lots of potted green plants. They take in carbon dioxide and pump out fresh oxygen. Good choices are English ivy, spider plants, and heartleaf philodendron. NASA uses them in the Space Station not just to produce oxygen but to filter out toxins in the air like benzene and formaldehyde.

4. **Ginkgo biloba for increased circulation.** Ginkgo helps treat problems related to blood circulation. When blood can't reach the limbs, your arms and legs don't get enough oxygen. It can lead to pain and weakness. Ginkgo biloba increases the amount of oxygen that reaches the extremities. Studies show it helps increase the distance patients with poor circulation can walk without pain.²² Take 100 mg three times a day.

5. Get oxygen where it's needed with PACE.

About 98.5% of the oxygen in your blood is attached to hemoglobin molecules. While you're resting, hemoglobin pushes only 20 to 25% of that oxygen to your tissues. The rest stays in the bloodstream. It takes exercise to get hemoglobin to release oxygen to the tissues where you need it.

Cardio and aerobics can't do the job. It requires high intensity exertion. My PACE system is designed to give you more oxygen where you need it.

PACE pumps oxygen-rich blood to your vital organs up to 18 times more than light exercise, such as walking.²³ PACE gives you:

- 400% more oxygen to your lungs
- 1733% more oxygen to your muscles
- Nearly double the oxygen to your brain
- 331% more oxygen from your heart

You'll find some quick, easy workouts on my [YouTube Channel](https://www.youtube.com/c/AISearsMD-Anti-Aging-Pioneer/videos) at www.youtube.com/c/AISearsMD-Anti-Aging-Pioneer/videos

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FDA Colluded With Big Pharma Over Dangerous Bone Drug?

Ditch the Prescription Drugs and Reverse Bone Loss With Natural, Proven Prevention

Big Pharma is shameless. They have a pill for every “diagnosis” under the sun and will even create a new “medical condition” just so they can provide a drug to treat it.

The practice has become so widespread it’s being called *disease mongering*.

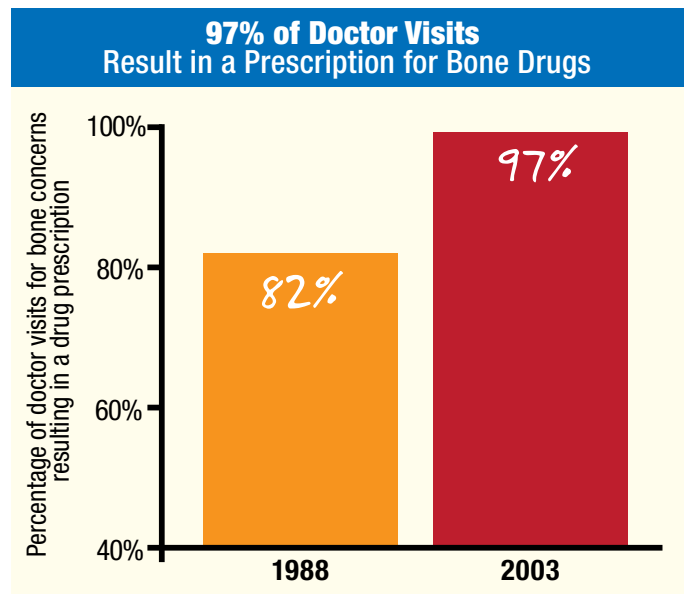
The Food and Drug Administration recently approved a new osteoarthritis treatment called *Evenity* — even though the agency knew the drug provided only a modest improvement in reducing bone fractures, yet had known side effects.

Right now, medicine cabinets across the country are full of drugs for all kinds of “diagnoses” that have been patented, produced and marketed to millions of people. People who have been convinced by their doctors to take these dangerous medications... oftentimes that they don’t even need.

Osteoporosis drugs, like Fosamax, are good examples.

Back in the ‘90s, the World Health Organization organized a meeting of bone loss “experts” in Rome. The conference was financed by the pharmaceutical industry.¹ None of the health care professionals at the meeting could agree on how to define the word osteoporosis. And how to determine if a woman had it.

It was the middle of summer, and the room was hot. After three days of no agreement, one member stood up and walked over to a graph depicting bone density loss. He grabbed a pen and drew a line straight down the middle. Suddenly, everyone on one side of the chart had a disease and should be prescribed Fosamax.



When women visit their doctor and express concern over bone health, doctors give them a prescription for bone drugs 97 percent of the time.

Stafford, R, et al. National Trends in Osteoporosis Visits and Osteoporosis Treatment, 1988-2003. *Arch Intern Med.* 2004;164(14):1525-1530. doi:10.1001/archinte.164.14.1525

But what about those on the other side of the line? After further discussion, the consensus was that all those people — those potential patients — were at risk of bone density loss sometime in the future...

And a brand-new disease called osteopenia was born.

Soon Merck got the FDA to approve a lower dose of Fosamax that could be taken by osteopenia patients. Merck then began running ads to promote drugs for osteoporosis — but unlike their earlier commercials, these ads now featured young-looking women in their 40s and 50s who were warned that they needed to start taking care of their (potentially) weak bones right away.

Overnight, millions of new customers were created. The collusion between osteoporosis drug makers and the FDA didn't stop there.

It's still happening...

With the drug Evenity, the FDA knew that clinical trials proved the drug resulted in increased risks of heart attack, stroke, and cardiovascular death.

In fact, two years before approving Evenity, the FDA rejected it because of this increased risk.

So why the sudden turn-around and approval?

It turns out the Big Pharma manufacturer of the new drug was set to lose its patent on their existing osteoporosis medication along with billions in profits when the drug went generic.

They needed a new osteoporosis drug to increase profits before that happened... and with a \$22,000 cost per treatment, the company found their new money-maker. In this *Confidential Cures* article, you will learn why these drugs are not only unnecessary, but harmful to your health.



Osteoporosis drugs like Fosamax can increase risk of fractures.

The Truth Is Inside Your Bones

For years, I've warned my patients to stay away from these "bone-building" drugs.

Yet mainstream doctors continue to prescribe osteoporosis drugs that are dangerous... even when there are safer alternatives.

So why don't these Big Pharma "solutions" work?

Your skeleton constantly changes. In a process called remodeling, old bone breaks down so new bone can take its place. This allows your bones to grow when you're a child. In adults, it repairs damage and prevents bones from becoming brittle.

This process is a result of two bone-making cells.

1. **Osteoclasts** that break down the old bone, and...
2. **Osteoblasts**, which deposit new bone to your skeletal structure

Osteoporosis happens when these cells are out of balance. Either your osteoclasts are removing too much bone tissue, or your osteoblasts aren't making new cells fast enough.

The result is that your bones become weak and brittle.

Bisphosphonates — the Big Pharma drugs developed to stop bone loss — were designed to kill osteoclasts so they cannot remove more bone. In this regard, they do what they're supposed to, and your bones do become denser. But this denseness is made up of old bone and old calcium.

And because osteoblasts won't make new tissue if the old tissue is still there, your bones become brittle and more prone to fracture.

Your bones end up looking strong in a scan, but in reality, they're weak and fragile.

In an ironic twist, these drugs cause the exact thing they're supposed to prevent: broken bones.

Researchers recently studied women taking bisphosphonates who had experienced some sort of fracture.

More than 65% had the same rare fracture in the same area at the middle of the thigh bone, where most people never get a fracture.²

Another study from Finland looked at women aged 55-81 and found that you're over **90 times** more likely to have a rare bone break if you take bone drugs than if you don't.³

You don't need risky drugs to keep your bones strong.

And you don't need this supplement either.

The Great “Big Bone” Lie

For years, I’ve been telling patients not to waste their money on calcium supplements because they won’t protect them from fractures.

In fact, calcium supplements can INCREASE their risk of breaking a bone in the future. Calcium IS a major building block of bone — but mainstream doctors misguide you when they claim a high calcium intake can prevent bone loss and osteoporosis.

Americans get more calcium than almost every other country in the world. We get calcium not only from dairy products, but from orange juice, cereal, and bread. In many parts of the country, there’s calcium in the water you drink.

But despite this calcium overload, Americans have the highest incidences of osteoporosis.

In one of the largest and most respected studies ever done, Harvard researchers followed nearly 78,000 patients for 12 years, looking for a connection between calcium and bone fractures.

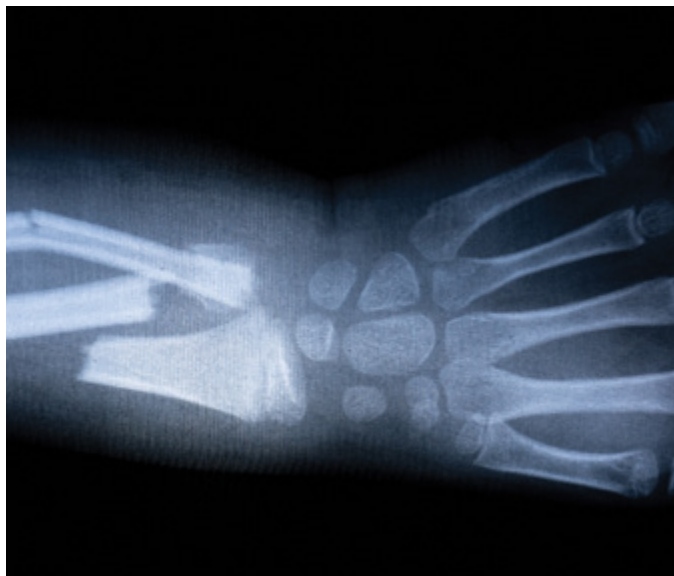
They found no protection from fractures with any dose of calcium supplementation. In fact, the women who took the most calcium had an increased risk of bone fractures!⁴

Mainstream doctors say you can prevent bone loss by taking a calcium supplement or drinking multiple glasses of milk. But it’s a myth with no basis in science.

Researchers at Johns Hopkins School of Medicine published the results of a decade-long calcium study after following 2,742 participants.⁵ The researchers wanted to determine if the calcium from a supplement actually made it to a person’s bones.

What they found was that the calcium instead accumulated in soft tissue and muscles, such as the heart. This causes a condition known as coronary artery calcification. In other words, the calcium supplements significantly raised the risk of plaque buildup in arteries, which leads to heart damage and, sometimes, a heart attack.

Another large study in Germany confirmed that taking calcium supplements almost doubles your risk of having a heart attack.⁶



One in five men over age 50 will suffer a fracture because of osteoporosis.

Everyone Needs This Bone-Building Hormone

The most powerful bone builder is testosterone. At the Sears Institute, I treat both men and women with this #1 bone-protecting hormone.

New research finds that low testosterone levels are strongly associated with low bone density (BMD) — even in relatively young patients.

A review of bone mineral density scans performed on 235 men with low testosterone found low to very low bone mineral density in 44% of patients.⁷

An earlier study found that men over age 65 with low testosterone were 4.6 times more likely to suffer a hip fracture.⁸

But the amount of testosterone you have declines as you age. The result is decreased bone strength and a bigger risk of fracture. It’s a problem in both men and women.

I treat a number of patients with bioidentical testosterone replacement therapy to help with bone loss issues — but it’s not the only way to boost your testosterone levels and build bone mass.

I also recommend **tribulus terrestris**. This Indian herb works by raising levels of luteinizing hormone in the body. The luteinizing hormone in turn raises testosterone levels.

One study determined it increased testosterone levels 30% after just five days of oral supplementation. This is about the same results I've experienced with patients in my clinic.

Now a new study has found that this Ayurvedic herb also exerts a bone-protective effect by increasing bone mineral density.⁹

A good starting dose is 250 mg once a day.

Follow These 4 Steps To Build Stronger Bones

For complete bone protection, I recommend you take what I call the “Big 3” bone strength boosters:

1. Build stronger bones with vitamin D3. This nutrient directs how much calcium you store in your bones. Too little vitamin D can lead to thin, brittle bones. By preventing bone loss, vitamin D:¹⁰

- Reduces risk of breaking a bone in any part of the body by 33%
- Reduces risk of breaking a hip by 69%
- Reduces risk of having constant bone pain — a bone-softening condition called osteomalacia

Just 15 minutes a day of sunshine will give you over 5,000 IU of D3. I also recommend a vitamin D3 supplement called cholecalciferol. It's the same vitamin D3 your body produces. You may need as much as 8,000 IU. I strongly suggest getting your levels checked by a doctor.

2. Boost bone strength with boron. Boron was formed billions of years ago and is relatively rare on Earth. But the latest studies reveal it is essential for strong bones.

One of boron's main jobs is to make calcium stick to your bones and boost your body's absorption of calcium. A human study showed that boron deficiency causes changes in bone metabolism typically seen in women with postmenopausal osteoporosis, including an increased loss of calcium through urine.¹¹

Boron also is key to the absorption of magnesium, another essential nutrient that helps your bones absorb calcium. Boron supplements can reduce your daily loss of calcium and magnesium by up to 50%.¹² Get 3 to 6 mg a day.

3. Supplement with this bone binder. I call vitamin K2 bone “glue.” Without enough, bones have a hard time holding onto their minerals.

In a large study, Harvard researchers found that those with the lowest intake of vitamin K2 had a 30% higher risk of hip fracture.¹³ And numerous studies show that high vitamin K2 intake leads to higher bone mineral density and less bone loss with aging.¹⁴ The authors of one important study even wrote that this vitamin gave people “superior bone properties.”¹⁵ You can find K2 in a variety of foods including egg yolks, organic milk and grass-fed organ meat. But I suggest a 45-90 mcg daily supplement.



You'll find the highest levels of vitamin K2 in egg yolks, organic milk and grass-fed organ meat.

4. Take this “magic” bone supplement. Magnesium is one of the primary minerals found in the bone matrix. This often-overlooked trace mineral has been widely associated with osteoporosis.

Studies show that 80% of Americans aren't getting enough magnesium. Not only have industrial farming methods stripped the soil of essential minerals like magnesium, the sugar-laden modern American diet prompts your kidneys to excrete magnesium as well. Leafy greens like kale, spinach, Swiss chard, almonds, and spirulina are good sources. But diet won't get your levels high enough.

Look for a magnesium supplement that's bound to citrate, malate or aspartate. I recommend between

600 mg and 1,000 mg a day. Also, take it with vitamin B6 to increase the amount of magnesium that accumulates in your cells.

5. Protect and heal bones with CBD.

Cannabidiol enhances bone healing by strengthening the collagen “bridge” that mineralizes and hardens into new bone. In rats treated with CBD, this collagen tissue was stronger, and the newly healed bone was between 35 and 50% stronger. The CBD also helped prevent future bone break in the same area because the repaired bone was stronger.¹⁶

I generally recommend a person take 1 mg to 5 mg per 10 pounds of body weight. To get the EXACT dose you need for your specific weight and condition, use this CBD dosage calculator at:

www.cannacurecafe.com/cbd-dosage-calculator/

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Surgery For Diabetes?

How to Avoid the Twisted Logic of Surgery-Obsessed Doctors and Eliminate Diabetes and Insulin Resistance WITHOUT Drugs or Surgery

There's a disturbing new trend among mainstream doctors. Many are recommending that their Type 2 Diabetes patients undergo bariatric (weight-loss) surgery to fight the disease.

This isn't just dangerous — it's wrong.

You can't cure diabetes with bariatric surgery. It will reduce the amount of food you can eat, but it does nothing to prevent the chronically high insulin at the root of the disease.

The good news is that your body still has the inborn blueprint you inherited from your hunter-gatherer ancestors to be strong, smart and disease-free — and that includes freedom from diabetes.

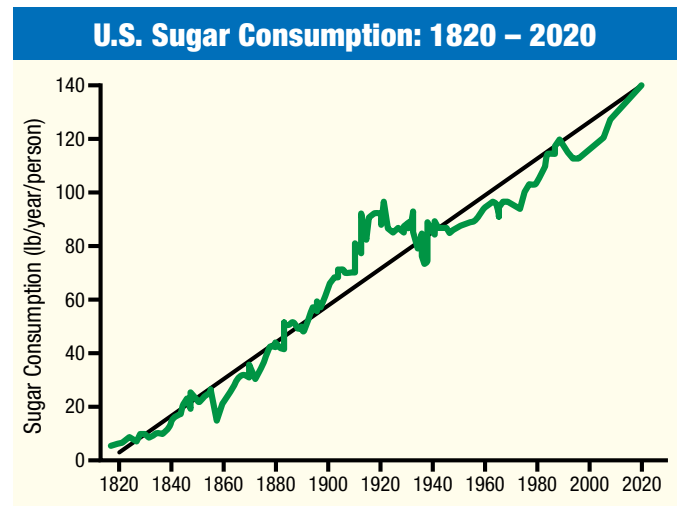
Your ancient ancestors never suffered from diabetes. Their bodies knew instinctively how to avoid this scourge, and they even had built-in mechanisms for reversing it.

You see, although type 2 diabetes is a modern epidemic, it's not a modern disease.

Diabetes began to appear among our species sometime after the Agricultural Revolution, around 12,000 years ago. That's when our diet and lifestyle switched from hunting wild game and gathering fruits and vegetables, to cultivating crops, mostly wheat and other grains.

Before the rise of the first ancient agricultural societies, diabetes was unknown — and most likely didn't exist.

That's because, plain and simple, type 2 diabetes is caused by the terrible excess of insulin-spiking carbohydrates and starches in our nutrition-less, grain-based modern diet. It has wrecked our metabolism and made our bodies act in ways nature never intended.



The average American consumes around 150 pounds of refined sugar each year, part of the huge increase in carbohydrate intake. Less than 100 years ago, Americans consumed around 4 pounds of sugar per person per year.

You don't get type 2 diabetes from the diet and lifestyle of a hunter-gatherer. And you don't get it from the genes that you inherited from your relatives either, as mainstream medicine seems to believe.

Your DNA isn't just responsible for characteristics like eye color passed down from your parents and grandparents. It also contains information you inherited from your primal ancestors on exactly what your body needs to thrive and survive.

Diabetes is your body's response to not following those ancient, inherited guidelines.

Forget Surgery For Diabetes

Bariatric surgery as a treatment for type 2 diabetes is among the worst advice I've ever heard.

The practice was recently given scientific weight in a study published in the prestigious British medical journal, *The Lancet*.^{1,2} Researchers at King's

College London conducted a 10-year study and concluded that metabolic surgery was more effective than medications and lifestyle changes for controlling diabetes.

According to the results, 37% of patients who underwent bariatric surgery no longer required diabetes medications. This led the researchers to claim that “metabolic surgery is our best lead to the elusive cause of the disease.”

I couldn't disagree more.

First of all, there is nothing “elusive” about the origins of type 2 diabetes — just a failure to admit that its roots lie in the excess of insulin-spiking carbohydrates packed into our everyday diet.

And secondly, the King's College study reported that after a decade, just over a third of patients who underwent bariatric surgery managed to come off their diabetes medications.

That's not something to boast about. In fact, it's an awful outcome for such drastic procedures — the most common of which are gastric bands and gastric bypass surgery, in which a section at the top of the stomach is stapled off to create a tiny pouch that's then attached to the intestine.

After the operation, the patient is only able to use a tiny pocket of their stomach — thus reducing the quantity of food you can eat. The rest of your bypassed stomach, which is now redundant, and a tail of intestine are just left lying in your abdominal cavity like dead flesh.

Make no mistake: these are radical procedures. Surgery should always be a last resort — especially when it comes to operating on the gastrointestinal system. Instead of a quick-fix, this procedure carries long-term risks for patients — including stomach ulcers, *hypoglycemia* (low blood sugar), bowel obstruction, hernias and even malnutrition.

I use more natural and much safer strategies...

How We Got Into This Mess

Most doctors respond to diabetes by first telling you that you have something broken inside — a genetic defect. Then they'll tell you that treating the disease is all about controlling your surging blood-sugar levels.

“By the end of this decade, one in every 10 people on the planet is expected to have full-blown type 2 diabetes.”

Here at the **Sears Institute for Anti-Aging Medicine**, I've been reversing diabetes for decades by attacking the true source of the disease — not blood sugar, but insulin resistance.

For most of the 19th and 20th centuries — and probably for thousands of years before that — the incidence of diabetes around the world was constant. But then things took a massive turn for the worse in the 1980s.

By the end of this decade, one in every 10 people on the planet is expected to have full-blown type 2 diabetes.³ *What changed? Enter Big Agra and Big Food, and the explosion in carb consumption.*

Wheat consumption in America alone has increased by a staggering 26 pounds since the 1970s to about 133 pounds a year⁴ — the equivalent of around 200 loaves.

Globally, wheat is Big Agra's most-planted cash crop. Around 215 million hectares — an area the size of Greenland — of wheat are grown and harvested every year, generating more than \$50 billion a year for Big Agra —before it's even processed into the food supply.⁵

Meanwhile, the consumption of sugar, another cash crop, has also skyrocketed. Just look at the top of this article. The average American now consumes around 170 pounds of refined sugars each year, compared with just 4 pounds 100 years ago.

Whether it's in sandwiches, pizzas, pasta, toast, breakfast cereals, Oreo cookies or even granola bars in the name of health, wheat and sugar now dominate the western diet.

According to the CDC, the average weight for men in 1960 was 166.3 pounds, compared with 195.7 in 2014. That's almost 30 more pounds spread over every adult male.

The result is sky-high blood sugars, insulin resistance, obesity and a global diabetes epidemic. Risky weight-loss surgery won't stop the crisis.

But you can prevent *and* reverse diabetes by using the same natural techniques that kept your primal ancestors free of this dreadful condition...

Healing Wisdom of the Ancients

I use three natural strategies that modern medicine rarely even considers — because they don't involve surgery and or come in the shape of a pill. You can immediately begin to normalize your insulin levels by reducing your sugar and carbohydrate intake.

Strategy #1 – Try a Ketogenic Diet: High in animal fats and protein and very low in carbs, this is as close to the diet of your primal ancestors as you can get. Keep it low glycemic, as well, avoiding sugary fruits and vegetables.

There are no starches to trigger the extreme insulin response. 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.

You feel it in other ways, too. Fat provides long-burning, consistent energy that carbohydrate-energy from wheat and other grains just can't match.

In the beginning you may notice a little fatigue, brain fog, weakness, low libido, or bad breath. That should clear up in a week or two as your body adjusts to burning fat instead of carbohydrates. Soon your energy and mental sharpness will surge.

Following a ketogenic diet is simple. Here's what I recommend to my patients...

■ **Go super-low carb.** Did you know your daily requirement of carbs is zero? You don't need carbs at all. You can easily get enough carbs from vegetables. Carbohydrates should make up no more than 5% or 10% of your total calories. The easiest way to start is by avoiding all processed foods. Also avoid grains, rice, pasta, beans and legumes, and starchy vegetables.

A good rule of thumb is to avoid vegetables that grow underground. Choose non-starchy vegetables that grow above ground. Good choices include kale, spinach, broccoli, cabbage and green peppers. Limit your fruit choices to berries that are lower in sugar.

■ **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.



Replacing vegetable oils with coconut oil is an easy way to increase the right fats in your diet.

I also recommend MCT (medium chain triglycerides) oil for a keto diet. Your liver converts it directly to ketone. You can use MCT oil to make mayonnaise and salad dressings, or add it to smoothies.

■ **Eat plenty of protein.** Beef, organ meats, fish, and eggs are your best sources of protein. If possible, eat grass-fed beef and wild-caught fish. Choose eggs from pastured chicken. Nuts and seeds such as almonds, peanuts, cashews, sunflower and pumpkin seeds also have plenty of protein and healthy fats.

Strategy #2 – Intermittent fasting: This technique mimics the ancient primal lifestyle of “feast and famine” — and studies show it can turn diabetes around.

For millions of years, the day-to-day lives of your primal ancestors fluctuated between long periods with very little food — until the next successful hunt or gathering expedition.

But these extended periods of hunger didn't damage their bodies. They had the opposite effect. They had a healing and regenerating result.

Now, thousands of generations later, this incredible power is still hardwired into your DNA.

I recommend that my patients start with a safe, simple regimen that calls for an 8-hour eating window each day, followed by a 16-hour fast. Here's how it works: Start your day with a 10 a.m. breakfast, lunch at your regular time, finish your dinner by 6 p.m., then your body gets no additional food from 6 p.m. until 10 a.m. the next morning. When your body gets used to the 16-hour fast, you can move up to the

24-hour mark. Make sure to drink plenty of water to hydrate and flush out toxins.

Strategy #3 – Take Insulin-Normalizing Herbs:

Your ancient ancestors built up an incredible knowledge and expertise of medicinal herbs that stretch back thousands of years. Most doctors today lack even a basic awareness of the thousands of years of accumulated medical wisdom that exists now only in traditional cultures.

But I still prescribe many of these ancient herbs — for the simple reason that they’re natural, highly effective and safe.

Here are three powerful medicinal herbs I recommend for helping fight diabetes:

1. **True Cinnamon:** Scraped from the inner bark of trees from the genus *Cinnamomum*, true cinnamon is a powerhouse when it comes to controlling blood sugar and insulin.

Studies show that cinnamon enables your body to respond better to insulin. It contains *methylhydroxy chalcone* (MHCP), a polymer that balances your blood sugar and increases your body’s energy stores. Some studies show that cinnamon can reduce blood glucose levels by as much as 29%.^{6,7}

The cinnamon you choose is important. The stuff you may sprinkle on toast or on your latte at Christmas time probably isn’t “true” cinnamon (*Cinnamomum verum*). It’s cassia cinnamon, a sweeter relative, and large dosages have been linked to liver and kidney problems in animal studies.

True cinnamon is much safer. I recommend about one gram of true cinnamon, also called “Ceylon cinnamon”, every day for long-term blood sugar and insulin control. That’s *about half a teaspoon’s worth*. You can add it to almost everything you can make — from omelets, yogurts and smoothies to salads, stews and desserts.

2. **Gymnema sylvestre:** For more than 2,000 years, people in India have used the herb *Gymnema sylvestre*, also called “humar” or “destroyer of

sugar”, to help control blood sugar. The leaves of this climbing plant are prized in Ayurvedic medicine, the oldest health system in the world.

Studies also show it slows down the conversion of sugar to blood glucose. In one study, patients who took 400 mg of gymnema sylvestre extract daily for 18 to 20 months showed a significant reduction in blood-sugar levels.⁸

I recommend supplementing with 200-800 mg per day. Work your way up to 800 mg over a period of weeks to find the dosage that works best for you.

3. **Bitter Melon:** Ayurvedic medicine calls this plant “karela” and it has been used to treat diabetes in traditional medicine.

Science backs up this use. In 2011, at the Patil Institute of Pharmaceutical Sciences and Research, researchers developed a patch with bitter melon (also called bitter cucumber) to reduce blood sugar in diabetics — and they found it worked very well.

Bitter melon is often used in stir-fry dishes. Cut the melon open lengthwise without peeling. Then remove the seeds and the white “pith” inside and chop it like you would a green pepper. Boil the melon until the pieces are tender and add them to your favorite stir-fry recipe.

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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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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.

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