

August 2021

Vol. X Issue 8

Dear Friend,

Bayer is one of the largest drug companies in the world. When they bought Monsanto a few years ago, they knew there would be criticism over Monsanto's weed killer called **Roundup**.

Bayer continued paying millions to consumers who developed cancer after using Roundup at home or at work and faced the threat of billions more in future lawsuits.

Needing some way to stem the financial bloodbath, they recently announced they will stop selling Roundup for residential use in two years.

The Washington, D.C. non-profit *Center for Food Safety* declared it a "historical victory for public health."

I call it nothing more than a clever public relations scam. One that won't do a single thing to protect you and your family from this dangerous poison.

In your August 2021 issue of *Confidential Cures*, I'll explain why this well-publicized move from Bayer is so painfully misleading.

But more importantly, I'll share the steps you need to take today to reduce your exposure and purge this life-threatening killer from your body.

In this month's issue, I'll also share...

- **The sneaky places glyphosate is hiding.** Roundup's primary pesticide is already in the blood of most people on the planet. Here

are the steps and choices you have to take to eliminate this risk.

- **The story of a cancer researcher who saved his own life** by refusing another Big Pharma poison – in this case chemotherapy and radiation. And the alternative botanical therapy he used to treat his prostate cancer naturally.
- **The most powerful vitamin?** It's either ignored or criticized by modern medicine, but it is critical for helping your gut's microbiome power up your immune system to defend against dangerous bacteria, autoimmune diseases, and viruses.

To Your Good Health,

Al Sears, MD, CNS

Also in This Issue...

This Corporate Giant Wants You To Forget About Monsanto And Roundup	2
Top Cancer Expert Chooses Cannabis Over Chemo	6
Ancient Power Source Now Demonized By Modern Medicine	12

This Corporate Giant Wants You To Forget About Monsanto And Roundup

But it's all smoke and mirrors... Learn how to keep this deadly pesticide out of your food and out of your body.

The makers of Roundup recently announced they'll stop selling the cancer-causing weed killer in the U.S. lawn and garden market. Roundup contains the highly toxic pesticide called **glyphosate** [GLY-fa-sate].

Pulling glyphosate off consumer shelves may sound like a step in the right direction... But they are still selling it to the "Big Agra" corporations that own the vast majority of the farmland in the United States.

That means your produce will continue to be drenched in this hormone-disrupting, microbiome-killing, cancer-inducing chemical at the incredible rate of **280 million pounds of herbicide each year**.

As you may realize by now, glyphosate is partly responsible for the growing rate of chronic disease in our country.

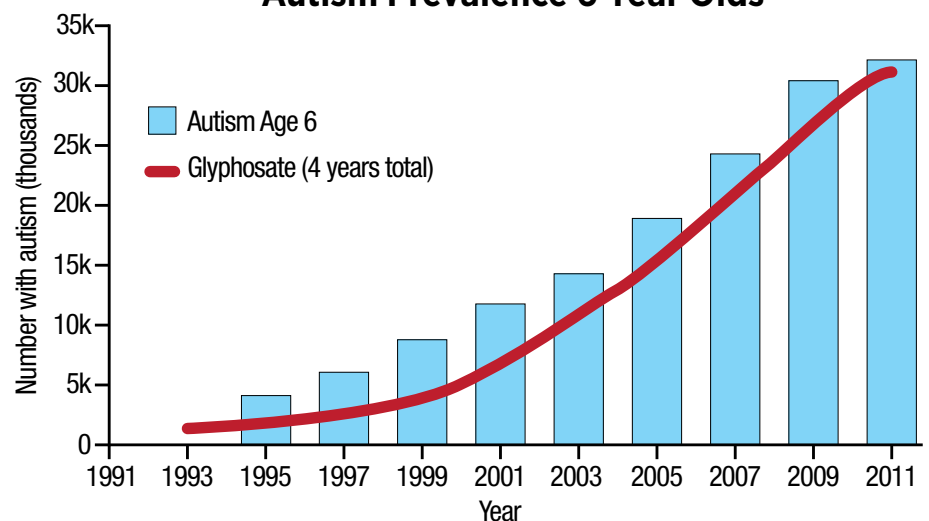
Have a look at the graph on the right.

The red line shows the rise of production and use of glyphosate over the last 30 years. The blue lines show the rise in cases of **autism**. This is not hard evidence, but the correlation is shocking.

But, I have **an arsenal of tools you can use to defend yourself from the glyphosate scourge**.

In this *Confidential Cures* article, I'll be laying out a special glyphosate-protection protocol you can use to keep you and your loved ones safe from this dangerous molecule.

Autism Prevalence 6 Year Olds



The autism epidemic appears to correspond to the stunning increase in glyphosate use.

Source: ResearchGate.net, provided courtesy Dr. Nancy Swanson

I'll show you how to reduce your exposure, how to use certain foods to counter its effects, and I'll share advice on arming yourself with the nutraceuticals you need to win your battle over an increasingly toxic environment.

Let's get started.

What's Motivating This Sudden Desire To Keep Roundup Away From Consumers?

The home and garden market accounts for less than 2% of U.S. glyphosate sales. So keeping it out of your hands is a drop in the bucket to them.

But think about what this means: All your life they've told you, "Eat lots of fruits and veggies."

They lectured you about this year after year... telling you what to eat.

And all along, they were allowing Big Agra to *spray millions of acres of produce with a synthetic amino acid linked to lymphoma and other diseases.*

And why is Bayer pulling gallon jugs of Roundup off home-improvement store shelves? Not because it's killing people. Bayer still won't admit that.

I'm going to tell you the *real reason*...

Big Agra's Hidden Agenda

By cancelling sales to consumers like you, Bayer hopes to stop the bleeding. About 90% of the lawsuits come from residential customers.

You see, Bayer acquired Roundup manufacturer **Monsanto** in 2018. Since then, it's doled out a staggering **\$11 billion to settle over 100,000 lawsuits** from homeowners who contracted non-Hodgkin's lymphoma after using Monsanto's Roundup.¹ Yet they still claim it's perfectly safe.

Something had to change. If they really prioritized your health over profit, they'd **pull all the glyphosate for both home and commercial use — immediately.**

But they don't have to because officials at the FDA and EPA continue to give them cover. The bureaucrats insist — against a mountain of evidence — that glyphosate poses “no risks of concern” to human health.²

How did they reach this stunning conclusion? Well, they reviewed dozens of highly dubious studies submitted to them by... Big Agra.³

OK, maybe they're not concerned — but I am. And I'm blowing the whistle — NOW.

Meet The World's Most “Terrifying Molecule”

The International Agency for Research on Cancer has designated glyphosate a “probable human carcinogen.”⁴ And several countries have banned it.

In fact, an expert at MIT, Dr. Stephanie Seneff, blames glyphosate for the current epidemic rise in autism. She calls it “a terrifying molecule.”



As crops continue to grow resistant to glyphosate, more and more of the life-threatening poison has to be applied.

Yet, the FDA and EPA keep insisting it's perfectly safe, and their collusion on glyphosate is quite revealing. Why do I say that? Well, in my view **it shows who they're really working for.**

They're certainly not working for you or they'd protect your health interests. Instead, they're working for big industries that control the swamp in Washington, D.C. And that means there's no end in sight to the dangers you face from glyphosate exposure.

Slam The Brakes On Weed Killer Contamination

The explosion in glyphosate use has been stunning. Concentrations have **jumped over 15-fold since the mid-90s**, when genetically modified “Roundup ready” crops — wheat, corn, soy, beets, cotton, and alfalfa — were first introduced.

I've been alerting regular readers to this danger from the beginning. Roundup ready crops are genetically modified to withstand *massive* doses of glyphosate. But as the spraying escalates, weeds have naturally grown resistant to the herbicide. This leads to even heavier applications, triggering greater resistance in a vicious cycle.

Unlike regular pesticides, you can't wash glyphosate off your produce. Cells think it's the natural protein building block L-glycine, and drink it into their cells.

Some experts blame glyphosate for the skyrocketing rates of autism, and it's also been detected in the breast milk of 90% of mothers.⁷

Glyphosate is an endocrine disrupter that throws off your normal hormone balance. That alone can lead to a cascade of health problems. And because it's routinely sprayed on barley and in vineyards, you drink it in every sip of wine and beer.⁵

So, the reality is pretty obvious: While you can't completely escape glyphosate exposure, you can *limit your exposure and mitigate its effects*. Here's how:

Step One — 4 Ways To Limit Your Exposure

- **Begin by assessing the threat.** Ask landscapers, your homeowner's association, and local schools to stop spraying it on playgrounds and in parks near your home. And if you live near an agricultural area where fields are regularly being sprayed, *move...* your health is too important. You'll find companies online that will test your blood levels of glyphosate. I also recommend you get your tap water tested... and install a good filtration system if necessary.

- **Prioritize organic.** Buy organic fruits and vegetables as much as possible. One study showed buying organic led to a big drop in glyphosate levels in the blood in just 6 days.⁸ If your budget doesn't allow going 100% organic, remember even limited organic purchases — grapes, strawberries, apples, cherries, peaches, spinach, kale — help to reduce your exposure.

- **Beware of grains!** In recent years Big Agra has turned to using glyphosate as a desiccant. They douse fields in herbicide to instantly dry the crop for harvest. This increases yields — and boosts your exposure to this dangerous molecule. Affected produce includes oatmeal, barley, wheat, and sugar... So trimming cereals, grains, and processed carbs from your diet makes a big difference. Also, avoid genetically modified (GMO) products... they're frequently inundated with herbicide.

- **Toss out your vegetable oils.** I'm talking corn, rapeseed, sunflower, soybean, peanut, safflower, and canola. A lot of these oils are made from GMO crops that contain high levels of glyphosate. Instead use coconut oil, extra virgin olive oil, or lard.

Step Two — Add These Nutrients To Your Diet...

One of the most health-damaging impacts of glyphosate is its affinity for binding with essential minerals your body needs. Here's how you can counteract it:

- **Get more dietary sulfur.** You need sulfur for strong tendons and ligaments. It also plays an essential role in DNA defense and repair. Glyphosate depletes sulfur, so you need to increase your intake of this mineral.⁹ The best way to do that is with animal sources — free-range poultry, grass-fed beef, eggs, and fish. You can also get plenty of dietary sulfur from the allium family of vegetables — garlic, leeks, onions, and scallions.

- **Increase your manganese intake.** Glyphosate has been linked to “severe depletion of manganese.”¹⁰ It's a mineral essential for mitochondrial function, brain and nerve health, bone development, blood clotting, and blood-sugar regulation. It also helps form the powerful antioxidant superoxide dismutase (SOD). Food sources include black tea, pineapple, hazelnuts, and mussels. You can also supplement. I recommend 10 mg daily.

- **Seek fermented foods.** Boosting your intake of fermented foods helps counteract the havoc wreaked by glyphosate on your gut microbiome. Plus, the bacteria in fermented foods are able to break down and metabolize glyphosate. Healthy examples include sauerkraut, kefir, kimchi, kombucha, and miso soup.



Fermented foods like sauerkraut and kimchi help your gut break down and metabolize glyphosate.

Step Three — Boost Your Supplemental Defense...

Use these three supplements to plug any holes in your glyphosate protection:

- **Fulvic and humic acid.** When plants decay, they naturally release fulvic and humic acids into the soil. Unfortunately, modern soil is devoid of nutrients — and the antibiotic nature of glyphosate depletes it even further. Fulvic and humic acid bind to glyphosate and remove it from your body. Adding activated charcoal and bentonite clay is helpful as well. You'll find supplements available online and at your local health food shop.

- **Sulforaphane and DIM.** Sulforaphane is a sulfur-rich compound that has powerful cancer-fighting properties and counteracts the effects of glyphosate. You can get its precursors, glucoraphanin and myrosinase, from cruciferous veggies like broccoli, kale, and brussels sprouts. Broccoli sprouts are an especially rich source of both sulforaphane and another cancer-busting nutrient, 3,3'-Diindolylmethane (DIM). But remember, you'll have to *buy organic to avoid further glyphosate exposure*. Sulforaphane is rapidly metabolized into inactive compounds inside your body, so supplements that combine glucoraphanin and myrosinase actually do the best job of actually elevating levels of sulforaphane inside your body.

- **Glutathione.** Frequently called your body's "master antioxidant," glutathione is essential to your health. It defends the integrity of your DNA,

protects mitochondria, and empowers the brain to evict free radicals before they can damage your neurons.¹¹ But research indicates glyphosate triggers glutathione deficits — a dangerous situation. So I recommend taking 1-2 grams of glutathione daily. When you shop for a supplement look for "reduced glutathione" or liposomal glutathione — they're more active and readily absorbable.

References:

- 1 Bellon, Ludwig Burger, Tina. "Bayer to Pay up to \$10.9 Billion to Settle Bulk of Roundup Weedkiller Cancer Lawsuits," Reuters.com website, 25 June 2020, accessed 10 Aug. 2021.
- 2 US EPA, OCSPP. "Glyphosate." US EPA, 18 Sept. 2014, EPA.gov website.
- 3 Gillam, Carey. "Corporate Studies Asserting Herbicide Safety Show Many Flaws, New Analysis Finds." The Guardian website, 2 July 2021.
- 4 Williams, Gary M., et al. "A Review of the Carcinogenic Potential of Glyphosate by Four Independent Expert Panels and Comparison to the IARC Assessment." Critical Reviews in Toxicology, vol. 46, no. sup1, 28 Sept. 2016, pp. 3–20.
- 5 Honeycutt, Zen. "Widespread Glyphosate Contamination in Wine." Moms Across America website, 24 Mar. 2016, accessed 11 Aug. 2021.
- 6 Beurkens, Dr. Nicole. "Glyphosate Exposure Affects Your Family's Health and Behavior." Nicole Beurkens, DrBeurkens.com website. Accessed 9 Aug. 2021.
- 7 Honeycutt, Zen. "Glyphosate Test Results at Moms across America - Healthy Families." Moms across America, 7 Apr. 2014, MomsAcrossAmerica.com website.
- 8 Roberts, Catherine. "Reduce Your Exposure to Glyphosate by Eating Organic." Consumer Reports, 11 Aug. 2020, ConsumerReports.org website, accessed 9 Aug. 2021.
- 9 Seneff, Stephanie, et al. "Aluminum and Glyphosate Can Synergistically Induce Pineal Gland Pathology: Connection to Gut Dysbiosis and Neurological Disease." Agricultural Sciences, vol. 06, no. 01, 2015, pp. 42–70, 10.4236/as.2015.61005. Accessed 15 Apr. 2020.
- 10 Seneff, Stephanie, and Anthony Samsel. "Glyphosate, Pathways to Modern Diseases III: Manganese, Neurological Diseases, and Associated Pathologies." Surgical Neurology International, vol. 6, no. 1, 2015, p. 45.
- 11 Dringen, Ralf, and Johannes Hirrlinger. "Glutathione Pathways in the Brain." Biological Chemistry, vol. 384, no. 4, 1 Apr. 2003, pp. 505–516, pubmed.ncbi.nlm.nih.gov/12751781/, 10.1515/BC.2003.059. Accessed 11 Aug. 2021.

Top Cancer Expert Chooses Cannabis Over Chemo

If you or a loved one get a cancer diagnosis, your “official” options are limited to chemotherapy, radiation, surgery, or a combination of all three.

Not only are doctors mostly ignorant of other treatments, they are not allowed to even recommend them. Lobby groups like the American Medical Association clearly spell out what doctors are allowed to advise or prescribe. It’s a rule doctors must follow if they want to accept insurance and practice mainstream medicine.

But today, I’ll introduce you to one scientist who turned his back on conventional cancer treatments — even though he worked for one of the most respected cancer research centers in the world — and cured his own prostate cancer naturally.

His name is Dennis Hill. He’s a biochemist who worked as a cancer researcher at MD Anderson Cancer Center in Texas, one of the country’s top cancer hospitals.

But when Dennis was diagnosed with advanced-stage aggressive adenocarcinoma of the prostate — which had metastasized to other parts of his body — he decided to forgo Big Pharma’s chemotherapy and radiation therapies.

Survival Outcome Comparing Alternative Treatments To Chemotherapy

A 2018 study compared prostate cancer patients who used traditional chemotherapy and radiation treatment to those who used alternative therapies. The study revealed there was no significant difference in survival between the two groups.

In his work at the hospital, Dennis got to see cancer patients pretty often. And he watched many of them suffer and die from their chemotherapy and surgical procedures.



Cancer research and biochemist Dennis Hill rejected Big Pharma’s drugs and cured his prostate cancer with cannabis.

On the advice of a good friend, he decided to treat his cancer using **cannabis**.

As a biochemist, Dennis says he was able to understand and verify the medical and scientific explanation of how cannabis kills cancer cells.

And even though he was already scheduled and prepped for traditional treatment, Dennis cancelled his upcoming medical appointments and plunged into his cannabis cure.

For three months, he took two doses of cannabis extract daily. He received no other medical interventions of any kind:

- No surgery
- No radiation
- No chemotherapy
- No drugs

After three months, Dennis was examined by his doctor. The results showed that while there were still some metastatic lesions, the **primary tumor was 100% gone**.

Three months later he had another biopsy. This one was completely clear and found no traces of cancer.

In a moment, I'll explain exactly how cannabis cured Dennis' cancer. But first I want to tell you why your prostate is in so much trouble. And how modern medical treatments make it even worse.

Keep Modern Medicine Away From Your Prostate

Prostate cancer is the second most common cancer in American men. And it's the second leading cause of cancer death in men.

Approximately 50% of men over the age of 60 have an enlarged prostate, a condition called *benign prostatic hyperplasia* (BPH). By the age of 85, that number jumps to 90%.

And as your prostate swells, your risk of prostate cancer increases.

Modern medicine has no solution to help men prevent BPH. They don't even know why it's enlarged in the first place.

Doctors will tell you that prostate problems are "just something that happens when you get older." But your prostate should provide you with a lifetime of trouble-free performance. Instead, it's aging prematurely.

Like all of today's chronic diseases, an enlarged prostate is the result of an inflammatory reaction caused by a disastrous modern diet, hormonal imbalances, and a lack of essential nutrients.

Thanks to industrial farming and modern processing techniques, the food you eat has been stripped of the nourishment that helped keep the prostates of your ancestors healthy and virile. Your body has been starved of key prostate nutrients since the day you were born.

Mainstream medicine's solution to an enlarged prostate is Big Pharma meds. Many of these drugs carry a warning on the label, because they increase the risk of high-grade prostate cancer.

"Prostate cancer is the second most common cancer in American men. And it's the second leading cause of cancer death in men."

So as a patient, you're forced to choose between living with your swollen prostate — and all that comes with it — or increasing your risk of cancer.

Surgery is not a better option. If you have prostate surgery, there's a good chance your penis will shrink.

A new study from Japan found that at least two-thirds of men who have a prostatectomy experience shrinkage of about an inch!¹ The incidence of impotence can be a shocking 85% after prostate surgery.²

It's More Than Just Anecdotal Proof

While using cannabis to cure his cancer was great news regarding Dennis' health, it's not scientific proof of a cannabis cure.

But consider these discoveries:

Recent evidence found that cannabinoids are powerful regulators of cell growth and cell differentiation.³

These cannabinoids have demonstrated *anti-tumor effects* in experimental models by decreasing the viability, proliferation, and migration of various cancer cells, including prostate cancer cells.⁴

A British study showed that patients with recurrent glioblastoma multiforme who were treated with a combination of THC and CBD in addition to a traditional pharmaceutical had a higher one-year survival rate (83%) compared to a placebo group (53%).⁵

Another study found blood cancer cells that were treated with two synthetic endocannabinoids activated receptors that "mediated apoptosis," or the death of the cells.

Finally, a recent study by Harvard researchers tested cannabis compounds on pancreatic cancer cells and animals with the disease. Pancreatic cancer is one of the most aggressive and difficult kinds of cancer to treat. It kills 93% of patients within five years.

But in the Harvard study, 70% of the mice were completely cancer-free after being treated with cannabis.⁶

This outcome was so surprising that the researchers decided to perform additional tests and measurements to verify the results.

According to Dr. Wilfred Ngwa, lead author of the report published in *Frontiers of Oncology*: “We expected it to show some inhibition of tumor growth, but we were *quite surprised* that it also inhibited tumor progression in other parts of the body.”

The Cancer-Killing Punch Of Cannabinoids

But Dennis wasn’t surprised. His background in biochemistry allowed him to understand the immune modulation properties in cannabinoids. Let me explain.

Your endocannabinoid system works hand in hand with your immune system. When it recognizes abnormal cells, the two work together this way.

When THC encounters an endocannabinoid receptor on a cancer cell, the cancer cell creates many more receptor sites. This causes the cancer cell to synthesize a chemical called **ceramide**.

Ceramide is an agent your immune system uses to kill dead and dying cells. Since the immune system recognizes that cancer cells are abnormal, it sends ceramides in to kill the cancer.

It does this by destroying mitochondria. These are the organelles in your body that act like batteries. They produce the energy your cells need to survive and thrive.

With no mitochondria, the cancer cell can’t create energy — and it dies.

But it’s not just the cannabinoids in marijuana. CBD is also a potent cancer fighter...

CBD works by shutting down the L1 protein gene that allows cancer cells to divide and metastasize.

This 1-2 punch of THC and CBD kills cancer cells and leaves surrounding tissue immune to further cancer growth.

Another important advantage of using cannabis is that it specifically targets the tumor cells, but has a low potency towards non-tumor cells.⁷

This is life changing when compared to chemotherapy, where non-tumor cells are also affected by the toxic effects of these drugs.⁸

Try the Cannabis Cure Dennis Used

For the first three months, Dennis used **cannabis butter** to treat his cancer.

Eating cannabutter provides a different chemical reaction compared to using medical marijuana. The manner in which your body processes and reacts to it is more intense when it’s ingested.

For the following three months, he used a **cannabis concentrate**. Today, Dennis says he takes a daily maintenance dose of 1 part THC to 1 part CBD to keep his cancer at bay.

Dennis Rejected This Big Pharma Drug As Well

I’ve been warning my patients to avoid the prostate drug Flomax and its generic equivalent for almost two decades.

Flomax is marketed to stop the frequency and urgency men with prostate issues go through.

The drug is designed to relax muscles in the neck of the bladder and the prostate to help improve urine flow.

Common side effects include dizziness, weakness, stomach issues, blurred vision, dental problems, abnormal ejaculation, and low sex drive.

Dennis says that in his case, some of these side effects were “nearly fatal.”

But knowing that cannabinoids are antispasmodic, he knew cannabis could also relax the urethral structure and stop the incontinence.

So Dennis stopped taking the Flomax – and experienced no return of symptoms. He says he was “delighted in the extreme to be without... the side-effects.”



Using cannabutter provides a more intense chemical reaction in the body compared to medical marijuana.

Easy Canna-Butter You Can Make At Home

Here's a recipe for canna-butter you can use to improve your own immune system.

Ingredients

- 1 cup unsalted butter
- 1 cup water
- 1 cup ground cannabis, decarboxylated — *Do not skip this important step.*

Directions:

1. Decarb the cannabis. Preheat your oven to 240 F. Line a baking sheet with parchment paper. Tear your dried and cured cannabis buds into small pieces. Cover loosely with foil and place in the oven for 25 to 30 minutes. Remove and let cool.

2. Grind the decarboxylated cannabis to medium course with a hand grinder.

3. Add water to a pan and bring to a boil. Add butter and lower heat. Simmer on low and allow butter to melt.

4. As the butter melts, add your ground cannabis and simmer for 2 to 3 hours, stirring occasionally. The mixture should never come to a full boil.

5. Place a double layer of cheesecloth across a glass jar. Pour your canna-butter over the cheesecloth to strain.

6. Allow to cool for one hour, then refrigerate. Enjoy!

Protect Your Prostate With 2 Potent Antioxidants

Your prostate needs the nourishment that millions of years of evolution determined for it. The truth is, your prostate has serious shortfalls in the critical nutrients your hunter-gatherer ancestors consumed each day.

And with it comes unpleasant side effects like urinary problems and erectile dysfunction.

But if you're armed with the right knowledge, you can fight the war against prostate disease — and cure it for good just like your ancestors did.

These gentle plant sterols protect your prostate gland's cell membranes, helping your prostate to continue to function normally.⁹

Phytosterols are also potent antioxidants. They can reduce inflammation and improve blood flow, which helps maintain healthy tissue in your prostate and urinary tract.

Studies have shown phytosterols can significantly increase urinary flow and reduce the amount of residual urine remaining in the bladder in men with enlarged prostates.

Your hunter-gatherer ancestors consumed more than 1,000 mg of phytosterols from their diet. Today, you're lucky if you get 150 mg daily.¹⁰ It's no wonder that prostate problems have become epidemic.

1. **Supplement with beta-sitosterol.** This is one of the most potent phytosterols available. In a review of four separate clinical trials involving more than 500 men, beta-sitosterol helped them improve urinary flow and volume and reduce their BPH symptoms in every study.¹¹

Even more importantly, beta-sitosterol decreased cancer cell growth by 24% and induced apoptosis (programmed cell) death in prostate tumors by 400%.¹²

You'll want to include foods rich in beta-sitosterol in your meal plan. Some of the best sources are avocados, pistachios and grape leaves. For prostate protection, I like to see my patients getting 300 mg a day.

But to ensure you get enough beta-sitosterol, as well as other vital phytosterols, supplements are a good way to go.

But beware, most commercial prostate formulas contain far too small an amount of phytosterols. Look for one that has at least 300 mg of beta-sitosterol in each capsule.

2. Try this African tree bark. *Pygeum Africanum* is better known as the African plum tree. And the extract from the bark has shown impressive results in prostate sufferers. Like saw palmetto, it has been used in Europe as a prevention and treatment of prostate disorders, including BPH, for years.

All of the four main groups of phytochemicals found in pygeum have been shown to be beneficial to prostate health. All four naturally reduce the conversion of testosterone to DHT.

Studies show pygeum bark extract also improves urinary flow and sexual performance, and also reduces late-night bathroom trips.¹³

One review of 18 studies confirmed dramatic improvements in urinary health. In one of the studies, men described having healthy urinary flow in just 60 days.¹⁴

And another study reported in *Endocrine* tested the anticancer potential of pygeum and discovered it inhibited the growth of prostate cancer cells, induced apoptosis, or cell death. Mice fed with pygeum showed a 35% reduction in prostate cancer incidence.¹⁵

You can buy pygeum bark extract in capsules or as a tincture at most health food stores and online. Most of the pygeum supplements out there are standardized at 13% total sterols.

Look for supplements that are standardized at 14% or higher. I recommend 200 mg per day.

Keep Healthy By Killing Prostate Cancer Stem Cells

Almost 30% of men who cured their prostate cancer will relapse at the five-year mark. To keep prostate cancer from coming back again, I recommend you supplement with tocotrienols.



African tree bark contains four different phytochemicals that are all beneficial to prostate health.

These especially potent forms of vitamin E are powerful antioxidants that until recently were ignored by mainstream medicine.

I began prescribing tocotrienols years ago to patients with high blood pressure, heart trouble and circulatory problems — and they all showed remarkable improvements. Numerous scientific studies back up the observations from my wellness clinic.

But I also observed that tocotrienols helped cancer patients in remission keep cancer from returning. Further research proved that nothing demonstrates the power of tocotrienols like how they wage war on malignant tumors and their powerful ability to shrink them.

Simultaneously, this vitamin E family works to suppress the growth of cancer cells by:^{16,17,18,19,20}

- Reducing or cutting off blood flow to tumors;
- Hampering a tumor's ability to grow new blood vessels;
- Destroying nutrients that feed the malignant masses;
- Setting off chemical signals that trick tumor cells into self-destructing.

Our modern diet is incredibly deficient in foods that contain tocotrienols.

While tocotrienols can be absorbed into the body by consuming select foods — like peas, carrots, cauliflower, broccoli, and my favorite annatto oil — they occur in very low levels naturally.

I recommend supplementing. But not with just any vitamin E. Most supplements that say vitamin E on them have only alpha tocopherol. Or, they're "mixed tocopherols."

Look for a vitamin E that includes a "tocotrienol complex." You can also look for formulas that specifically say they include "mixed tocotrienols." At least 30 mg should give you the telomere protection I recommend.

And like all fat-soluble vitamins, it's best to take them with a meal.

References:

1. Loo, MH. The Prostate. Articles by Dr. Loo. 2017.
2. Emanu J, et al. "Erectile Dysfunction after Radical Prostatectomy: Prevalence, Medical Treatments, and Psychosocial Interventions."
3. Curr Opin Support Palliat Care. 2016 Mar; 10(1): 102–107.

4. Bogdanović V, et al. "A review of the therapeutic antitumor potential of cannabinoids." *J. Altern. Complement. Med.* 2017;23:831–836. doi: 10.1089/acm.2017.0016.
5. Śledziński P, et al. "The current state and future perspectives of cannabinoids in cancer biology." *Cancer Med.* 2018;7:765–775.
6. Dumitru C, Sandalcioğlu I, Karsak M. "Cannabinoids in glioblastoma therapy: new applications for old drugs." *Front Mol Neurosci.* 2018; 11: 159.
7. Sharma M, et al. "In vitro anticancer activity of plant-derived cannabidiol on prostate cancer cell lines." *Pharmacol. Pharm.* 2014;5:806–820. doi:
8. Bogdanović V, Mrdjanović J., Borišev I. A review of the therapeutic antitumor potential of cannabinoids. *J. Altern. Complement. Med.* 2017;23:831–836. doi: 10.1089/acm.2017.0016.
9. Halling KK and Slotte JP. "Membrane properties of plant sterols in phospholipid bilayers." *Biochim Biophys Acta.* 2004;1664(2):161-171.
10. Phytosterols. Linus Pauling Institute Micronutrient Information Center.
11. McNicholas T and Kirby R. "Benign prostatic hyperplasia and male lower urinary tract symptoms (LUTS)." *BMJ Clin Evid.* 2011;26:2011.
12. von Holtz RL, et al. "Beta-sitosterol activates the sphingomyelin cycle and induces apoptosis in LNCaP human prostate cancer cells." *Nutr Cancer.* 1998;32(1):8-12.
13. Carani, C, et al. "Urological and sexual evaluation of BPH and pygeum." *Arch Ital Urol Nefrol Androl.* 1991;63(3):341-345.
14. Andro MC and Riffaud JP. "Pygeum africanum extract for treatment of patients with BPH: A review of 25 years of published experience." *Curr Ther Res.* 1995;56:796-817.
15. Shenouda NS, et al. "Phytosterol pygeum africanum regulates prostate cancer in vitro and in vivo." *Endocrine.* 2007;31(1):72-81.
16. Guthrie N, et al. "Inhibition of proliferation of estrogen-receptor-negative MDA-MB-435 and positive MCF-7 human breast cancer cells by palm tocotrienols Tamoxifen, alone and in combination." *Journal of Nutrition.* 1997; 127: 544S-548S.
17. Wada S, et al. "Tumor-suppressive effects of tocotrienols in vivo and in vitro." *Cancer Lett.* 2005. 229 (2): P 181-191.
18. Therault A, et al. "Tocotrienol: A review of its therapeutic potential." *Clin Biochem.* 1999. 32(5):309-19.
19. Elson C. "Suppression of mevalonate pathway activities by dietary isoprenoids: Protective roles in cancer and cardiovascular disease." *Nutr.* 1995. 125 (6 Suppl.) P. 1666S-1672S.
20. Miyazawa T, et al. "Anti-angiogenic function of tocotrienol. Asia Pac. J. Clin. Nutr. 2008. 17(1): 253-6.

Ancient Power Source Now Demonized By Modern Medicine

Discover this essential nutrient that empowered our ancient ancestors with extraordinary immunity, potency, and muscle mass...

And how you can get it back in your life TODAY.

In the age of COVID, immunity is on everyone's mind...

Will you have the bold, robust resistance it takes to keep you safe in the face of these modern threats?

There's a crucial, overlooked nutrient NO ONE is talking about that forms the foundation of a strong immune system. But mainstream medicine continues to wage its decades-long smear campaign against it... *right at the time when we need it most.*

I'm talking about **vitamin A**.

Most doctors still tell you this vital substrate is "dangerous" — even though established research shows it's so critical to your immune system, your body can't defend itself without it.

Plus, there's new research that reveals the connection between vitamin A, immunity, and your gut's microbiome — *the place a healthy immune system begins.*

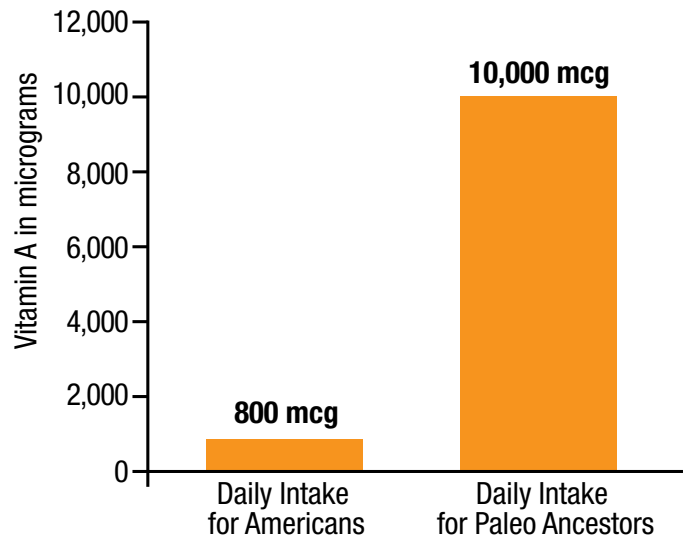
Vitamin A Has Never Been "Dangerous"

Sure, there's a possibility of toxicity if you take outrageously large doses day after day for an extended period of time.

But by comparison, Tylenol is far more dangerous. One handful of pills could end your life in minutes.

And despite exaggerated warnings about a potential toxic buildup in the liver, falling into comas or even death, your ancient ancestors consumed around **10 times more vitamin A** than people do today — thanks to their high

Vitamin A Consumption
Today vs. Paleo Ancestors



Our ancient ancestors consumed 10 times more vitamin A than we do today.

consumption of red meat, especially organ meats, like liver, kidney, and heart.¹

Even 50 years ago, your parents and grandparents got plenty of vitamin A. But with the dramatic decline of clean, organic animal products in our diet, that's now changed.

You see, the bulk of the evidence for vitamin A's alleged dangers comes from misleading studies sponsored by the drug companies themselves.

At the same time, they've made synthetic forms of vitamin A and patented them as drugs. They're hoping you'll trust their drug version instead of natural vitamin A.

Meanwhile, most doctors have been convinced by these Big Pharma funded studies, so they tell you to take beta carotene instead.

The problem is it's a highly inefficient way for your body to make vitamin A.

I'm not surprised so many people today suffer the effects of compromised immunity. The government's recommended daily allowance (RDA) is pitifully low.

In this *Confidential Cures* article, you'll learn about vitamin A's central role in bolstering the health of your gut's microbiome and bullet-proofing your body's defenses. I'll also tell you about the very best ways to boost your levels of this immune system powerhouse.

The World's Most Misunderstood Vitamin

To start with, vitamin A isn't one molecule. It's a group of compounds called *retinoids*.

You may already know that retinoids are good for your eyes. That's true, vitamin A does play a crucial role in vision — but there's a lot more to it.

I've been advising my patients about the benefits of this “missing fat-soluble vitamin” in our modern diet for more than three decades now. Fat-soluble means the vitamin is absorbed along with fats in your diet and is stored in your body's fatty tissue and liver.

Regular readers may remember that I was one of the first physicians to talk about the critical effect of vitamin A on testosterone and sex hormones.

Natural retinoids — as opposed to Big Pharma's synthetic concoctions — also take part in remodeling bone, help maintain healthy endothelial cells (those lining your body's interior surfaces), and regulate how many cells are created, how they grow, how long they live, and direct what they develop into.

Retinoids are also critical signaling molecules in your body and brain. Deficiencies of this substrate can even be a major factor in the development of *Alzheimer's*.

“I've been advising my patients about the benefits of this “missing fat-soluble vitamin” in our modern diet for more than three decades now.”

Your vision, of course, is dependent on a continual source of vitamin A. It prevents night blindness by stopping free radical damage to your eyes.

Vitamin A also lowers the risk of macular degeneration, the most common cause of blindness in America.

At the same time, it maximizes your skin health. You may have seen it listed as an ingredient in anti-wrinkle products.

And recent studies on the *peritoneal* — the fluid sac that surrounds the organs in your abdomen — also reveal that a key bioactive metabolite of vitamin A called *retinoic acid* provides the signal for *macrophages* to quickly ride to the rescue of damaged organs.²

Research reveals that it's also central to your immune system and protecting your body from multiple disorders and diseases...

How Vitamin A Connects To Your Immunity

Most doctors are completely ignorant of the three-way connection between vitamin A, the microfauna in your gut and the production of immune system cells that defend your body from harmful bacteria, viruses, as well as multiple autoimmune diseases.

This is dangerous, because the connection is critical to your health. Let me explain...

Your intestines are home to trillions of microbes — called your gut microbiome. These microbes help you digest food, but they also have multiple other functions, including these two important roles:

- Allowing your body to absorb vitamins, minerals, and other nutrients.
- Controlling your body's immunity to disease. At least 70% of your immune system is made up of the microbes that live in your gut lining.³

You see, vitamin A is essential to the formation and maintenance of a healthy mucosal lining in your gut — exactly the place that's home to the gut bacteria that comprise your immune system.⁴

Research now shows that the availability of vitamin A in your food is also key to *immunotolerance* — your immune system’s ability to attack invading bacteria and viruses, and leave your body’s own healthy cells alone.⁵

When your immune system mounts an attack against its own cells and organs, it can lead to a range of autoimmune diseases, like *diabetes, rheumatoid arthritis, lupus, inflammatory bowel disease*, and others.

Crucially, vitamin A cannot be synthesized by your body. You have to get it from the food you eat. It is absorbed into your bloodstream through the mucosal lining in your intestine.

And it is here, in your gut’s mucosal lining, that these trillions of microbes make daily decisions and transmit billions of signals over what to do about the food you eat and the pathogens that enter your body.

This signaling is essential to your health and survival, and it simply can’t be done without enough vitamin A stored in your body.

That’s because vitamin A triggers the stimulation of Immunoglobulin A (IgA) — your body’s most common antibody — in the mucosal tissues of the gut lining. This is your frontline defense against harmful germs.

IgA also supercharges your body’s protection against dangerous pathogens, as well as reduces the intestinal inflammation that causes IBS and Crohn’s disease.⁶

Meanwhile, studies also show that vitamin A is involved in the formation and maintenance of healthy mucus layers in your respiratory tract, protecting your lungs from pathogens.⁷

This explains why an adequate supply of vitamin A helps decrease the risk of gastric and lung cancers — especially among smokers — by supporting the immune system.^{8,9}

But there is only one way to make sure you’re getting enough vitamin A for a bulletproof immune system...

Your ancient ancestors consumed around 10 times more vitamin A than people do today — largely the result of their primal diets.¹⁰

Getting The Right Kind Of Vitamin A

Vitamin A is considered an “essential,” nutrient, because your body can’t make it.

You have to get it from your diet in one of two ways — as *preformed* vitamin A from animal products and animal fats, or from *provitamin A carotenoids*, such as beta-carotene, which are converted to retinol in your body.

Most doctors — when they’re not warning against it — will tell you to supplement with synthetic vitamin A or consume provitamin A carotenoids from orange vegetables, like carrots, squash and bell peppers.

But these are ***not your best source***. Your body has to pull off a massive trick to transform these foods into vitamin A — and your body doesn’t do that conversion very efficiently.

For every 6 units of beta-carotene you eat, you only get 1 unit of active vitamin A. So, even if you consumed 25,000 units of beta-carotene, you still wouldn’t get enough for the day.

Also, if you have enough retinoids already stored in your liver, your body won’t convert any.

Because of our industrial, grain-based food supply, most Americans get just a tiny fraction of the vitamin A they need.

To get the most benefit, you should eat the foods your primal ancestors consumed.

That means eating as many foods as possible that contain vitamin A in its preformed retinol state. That means liver, fish, eggs, cheese and raw milk.

Calf liver is nature’s most concentrated source of this vitamin. Just 3 ounces of calf liver delivers more than 15,000 IUs. Cod liver is another great source.

I also recommend that you combine preformed vitamin A with a good variety of fresh carotenoids. But remember, carotenoids alone are not enough.

For carotenoids, you don’t have to stick to brightly colored fruits and vegetables. There are quite a few dark leafy greens that give you plenty of carotenoids as well. Kale, turnip greens, chard and spinach are the best sources.

When you cook, you can also add spices like paprika, red pepper, cayenne, and chili powder. A tablespoon of paprika contains 3,691 IUs of vitamin A. Other red pepper powders have similar amounts. Cayenne powder has 2,081 IUs per tablespoon.

I also suggest cooking with *ghee*. In Ayurvedic medicine, ghee is considered medicinal. It can be used to reduce gut inflammation and promote good gut health. Studies show that ghee also boosts the intake of vitamin A in the body.¹¹

How Much Vitamin A Do You Need?

Mainstream medicine says you only need 2,000 to 3,000 IUs of vitamin A every day. The problem is, you can't just take some lab created "vitamin A" and think you're getting what you need. It won't include all the retinoids.

Also, remember that these "recommended" daily allowances from the government are only the bare minimum. It's the amount meant to keep you from a deficiency, not what you need for optimal health.

I recommend you get at least 10,000 IUs of mixed retinoids every day. If you can't get enough from food and you want to supplement, remember that preformed vitamin A is called *retinol*.

Avoid synthetically produced *retinyl palmitate*, and other Big Pharma concocted fake vitamins. *Retinyl palmitate* is made from combining an ester of retinol with the main compound from palm oil, and it's not natural vitamin A.

Consider This Powerful Combination

I strongly recommend combining vitamin A and D. Together they are essential co-partners for a healthy immune system.

Just as vitamin A is essential for the mucosal tissues that keeps your gut microbiome and immune system strong, vitamin D increases the antimicrobial peptides that help protect you from the same pathogens.

Vitamin D also stimulates the production and activity of stem cells that differentiate into mature,

oxygen-carrying red blood cells and white blood cells that bolster your immune system.

The best ways to get more vitamin D in your body are:

- **Get some sun:** With 30 minutes of daily sun exposure (without sunscreen) during the summer months, your body is capable of producing 50,000 IUs of vitamin D3 over the following 24 hours. Get out and catch some rays at least a few times per week — if not every day.
- **Eat vitamin D-rich foods:** Next to sunlight, *cod liver oil* has the most concentrated natural source of this disease-preventing vitamin. Just one tablespoon of cod liver oil contains nearly 1,400 IUs of vitamin D3. The best food sources of vitamin D are wild-caught fish, like salmon and tuna, and small fish like herring, sardines and anchovies. Other great food sources include organic eggs and cheese.
- **Take a D3 supplement:** Make sure the vitamin D supplement you take is vitamin D3. It's the same vitamin D your body produces. Just be sure to avoid the synthetic form of vitamin D2 that's found in most multivitamins, because it is less potent and less absorbable. I recommend at least 2,000 IUs a day from a good vitamin D3 supplement — preferably in the morning. That leaves plenty of room for you to get additional vitamin D from other sources.

References:

1. Price WA, et al. Nutrition and Physical Degeneration (New York: Paul B. Hoeber, Inc., 1939), 275-276.
2. Okabe Y, Medzhitov R. "Tissue-specific signals control reversible program of localization and functional polarization of macrophages." *Cell*. 2014. 157:832-44.
3. Lozupone CA. "Host-Microbe Biology Unraveling Interactions between the Microbiome and the Host Immune System To Decipher Mechanisms of Disease." *mSystems*. 2018 Mar-Apr; 3(2): e00183-17.
4. McCullough FS, et al. "The effect of vitamin A on epithelial integrity." *Proc. Nutr. Soc.* 1999, 58, 289-293.
5. Ash M. "Vitamin A: The Key to a Tolerant Immune System." Focus. Allergy Research Group Newsletter August 2010.
6. Ibid
7. Wang JL, et al. "Retinoic acid stimulates early cellular proliferation in the adapting remnant rat small intestine after partial resection." *J. Nutr.* 1997, 127, 1297-1303.
8. Palgi A. "Vitamin A and lung cancer: a perspective." *Nutr Cancer*. 1984;6(2):105-20.
9. Fontham ET. "Protective dietary factors and lung cancer." *Intl Epidemiol.* 1990;19 Suppl 1:S32-42
10. Price, W.A., Nutrition and Physical Degeneration (New York: Paul B. Hoeber, Inc., 1939), 275-276.
11. Muthanna MC, et al. "Studies on the Vitamin-A Content of Ghee." *Ind Med Gaz.* 1941 Aug; 76(8): 487-489.

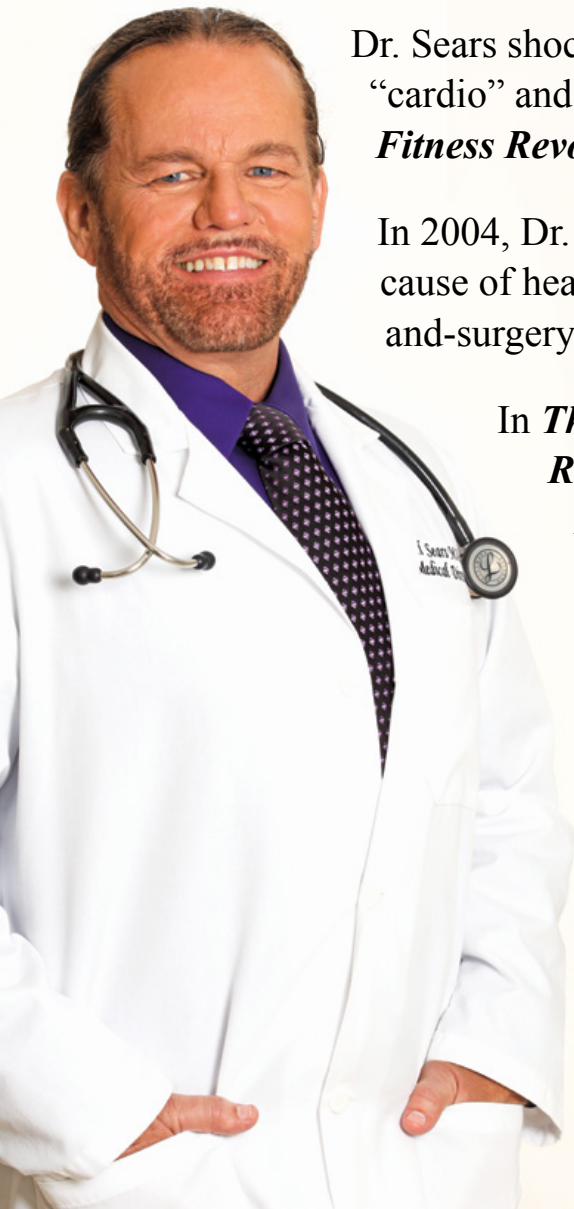
The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.

AL SEARS, MD

Al Sears, MD, CNS, is a medical doctor and one of the nation's first board-certified anti-aging physicians.

As a board-certified clinical nutritionist, strength coach, ACE-certified fitness trainer and author, Dr. Sears enjoys a worldwide readership and has appeared on more than 50 national radio programs, ABC News, CNN and ESPN.

In 2010, Dr. Sears unveiled his proven anti-aging strategies in ***Reset Your Biological Clock***. As the first U.S. doctor licensed to administer a groundbreaking DNA therapy that activates the gene that regulates telomerase, Dr. Sears made history by bringing telomere biology to the general public.



Dr. Sears shocked the fitness world by revealing the dangers of aerobics, “cardio” and long-distance running in his book, ***PACE: The 12-Minute Fitness Revolution***.

In 2004, Dr. Sears was one of the first doctors to document the true cause of heart disease and expose the misguided and often fatal drugs-and-surgery approach to heart health.

In ***The Ageless Heart Manual: Advanced Strategies to Reverse Heart Disease and Restore Your Heart's Pumping Power***, Dr. Sears outlines the easy-to-follow solution that effectively eliminates your risk of heart disease, high blood pressure and stroke.

An avid lecturer, Dr. Sears regularly speaks at conferences sponsored by the American Academy of Anti-Aging Medicine (A4M), the American College for the Advancement of Medicine (ACAM) and the Age Management Medicine Group (AMMG).