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

July 2021 **Vol. X Issue 7**

Dear Friend,

The most important diet advice I offer my patients stretches back almost 30 years.

And for nearly three decades, so-called "experts" in the healthcare field ridiculed me. They even went so far as to call me a quack.

The most important advice? Ignore the dietary recommendations based on the "Healthy Eating Plate" from the Harvard School of Public Health and the USDA's "Food Pyramid" or "MyPlate."

Sadly, both meal plans are dangerous. If you actually followed either of these grain-based plans you'd be diseased, overweight, and prematurely old in no time at all.

Today, I want to tell you about another health-food hoax.

I'm talking about soy.

The food industry's million-dollar marketing plan to convince people of the benefits of this cheap industrial fake food is working.

Between 2000 and 2007, food makers developed more than **2,700 new processed soy products,** including veggie burgers and soy milk. Today, almost 85% of Americans have been convinced to eat it in one form or another.

And the soy industry's slick campaign is *so effective* it even convinced one of the country's most famous doctors to throw in his support for it.

In your July issue of *Confidential Cures*, you will learn which celebrity doctor was fooled by the fake study that supports soy.

You'll also learn:

• Why this "anti-nutrient" has always been considered a "food of last resort." I'll also share the chronic diseases and disorders that are linked to this health food hoax, as well as the only safe way you can ever eat it.

• Which powerful feel-good hormone can also protect your brain from the so-called neurodegenerative diseases of aging like Alzheimer's and Parkinson's. And why levels of this hormone are suddenly dropping to such dangerous levels.

• The latest example of the FDA putting profit over health by approving a drug it knows is useless against Alzheimer's. I'll share the effective methods you can start using today that have been proven to protect and repair your brain.

To Your Good Health,

Al Sears, MD, CNS

Also in This Issue...

Beware:
Health Food Hoax Fools Dr. Oz

I consider Dr. Oz to be a colleague of mine. Not only is he a doctor like me, but he has also mastered a challenging specialty. As a cardiothoracic surgeon, he really knows his stuff.

He's also my neighbor in Palm Beach, and has a house about a half mile away.

I very much enjoyed the meetings I've had with Dr. Oz. He is a genuinely sincere and friendly person, and I appreciate that he invited me to speak at his Health and Wellness conference in 2016.

I also appreciate the fact that he's abandoned many of the conventional, mainstream positions on diet, supplements and nutrition.

However... With no offense to my friend and colleague, there's something he's recently advised on his TV show that I just can't stomach.

Interestingly, he used to have the opposite point of view. One that I absolutely agree with.

I'm talking about the alarming commercialization of soy as an alternative to meat.

You see, after years of telling his viewers to avoid processed and fake "franken-soy" products, Dr. Oz did a complete 180 and suddenly recommended soy as a healthy replacement for meat.

Now, of course Dr. Oz is free to eat whatever he wants. But it troubles me that he's using his position of authority as a television personality to spread this misleading and dangerous argument.

In a moment, I'll tell you how Dr. Oz got so hoodwinked by the soy industry. But first let me tell you why you should avoid this health food hoax.

Dr. Oz invited me to speak at his Health and Wellness conference in 2016.

The Only Thing Soy Is Good For Is Making The Industry Rich

It's not just Dr. Oz who supports soy. Everywhere you go these days, you hear that soy is a "superfood" and is "much healthier for you than eating meat."

Thousands of people fall for this myth and have jumped on the "Meatless Monday" bandwagon.

I can understand why the general public falls for this healthcare hoax. It's all part of the food industry's million-dollar marketing plan to get people to eat cheap industrial fake "foods" and feed them to their families. Their whole agenda is to sell food with the highest profit margin.

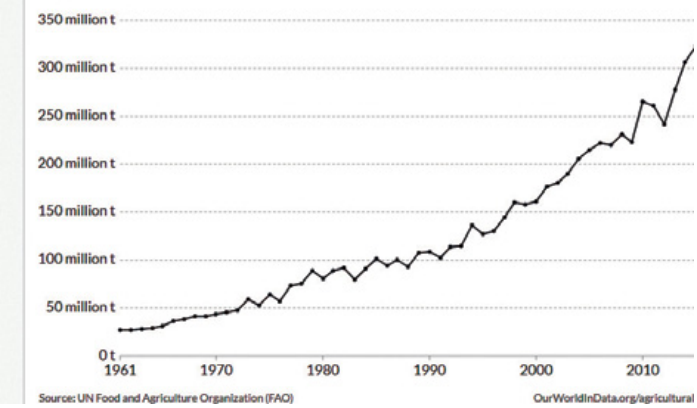
But foods with high profit margins are not the natural foods that humans ate for millions of years. In fact, the more unnatural a food is, the more Big Agra profits.

Sadly, Big Agra's slick marketing campaign is working... Between 2000 and 2007, food makers developed more than **2,700 new processed soy products** including veggie burgers and soy milk. By 2010, almost 85% of Americans had been convinced of soy's health benefits.

And according to a survey from the United Soybean Board, current soy protein consumption in the U.S. is at its highest level ever. In fact, about 78% of U.S. adults consume soy foods or beverages.[1]

It's no surprise since soy protein has made its way into more than 2,700 fast foods and processed foods. Half of typical supermarket shelves are full of soy. And soybean oil makes up one out of every 10 calories eaten in this country.[2]

Soy Production And Use Has Skyrocketed In The Last 60 Years



Soy is one of the most profitable crops in history, and production is rising at a breakneck pace. Is it any wonder Big Agra wants us to eat more and more of it?

We're Still Fighting Dangerous Predators That Threaten Our Food Supply

As a *Confidential Cures* subscriber, you already know that humans were much healthier and had far fewer chronic diseases before the agricultural revolution and the birth of Big Agra.

Now, don't get me wrong. There are some good things about our very efficient modern food supply. We have abundant food sources at our fingertips all the time. And we obviously don't have to risk our lives to go out and hunt down a wild boar or buffalo.

But now the greatest threat to our lives and to our health is not another predator. The new threat is our own food supply system, especially soy.

In traditional farming, soy was grown as part of a system of crop rotation. It helped restore nitrogen to the soil before planting a new crop.

But Big Agra saw an opportunity to make big bucks with this "throw-away" crop. First, it was made into animal feed. Then they have convinced people to eat it as a "health food."

They claim that soybeans are good for your heart — and prevent cardiovascular disease, stroke, and coronary artery disease. And that it protects you from cancer and improves bone health. They tell women they need soy for their hormones at menopause.

The Studies Show Soy Does NOT Do A Body Good

Yet studies show soy is anything but healthy. Soy is linked to a whole host of diseases and disorders, from cognitive decline, cancer, and thyroid disease to digestive disorders, hormonal conditions, and diabetes.

• **Hormone Imbalances In Men And Women.** Soy contains plant estrogens called isoflavones. You may have heard that soy isoflavones are great for menopausal symptoms. It's true that plant estrogens can help balance your hormone levels naturally. But the soy versions of phytoestrogens are too strong. They disrupt the endocrine system in both men and women. In men, soy consumption leads to low libido, infertility, and fat deposits in the pectoral area — the dreaded man boobs.[3] The strong phytoestrogens in soy can cause infertility in younger women, and may easily increase the risk of ***breast cancer*** in older women.

• **Diabetes.** Like grains and legumes, soy contains high amounts of lectins, a hormone that binds to sugar. Lectins interfere with your leptin sensitivity — or hunger signals — making your brain think it needs to eat even when your body has more than enough calories. Leptin resistance can lead to insulin resistance. And insulin resistance ultimately leads to type 2 diabetes and Syndrome Zero.

• **Bone Loss.** Not long ago, Big Agra claimed that soy builds strong bones in menopausal women. They based this finding on an extremely misleading study.[4] The truth is the exact opposite. A recent Yale study compared calcium bioavailability in women eating soy to those eating meat. They showed that when soy is substituted for meat, there is a steep drop in the bioavailability of calcium.[5] In other words, your body can't use calcium. That's a surefire way to sabotage your bones.

• **Thyroid Disease.** Soy also interferes with thyroid function. This is because it's a goitrogen, a substance that blocks your body from producing thyroid hormones and causes the thyroid to enlarge.[6] A 2016 study published in *Public Health Nutrition* found that the chances of having high thyroid stimulating hormone (TSH) levels were four times higher in people who ate two servings of soy foods compared to those who didn't eat any at all.[7]

• **Cognitive Decline And Dementia.** A British study found that eating soy can lead to memory loss and increase the risk of dementia in older adults. The study examined the effects of soy consumption in 719 Indonesian people, between the ages of 52 and 98, and found that those who ate large amounts of tofu experienced higher rates of memory loss.[8] But one type of soy product actually improved memory function. More on that in a moment...

There are even more reasons to avoid soy:

Soy is loaded with "anti-nutrients" called ***phytates.*** They bind to metal ions and prevent your body from absorbing minerals, like calcium, magnesium, iron, and zinc.

Soy contains agglutinins that impact digestion by influencing the barrier function of your gut, allowing substances to pass through the lining of the digestive tract into the blood. This is a condition known as leaky gut syndrome.[9] These agglutinins also damage the health of your microbiome.

Soy has hemagglutinin, which causes clustering of red blood cells. This prevents the cells from absorbing oxygen properly. Hemagglutinin and trypsin inhibitors also act as "growth depressants" in animal studies.

> "The only time in human history that soy was eaten was when it was a last resort."

Almost all soy is genetically modified by Big Agra to make profits even higher. They don't really care that GMOs in food like soy can wreak havoc with your health.

Pesticide companies developed soy and corn GMOs by altering DNA in plants to make them resistant to pesticides. Now industrial farms can drench soy and corn with more and more deadly chemicals.

In fact, GMO corn can contain 18 times the EPA's safe limit for glyphosate, the active herbicide in Monsanto's Roundup.

Your body doesn't recognize GMOs as food. It treats them like foreign invaders. It produces an inflammatory response that causes rashes, swelling, headaches, and digestive problems.

Animal studies show GM soy and corn lead to stomach inflammation and fertility problems.[10] They have also been linked to depression, fatigue, infections, brain fog and nausea. We didn't evolve to eat these industrial foods.

The only time in human history that soy was eaten was when it was a last resort. And even then, the only way humans ate it was if it was fermented for long periods and turned into natto or tempeh.

Did Dr. Oz Read The Entire Study?

With so much compelling evidence against consuming soy, it makes you wonder why Dr. Oz decided to endorse it.

My guess is that while he saw the study, he didn't read through to the very end. I understand... At more than 33,000 words, it's a long article.

So maybe he missed the small paragraph at the end of the journal article that stated the study's lead author receives funding from the Soy Nutrition Institute as its Executive Director.

Two more study authors are on the advisory board of the Soy Nutrition Institute. Another is on the advisory board of the European Plant-based Foods Association, which represents the interests of soy foods manufacturers in Europe.

Neither of these organizations gives much thought to your well-being. Like most large lobbying groups, they're more interested in putting profit over health.

Unfortunately, "health" studies paid for by food companies are far too common. In 2015, a researcher at New York University began tracking studies funded by food and beverage companies, as well as trade groups. In that year alone, her research uncovered 168 such studies. And of those, 156 showed results that heavily favored the food manufacturer's interests.

Eat Soy The Way The Japanese Do

I've heard the argument from soy-eaters before... That the Japanese eat soy every day and they're some of the healthiest people in the world.

This is true. But in Japan, they eat soy as nature intended.

In Japan, they eat soy that has never been processed. And their soy foods are made through natural fermentation. They soak the beans, steam them, let them ferment, and then throw away the husks and the residue.

The Chinese discovered that mashing up soybeans and mixing them with certain minerals would make a sort of curd... now known as tofu.

Tofu is not a fermented soy product. But the process of making it removes most of the harmful toxins in a different way. Like some cheeses, tofu is made from the pressed "curds" of the bean, while the "whey," or liquid left over after the pressing, is thrown out — taking most of the bad stuff along with it.

Tofu is one of the only "clean" foods made from soy.

3 Simple Steps To Help You Avoid Dangerous Soy

1. **Avoid secret sources of soy.** It's alarming that today, 60% of the food in America's supermarkets contain processed soy in some form. And even though it plays a major role in the average American diet, most Americans aren't aware that they're eating the stuff.

The list on the next page shows how many names there are for soy — and how food manufacturers hide it in plain sight. Take a look at the list to find hidden sources of soy lurking in your food.

2. **Eat the protein source nature intended you to eat.** People eat soy with the best intentions. They think they're making a healthy choice by going for a meat alternative.

But you need meat to stay healthy. 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 chickens.

3. **Enjoy the only soy that's safe to eat.** Naturally fermenting soy deactivates harmful substances. This is something Asian cultures have known for centuries. That's why they eat their soy in a fermented form — like natto and tempeh.

I've included my favorite recipe for making tempeh... This is the form of soy that researchers discovered is beneficial for treating signs of dementia.

My Favorite Easy-To-Make Tempeh Recipe

Ingredients:

- 2 cups organic, non-GMO dried whole soybeans
- 4 tablespoons apple cider vinegar
- 1 teaspoon tempeh starter culture

Directions:

1. Place the beans in a large bowl and cover with 3 inches of water. Let soak at least 12 hours.
2. While keeping the beans in the bowl of water, squeeze until the hulls fall off and the beans split in half.
3. Drain and transfer to a large pot. Cover with 2 inches of water and bring to a boil. Skim any foam that forms. Reduce heat and simmer about 45 minutes. Beans should be tender, but not mushy.

Tempeh is made from fermented soy beans and is known to prevent and treat cognitive decline.

4. Using a skewer, poke holes in 2 quart-sized zip-top bags one inch apart.
5. Drain beans and spread on a towel lined baking sheet. Pat to dry and let cool.
6. Place in a clean bowl and add vinegar. Mix well.
7. Add the tempeh and mix.
8. Place half the mixture in each bag. Seal and flatten the beans between two chopping boards.
9. Place the bags and boards in an unheated oven with the light turned on.
10. Remove after 12 hours and place in a warm area to finish the fermentation process.
11. The tempeh will be ready between 36 and 48 hours. You'll see a thick white layer forming around the beans. They're done when the entire surface is covered with this mycelium.
12. Cut into smaller portions and store one week in the refrigerator, or six months in the freezer.
13. Steam, boil, or pan fry before eating.

Secret Sources of Soy

More than 60% of food in America's supermarkets contain processed soy in some form. As a hidden ingredient, it wears many names, including:

- Bean curd
- Edamame (soybeans in pods)
- Beef, pork, and dairy that comes from soymeal fed animals
- Hydrolyzed soy protein
- Kinnoko flour
- Okara (soy pulp)
- Tamari
- Teriyaki sauce
- Textured soy protein (TSP)
- Textured vegetable protein (TVP)
- Tofu
- Yakidofu
- Yuba (bean curd)

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How To Reverse The Assault On Your Brain's "Feel Good" Hormone... And Enjoy Your Life More Than Ever

I've never believed all that psychobabble from psychiatrists and therapists who claim depression and other mental health problems come from "chemical imbalances" between dopamine and serotonin neurotransmitters.

The truth is, the neurological pathways of the brain are too little understood and far more complex than this extremely simplistic model suggests. And how do these so-called "experts" know what the right balance is supposed to be anyway? Well, they don't.

But there's an unintended consequence of this relentless focus on pushing serotonin levels up and dopamine levels down, or sometimes vice-versa.

Conventional medicine has forgotten dopamine's other crucial roles — the most important of which is that it's your brain's ***most important anti-aging tool.***

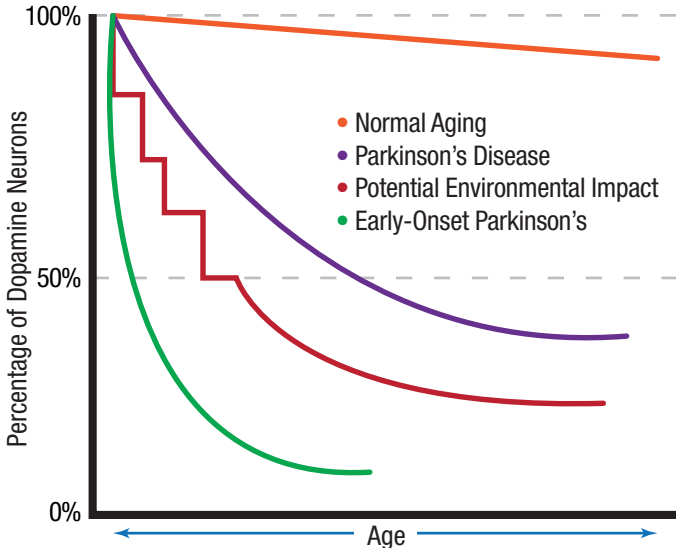
You see, while dopamine is best known as a "feel good" neurotransmitter, helping you maintain a sense of wellbeing and good mood — there's a lot more to it than that.

Dopamine protects your brain as you age. Studies show that decreases in dopamine levels can make you vulnerable to a range of brain-damaging neurodegenerative diseases, like *Parkinson's* and *Alzheimer's,* as well as dramatic cognitive decline, insomnia and loss of memory, motivation and pleasure.

But I can tell you that it's not natural for dopamine levels to drop so low that your brain slowly withers and dies.

You see, dopamine decreases are largely caused by a boost in the activity of *monoamine oxidase B***,** or *MAO-B*, an enzyme which breaks down dopamine.

Dangers of Decreasing Dopamine



This chart reveals the difference between normal age-related dopamine declines and those affected by Parkinson's disease and environmental toxins.

Most neurologists will tell you that increased MAO-B activity is a direct result of aging.[1]

But that's only partially true. Studies show that MAO-B production is also spurred by environmental toxins, like pesticides, that are found almost everywhere in our modern world — including those you might use in your own backyard.[2]

But there's good news. I've been helping patients for years at the *Sears Institute for Anti-Aging Medicine* to keep their brains young and protected.

In this issue of *Confidential Cures*, you'll learn about the true power of dopamine as a weapon against brain aging. I'm also going to show you how you can boost your dopamine levels naturally — and you'll learn all about a special tree bark you can make into a tea to prevent MAO-B from breaking down dopamine in the first place.

Why Dopamine Is So Important

Dopamine is a powerful neurotransmitter chemical that's crucial for communication between your brain cells. It's produced by special cells in various parts of the brain, including the *basal ganglia*, which also controls muscle tension.

A lack of this key neurotransmitter causes brain-cell communication to travel slowly, to break up, or even to stop traveling all together — causing memory loss, lack of clarity, an increasing inability to learn new things or figure things out, frustration, anxiety, depression and even a loss of interest in life itself.

Low dopamine also makes your muscles too tense, resulting in the characteristic tremor, joint rigidity and slowness of movement that's characteristic of Parkinson's Disease. People who are close to someone with Parkinson's are often upset by the loss of facial expression that can affect sufferers. This is also the result of low dopamine levels.

Dopamine is crucial for a happy, fulfilling life. Healthy levels enhance your learning ability, memory, attention and sleep. And it's the key to experiencing pleasure and a sense of reward.

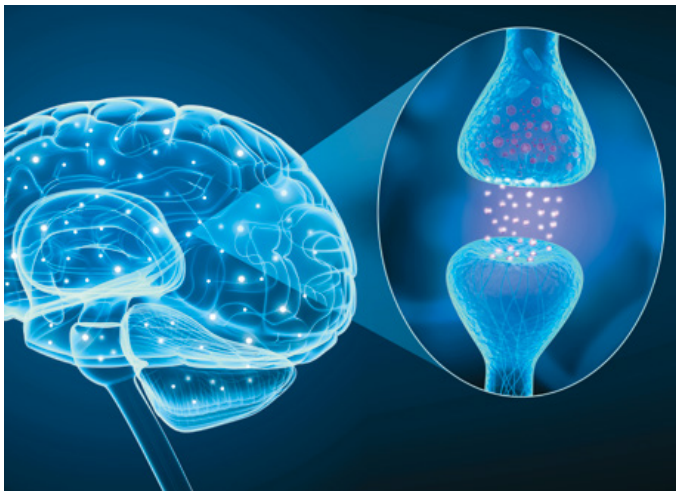
Best known for its role as a "feel-good hormone" and for regulating mood, the brain releases dopamine during pleasurable activities, like eating tasty foods or having sex.

Dopamine also provides you with the motivation you need to get out of bed in the morning. You need it to get up, make breakfast, plan your day and accomplish tasks. With a healthy supply of dopamine in specific brain regions, you have the drive to tackle all kinds of difficult tasks.

Studies also show that dopamine has *neuroprotective properties*, helping to combat neurotoxicity that destroys brain cells which can lead to neurodegenerative diseases like Parkinson's, Alzheimer's and other forms of dementia.[3,4]

Toxic Link Between Low Dopamine And Pesticides

Brain levels of dopamine commonly decline by about 13% each decade after you reach the age of 45 — largely driven by corresponding overactivity of the MAO-B enzyme.



Dopamine is a powerful neurotransmitter that connects brain cells called neurons. Dopamine controls the pleasure and reward centers of your brain and is often called the "feel good" brain chemical.

Most doctors will tell you to accept these reduced levels of dopamine and cognitive decline as a natural part of the aging process.

I don't accept this.

Sure, dopamine levels drop and MAO-B activity increases as you age — that's been proven. But not by nearly enough to cause you to lose interest in life's pleasures, and certainly not enough to bring on dementia, depression, or even Parkinson's.

In 2008, a breakthrough study by researchers looking into Parkinson's revealed the direct link between pesticides and dramatic decreases in dopamine levels. And more recent studies have now added increased MOA-B activity into that equation.[5,6]

The strongest toxic link to Parkinson's and low dopamine levels was found in common herbicides and insecticides, such as *organochlorides* and *organophosphates*.

Most *organochlorides,* like DDT, were banned almost 50 years ago. But there's a good chance that they're running through your veins as you read this article, because they get stored in your fat cells and stay there.

And organophosphates are still widely used by Big Agra. Your most-likely point of exposure is every time you eat the outer parts of fruit or vegetables grown on industrial farmland.

If ever there were a life-or-death reason to buy organic, this is it.

A study published by the journal *Archives of Neurology* revealed that anyone who used at least one of eight different kinds of pesticides was more than *twice as likely* to develop Parkinson's. And if you use the insecticide *permethrin*, you are *three times more likely* to develop the disease.[7]

Another study found that people who used commercial pesticides like *rotenone* or *paraquat* developed Parkinson's disease *2.5 times more often* than non-users.[8]

Boosting Your 'Pleasure-Span'

Many drugs prescribed for Parkinson's Disease also attempt to inhibit MAO-B activity to increase dopamine levels.

The link between reduced MAO-B activity and healthier dopamine levels is now well established.

Animal studies have also shown that inhibiting MAO-B and boosting dopamine levels may also increase your lifespan — and enhance your sense of pleasure well into your senior years.

In two studies, rats given the MAO-B-inhibiting Parkinson's and ADHD drug *deprenyl* lived an average of over 37% longer than untreated rats.[9,10]

And in both studies, healthy sexual activity was also maintained well into old age in the deprenyl-treated animals, evidence of the health and pleasure benefits of dopamine beyond cognitive function.

I'm not for one minute suggesting that you go out and try to get your hands on this prescription Parkinson's drug — not least because of the side effects associated with it.

But the good news is that you can inhibit MAO-B activity and increase dopamine levels naturally.

Take A Sip From The 'Dopamine Tree'

One of the most powerful natural MAO-B inhibitors comes from the bark of the *Amur cork tree,* or ***phellodendron amurense,*** its botanical name. This should not be confused with the houseplant called *philodendron*, which is not related.

Phellodendron was traded on the famous Silk Road for thousands of years. Today, we know it has the ability to boost dopamine levels.

Phellodendron bark has been prescribed as a potent anti-inflammatory for thousands of years in traditional Chinese and Indian Ayurvedic medicine.

It's been used to treat dozens of health issues, including bacterial and viral infections, osteoarthritis, acne, skin rashes, ulcers, and cancerous tumors, diarrhea, as well as various mood and sleep disorders.

Recent studies now also show that it has the ability to ***boost dopamine levels.***

In two separate studies, scientists examined hundreds of different plant compounds for their abilities to inhibit MAO-B.[11,12]

Both studies concluded that an extract of phellodendron bark is one of the most potent and selective inhibitors of MAO-B, with the ability to inhibit more than 80% of the enzyme's activity.

And in one cell model of **Alzheimer's disease**, phellodendron extract was shown to protect against **beta-amyloid neurotoxicity**, which is commonly seen in the brains of people with Alzheimer's.[13]

You can find phellodendron extract supplements online or in many health-food stores. To boost dopamine levels, I recommend 300 mg to 500 mg twice a day for a period of up to six weeks.

The herb contains both fat-soluble and water-soluble components, and should be taken with food to make sure it's well absorbed.

You can also brew your own phellodendron tea as a decoction. Packets containing dried slices of phellodendron tree bark, which often use the Chinese name, *Huang Bai,* can also be found easily online.

To make a tea, simply add 5g to 12g of bulk bark strips to 8 ounces of water in a covered pot. Phellodendron is also quite bitter to the taste, so I recommend throwing in about an inch of ginger and four tablespoons of raw, unfiltered honey to turn it into a delicious tonic.

Don't let the water boil. Try to keep it at a low simmer for 20 minutes and then strain.

Try These Other Natural Dopamine Boosters

But phellodendron isn't the only way to increase your dopamine levels. Here are a few other boosters I recommend to my patients:

• **Take Curcumin:** This ancient medicinal compound is the active ingredient in *turmeric*, the Indian spice that's been used in Ayurvedic medicine for at least 6,000 years. It's a powerful anti-inflammatory and natural antidepressant. Multiple studies show that it can increase dopamine levels in the brain.

One of the best ways to get the benefits of curcumin is to cook with fresh *turmeric root.* You can grate it like ginger and add it to soups and stews. Or add it to curry sauces, deviled eggs or salad dressings. I also use it in stir-fries, scrambled eggs and marinades.

Curcumin is another dopamine booster and is used in dozens of culinary delights like curried chicken.

• **S-adenosylmethionine:** The compound S-adenosylmethionine, better known as SAM-e, is widely used in Europe to treat depression. A study in *The American Journal of Clinical Nutrition* found it was just as effective as the antidepressant imipramine — but without the side effects.

A 2015 animal study found that SAM-e increases dopamine throughout the brain. SAM-e is produced naturally in your liver, but you can supplement to boost your levels. You can get SAM-e at your local health-food store or online. I recommend you take 200 mg a day to start. If after two weeks you're not seeing considerable improvement, increase to 400 mg.[14]

• **Drink More Tea**: You can protect the dopamine-producing regions of your brain by drinking plenty of tea each day loaded with *catechins*.

The neuro-protective powers of green teas, specifically, are well documented. One meta-study suggested you can boost dopamine levels and reduce your risk of Parkinson's by 26% for every two cups of green tea consumed daily. There's also strong evidence that the higher level of the catechin polyphenol epigallocatechin-3-gallate (EGCG) in green and white tea blocks the faulty proteins linked to Parkinson's.[15,16]

• **Enjoy a Glass of Champagne**: Champagne isn't just pleasant to sip. Studies show that Champagne causes your brain to release more dopamine, as well as another important feel-good neurotransmitter, serotonin. One study revealed that the rapid increase in dopamine concentrations after consumption of champagne was due to the "nonalcoholic content of the beverage."[17]

• **Get a Massage:** Massage therapy for a year has been known to provide a sense of well-being and calm — and its secret is simple. Massages increase your brain's production of dopamine, and at the same time they also lower levels of the stress hormone, cortisol.[18]

I believe so strongly in the healing power of massage that I offer it as one of the wellness treatments here at the *Sears Institute for Anti-Aging Medicine.* Just call my staff on 561-784-7852 for details. Or visit my website at **www.SearsInstitute.com**.

• **Eat Some Bananas:** This popular fruit contains high levels of dopamine. Studies reveal that Dopamine levels range from 80-560 mg per 100 g in peel and 2.5-10 mg in pulp, even in ripened bananas ready to eat.[19]

Bananas are also loaded with antioxidants, vitamin C and the powerful catechin *gallocatechin gallate.*

Dopamine on the go… Bananas are a quick and easy way to boost your mood when you're on the run.

• **Boost Coenzyme Q10 (CoQ10) levels:** You may already know that CoQ10 is your heart's best friend, because it gives the heart so much energy. But did you know that CoQ10 also protects your brain by blocking the loss of dopamine?[20]

The best food sources of CoQ10 are beef, chicken and fish — and especially organ meats like liver, kidney and heart. But you can supplement with tablets, chewable wafers or gel caps. Powdered capsules are not well absorbed. And look for the *ubiquinol* form of CoQ10. It's eight times more powerful than the more common ubiquinone form. Because CoQ10 is a fat-soluble nutrient, take it with a meal for optimal absorption. I recommend at least 100 mg per day.

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How The FDA Approved A Drug It Knows Doesn't Work — Plus My 3-Step Protocol For Fighting Alzheimer's

A full-blown civil war is now underway at the FDA over **its *indefensible* approval of the new Alzheimer's drug, Aduhelm**.

I say "indefensible" because the drug failed its Phase 3 trials and the FDA's own scientific advisory panel opposed it nearly unanimously.[1] Also, the FDA's statistical office warned "no compelling, substantial evidence" supported approval.[2]

Yet FDA officials rubber-stamped it anyway. Now Congress and the U.S. inspector general launched separate investigations. Three members of the science panel that rejected the drug resigned in protest. After all, what's the point of having an advisory panel if the bureaucrats are just going to do whatever they want anyway?

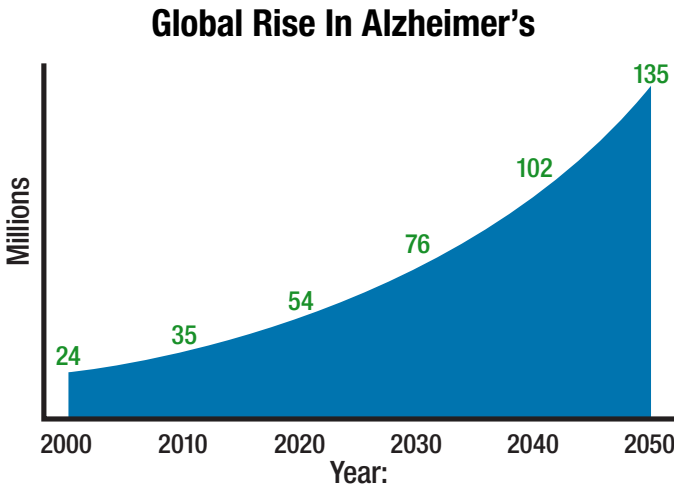
One panel member, Dr. Aaron S. Kesselheim of Harvard University, called Aduhelm "probably the worst drug approval decision in recent U.S. history."[3]

Fortunately, there *are* ways to protect yourself from Alzheimer's that don't rely on Big Pharma's failed drugs. In this ***Confidential Cures*** article, I'll tell you about a unique "nutrient bath" that gives your brain a new lease on life. Plus, I'll reveal how my unique ***30-Day Fighting Alzheimer's Protocol*** sharply lowers your Alzheimer's risk.

But first, I'll pull back the curtain on the stunning FDA corruption revealed by the Aduhelm scandal.

The FDA Dances To Big Pharma's Tune

Let me say at the outset my heart absolutely goes out to the millions of patients and caregivers struggling with this modern-day scourge. As the Alzheimer's epidemic spreads, the human costs are incalculable. But approving exorbitant, ineffective drugs won't help.



The rise in Alzheimer's cases in the United States is staggering. By 2050 half of all adults are projected to have this dreaded disease.

Consider the revelations since Aduhelm's approval:

- A former Biogen employee told The New York Times he "was shocked" by how closely the FDA and Biogen worked together to find a path forward for Aduhelm's approval.[4]
- The FDA granted Aduhelm "accelerated approval" status *despite 2018 FDA guidance that Alzheimer's drugs are ineligible for it.*[5]
- Two months before approval, a consumer watchdog group warned the FDA was "collaborating too closely with Biogen." The FDA launched an internal inquiry but kept its findings secret.[6]

The drug at the center of this maelstrom is aducanumab (brand name Aduhelm). It's a monoclonal antibody medicine administered by

IV to remove the extracellular beta-amyloid protein plaques associated with Alzheimer's.

But as I've warned you for years now, Big Pharma's understanding of the disease is all wrong. The plaques are an Alzheimer's *symptom*, *not the cause*. More and more scientists are agreeing with me on this[7] — but Biogen stood to make billions if the drug was approved.

> "Statins are a big threat to your health because they block the body's natural production of CoQ10, an essential nutrient for heart health."

To measure Aduhelm's effectiveness, Biogen used PET scans of patients' brains plus standard cognitive tests.

Unfortunately, the trials were halted because the drug didn't work. One trial showed a minuscule improvement of 0.39 on an 18 point scale. The other showed zero improvement.[8]

A few months later, with billions of dollars at stake, Biogen announced a new analysis conducted "in consultation with the FDA" that showed some patients benefited after all. Seemingly overnight, a drug that had flopped in trials was declared a success and won FDA approval.[9]

To me, the FDA's message is clear: It cares more about pleasing Big Pharma than it does about protecting your health.

FDA's Sad Track Record Of Dubious Rulings

It will be interesting in the years ahead to see how many current FDA officials end up taking lucrative jobs with Big Pharma. I say that because it's happened before...

The year after the FDA approved the opioid oxycontin — the controlled-release form of oxycodone responsible for 50,000 fatal overdoses in 2019 alone — the FDA official who led the approval process took a job making $400,000 a year with opioid-maker Purdue Pharma. That's how the regulatory swamp works in Washington, D.C.[10]

Statins are another example. There were about 20 million Americans taking statins in 2004, the year my book ***The Doctor's Heart Cure*** was published.

In my book I warned statins are a big threat to your health because they block the body's natural production of CoQ10, an essential nutrient for heart health. Statin side effects include cataracts, depression, suicidal thoughts, weight gain, sexual impotency, and severe muscle damage (rhabdomyolysis).

Flash forward to today, and the number of U.S. adults on statins has jumped to 35 million. Why? Because the medical establishment handed Big Pharma a gift by lowering the cholesterol guidelines.

Only later did it surface that eight of the nine National Cholesterol Education Program (NCEP) authors who recommended putting millions more patients on statins *had financial ties to statin manufacturers and did not disclose them.*[11]

COX-2 inhibitors are another example of FDA malfeasance. They were pulled from the market in 2004 due to an increased risk of heart attacks. One drug the FDA approved, Vioxx, was linked to an estimated 140,000 heart attacks and 60,000 deaths.[12]

This tainted track record means you can't wait for the FDA or Big Pharma to help you. You need to *act now* to protect your brain from Alzheimer's.

Prevention Step #1: Boost Blood Flow To Your Brain

Imagine your brain's neurons are waging a pitched battle and running low on ammunition. They need the bloodstream to deliver vital nutrients — fast!

Once those critical supplies arrive — selenium, magnesium, glutathione, and oxygen to name just a few — your cells are able to rout their microscopic enemies, make needed repairs, and live to fight another day.

That's why the first step in my anti-Alzheimer's protocol is improved blood flow. In my anti-aging clinic I use hyperbaric oxygen treatment (HBOT). Patients recline comfortably in a pressurized chamber and breathe in 100% oxygen through a mask.

Infusing the body with oxygen has been shown to reverse biomarkers of aging. As swelling and stiffness subside, blood flow naturally increases. HBOT also triggers the growth of new blood vessels — *angiogenesis* — throughout your body.

Of course, I realize everyone can't travel to the **Sears Institute for Anti-Aging Medicine** for HBOT treatment. But there are several steps you can take right away to improve vital blood flow.

Help Your Brain Breathe With Nitric Oxide

Nitric oxide is a signaling molecule generated in the endothelial lining of your blood vessels that tells your circulatory system to relax, open wide, and carry more blood — a process known as vasodilation.

The problem is that nitric oxide production declines sharply with age. By age 70, nitric oxide production has dropped by up to 75%.[13]... And your risk of Alzheimer's skyrockets.[14,15]

You can use the precursor amino acids L-Arginine and L-Citrulline to raise your nitric oxide levels. Good food sources of L-Arginine include lobster, crab, turkey, chick, spinach, and spirulina. Pomegranate and beetroot juice are beneficial as well. And you'll find L-Citrulline in liver, salmon, watermelon, pumpkin, garlic, and cucumber.

But in addition to rich food sources, I recommend that patients with circulatory issues supplement in a 5 to 1 ratio. Take 5 grams of L-Arginine and 1 gram of L-Citrulline daily.

Lobster is a naturally abundant source of L-Arginine, the amino acid that relaxes your blood vessels and increases blood flow.

Prevention Step #2: Bathe Your Brain In Healing Nutrients

B vitamins are your brain's best friend. That's because they counteract homocysteine, a dangerous metabolic byproduct that triggers severe inflammation. Homocysteine is associated with age-related brain shrinkage and a greater risk of Alzheimer's. But it breaks apart in the presence of B vitamins, forming useful amino acids like methionine and cysteine.

The roster of B vitamins shown to lower Alzheimer's risk includes: B1 (thiamine), B2 (riboflavin), B3 (niacin), B6 (pyridoxine), B9 (folate), and B12 (the preferred form is methylcobalamin).

Food sources chock full of these vitamins include grass-fed beef (especially liver), sardines, salmon, seeds, nuts, eggs, and cheese. And you'll find loads of B9 folate in dark green leafy vegetables — spinach, asparagus, and broccoli.

I counsel my patients to *pay special attention to B12*... deficiencies in B12 have been linked to faster rates of cognitive decline. That's why I advise that you supplement with at least 100 mcg of methylcobalamin daily. That jumps to 2,000 mcg (2 mg) for patients who need better nerve function.

And don't forget DHA. Over a dozen epidemiological studies link reduced DHA levels to increased risk of Alzheimer's and dementia.

DHA's long-chain fatty acids play a vital role in learning and memory and your brain uses them to build new cells. So it's no surprise Alzheimer's patients have lower levels of DHA.[16]

I advise my patients to look for krill and calamari oils. They're a much purer source of omega-3s... and they're packed with DHA. To protect brain function, you need at least 600 mg of DHA and 400 mg of EPA daily.

Prevention Step #3: Activate Autophagy

Perhaps the best way to protect your brain is **autophagy,** one of the pillars of my **30-Day Fighting Alzheimer's Protocol**. It gets rid of cellular junk, dysfunctional cells, and the inflammation that can set the stage for Alzheimer's.

Our hunter-gatherer ancestors would become stronger — not weaker — during times when food was less available. And that's the principle behind the timed, intermittent fasting that stimulates autophagy.

Reduced caloric intake for brief periods signals the body to "take out the garbage" through autophagy, the recycling of dysfunctional cells to reduce inflammation and prevent chronic disease.

You might expect extended hunger to drain your energy, but it's actually just the opposite. Timed fasting ramps up your cellular energy production, reducing inflammation, lowering blood pressure, and allowing the brain to heal from the toxins and free radicals that attack every cell in your body an estimated *10,000 times a day.*

Once your fast hits the 24-hour mark, stem cell activity really jumps, ramping up the repair and replacement of tissues throughout your body — including the brain. Of course, you need to build up to a 24-hour window carefully. Here's how to begin.

1. **Pick a fasting window.** Set a period of time during a given day when you'll forgo food consumption. One popular method is the 16:8 fast, which provides an 8 hour window for eating. Outside that window, you push away from the table... and don't snack! Most 16:8 practitioners pick a time in the evening when they'll stop eating, say 7 p.m. Then you hold off on your first meal of the day until 11 a.m.

2. **Expand your window to 20:4.** Once you've timed out your fast, you can gradually expand your window. Cutting out carbs and sugars will help you avoid the glycemic boom and bust that triggers the urge to snack. Most practitioners report they have a steady stream of energy – and greater mental clarity — as their window gradually expands.

3. **Experiment with 5:2.** Another method is to pick consecutive days when you'll limit yourself to about 700 calories. A 5:2 pattern – two days of restriction followed by five days of normal, healthy eating — is one of the most popular intermittent fasting patterns.

4. **Set goals, but listen to your body.** Studies suggest the greatest mental benefits occur after 24 to 48 hours. But a full-day fast isn't for everyone. Consult with your doctor before you begin... and ease into it. It's normal to initially experience some ups and downs when you fast. But the overall experience should leave you feeling renewed, refreshed, and limber.

If you'd like more information on my **30-Day Fighting Alzheimer's Protocol**, please call the **Sears Institute for Anti-Aging Medicine at 561-784-7852**.

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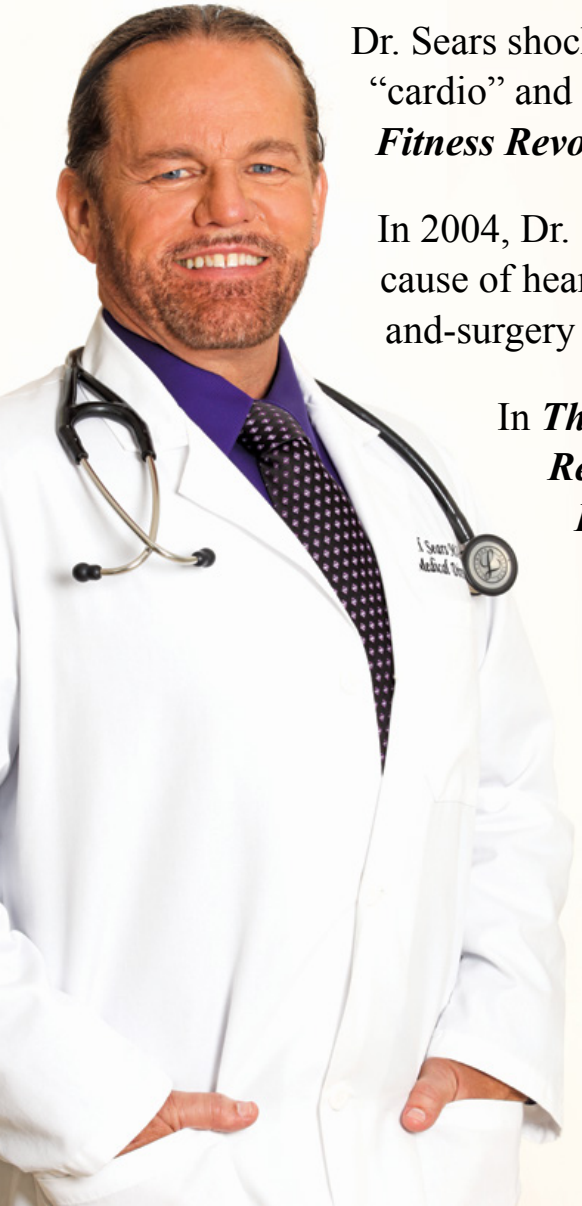
Al Sears, MD, CNS, is a medical doctor and one of the nation's first board-certified anti-aging physicians.

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

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



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

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

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

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