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

June 2021 **Vol. X Issue 6**

Dear Friend,

Most doctors rarely consider specific groups of cells when diagnosing your health concerns.

But epithelial cells are under assault like never before. And this attack is responsible for ***2 billion chronic diseases worldwide.***

Our epithelial cells help the kidneys filter waste... form the blood-brain barrier that protects your brain from toxins... and keep your immune system in check.

Researchers in Switzerland recently called the attack on our endothelial cells **"*one of the greatest threats to humankind*."**

But despite their good research, the Swiss scientists only got it half right. They missed another modern culprit that contributes to chronic disease in equal — *perhaps even higher* — numbers.

Fortunately, you can repair these cellular guardians.

At the *Sears Institute for Anti-Aging Medicine*, I help my patients protect these vital cells with a simple protocol that dramatically reduces your risk of chronic disease.

In your June issue of ***Confidential Cures***, you will also learn:

- **How to strengthen and protect your epithelial cells** against the inflammatory effects of a toxic environment *and* an increasingly toxic diet. I'll share the best nutrients, specific antioxidants, and the simple movement that helps replenish these cells.

- **How to plug the microscopic holes inside your gut.** These tiny tears rarely show up on your doctor's radar. But if left unchecked, they cause much more than gastrointestinal discomfort. I'm talking about disorders that include diabetes, multiple sclerosis, arthritis, fibromyalgia, chronic fatigue, and depression.

- **The surprising lung disease that is the third leading cause of death in America.** I'll show you what's causing the dramatic increase in COPD — it's not smoking — and the breakthrough therapies traditional lung doctors don't know about.

To Your Good Health,

Al Sears, MD, CNS

Also in This Issue...

How To Win The "Secret War" Responsible For 2 Billion Chronic Diseases

There is ONE type of cell in your body that makes you more vulnerable to disease than any other... Here's how to protect it from the horde of "barbarian invaders."

Imagine a war zone. Soldiers hunker down in their foxholes as cluster bombs and howitzer shells explode, hurling shrapnel that could slice them to ribbons.

There's a similar war raging inside your own body.

But instead of howitzer shells, the artillery consist of pesticides... petrochemicals... toxic compounds... endocrine-disruptors... and aggressive free radicals just to name a few.

Your primary defense is your ***epithelial cells.***

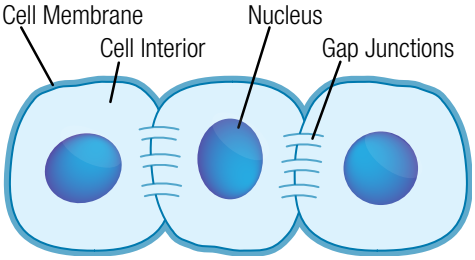
You can think of epithelial cells as "barrier cells"... like a large, fluid fence designed to keep out invaders.

These cells form the top layers of your skin, the lining of your nutrient-absorbing intestinal tract, the filtration system in your kidneys, the blood-brain barrier that guards your brain and central nervous system, the system that moistens and protects the airways in your lungs, and the lining of every artery, capillary, and vein in your body.

It's an extraordinary living system.

They protect your vital organs including your brain, regulate blood pressure, help carry oxygen, and control the final delivery of nutrients throughout your body.

Healthy Epithelial Cells



Epithelial cells are linked together by gap junctions that form a "fluid fence" to keep out unwanted invaders.

Epithelial cells have **"gap junctions,"** sometimes called **"tight junctions,"** meaning they stand shoulder-to-shoulder like troops in formation.

Under normal conditions, there's no room in between these cells for anything to slip through, so they're ideal as linings to protect vulnerable organs and delicate internal tissues.

But unwanted invaders crack these "tight junctions" wide open. *And that's bad news.*

In this ***Confidential Cures*** article, I'll show you new evidence that illustrates just how vulnerable your epithelial cells really are... and how you can easily protect yourself from this ongoing secret war no doctor will ever tell you about.

Your Epithelial Cells Are Under Constant Attack

So much so that when researchers in Switzerland examined all the evidence, they concluded that the brutal toxic attacks on epithelial cells are responsible for *a **staggering 2 billion cases of chronic disease***.

I'm talking about heart disease, stroke, adult-onset diabetes, cancer, autoimmune diseases, Alzheimer's, and dozens more.

Two billion is a breathtaking number. And yet, for reasons I'll explain here in just a moment, I believe that figure is actually a ***low-ball number.*** The real casualty count from this war is much higher.

Let me explain.

2 Billion Reasons To Protect Your Epithelial Cells Now

Researchers at the **University of Zurich** wanted to explore the root causes of the massive explosion in chronic disease.

They wanted to know if the skyrocketing presence of pollutants, toxins, allergens, and pathogens is damaging epithelial cells.

These cells are essential, but also quite vulnerable.

In the kidneys, they help filter out waste products. In the brain, they form the blood-brain barrier that determines which molecules are allowed to interact with the central nervous system. In the G.I. tract, they facilitate the absorption of the nutrients required by every cell in your body.

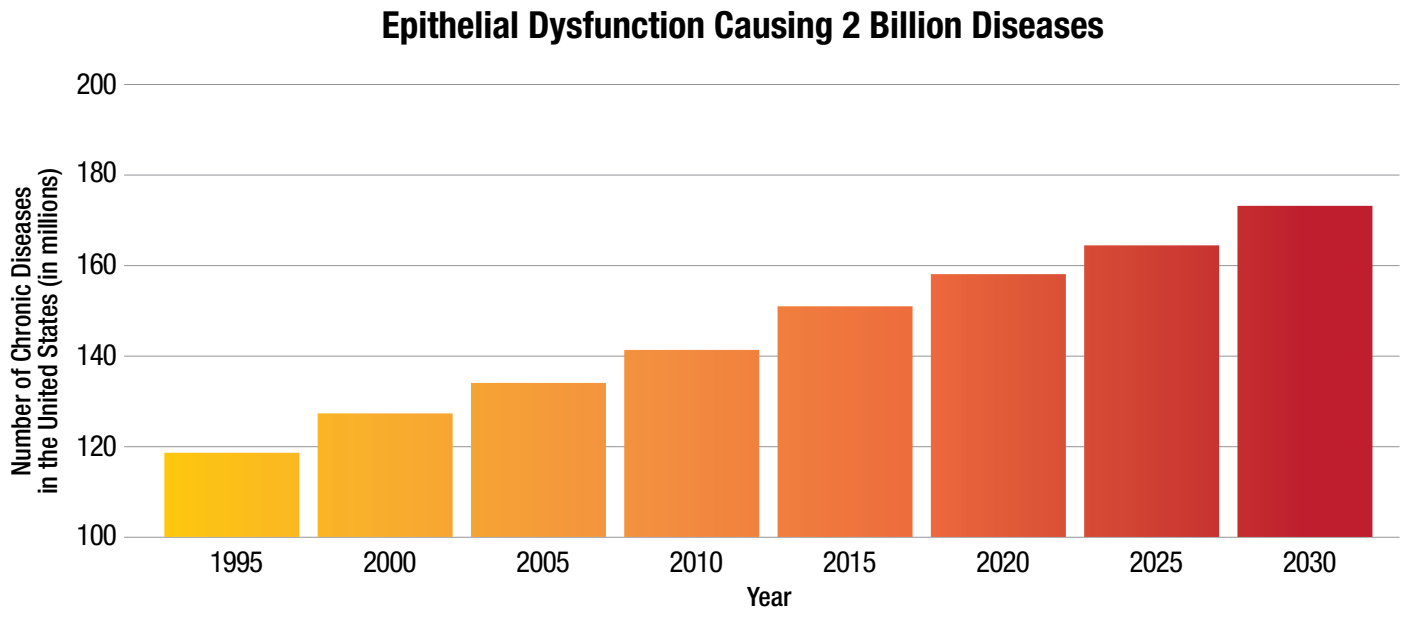
The Swiss researchers embarked on a meta-study analyzing all of the available research, and came to a groundbreaking conclusion.

They declared epithelial damage is currently responsible for some *2 billion* chronic diseases worldwide, saying the chemical, bacterial, and viral devastation was **"one of the greatest threats to humankind."**[1]

And yet, as remarkable as their findings are, I have to say I'm not surprised. In fact, as I'll explain in a moment, I suspect the actual number of these chronic diseases is even higher.

I sounded the alarm over this toxic threat decades ago. I've talked about it over the course of 13 books and over 500 scientific articles, going back to 2004 when *The Doctor's Heart Cure* was published.

Now, finally, the epithelial threat posed by these ever-present toxins has reached the point where it can no longer be denied.



Source: *Partnership for Solutions, Chronic Condition: Making the Case for Ongoing Care, as cited by the American Heart Association.*

Protect Your Epithelial Cells By Understanding Your Enemy

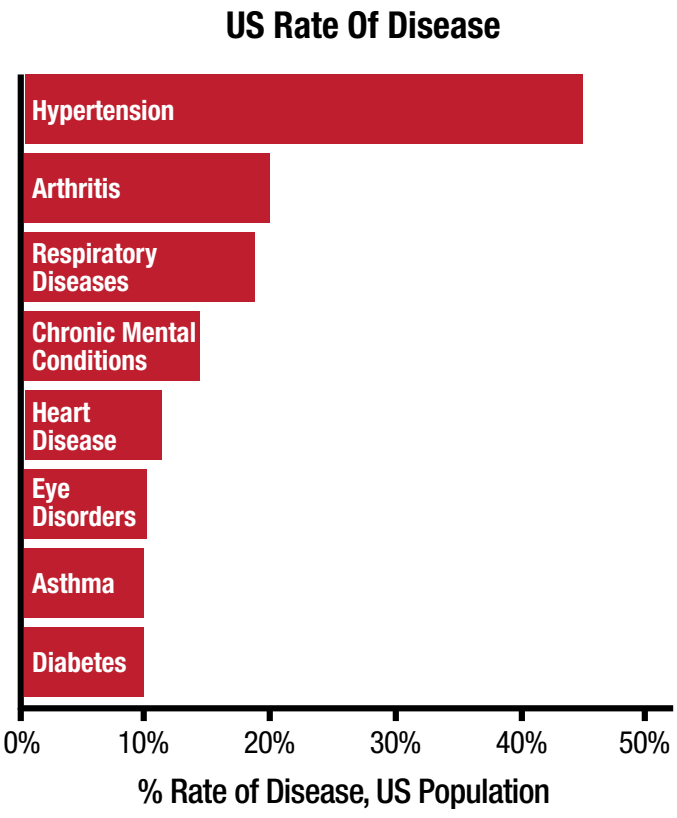
To defend yourself from these cellular poisons, it's important to understand how they attack your body.

As the famous Chinese general and military strategist Sun Tzu wrote, *"If you know the enemy and know yourself, you need not fear the result of a hundred battles."*

Epithelial cells stand like people in a crowded elevator, shoulder to shoulder. That's what prevents an unwanted substance on one side of the lining from slipping through to inflame cells on the other side.

Highly inflammatory leaky gut syndrome, for example, can often be traced back to damaged epithelia. Batter them long enough... and **gaps begin to appear** in the tight junctions, allowing highly inflammatory molecules to leak into your bloodstream.

This happens because these cells are getting assaulted every day by the chemicals and toxins now found in 99% of all human blood samples.



Source: *CDC.Gov; Medical Expenditure Panel Survey,* as cited by the American Heart Association.

In 2004, the Environmental Working Group measured the toxic load on U.S. newborns. On average, it found each infant had 200 industrial chemicals and pollutants in their *umbilical cord blood*. Keep in mind, that's *before* they were exposed to the world at large.[2]

That's why it shouldn't surprise anyone that blood samples show virtually every man, woman, and child has scores of "alien chemicals" in their bodies.

Flame retardants, the carcinogenic Teflon chemical PFOA, endocrine disruptors like atrazine and phthalates — you're exposed to thousands of these daily.

And while researchers have scrutinized the long-term health effects of *some* of these chemicals, their **multi-chemical toxicity** has gone largely unexplored.

These chemicals don't just sit there in isolation. They're all interacting with each other inside your body. They have combined effects.

This synergistic threat posed by scores of dangerous chemicals interacting inside your body has never been fully studied. Trying to gauge them is a journey into the unknown.

What is clear, however, is what happens when tightly packed epithelial cells come under attack.

Over time, the battering alters their polarity. They begin to slouch and bend... and the position of their nuclei shift.

And although these changes are microscopic, the impact on your health can be enormous.

Altered Polarity Creates Gaps Between These Frontline Fighters

Suddenly, toxins and other enemies begin to slip through. And once past the castle walls, they attack epithelial cells from within, causing further damage and widening the gaps cells even more.

At first, you may only notice your joints feel strangely stiff and you're exhausted. But that's just the beginning.

Because as toxins and free radicals slip past the outer layer of your epithelial cells, they breakthrough and begin to hammer away at other delicate tissues.

Once cells are damaged, they release peptides that touch off an inflammatory response. As your body tries to defend itself, T cells flock to the area and release a flood of cytokines that create even more inflammation.

> "Low oxygen states lead to the genetic mutations that in turn lead to cancer."

Suddenly, your body becomes a war zone... and your health is collateral damage.

Inflammatory swelling clogs the vital capillary supply routes your body depends on, causing a low-oxygen state called *hypoxia*. The nitric oxide production that boosts blood flow begins to fail, and cells begin to suffocate.

These changes exponentially increase your risk of chronic illness — especially the mutagenesis that leads to cancer.

Because as I've explained before, **cancer is a metabolic disease:** Low oxygen states lead to the genetic mutations that in turn lead to cancer. Ever hear of people getting lung cancer who've never smoked a day in their life? This is probably why.

The bottom line here: the systemic effects of epithelial dysfunction are profound.

But environmental toxins are only *part* of this crisis.

Swiss Researchers Missed The Other Half Of The Problem

I congratulate the University of Zurich researchers on their landmark findings, but I have to say they only diagnosed half the problem.

Their study didn't address the chronic-disease impact of sugar-laden diets, processed foods, and carbohydrates. When epithelial cells aren't under assault from toxins, they're getting slammed by virtually endless glycemic spikes that lead to ***insulin resistance*** — one of the primary causes of chronic disease.

So the modern epidemic of chronic disease that's wrecking the health of humanity is driven by both the inflammatory effects of environmental toxins... *plus* an increasingly toxic diet. And that's why I believe their estimate of 2 billion chronic diseases is too low.

While researchers are finally recognizing I've been right about this, they're still underestimating the scope of the problem.

There's growing evidence, for example, that the damage from epithelial dysfunction extends past the cells themselves all the way to the bone marrow.

Let me explain what that means.

Bone marrow is where *epithelial progenitor* cells are produced. These stem cells provide epithelial reinforcements. Without them, epithelial linings cannot heal properly following wave after wave of attacks.

What most doctors won't tell you is that inflammation reduces the production of these vital progenitor cells in the bone marrow. This suppresses your normal repair mechanisms.

So any serious effort to protect epithelial cells must include a strategy to stimulate stem cell production. You must have reinforcements for your most vulnerable cells.

Now that you're armed with a better understanding of the enemies of your epithelia, allow me to present several effective strategies for your protection.

Fixing The True Cause Of The Global Health Implosion

Epithelial Defense Strategy #1: Glutathione

The first thing to do to protect the cells serving as border guards on the frontlines of your health is to increase your glutathione levels.

It's hard to overstate its importance. It's your body's best detoxifier, and a powerful antioxidant. In fact, it's far more powerful as an antioxidant than CoQ10 and vitamin C.

Its primary function in protecting epithelial cells is its role as a "seek and destroy" detoxifier. That's because glutathione is able to neutralize toxins that come from outside the body — environmental toxins for example — as well as rogue molecules that originate inside the body, such as free radicals.

One signal that its working: When your body is exposed to chemical toxins, cadmium, lead, or a virus, glutathione levels drop.[3]

That's because your supplies are being exhausted in defense of your health — so it's critical they be replenished.

Glutathione clearly has a significant impact on longevity. Several studies indicate those who reach 100 are more likely to have higher than average levels of glutathione.[4] But for most people the body's natural production of this powerful antioxidant declines with age.

Years of my own clinical research concurs with numerous studies that indicate when glutathione plummets, you're on a short path to chronic disease.

One reason for this is high glutathione levels are required to maintain robust stem cell function.[5]

Given its importance, you need to supplement to counteract the natural decline in glutathione that occurs with advancing age. To be sure your cells are getting what they need, I recommend you look for a ***liposomal*** form of glutathione.

Wrapping glutathione in a tiny bubble of healthy fat — a liposome — keeps your stomach acid from destroying it prior to absorption.

In fact in one study, liposomal glutathione raised blood levels 40% in just one week, with a corresponding **100% jump in certain immune-function biomarkers,** including T cells and B cells.[6] That's pretty remarkable.

I recommend you start with 1 gram of liposomal glutathione daily... and gradually increase that to 1 gram taken twice a day.

Epithelial Defense Strategy #2: Glutamine

L-Glutamine is an amino acid shown to tighten the spaces in between epithelial cells, specifically in the digestive tract where leaky gut syndrome can ruin your health.

While your body can synthesize its own glutamine, levels tend to plummet when you're under stress, whether from an illness, anxiety, or a deluge of environmental toxins.

Maintaining the health of the cellular junctions in the digestive tract is especially important because they serve a double function.

On the one hand they block bad bacteria and toxins in your food from reaching the organs on the other side of the lining. But they're also responsible for selectively allowing the vital nutrients and vitamins you need to pass through and into your circulatory system, so they can be used to feed your cells. So protecting their vital functions is critical.

Studies show glutamine plays an essential role in maintaining epithelial integrity by increasing the expression of a protein called ***zonulin*** that's responsible for tightly knitting epithelial cells together. It also helps minimize the inflammatory response.

Supplementation with glutamine is generally considered safe and effective, and that's good because it's difficult to get what you need from food sources. But people with kidney disease, liver disease, or Reye's syndrome need to be careful and should talk with their doctor.

It's available online or at your local health food store, in capsules or powder form. I'd recommend starting with 500 mg a day and gradually increasing your dose. Patients can generally take several grams a day with water.

Epithelial Defense Strategy #3: Pterostilbene

Pterostilbene [tero-STILL-bene] is a close relative of resveratrol, but it's even more bio-available. It's also been shown to mobilize stem cell activity.

Food sources are always the best place to start when trying to add a nutrient. For your epithelial defense, I recommend blueberries, almonds, cranberries, peanuts, red grapes, and cacao.

These are all rich sources of free-radical slaying flavonoids called *anthocyanins*. Research shows their effectiveness is "comparable to" some over-the-counter anti-inflammatories.

But their most essential ingredient in the battle to protect your epithelial cells is the pterostilbene they possess. Pterostilbene keeps inflammation in check, mobilizes stem cells, and protects arteries.

Thanks to these qualities, its ability to hold inflammation in check and contribute to the repair of epithelial cells after exposure to toxins is quite impressive.

That said, however, it's important to keep in mind that you want to increase your intake from food sources *without* increasing your toxic load due to pesticides. Consuming foods contaminated with pesticides is self-defeating, and with the heavy agricultural use of pesticides that can be tricky.

Here's a good rule of thumb: If you're going to eat the skin of a fruit or vegetable, go organic. This reduces toxic exposure.

So when it comes to blueberries, cranberries, and grapes, for example, always go organic. If you're going to toss away the rind or shell — peanuts are an obvious example — you can get away with regular produce.

Epithelial Defense Strategy #4: Pick Up Your PACE!

Beyond cutting down on carbs, nutrition, and targeted supplements, exercise has been linked to two related benefits: **Healthier epithelial cells and prolific stem cell production.** Studies show the benefits in both mice,[7] and humans.[8]

The connection is no accident. Physical exertion signals your body that it's going to need greater stem cell activity to replenish your body.

Because your epithelial cells — including the endothelium that produces the nitric oxide that directs your blood vessels to expand and carry more blood — are part of your body's front line defense network. That means they depend heavily on stem cell replenishment for their revitalization.

It's important to remember that PACE is accessible to people of all fitness levels.

So the big picture here is that PACE works no matter what your starting point is... Some people begin by walking up gentle hillsides. Others swim, or do squats.

My PACE principle exercise program improves the health of your epithelial cells and increases stem cell production – in just 12 minutes.

My PACE program is designed to provide the results you need in *just 12 minutes* of progressively accelerating, daily exertion. Three brief, 4-minute segments are all it takes each day.

To see how it works for yourself, why not visit my **YouTube channel** to access several *free* PACE workouts?

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Sidestep Chronic Disease By Healing This "Invisible" Health Destroyer

Your primal ancestors had guts of steel. Like the Hadza people of Tanzania, in east Africa. They practice no farming and still live like our hunter-gatherer ancestors did during 90% of human existence on earth.

They're among the most disease-resistant populations on the planet — thanks to their guts.

Their astonishing health proves what I've been telling my patients for years about the importance of keeping a healthy gut. If you don't, you could become one of the millions of people today who struggle with a painful condition called ***Leaky Gut Syndrome***.

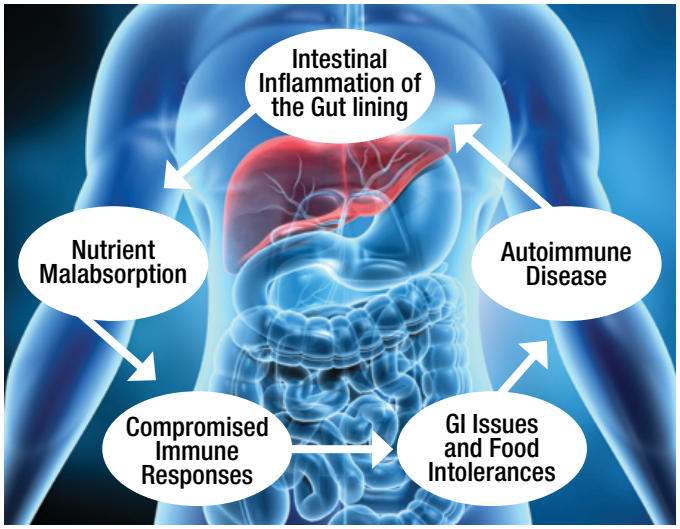
Having a gastrointestinal tract full of holes is more than just uncomfortable. It can lead to multiple medical disorders.

I'm talking about allergies, asthma, eczema and sinusitis — as well as more serious conditions, like celiac disease, diabetes, multiple sclerosis, schizophrenia, depression, anxiety, arthritis, fibromyalgia, and chronic fatigue.

But it seldom — *if ever* — shows up on a doctor's radar.

You see, your gut is your first line of defense against invading pathogens and toxins. It helps you digest food. It's how your body absorbs vitamins and important minerals like calcium and zinc. It also produces B vitamins. And more than 80% of your immune system lives in the lining of your gastrointestinal tract. But if you have a leaky gut, all of that can go wrong.

The direct link between chronic disease and the health of your gut is now well established.[1]



A devastating cycle of ailments and poor health can occur with a leaky gut.

Yet, Leaky Gut Syndrome is one of the most common, but poorly understood disorders of our time. In spite of research, conventional medicine hardly acknowledges it, or the cycle of ill health it triggers.

The problem is today's world is hostile to your gut. Antibiotics, steroids, antacids and other pharmaceuticals wipe out the fragile colonies of microflora that live in your intestines — known collectively as your gut microbiome. You need these good guys to crowd out the "bad bacteria" to keep your body and mind healthy.

Even worse is our western diet. All those processed foods, carbs, starches and sugars feed bad bacteria and yeasts in your gut. Common food additives, like emulsifiers, compromise the integrity of your intestinal wall and allow bad bacteria to leech into your bloodstream. This can raise immune system alarms and trigger dangerous autoimmune responses.

In this *Confidential Cures* article, you'll learn how to tell if you have a leaky gut. And I'll share some of the best natural and proven ways to heal your gut. They will also help you heal your whole body and the health problems you may have been struggling with for years.

What Exactly Is A Leaky Gut?

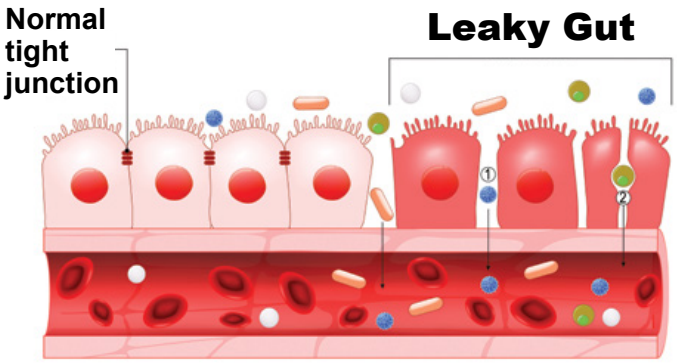
Your gut lining is an astonishing design of nature and evolution. It is made up of just one single layer of epithelial cells, linked together by special proteins known as "tight junction proteins."

This powerful, but delicate barrier keeps things in your digestive system until they are safely broken down.

And like a fine mesh net, tiny microscopic holes in a healthy gut only allow specific molecules and nutrients to pass through. Bigger particles like bacteria, toxins and undigested food are blocked from getting through and damaging your body.

When everything is working well, your gut extracts vitamins, minerals and other nutrients from your food, which are then transferred to your bloodstream through these small openings in your gut lining. This is how you thrive.

But when the epithelial cells in your gut lining get damaged — as they do in our modern, inflammatory world - the tight junctions proteins become compromised and those tiny microscopic holes become larger. This allows undigested food particles, bacteria, viruses, parasites, funguses, yeast-like candida and waste to enter your bloodstream.



Leaky gut occurs when the intestinal wall is damaged. This damage changes the wall's thickness and can create gaping holes. These holes make many foods indigestible, restricting what you can eat.

The body sees these particles in your bloodstream as foreign invaders and immediately goes on the offense, producing antibodies to attack the intruders.

This sets off another round of inflammatory responses in your body, leading to a range of health problems, like food allergies, environmental sensitivities, poor nutrient absorption, gastrointestinal and mental health disorders, as well as autoimmune conditions.

Despite the denial of most doctors, multiple studies link leaky gut to autoimmune ailments, such as rheumatoid arthritis, lupus, celiac disease, type 1 diabetes, and Crohn's.[2,3]

This is the devastating cycle of events we call Leaky Gut Syndrome.

How Leaky Gut Links To Syndrome Zero

Your gut microbiome is also a wondrous phenomenon of nature. It used to be thought that the trillions of microbes that live in the lining of your gut were there just to help you digest food — but there's a lot more to them than that.

Beyond its role in digestion, your immune system, and the production of B vitamins, your gut microbiome helps regulate mental health, mood, belly fat, and even your sexual potency.[4]

It also produces vital enzymes that protect the delicate lining of your gut. One of these enzymes is ***fatty acid synthase***, or *FAS* — the link that connects a leaky gut to Syndrome Zero.

If you're a regular reader, you'll know that Syndrome Zero is the almost perpetual state of high insulin — and it's ground zero for just about every modern chronic condition. And it's also ground zero for a leaky gut.

You see, Syndrome Zero is caused by the huge increase in cheap grains and carbohydrates that have flooded our Western diet over the past 50 to 70 years.

All of these carbs in your diet mean your pancreas has to work overtime to produce more and more insulin. The more carbs you eat, the more the insulin receptors on your cells become overwhelmed, causing them to become *insulin-resistant.*

And that's the problem. Insulin doesn't just control your blood sugar levels and fat storage — ***it also regulates FAS production in your gut.***

So, when your cells become less sensitive to insulin, FAS regulation goes haywire, opening the door to Leaky Gut Syndrome.[5]

At the same time, the high consumption of these cheap grains dramatically alters your gut's bacterial populations, triggering your body's pro-inflammatory mechanisms.[6]

How To Tell If You Have A Leaky Gut?

There is still no recognized medical definition of Leaky Gut Syndrome, and there is no test available to determine whether or not you have it.

Most doctors simply never learned about it in medical school. WebMD, a popular medical site, has even referred to Leaky Gut Syndrome as "something of a medical mystery."[7]

However, there are clear signs of the syndrome you can look out for. Any of the following conditions on this partial list could be an indication that you have a leaky gut:

- Diarrhea, constipation, gas, bloating, stomach pain
- Nutritional deficiencies
- Poor immune system
- Migraines and brain fog
- Excessive fatigue
- Gastric ulcers
- Food allergies
- Vitamin B deficiencies
- Excessive weight gain
- Skin rashes, acne, or eczema
- Cravings for sugar or carbs
- Arthritis and/or joint pain
- Depression and/or anxiety
- Inflammatory Bowel Disease
- Autoimmune diseases

The good news is that there are a number of ways you can reduce intestinal inflammation and stop the adverse effects of Leaky Gut Syndrome.

Three Steps To A Healthy Gut

Most doctors have never heard of Leaky Gut Syndrome, let alone know how to heal it. And Big Pharma has no silver bullet. In fact, their drugs make things worse.

Here at the *Sears Institute for Anti-Aging Medicine*, I use a special, natural protocol to help my patients restore a healthy gut. And they're always pleasantly surprised to find that it helps clear up a long list of conditions they've struggled with for years.

The more of these therapies you adopt, the faster you will plug the holes in your leaky gut and return to normal digestion and good health.

Step 1. Avoid Gut-Damaging Foods. This is always the first step. Eliminate gut-irritating foods to ease inflammation. This will help your gut to slowly return to normal. Cooling gut inflammation helps prevent the flow of toxins and foreign invaders into your bloodstream.

The top foods to avoid are:

- **Gluten:** This sticky protein found in most grain products including wheat, rye, and barley, as well as most processed foods, is difficult to digest if your gut is impaired. Also, gluten grains damage your intestinal lining and trigger Leaky Gut Syndrome. That's why returning to a primal diet without packaged foods is essential to healing your gut.

- **Lectin:** These nutrient blockers found in grains are natural molecules that protect plants from outside invaders like insects, mold, and parasites. But they also bind to cells that contain sugars needed to break down your food. Once in your gut, they interfere with digestion and cause damage and inflammation.

- **Dairy:** The protein, *casein*, which is found in dairy foods from cows, is 20 times more inflammatory than gluten. And pasteurization kills off vital enzymes you need to digest dairy. If you eat dairy, make sure it is raw, not pasteurized, and from animals that graze freely on open pastures.

- **Sugar:** Yeast and bad bacteria feed on sugar. These can damage your intestinal wall and create a leaky gut. It's not just the sugar in sodas or cookies. Processed carbs like crackers, breads, and pasta also break down into damaging sugars.

• **GMOs:** These contain pesticides that damage the gut lining. They destroy the good bacteria in your gut and cause inflammation. GMOs are also high in lectins.

Step 2. Eat More Gut-Healing Foods. Certain foods support gut healing because they are easy to digest and can help repair the lining of your intestines. Here are my favorite gut-supporting foods:

• **Bone Broth:** This contains *collagen* and the amino acids *proline* and *glycine*, all of which can help heal your damaged cell walls. It also provides minerals essential to a healthy gut. For serious cases, I have my patients do a 3-day bone broth fast to jump start their gut healing.

• **Fermented Vegetables:** Foods like kimchi, sauerkraut, pickles, and brined olives contain the probiotic *Lactobacillus plantarum*. These "live" bacteria help bring your gut bacteria back into balance and reduce gut permeability. L. plantarum is also essential for fighting infection, controlling inflammation, and battling the dangerous bacteria in your intestines.

Kimchi and other fermented vegetables balance gut bacteria and reduce permeability.

• **Raw Cultured Dairy:** Yogurts, butter, and raw cheese also contain *L. plantarum*, and help heal your gut by destroying bad bacteria and yeast, like candida. I recommend *kefir*. It tastes like a yogurt milkshake, but it contains more protein and less sugar. It's also a potent way to restore good bacteria to your digestive system after a course of antibiotics. Avoid commercial products with added sugars or flavorings.

• **Healthy Fats:** Avocado, ghee, and coconut oil are easy on the gut and promote healing. Also, foods high in omega-3 fats are anti-inflammatory and help heal the gut. Choose free-range eggs, wild-caught salmon, and grass-fed beef and lamb.

• **Baobab Fruit**: This fruit is a favorite of the Hadza people and it's the best gut-supporting *prebiotic* I know. It's packed with vitamins, and large amounts of "real" fiber to feed the gut bacteria. Its pulp is almost 50% fiber — two thirds of which is soluble *prebiotic*. It's hard to find baobab fruit in America. But its pulp powders are available online and in most health food stores. I recommend taking two to four teaspoons per day. Stir it into hot water or blend it into smoothies.

Step 3. Supplements and Nutraceuticals. There is now significant evidence that certain supplements and nutraceuticals can reduce inflammation, repair a leaky gut, and support intestinal barrier function. Here's what I recommend:

• **AMPK Activators** are a powerful way to enhance intestinal barrier function and repair a leaky gut. I recommend *berberine* and *butyric acid*. These nutraceuticals activate the enzyme *AMP-activated protein kinase (AMPK),* which boosts production of the hormone *Glucagon-like peptide-2* (GLP-2) from *L cells* in your gut. Studies show this enzyme can strengthen the gut lining and improve barrier function.[8]

• You can find berberine and butyric acid supplements in health food stores or online. I recommend taking 200 to 500 mg of berberine daily with food. Butyric acid is produced naturally in your body when good bacteria break down dietary fiber in your gut. But, you can also get it directly from food that's made from the full-fat milk of animals that eat grass, like cows, sheep, goats, and buffalo. If you prefer a supplement, start with 500 mg a day and build to 2 or 3 grams over four or five weeks. You should always take butyric acid with healthy fatty acids like omega 3.

• **L-Glutamine** is an amino acid that helps repair the digestive tract and boost your immune system. It especially helps if you have chronic diarrhea. Your gut microbiome also uses it for fuel. It also helps your body make glutathione, one of the most

powerful antioxidants. Most high-protein foods like beef, chicken, fish, and beans will have good amounts of glutamine. Or you can take 1,000 mg of L-glutamine three times a day.

• **Digestive Enzymes** help break down proteins, carbohydrates, and fats in your food. They make sure your foods are fully digested so particles won't damage your gut lining. And digestive enzymes also turn what you eat into vitamins, minerals, and other nutrients so your body can absorb them.

I recommend supplements that contain at least the basic enzymes, such as *protease* for protein, *amylase* for carbohydrates, and *lipase* for fats. If you have a problem with dairy, you may also want to add *lactase*. *Bromelain* and *papain* are also good for reducing gut inflammation. Start with a 500 mg capsule right before eating. Take two to four capsules to help you digest larger meals.

• **Zinc** is an essential mineral for maintaining a strong gut lining. But as many as 40% of older people in the U.S. are deficient. A zinc deficiency can weaken the gut lining and lead to holes. Studies show supplementing with zinc can improve intestinal lining integrity in patients with Crohn's disease.[9,10] I recommend taking 20 to 25 mg of zinc a day.

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Lung Disease: Why Is This Silent Killer Ignored By Doctors And The Media?

It's a leading cause of death in America and the fatality rate has soared to 70% since 1980.

Yet, compared to cancer and heart disease, this silent killer gets no attention from the media or medical establishments.

I'm talking about *COPD* — or *chronic obstructive pulmonary disease*.

Many people think this serious lung disorder could never happen to them — even though it's the ***third leading cause of death*** in America, just behind heart disease and cancer.

Surprised?

COPD is a condition that affects at least 16 million American adults — along with millions more who don't know they have it. It can become so severe, at times you can barely breathe.

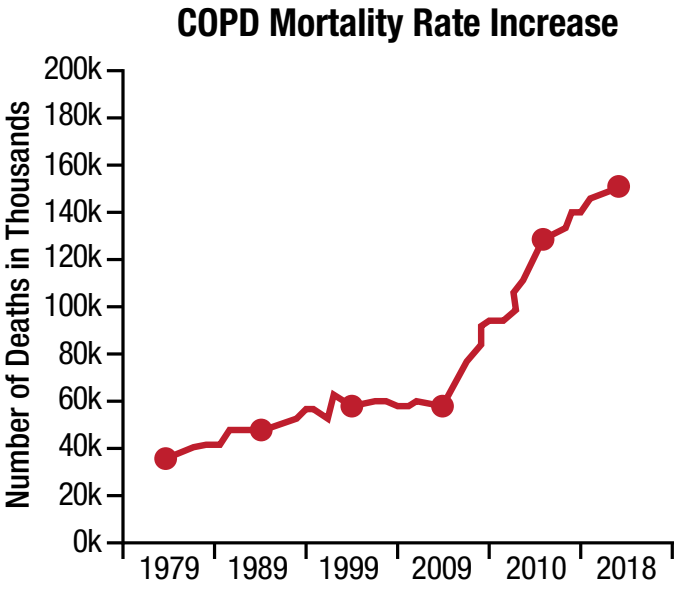
Most doctors will tell you that smoking is the major culprit. But even if you ***never smoked a day in your life,*** you are still at risk for COPD.

Conventional wisdom says there's no cure for COPD. Mainstream treatments include: bronchodilators, steroids, oxygen masks, and nasal tubes. But these treatments only alleviate symptoms. None of them get to the root of the problem, thus, they can never hope to reverse it.

The good news is that new, breakthrough therapies are proving to be a powerful weapon against COPD. More on this in a moment. First, let's look at what is happening to your lungs.

Looking Under The Umbrella

COPD isn't a single disease. It's an umbrella term for a group of progressive lung conditions that slowly rob you of the ability to draw a life-sustaining breath.



Since 1980, the overall mortality rate for COPD increased over 70%.

The two most common COPD diseases are ***chronic bronchitis*** and ***emphysema.*** You or a loved one may be seriously affected by one or both of these conditions.

Both conditions cause "irreversible" damage to the airways in your lungs, causing them to become narrower, restricting the oxygen supply that's needed by every cell in your body.

With *chronic bronchitis*, the network of tubes that carry the air you breathe into your lungs becomes inflamed. This in turn produces a lot of mucus, which narrows your airways even further. This causes coughing, as well as difficulty breathing.

With *emphysema*, your *alveoli* — tiny and fragile air sacs found in clusters at the end of the bronchial tubes deep inside the lungs — become damaged and eventually destroyed.

Alveoli are critical to the breathing process. As you take in air, your alveoli stretch to draw in

oxygen and transport it to your blood. When you exhale, your alveoli shrink, forcing carbon dioxide out of your body.

Emphysema gradually destroys alveoli. And eventually, your lung tissue is no longer able to support the bronchial tubes, which end up collapsing.

Not only does this cause extreme difficulty breathing, it also means less oxygen is getting into your bloodstream.

Low oxygen in your blood (*hypoxia)* leads to low oxygen in your tissues (*hypoxemia*). Organs and entire organ systems begin to malfunction.

The time it takes to get to this stage varies. Many COPD sufferers can be seriously ill for a long time before they're no longer able to take in enough oxygen to live.

And according to the American Lung Association, nearly half of people currently living with COPD don't even know they have it.[1] Or what caused it...

Your Lungs Are Under Constant Assault

Smoking is a primary cause of COPD — but it's not the only one. Today, rising numbers of people who have never smoked are being struck by chronic bronchitis and emphysema.

In fact, a Danish study tracked 6,600 people with COPD. They found that about a quarter of these patients had never smoked a day in their lives.[2]

What's harming lungs today is a direct result of our modern, polluted environment. Both outdoor and indoor air pollution have been shown to have strong links to COPD, repeatedly.[3]

If you have COPD, air pollution makes your symptoms worse and triggers flare ups — called "exacerbations."

You see, polluted air contains tiny particles of *irritants* that damage your lungs.

The most dangerous pollution comes in the form of *particulate matter*. Nanoparticles of industrial toxins like *mercury, lead, cadmium, and arsenic* enter your body and penetrate deep in your lungs. These same toxins are also found in cigarette smoke.[4,5,6]

Protect the Air Inside Your Home

- Avoid odor-masking chemicals and air fresheners.
- Never store chemicals, paints, and solvents inside.
- Ventilate building materials and carpets before having them installed.
- Keep humidity levels around 30% to 50%. Using a dehumidifier reduces moisture.
- Use fragrance-free products.
- Fully vent fuel-burning appliances outside.

After following more than 114,000 volunteers, researchers found that patients over 70 are especially vulnerable to the health-damaging effects of fine particulate pollution, especially from coal-fired powerplants and traffic congestion.[7]

At the same time, chronic exposure to indoor irritants can be just as harmful.

Researchers in Britain and Italy conducted a systematic review of 52 studies on a broad range of respiratory health effects among cleaning workers. They found that the more often a person is exposed to the toxic ingredients in cleaning products, the higher their risk of developing pulmonary problems. Asthma increased 50% and COPD risk was 43%.[8]

Doing nothing is not an option.

You see, our modern world is a big factor. Our air is full of chemicals. Bad air is linked to a long list of health problems including COPD. And it's not just the air outside...

Even in the comfort of your own home, toxins are swarming in the air. In fact, the EPA says the air in your home is between two and five times more toxic than what you breathe outside.

Reverse The "Irreversible" With Pure Oxygen

Mainstream medicine says COPD is irreversible and that there is no cure. But I've been treating my COPD patients with a combination of ***hyperbaric oxygen therapy*** with ***nebulized glutathione***.

1. Breathe in pure oxygen with HBOT. HBOT is breathing 100% oxygen under higher pressure. Your lungs take in more oxygen than if you were breathing at normal air pressure. And that's exactly what COPD patients need — more oxygen.

You see, turbo-charged oxygen has a double healing effect on your lungs.

First, the higher pressure physically dissolves more oxygen into your red blood cells. When you suffuse your cells with oxygen, tissues and organs begin to function as they were intended.

But HBOT also activates your stem cells.[9] By now, you know that stem cells are the master cells of almost every other kind of cell in your body — including your lungs.

Stem cells have the extraordinary ability to renew themselves through cell division and then transform into any kind of human cell.

Your body uses stem cells to replace old or damaged cells with new cells, regenerating affected lung tissues.

Unfortunately, you lose stem cell activity with age and your body loses its ability to repair itself. But, we now know these inactive stem cells aren't dead. They're simply in a state of *senescence,* a kind of cellular deep sleep.

Studies show that the senescence of alveolar stem cells in the lungs is accelerated in patients with COPD.[10] So, I regenerate my patients' alveolar stem cells with HBOT.

A University of Pennsylvania study found that damaged human alveoli cells can be regenerated after three months of HBOT therapy.[11] And a separate study, also from the University of Pennsylvania, determined that after just one HBOT treatment, stem cell availability throughout the body doubled. After 20 treatments, it increased by 800%.[12]

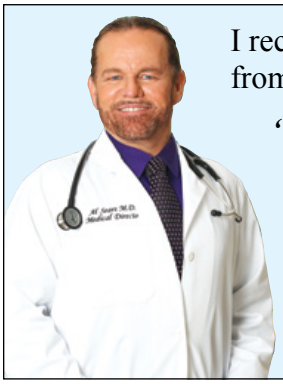
But HBOT is only half of the COPD protocol I use to treat patients. The other half involves this "mother."

2. Inhale your lung's most important antioxidant. I call glutathione the "mother of all antioxidants" because high levels have been shown to increase your lifespan.[13]

But, a deficiency of this antioxidant *directly contributes* to a number of chronic diseases including coronary artery disease, Alzheimer's, depression, cancer — and inflammatory lung conditions like COPD.[14]

You see, glutathione is one of the major antioxidants in the lining of the respiratory tract and nasal cavities. It's your body's first line of defense against the oxidative stress that damages the extracellular matrix of the lungs.

But, in today's toxic environment, your body uses every bit of glutathione it produces naturally to "clean-up" the harmful chemicals you breathe in. As a result, there's nothing leftover to protect your lungs.



I recently used nebulized glutathione with a COPD patient named Jackie who flew here from Maryland. Here's what she had to say...

"Before I got here, I was so sick I couldn't even walk to the taxi. The driver had to half carry me door to door. Now, I feel like I'm going to live."

Jackie demonstrated a series of kickboxing and martial arts moves at this point...

"I owe my life to this treatment."

A recent study looking at the effects of glutathione on COPD patients backs this up.[15]

As part of a large meta-analysis, researchers looked at 18 studies involving 1,605 patients. They found that glutathione levels were "significantly lower in patients with COPD than the control subjects." While human studies are just beginning, this research strongly indicates that low glutathione levels play an important role in the development of COPD. And increasing levels can help reverse symptoms.

"Recent studies show that the anti-inflammatory properties of CBD make it a safe and effective treatment for lung disorders."

But this super-antioxidant also acts as a powerful detoxifier. It binds toxins and transforms them into compounds that can be transported out of cells and flushed from the body. But this process creates a demand on the body to make new glutathione. Deficiency results when your lungs can't keep pace with the demand.

Nebulizing glutathione is a simple breathing treatment that takes less than 15 minutes.

If you're interested in treating COPD with HBOT and glutathione, please call my staff at ***561-784-7852*** *for details.*

3 Natural Ways To Open Airways For Easier Breathing

Meanwhile, there are easy steps you can take at home to open up the airways in your lungs. Here's what I recommend to my patients:

1. Reverse lung damage with CBD. Recent studies show that the anti-inflammatory properties of CBD make it a safe and effective treatment for lung disorders. The study authors found that using CBD also:[16]

- Relaxed cells lining blood vessels
- Reduced excessive lung inflammation
- Increased oxygen levels
- Repaired damage to the lungs, including scarring and swelling

This study backs up an earlier study that found CBD helps open bronchial passes allowing patients with COPD to breathe more easily and avoid low blood oxygen levels.[17]

I've found that an oral CBD spray that uses nanotechnology is the most effective. That's because it's a quicker, more direct route to the bloodstream. In fact, nanotechnology gets 1,500% more CBD past your cell membranes.[18] When you're having trouble with your lungs, that's pretty important.

To get maximum benefit, spray the liquid under your tongue, hold it without talking for 60 seconds then swallow.

2. Protect your lungs with CoQ10. Your body's ability to produce CoQ10 goes down substantially as you age. And that has a dramatic effect not only on your overall health and longevity — but also on your lungs. Here's why...

CoQ10 is stored in the mitochondria of your cells. While mitochondria are in charge of producing energy, they also protect cells from oxidative damage.[19]

Your lungs face the most immediate threat from this damage because they have the most contact with the toxic oxygen in the air you breathe.

And people suffering from chronic lung conditions are even more deficient in CoQ10 than most individuals.[20,21]

In one study, researchers looked at asthmatic patients using steroids to reduce inflammation. After taking CoQ10, they were able to significantly reduce the amount of steroids they took.[22] Another study showed COPD patients improved tissue oxygenation and heart rate after using CoQ10.[23]

Grass-fed beef and organ meat are your best sources. But I also suggest supplementing with 100 mg of ubiquinol CoQ10 daily.

3. Finally, lower inflammation with DHA. A new study looked at whether omega-3 DHA plays a role in protecting the lungs and increasing your ability to breath easily.

The researchers followed 10,000 people over 12 years. They compared levels of DHA with hospitalizations and death due to lung inflammation. They determined that higher DHA levels were associated with a lower risk of having lung disease,

and a deficiency was linked to a greater risk of dying from the disease.[24]

To reduce inflammation, you need between 600 mg and 1,000 mg of DHA daily. I recommend getting DHA from squid. Be sure your oil comes from squid that live in the pure water off the South American coast. And take it with a meal that has the most amount of healthy fats to increase absorption.

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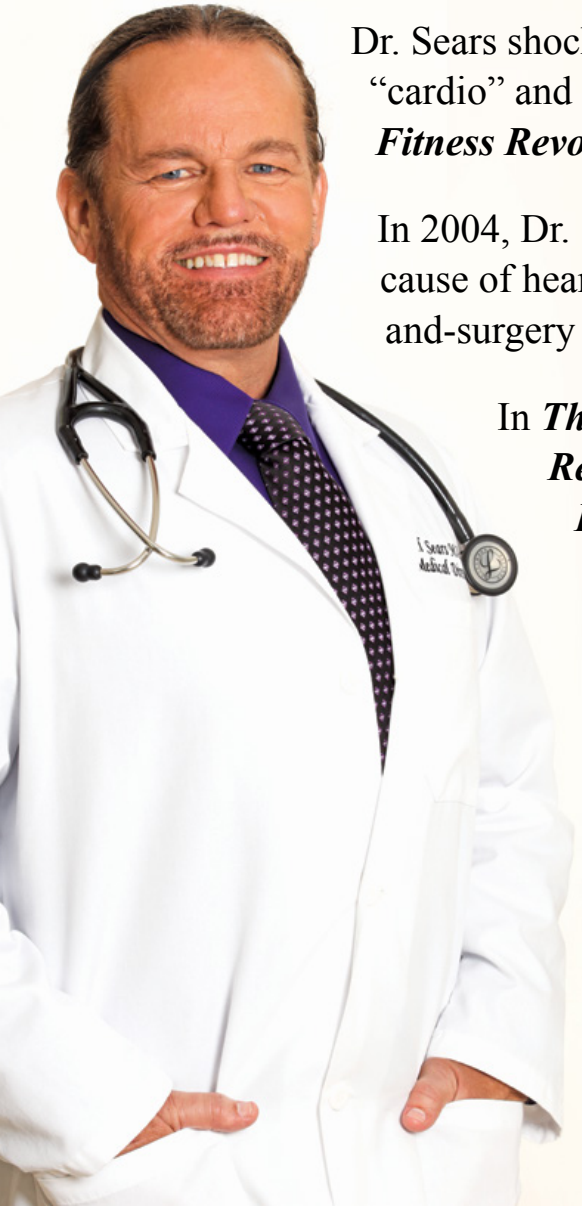
AL SEARS, MD

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).