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Dear Friend,

COVID 19 continues to have devastating health consequences for people across the country and the world.

Even though the recovery rate from this virus is about 99%.

What's causing death and disease rates to skyrocket is directly related to the never-ending fearmongering from the mainstream news media, social media, Big Pharma, and their co-conspirators at the CDC.

You see, since the start of 2020, patients have been warned to fear COVID *more than any other health concern* they may have...

Many more serious problems were neglected.

And that led to an alarming increase in mortality rates for heart disease, diabetes, Parkinson's, and other common killers in the last two years.

The most dramatic increase was in heart attack patients... There were 32,000 more heart disease deaths in 2020 than the year before.

And diabetes death rates rose 14% — the biggest increase in decades. It translates to an additional 13,000 lives lost in 2020 compared to before COVID.

Rates from Alzheimer's, Parkinson's, high blood pressure, and stroke also rose.

Many of the effects from the fearmongering won't be felt for years though, especially for cancer patients. Breast cancer and colonoscopy screenings dropped almost 30%.

Studies suggest these screening delays will lead to delayed or missed diagnoses for 80,000 people in the U.S. alone.

Right now, it's more important than ever that you take your health in your own hands — and learn how to

protect yourself from the chronic diseases that make up the REAL pandemic in this country.

That's the focus of your November issue of **Confidential Cures**... In this issue, you will discover safe and natural alternatives for three of the most devastating chronic diseases that are on the rise. Keep reading to learn:

- **The simple therapy that reduces amyloid plaque** in Alzheimer's patients and improves memory in as little as 21 days... You'll also learn about a unique fatty acid that provides an alternative energy source for brain cells that are glucose deficient as a result of Alzheimer's.
- **How you can stop Big Medicine's bad advice from harming your heart.** Traditional doctors — pushed by pharmaceutical companies who need you to take their costly drugs — are STILL missing the big picture when it comes to chronic diseases like heart failure. I'll share my five-point plan to save your heart — and your life.
- **Why patients are losing the "war on cancer" almost 50 years later...** while Big Pharma is winning. But more importantly, you'll discover what you can do right now to cancer-proof your life.

To Your Good Health,

Al Sears, MD, CNS

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Worst Case Of Elder Abuse In U.S. History

How You Can Escape Mainstream Medicine's Alzheimer's Trap

Today, I want to tell you about my patient. His name is Joe — and when he came to my clinic a few months ago, he had one of the worst cases of Alzheimer's I've ever seen...

He'd been diagnosed with the disease 10 years earlier.

A decade of taking more than **20** Big Pharma drugs did nothing to stop his symptoms. That's because traditional doctors still don't understand what causes this devastating disease.

Joe was deteriorating rapidly before his family's eyes. Along with losing his memory, he could no longer talk, make eye contact — or even walk.

And Joe suffered from seizures that were so bad you could hear him thrashing from across the room. Seeing him this way was agonizing for his family.

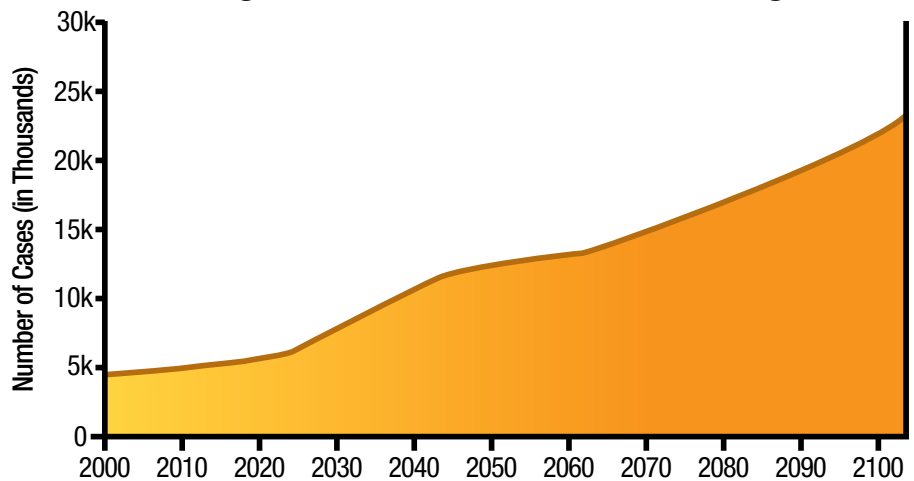
It's been three months since I first saw Joe.
I'm not going to tell you that he's cured of his Alzheimer's...

But today — thanks to the incredible Alzheimer's-reversing protocol my staff and I put him on — he continues to make remarkable strides forward. He's...

- Communicating more with his wife and family
- Able to recognize his surroundings
- Walking and making eye contact

All thanks to regenerative treatments traditional doctors don't use.

Alarming Rise in Alzheimer's Predicted Through 2100



As conventional medicine continues to ignore the real cause of Alzheimer's, rates are predicted to skyrocket moving forward.

Conventional doctors will tell you the effects of Alzheimer's disease are irreversible. I'm here to tell you that we can prove them wrong.

Mainstream medicine has no cure and offers NO hope for this devastating, mind-wasting condition that steals your memories, destroys your language skills, turns loved ones into total strangers and, in its advanced stages, ends your ability to function at home.

It's no wonder most of my patients fear Alzheimer's more than cancer.

For decades, politicians and government agencies have thrown billions of dollars at flawed genetic theories and all sorts of trial drugs, vaccines, and monoclonal antibodies.

Sadly, all of them have failed. In fact, in many cases, they make things worse.¹

The only thing these memory-improvement drugs, like *Aricept*, *Exelon* and *Reminyl* and other so-called “cholinesterase inhibitors” have accomplished, is to line the pockets of Big Pharma.

And none of them have done anything to stop the unprecedented global explosion of Alzheimer’s, a disease that is shockingly now the *sixth leading cause of death in the U.S.*

But recent studies and the work of a handful of pioneering physicians across America — including here at the Sears Institute for Anti-Aging Medicine — are now proving what I’ve been telling patients for years: Alzheimer’s is not hopeless.

By far, the most effective Alzheimer’s treatments of all — *Hyperbaric Oxygen Therapy (HBOT)* — is used regularly by Dr. Paul Harch, a clinical professor at Louisiana State University School of Medicine in New Orleans, who was a keynote speaker at my 2019 summit. Yet, HBOT is almost completely ignored by conventional doctors.

In one recent study, Dr. Harch noted that one of his Alzheimer’s patients, who had suffered years of cognitive decline, could even complete crossword puzzles after just over *two months* of HBOT treatment.²

In this *Confidential Cures* article, you’ll learn that despite the failure of mainstream medicine and Big Pharma, there’s a lot you can do to prevent and even reverse the effects of this awful condition.

Debunking Two Big Alzheimer’s Myths

Mainstream medicine has totally missed the mark with Alzheimer’s research, prevention, and cure. They just don’t understand the real cause of this horrible disease.

Most doctors will tell you...

■ **Alzheimer’s is a “normal” part of the aging process:** *Wrong!*

Your brain is capable of staying fully functional no matter what your age is, as long as you take care of it. If Alzheimer’s were just an inevitable part of

“The real root of Alzheimer’s has nothing to do with aging or the genes you may or may not have inherited.”

the aging process, everyone past a certain age would suffer from it, and clearly that’s not the case.

■ **Alzheimer’s is a genetic disease:** *This is also largely wrong!*

There are two distinct types of this terrible disease. Early-onset Alzheimer’s, which occurs before the age of 60, is a known genetic condition, but it is quite rare. It accounts for around 5% of all cases.

But late-onset, or “sporadic,” Alzheimer’s is the most common form. It strikes after age 60 and is not connected at all to your genes. In fact, the sharp increase in the number of late-onset Alzheimer’s victims is a recent phenomenon.

The real root of Alzheimer’s has nothing to do with aging or the genes you may or may not have inherited.

Oxygen deprivation, inflammation and lack of “brain nutrients” are far more likely candidates.

Let me explain...

Mainstream Medicine Ignores Real Root Causes — and Solutions

Poor blood flow to the brain has long been seen as an early warning sign of Alzheimer’s — but there is now strong scientific evidence that it’s also a root cause.

You see, poor blood flow restricts the delivery of life-giving oxygen, as well as vital nutrients, to your brain.

And studies now confirm a direct link between the terrifying spike in the number of late-onset Alzheimer’s cases and chronic inflammation from air pollution and our inflammatory Western diet.

One recent study out of Arizona State University examined EPA air quality data along with 15 years of Medicare records for 6.9 million Americans over the age of 65. The researchers found conclusive evidence that more Alzheimer’s cases occur in neighborhoods where air pollution is the highest.³

That's because air pollution triggers an immune response in your body, which over time results in chronic inflammation.

In another study published in 2018 in the *BMJ*, researchers followed 130,000 adults living in London. Those exposed to higher levels of air pollutants, particularly *nitrogen dioxide* and *fine particulate matter* released by fossil fuel combustion, were a staggering 150% more likely to develop Alzheimer's disease than those exposed to lower levels of pollution.⁴

This is also the reason most Alzheimer's cases occur in Western industrialized countries. By contrast, I've seen for myself how rare the disease is in Sub-Saharan Africa and other traditional cultures.

And our modern toxic food supply has the same effect on your brain.

Over the past half century, corporations have taken over our food supply. In their race for profits, they've packed our diets with cheap, inflammatory carbs, sugars, and starches.

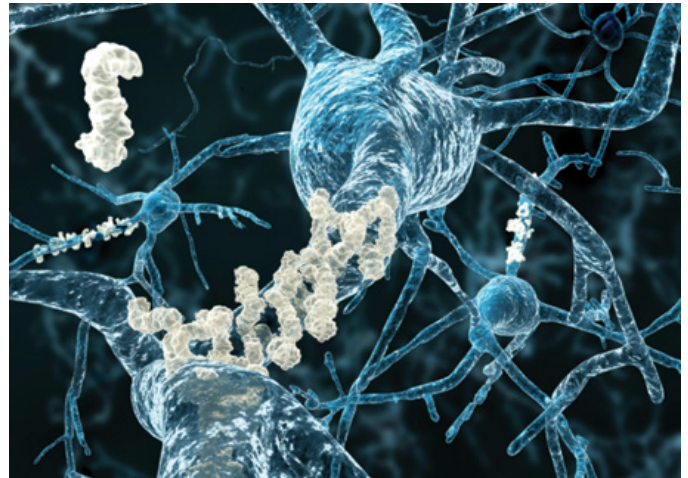
Eating processed carbs and starches is just as bad as eating spoonfuls of white sugar. And I'm not just talking about candy bars. Refined sugar is hidden in processed carbs everywhere — in breads, pastas, bagels, cereals, and chips of all kinds. Some of these toxic foods are even marketed as "healthy foods."

Our primal ancestors ate the way nature intended. They ate no refined sugar. And throughout most of human history, our genetic code evolved in a time when we were eating the equivalent of less than 20 teaspoons of sugar a year.

Today the average American eats up to 158 *pounds* of sugar a year!

These foods have been shown to spike insulin levels. This ultimately leads to insulin resistance and chronic inflammation, which restricts blood flow and oxygen to the brain.⁵

Multiple studies reveal that this inflammation leads to the formation of amyloid plaques and tau tangles, which squeeze blood vessels in the brain, and restrict blood flow and oxygen. This dramatically raises the risk of Alzheimer's.^{6,7}



Research shows that HBOT reduces existing amyloid plaques and prevents the formation of new ones.

Reduce Amyloid Plaque And Improve Memory After 21 Treatments

The link between Alzheimer's disease, inflammation, and your body's ability to deliver oxygen to your brain couldn't be clearer.

That's why Dr. Harch has had such incredible success using Hyperbaric Oxygen Therapy with his Alzheimer's patients.

Regular readers will know that HBOT is the delivery of high-pressure oxygen to your body and brain. It was first used in the 1930s to treat deep-sea divers with decompression sickness (*the bends*). But doctors soon realized it also sped up wound healing.

HBOT allows your lungs to take in more oxygen than would be possible if you were breathing pure oxygen at normal air pressure.

At the *Sears Institute for Anti-Aging Medicine*, I treat patients with 100% oxygen at 1.5 times normal atmospheric pressure. The combination of pressure and oxygen physically dissolves more oxygen into your red blood cells, boosting oxygen levels.

But HBOT doesn't only boost your body's overall oxygen levels, it has a powerful ability to reduce inflammation, thereby improving oxygen delivery to your brain.

A recent study published earlier this year by scientists at the Tel Aviv University, in Israel, drew a conclusive link between Alzheimer's and reduced blood flow to the brain.⁸



Lead HBOT researcher, Dr. Paul Harch, was a keynote speaker at my anti-aging and regenerative medicine summit.

Using animal models, they also found that HBOT reduced existing amyloid plaques and prevented the formation of new ones.

Meanwhile, in another recent study conducted by Dr. Harch, along with fellow researchers at Louisiana State University and the University of North Dakota, brain PET scans were used to confirm the Alzheimer's diagnosis on a 58-year-old woman who had suffered five years of steady cognitive decline.⁹

They found that HBOT vastly improved the brain's microcirculation, and that the increased blood flow and oxygen supply had a remarkable effect on the woman's brain, reducing amyloid plaques and tau tangles.

The patient was given 40 HBOT treatments over a period of 66 days.

After just 21 treatments, the patient reported increased energy and levels of activity, better mood and an increased ability to perform daily living activities.

And after 40 treatments, the patient reported better memory and concentration, sleep, appetite, conversation, ability to use a computer, as well as reduced anxiety, disorientation and frustration.

If you or a loved one is interested in HBOT therapy at the Sears Institute for Anti-Aging Medicine and are in the South Florida area — or are considering a trip to South Florida — just call my staff on 561-784-7852 for details.

Take These 3 Nutrients To Protect Your Brain

High pressure oxygen is a powerful brain healer, but that's not all you can do...

Alzheimer's is a *neurodegenerative disease*. That means there's a progressive loss of structure and function of your neurons. If you do nothing, the disease simply gets worse and worse until your brain loses its ability to function at all.

But there is no reason you have to wait until the damage is done. I recommend the following nutrients to patients to help maximize their brain function, reduce the risk of Alzheimer's disease and improve memory:

1. Increase Brain Performance with Caprylic Acid: Optimal brain performance is intimately linked with the balance between its structure and its energy metabolism. Oxygen is key to the metabolism of brain cells, and glucose is their main fuel. Studies show that chronically inadequate glucose supply is present in people at risk of Alzheimer's, long before cognitive decline begins.¹⁰

Studies now reveal that Caprylic acid, which is a medium chain fatty acid (MCT) naturally found in palm and coconut oils, may provide an alternative energy source for brain cells that have lost their ability to use glucose as a result of Alzheimer's.

Some clinical tests show patients with mild to moderate Alzheimer's have performed better on memory tests and overall brain function after taking Caprylic acid. This fatty acid can also be found in the full fat milk of cows and goats.

2. Rhodiola Rescue: Tibetan sherpas have used *rhodiola rosea* for centuries for its ability to help them live at high altitudes in the Himalayas and to ascend Mt. Everest without the need for supplemental oxygen. Recent studies also show that this tough little yellow flower is a powerful weapon against Alzheimer's.

The herb's ability to increase oxygen intake in your lungs, as well as the oxygen-carrying capacity of red blood cells, provides similar benefits to nitric oxide and HBOT in your brain. It allows more oxygen to flow through its circulatory system and boosts energy metabolism.¹¹

Animal studies reveal rhodiola can also improve memory, and that it has the ability to fight fatigue, stress, and depression, all common symptoms of Alzheimer's.

Meanwhile human studies have shown the herb slows the breakdown of the neurotransmitter acetylcholine, which is linked to memory function.¹²

You can enjoy rhodiola in a tea, the way the sherpas do, or you can find it in capsule form. I recommend daily doses of 300 mg for the best effect.

3. Say NO To Alzheimer's: Scientists have known for years about the power of *nitric oxide* (NO) to prevent and even reverse the effects of Alzheimer's — but you won't hear about it from any mainstream doctor. This colorless gas that your body produces naturally is a big problem for mainstream medicine — because it works, but doesn't come in a pill.

NO is released from the inner layer of cells that line your blood vessels. One of its primary roles is to relax your blood vessels to allow more blood — hence more oxygen and vital nutrients — to flow freely around your body and throughout the network of microcirculation systems in your brain and nervous system.¹³

Researchers from the University of California in San Diego found that when blood flow to the brain gets to a critically low level, it begins a cascade of events that lead to Alzheimer's disease. But other studies now reveal that healthy blood flow also wards off the amyloid plaques and tau tangles that are the hallmarks of Alzheimer's disease. And scientists at the Mayo Clinic have confirmed that when NO levels are increased, amyloid plaques decrease and big memory improvements follow.^{14,15}

One of the best ways to boost your body's NO levels is simply eating *beets*. When you chew a beet, it mixes with your saliva and bacteria on your tongue and turns into nitric oxide. If you prefer not to chew raw beets, here's a simple fresh juice recipe you can try:

Fresh Beets and Vegetable Juice

- 2 raw organic carrots
- 3 organic celery sticks
- ½ an organic cucumber
- 1 organic beetroot

Roughly chop all the vegetables, put them in your juicer, blend, drink... and enjoy!



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Syndrome Zero Increases Heart Disease Risk A Staggering 84%

Incredibly, Avoid Big Medicine's Bad Advice And Save Your Life

Conventional doctors don't see it. It's not that they don't believe it... They're just trained to stay in one lane — evaluating your symptoms, assigning you with a diagnosis, and treating your “ailment” with the corresponding drugs.

The problem is they're missing the BIG picture. The connections that can mean the difference between you living a vibrant, healthy life or being saddled with declining health and a life filled with doctor appointments and more and more drugs.

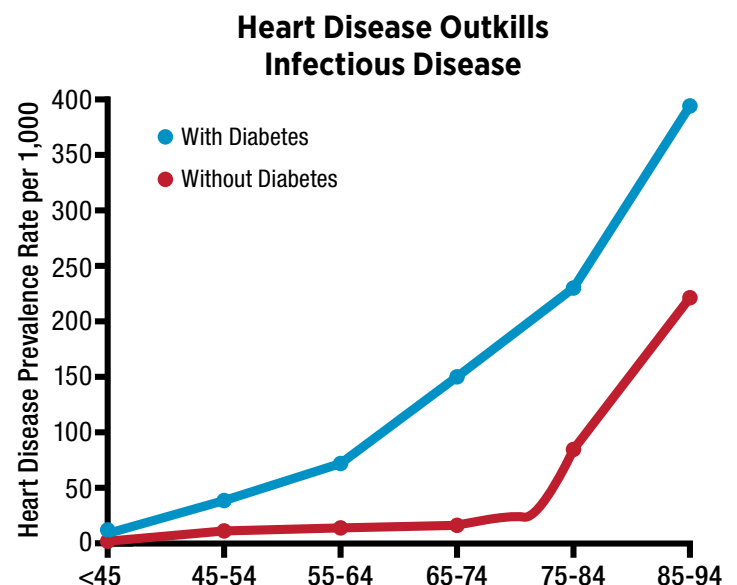
What I've discovered is the **connection** between the changes to our way of life and the skyrocketing epidemic of chronic disease.

I realized long ago... If you focus on diagnosing one symptom at a time, you're missing the real opportunity. You're missing the chance to identify and FIX the root cause of the ailments.

Without that insight, you're strapped to the merry-go-round of more drugs... more surgeries... and a cascade of diseases.

I call this connecting factor **Syndrome Zero**. And with each passing day it becomes more and more critical to the health of our country.

You see, cancer, diabetes, arthritis, and Alzheimer's, high blood pressure, stroke, and heart failure are all occurring at unprecedented rates. I'm quite sure that you, or someone close to you, is dealing with at least one — or maybe several — of these challenging diseases right now.



*Heart disease risk factors for patients with
insulin resistance increases sharply after age 40.*

The good news is when we look at the total picture — when we examine the root cause of disease — we begin to see the light.

That's because all chronic disease shares a common cause.

Big Pharma and its supporters deny this. Instead, they blame it on aging as if it's some inevitable consequence of adding years to your life.

But they're wrong about that.

Every society has long-lived elders, but it doesn't mean as they age, they become sick. As a matter of fact, in many cultures the indigenous elders maintain their vitality and vigor far into their twilight years.

So why, then, is chronic disease suddenly out-of-control in our country? And not just in older populations.

An alarming new study reveals heart disease and stroke are occurring at younger ages than ever before.

It's not old age.

The true cause is **Syndrome Zero**.

People Under 40 Had An 84% Jump in Heart Disease

Researchers at the University of Gothenburg in Sweden wanted to know whether heart disease and stroke are affecting more young people.

And what they found is astonishing.

Researchers followed 1.2 million young people for two decades. At the end of the study — when the people were about 40-years old — their risk of heart-failure had increased by a stunning 84%.¹

We're talking about 40-year olds... not people in their 80s or 90s.

The Swedish researchers also detected a related trend. Obesity among the conscripts rose by a staggering 250%. It's a classic symptom of Syndrome Zero.

That's because Syndrome Zero stems from the mass consumption of ultra-processed carbohydrates and sugars. Your body was never designed to withstand this deluge.²

Over time, cells become *insulin resistant*. The body stores carbohydrate-based calories as fat, causing weight gain. Then, regardless of age, chronic disease is sure to follow.³

Big Pharma gets rich off its drug treatments to treat chronic disease. But it ignores the root cause... Syndrome Zero.

“Syndrome Zero stems from the mass consumption of ultra-processed carbohydrates and sugars. Your body was never designed to withstand this deluge.”

Stop Big Medicine's Bad Advice From Zapping Your Heart's Strength

The American Heart Association along with the other gatekeepers of American health — from the state medical licensing boards and hospital bureaucrats to the government's Food and Drug Administration — are part of a much bigger problem.

Big Medicine has been dictating bad advice for decades — from harmful dietary guidelines and the wrong kind of exercise to unnecessary surgeries and prescriptions for toxic drugs — and it has led to the most urgent health crisis in history.

Doctors still haven't connected the dots between all chronic diseases and their roots in our unnatural, insulin-spiking, starch-heavy modern diet.

And all that starch doesn't just spike your insulin, it keeps it unnaturally elevated for years... until your body is simply overwhelmed.

Even foods labeled “heart healthy” are loaded with insulin-spiking grains.

Heart disease is just one of the chronic conditions that springs from Syndrome Zero. For decades, the AHA's has been promoting the same old WRONG Syndrome Zero-friendly advice. Advice like:

- Eat low fat and low cholesterol
- Don't eat red meat
- Eat whole grains
- Do more cardio exercise

These guidelines not only lead to Syndrome Zero, they feed it — and accelerate the development of chronic diseases.

Heart disease is still America's biggest killer, cancer rates have never been higher, and diabetes and Alzheimer's rates are skyrocketing.

The fact is, Big Medicine is losing the battle against every chronic disease, but they refuse to change course.

But that's OK with the Med-Pharma-Insurance Complex... as long as everyone gets paid their fees.

And worse, their bureaucracy is aimed at thwarting any practitioner who innovates and uses alternative methods against chronic disease. If a doctor steps outside of the rigid orthodoxy learned in medical school — which boils down to prescribing Big Pharma's drugs for life — or if they talk about cures, or ancient herbal medicines or even nutritional remedies, they're labeled snake-oil salesman.

Big Medicine has raised itself on a pedestal, but they criticize and dismiss without exploration.

Desperate to hold their monopoly on medicine, they have become arrogant about their own ignorance — and it has made them blind to real solutions.

Solving Syndrome Zero requires a different approach — a different narrative.

My 5-Step Plan To Remove Syndrome Zero And Save Your Heart

I don't use any Big Pharma meds to treat Syndrome Zero — or the terrible chronic diseases that spring from it.

All modern chronic diseases have the same root, so it makes sense to concentrate my healing efforts there, not on symptoms.

The first step to defeating Syndrome Zero is a strategy Big Medicine doesn't get — because it doesn't come in the shape of a pill.

Instead, it's entirely based on nutrition and the effect of insulin on your body.

One of the best ways to start attacking Syndrome Zero is to drastically reduce the amount of insulin-spiking starches you eat using my Zero Diet.

Today, I'll show you how to support your heart from the ravages of this overlooked epidemic.

So how to do that? Here are 5 heart-protective steps I recommend for everyone:

1. Replace Sugar And Carbs With Healthy Fat. This simple advice gives you a tremendous edge in your battle to protect your heart. I tell all

my patients at the Sears Institute For Anti-Aging Medicine to eat a diet that's high in fat, moderate in protein and zero to near zero in carbs.

It's close to the diet of your ancestors — before the relatively recent invention of agriculture.

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

Fat also stabilizes your appetite by triggering the satiety hormones in the hippocampus region of the brain, which makes you feel full.

And you feel it in other ways, too.

For decades, doctors told patients not to eat grass-fed beef, eggs, nuts, and unprocessed vegetable oils like olive oil. Yet these are some of the healthiest foods around. And what replaced those healthy fats? Trans-fat laden carbs that put patients on the path to systemic illness.

Saturated fats aren't bad for you. The key is to strike the right balance of omega-3 and omega-6 fatty acids. For most of human history, people consumed about a 2-to-1 ratio of omega-6 to omega-3 fats. But over the last 75 years that's soared to over 20 to 1. The severe imbalance activates the COX-2 enzyme, triggers inflammation, and accelerates aging.⁴

So look for protein sources loaded with omega-3s... including wild-caught squid and grass-fed beef, and enjoy healthy fats. Your heart will express its gratitude every time it beats.



Squid that comes from the pure waters off the coast of South America is one of your best sources of omega-3 fat.

2. Focus On The Glycemic Index. Avoid high-glycemic foods. The glycemic index measures how quickly food breaks down into sugar in your bloodstream. High-glycemic foods turn into sugar quickly. These include white potatoes, most grains such as rice, corn and wheat, cereal, cereal bars, sugar, processed foods, and sweetened foods. Go to alsearsmd.com/glycemic-index for more information on using the glycemic index.

Choose fresh, low-glycemic foods like grass-fed beef, small, wild-caught cold-water fish, aboveground and leafy green vegetables, berries and other fresh fruit, seeds, and nuts.

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

3. Raise your HDL cholesterol. In fact, a new study indicates your HDL level can be used to predict your heart-disease risk.⁵ If you can elevate your HDL cholesterol enough, your risk of heart attack drops to virtually zero.

That's because HDL snags dangerous LDL particles clinging to your artery walls, and tugs them back into the bloodstream to be hauled off to the liver for disassembly and elimination.

Statins, unfortunately, lower cholesterol indiscriminately, including protective HDL.

To raise your HDL, increase your intake of vitamin B3... also known as niacin or nicotinic acid. Food sources include meat, fish, some mushrooms, and nuts — but I recommend that you supplement with 750 to 1000 mg daily. By the way, the no-flush version of niacin doesn't increase HDL... I'd avoid it.⁶

4. Use This Trifecta Of Heart Nutrients.

L-arginine, L-carnitine, and CoQ10 each play a special role in your heart's vital supply chain.

- **L-arginine** is a naturally occurring amino acid improves blood flow because it breaks down into nitric oxide, which helps dilate your blood vessels and keep them flexible so you can have normal blood pressure. L-arginine also helps build muscle (remember, the heart is a muscle).

L-arginine also helps to reduce LDL and triglycerides, while increasing HDL.⁷

Good sources are red meat, fish, chicken, beans, chocolate, raisins, nuts, and sesame and sunflower seeds. To supplement, take 500 mg each day, and like carnitine, only take the L form.

- **L-carnitine.** This amino plays a crucial role in making energy in your cells. It transports fatty acids into the mitochondria, where they are burned for fuel.

Studies show when your mitochondria slow down, ALC can fire them up again. Studies also show ALC reverses the malfunction in your mitochondria as you age.

The best source of L-carnitine is grass-fed red meat. But you can also supplement. I suggest taking at least 500 mg of ALC every day on an empty stomach.

- Finally, **CoQ10.** Your power-generating mitochondria need this powerful antioxidant to synthesize adenosine triphosphate (ATP), the main form of energy currency used by your cells. As I wrote in my book, *The Doctor's Heart Cure*, over 100 studies at major universities link CoQ10 deficiency with heart disease.

Organ meats are the richest source of CoQ10, especially liver. But liver is high in cholesterol — so it was one of the first food casualties of the anti-cholesterol war.

Another good CoQ10 source that became a casualty of the cholesterol myth are eggs. But the bright reddish-orange yolk of a pasture-raised chicken is full of CoQ10.

You'll also find high levels in wild-caught salmon, buffalo, oxtail, and ostrich.

But unless you eat these foods every day, it's difficult to maintain proper levels of CoQ10 from food alone. So you'll need to supplement with a unique source of CoQ10 called ubiquinol.

In a famous study, researchers found that quadrupling levels of ubiquinol CoQ10 improved heart function a jaw-dropping 88%.⁸

I recommend 30 mg a day of ubiquinol CoQ10 for anyone over 30, and 60 mg a day for those over 60. For patients with heart disease, I raise the dosage starting to around 200 mg to 450 mg. I increase the dose by 50 mg until I reach a minimum therapeutic blood level of at least 2.5 mcg/mL. Getting your

blood levels checked is the only real way to know where you stand. Statins deplete CoQ10 by up to 40%, so anyone who is taking a statin needs to supplement with 200 mg a day of CoQ10.

5. PACE Your Way To Better Heart Health. When it comes to exercise and your heart health, virtually everything conventional medicine says is wrong.

Extended “cardio” exercise causes inflammation that damages your heart and makes it age faster. Think of it this way... If cardio were good for us, heart disease wouldn’t continue to be the No. 1 killer in the U.S.

My PACE principal is specifically designed to strengthen your heart. Short bursts of intense exercise are what nature intended for your heart and the rest of your body.

Unlike cardio or other aerobic or endurance exercise, PACE causes an adaptive response. This means giving your body a new set of challenges so it adapts to what you’re asking it to do.

And that will allow your heart to increase its ability to pump harder for those times when you need it.

Many of my patients who have tried PACE have turned around their heart health. And research backs up what I’ve seen in my clinic.

In the Harvard Health Professionals Study, researchers followed more than 7,000 people. They found that the key to exercise is not length or endurance. It’s intensity. The more energy a person exerted during exercise, the lower their risk of heart disease.⁹

PACE also attacks Syndrome Zero directly by boosting glucose uptake and lowering high blood sugar.¹⁰

The best part is, it doesn’t matter what kind of shape you’re in when you start. PACE can be done by anyone in any condition. And it only takes 12 minutes a day.



My son Dylan helps patients strengthen their hearts using my PACE principle.

Squats are a great way to start. They’re simple, but give your heart a real workout:

- Stand with feet shoulder-width apart.
- Squat as far as possible, bringing your arms forward parallel to the floor.
- Return to standing position.
- Repeat. Lean forward to work your buttocks and straighten up to work your thighs.

If you’re interested in starting PACE to overcome Syndrome Zero and improve your heart health, but can’t get to my South Florida clinic, my son Dylan now teaches PACE classes online through Zoom. Dylan has been a PACE-certified instructor for four years.

It’s a program we started during the Covid lockdown. And it’s proved to be so successful, that we now offer it to anyone who is interested. For more information on this one-on-one experience, please call my clinic at **561-784-7852**. My staff will be happy to answer your questions.

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Big Pharma's Failed “War on Cancer” *EXPOSED!*

Here's Why There Is Hope On The Horizon

U.S. medical cartels claim they're winning the cancer war. Yet this year alone, 2 million Americans will get the dreaded news, “It's cancer.” Here's how to not be one of them...

I can't believe that this December marks the 50th anniversary of the “War on Cancer.”

As a teenager, I remember hearing President Nixon's “declaration of war” against the disease on the nightly news.

This was just a couple of years after Neil Armstrong and Buzz Aldrin walked on the moon. Anything seemed possible — and a lot of people thought cancer would be eradicated within the decade.

Flash forward to today, and the only “winner” in the war on cancer is Big Pharma.

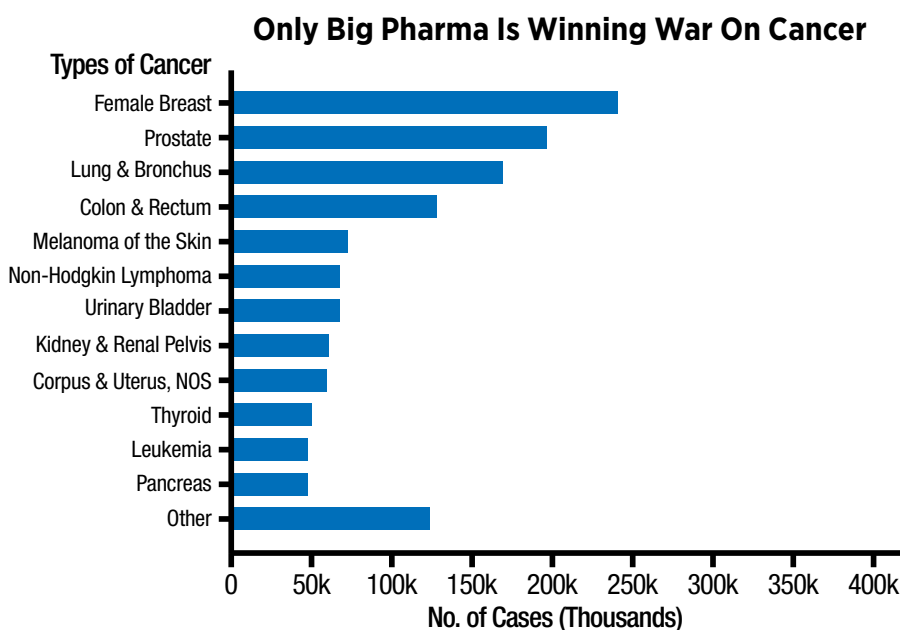
Not only are we losing the fight, but the number of cancer cases is worse than ever. The CDC itself projects *total U.S. cancer cases will jump nearly 50% by 2050.*¹

Does that sound like winning to you?

And not only are cases skyrocketing, the cost to treat cancer is spiraling out of control:

A decade ago, the annual global cost of cancer treatment was \$56 billion. It's been going up ever since and this year it's expected to reach \$187 billion.

Next year it's projected to jump again, to \$206 billion.



Cancer rates have increased since the U.S. declared war on the disease 50 years ago.

Why are cancer and the cost of treating it both spiraling out of control? Let me explain.

Who Profits Most From The Failed War On Cancer?

Ever wonder why a cancer patient's only option is to see an oncologist... who will almost certainly recommend radiation, surgery, and chemotherapy drugs?

One consideration: Chemotherapy drugs are making oncologists very, very rich.

You see, most doctors will just write you a prescription for a drug. But not oncologists. They buy these drugs at wholesale prices... then sell them to cancer patients at marked-up prices.

They're the only specialists in mainstream medicine allowed to profit directly from the sale of a drug.

It's estimated that selling chemo drugs makes up two-thirds of cancer doctors' incomes!

Now, I don't want to say they're all crooks. But that's a lot of money. And even good people with good intentions can be influenced by that kind of financial incentive.

When I see a patient with cancer, I often feel like it's a war between me and their oncologist... with the patient stuck in the middle.

So maybe Big Pharma *is* winning the war on cancer. Not by preventing it, but by raking in massive amounts of revenue *managing* cancer illness, rather than ending it.

According to the American Cancer Society, the average daily number of deaths due to cancer is now over 1,600 per day.

But despite the grim statistics, I see reason for hope on the horizon. Because I know **you can win your personal war on cancer.**

You don't need help from the FDA or Big Pharma, either. You just need the right information.

In this edition of *Confidential Cures*, I'm exposing why the elite gurus of mainstream medicine are still asleep at the switch on cancer. I'll also share new information I've developed on how you can protect yourself. And I'll tell you about an exciting new extract that's been shown to dramatically reduce cancer risk.

So come join me as I put their failed war on cancer under the microscope.

First, It's Not "In Your Genes"

The gurus of mainstream medicine blame cancer's sharp rise on genetics. They are absolutely obsessed with the idea that it stems from mutations that occur in the cellular nucleus.

But does that idea really make sense? After all, it's not like the human genome has suddenly changed overnight, leaving you more vulnerable. So why the rise in cancer?

"According to the American Cancer Society, the average daily number of deaths due to cancer is now over 1,600 per day."

What has changed is the influx of environmental toxins and chemicals, as well as the deluge of processed starches the human body was never designed to handle.

Based on these factors, I've been telling my regular readers for years now, the real cause of cancer is Syndrome Zero. That's the universal cause of the more than 2 billion people plagued by chronic disease worldwide.

Alzheimer's, heart disease, Parkinson's, autoimmune disease, diabetes, and yes, cancer — *all of them stem from Syndrome Zero.*

Why has the "war on cancer" been such an abysmal failure? Simple: Mainstream medicine refuses to admit what's really causing it.

The real cause of cancer isn't genetic. You don't get it because your uncle or your grandmother had it.

The growing incidence of cancer simply reflects how far we've strayed from our natural environment.

On the one hand, pollutants, pesticides, and other toxins are increasingly disruptive to our cellular machinery. And on the other, Big Agra's starch-heavy industrialized farms are churning out produce *completely lacking the nutrient protection crops used to offer.*

It's a deadly combination. Here's why...

When Will They Get This "It's the Environment, Stupid!"

Waves of carb-driven insulin spikes combine with tens of thousands of free radicals to attack every cell in your body. It's happening every second of every day of your life.

Without proper defenses your cells are overwhelmed: I'm talking about insulin resistance, weight gain, rampant inflammation, and dangerous disruption in cellular energy production.

One top scientist who agrees with me on all this is Dr. Thomas Seyfried of Boston College. He's a biochemical geneticist who rightly contends that DNA mutations are a secondary effect... and not cancer's primary cause.

His experiments prove that cancer actually stems from disruptions in the tiny metabolic power plants that provide energy to the cell.²

The life of every cell in your body depends on organelles that generate energy... mitochondria.

Mitochondrial dysfunction allows cancer cells to thrive... while the rest of the cell slowly begins to starve to death. Suddenly, your cells are defenseless. And this explains why all cancer cells have a common characteristic: They are all *utterly devoid* of healthy mitochondria.

So yes, cancer kills. But *only after* it kills your mitochondria.

Despite the growing mountain of evidence to the contrary, most doctors still reject anything other than the self-serving, DNA-based theories of Big Pharma and its FDA lackeys.

And that's tragic. Because that's why they wait until you get sick, then treat you with painful chemotherapy drugs so toxic they often trigger yet more cancer... that can strike years later.

But fortunately, you can wage your own personal war on cancer — and win!

It all begins with a nutrient you probably associate more with good heart function than fighting cancer.

This Anti-Cancer Powerhouse Finally Gets Respect

I was one of the first U.S. doctors to start testing patients' CoQ10 levels, and the results I got were stunning... more than 80% of my patients were deficient in this vital nutrient.

Even today it remains largely overlooked. The government doesn't even offer a recommended daily intake for it.

Regardless of its impressive results in holding cancer at bay.

Given the real cause of cancer, maintaining healthy cellular energy production is vital. And that's what CoQ10 does.

CoQ10 is the No. 1 antioxidant that protects your mitochondria. When CoQ10 levels drop, mitochondria become vulnerable. Cellular energy

production plummets, and your measurable rate of aging accelerates.

It's true CoQ10 plays a key role in heart function. Your continuously contracting heart muscle requires a lot of energy. But it also stands guard in cells throughout your body, to prevent the toxic attacks that damage mitochondria, triggering the metabolic dysfunction that can put you on a shortcut to cancer.

One study of breast-cancer patients in Denmark showed restoring healthy CoQ10 levels can halt cancer growth — and even cause tumors to disappear.

The right amount of CoQ10 in the proper form powers up your mitochondria to neutralize the reactive oxygen attacks that cause dysfunction and can lead to cancer. I recommend at least 50 mg a day of CoQ10 in its more absorbable form, ubiquinol.

I highly recommend taking CoQ10 along with PQQ — pyrroloquinoline quinone. It's the only nutrient shown to actually increase development of new mitochondria, a process known as mitochondrial biogenesis.

The PQQ-CoQ10 combination is stunning. One study out of China showed PQQ kills cancer cells by tricking them into “self-destructing,” a process called apoptosis. In the presence of PQQ, the cancer cells imploded. Look for a CoQ10 supplement with 10 mg of PPQ.

Use This Cruciferous Compound To Cancer-Proof Your Life

Sulforaphane is the primary health-boosting compound in cruciferous vegetables, and it's *essential* to winning your personal war on cancer. Here's why...

Cruciferous vegetables store an enzyme called *myrosinase* and a precursor compound called *glucoraphanin*.

These two compounds are stored in separate cellular chambers. Picture jars on a shelf in an apothecary, just waiting there until they're needed.

But once the plant is torn or cut — say you're chopping it up to prepare for dinner — myrosinase and glucoraphanin are released and combine to form a powerful, all-purpose healer — sulforaphane.

Sulforaphane exhibits a powerful ability to supercharge Nrf2 (nuclear-factor erythroid 2-related factor). Nrf2, in turn, activates the expression of over 200 genes linked to antioxidant cellular defense.

Nrf2 also increases levels of P53, the body's premier tumor-suppressing protein.

Sulforaphane neutralizes toxins, calms inflammation, and puts the brakes on tumor growth. In fact, one study found that just eating three to five servings of cruciferous vegetables a week cuts your risk of cancer by 40%.³

Here's my advice on the best way to get more sulforaphane...

Follow These 3 Simple Tips To Get The Most Out Of Sulforaphane

Begin by eating more cruciferous vegetables — kale, brussels sprouts, cauliflower, and broccoli — but you need to keep three points in mind:

1. Shop organic. Minimize your exposure to the pesticides and other toxins that are wreaking such havoc on human health.

2. Maximize sulforaphane content. After you wash and chop your cruciferous veggies, *let them sit for 60 to 90 minutes before cooking.* That's because sulforaphane's two precursors, myrosinase and glucoraphanin, *only begin to produce sulforaphane after the plant is damaged.* By waiting at least one hour before cooking, you'll maximize sulforaphane levels.

3. Steam, don't boil or pressure cook. This is good advice for any produce, but it's absolutely *essential* for sulforaphane: Heat destroys myrosinase causing sulforaphane levels to plummet.

Getting all the sulforaphane you need from food can be difficult. "Stabilized" sulforaphane supplements are a viable alternative.

The "stabilized" version of sulforaphane helps it survive the journey through your digestive tract long enough for your body to absorb it.

Studies indicate stabilized sulforaphane does a better job of getting this cancer-preventing sulforaphane into your body.

And you only need about 20 mg a day to

effectively wage your personal war on cancer.

Try The Other Green Cancer-Killer

I tell my patients there's a good reason why countries like Japan, China, and South Korea have some of the lowest cancer rates in the world.

Two words: *green tea.*

In one breakthrough study, researchers from the University of Arizona Cancer Center found that chemicals in green tea dramatically increase the production of key detoxification enzymes that boost your body's metabolic defense against toxins that can cause cancer.⁴

The study, published by the *American Association for Cancer Research*, proved that *catechins* — a type of natural antioxidant — found in green tea, increase the gene expression of *glutathione S-transferase* (GST) enzymes by as much as 80%.

These powerful GST enzymes then convert toxic carcinogens into non-toxic chemicals, rendering them harmless.

A number of studies also show that *epigallocatechin gallate*, or *EGCG*, an especially potent catechin in green tea, is a powerful weapon against multiple types of cancer — both as a primary prevention and as further prevention after cancer treatment.

Here are just a few of the cancer types, against which green tea has been shown to be highly effective.

- Skin cancer⁵
- Prostate cancer⁶
- Breast cancer⁷
- Lung cancer⁸
- Colorectal cancer⁹
- Stomach cancer¹⁰

But despite numerous studies showing EGCG's potency as a healer, the FDA has condemned its inclusion in a number of products. And Big Pharma has ignored it because green tea is a natural substance that can't be patented.

Meanwhile, studies have also shown that as a scavenger of free radicals, EGCG can prevent and repair cell damage. It also combats the effects of pollution, sunlight, and smoking on skin.

In many parts of Asia, green tea is a beverage consumed as commonly as water, many times per day. The Arizona Cancer Center found that the anti-cancer effects of green tea catechins kick in at between 8 and 16 cups per day.

It's the beverage of choice for people who want to live a long and healthy life.

But as usual, Big Food has jumped on the bandwagon to make money by hawking poor-quality tea in pretty bottles.

In their relentless drive for profit, drink makers have churned out dozens of brands of bottled green tea with the aim of cashing in on the beverage's reputed healing power.

The trouble is that almost all of these teas are a waste of good water — because Big Food's processing has stripped the most powerful ingredient in green tea.

A report by ConsumerLab.com, the independent tester which verifies the quality of many of my own products, recently revealed the truth about four brand-name, bottled green teas.¹¹

Only one brand they tested delivered anywhere close to my recommended dosage of 50 mg EGCG a day. In the three other brands they tested, EGCG measured significantly lower.

I suggest brewing your own tea using high-quality loose tea. A brand called Teavana **Green Tea** Gyokuro had the most EGCG, with 86 mg per serving.

1. Bring 8 ounces of water to a full boil in a kettle.
2. Add 1 to 1½ rounded teaspoons of green leaves to the kettle.
3. Let the brew steep for about 5 minutes.
4. Pour through a tea strainer into your cup and enjoy.

A quick note... You may enjoy the taste of milk in your green tea, but I don't recommend it. A study found that adding milk to green tea reduces the availability and effectiveness of antioxidants in the drink.



Green tea can protect you from cancer — if you choose the right brand.

You can also take EGCG supplements. I recommend you get around 1,500 mg a day — to be split up between meals and taken about 30 minutes after eating.

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

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).

