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Dear Friend,

I once went to see the Miami Dolphins play a home game in high style. Pfizer bought me box seats at the stadium complete with all I could eat and drink. So of course, I ate and drank a lot.

But I felt horribly guilty about accepting — and I've never done anything like it again.

At the time, I worried that they might ask me, or even try pressuring me, to write positive things about their drugs because of their gift.

You probably know that drug companies do this with doctors every day. But, you may be shocked to learn that Big Pharma influence over doctors is not only incredibly widespread — but extremely lucrative for both the doctors and the drug companies.

Now I have nothing against a company that makes money. After all that's the American way.

But what I do criticize is how Big Pharma puts their profit above your health.

We've seen it with their push to get Covid vaccines and boosters into the arm of every man, woman, and child in the U.S.

Then there is the cozy conspiracy between Big Pharm and their buddies at the FDA.

This collusion between the two is trying — quite successfully — to ban breakthrough treatments that don't rely on their expensive drugs.

And they'll do anything in their power to discredit proven alternatives... even going as far as publishing questionable studies.

That's what this *Confidential Cures* is about. In your October issue you will discover:

- **Why medical doctors are so quick to push Big Pharma pills...** While a connection between the two isn't new, the amount of money that physicians receive today is staggering. And it's influencing your medical care. I'll share the most prescribed drugs — and the natural alternatives you can safely use to replace these potentially dangerous drugs.

- **How Big Pharma influences “scientific” studies.** Using researchers paid for out of their own pockets, they publish peer-reviewed reports that condemn the proven health benefits of supplements in favor of their expensive drugs.

- **That the great cholesterol con continues.** Despite overwhelming proof of the importance of cholesterol to your health, drug makers continue to push their best-selling statins as the heart-disease cure-all. Find out how you can slash your risk in half by paying attention to this early-warning system...

To Your Good Health,

Al Sears, MD, CNS

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Are Big Pharma's Bribes Dictating Your Medical Care?

I want to share a couple of numbers with you that are staggering — *even for Big Pharma*.

The number of physicians who were paid **\$500,000** or more by pharmaceutical companies skyrocketed to **11,000%** in less than 10 years.¹

While financial relationships between doctors and drug companies have been going on for a very long time, it was just fairly recently that the staggering amount of money involved was revealed.

And the doctors who accept the cash admit that the money they get — *and how much* — plays a major role in which drugs they prescribe to their patients.

A recent survey looked at the 50 most prescribed brand name drugs in which Big Pharma paid off doctors. These drugs include treatments for diabetes, asthma, high cholesterol, hypertension, glaucoma and more. Among the findings:

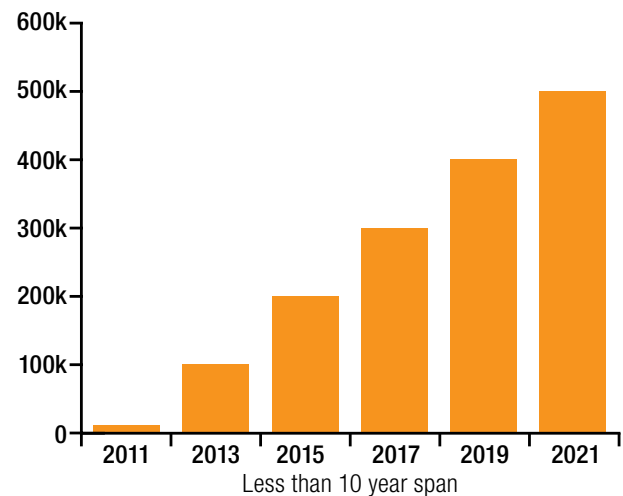
- Of those 50 drugs, 38 cost more than \$1,000 per year.
- For 46 of the drugs, doctors who received payments prescribed higher doses compared with doctors who did not.
- On average, doctors who received payments for a certain drug prescribed it 58% more often than doctors who did not.

Big Pharma spends billions of dollars every year to market their drugs — and a big part of that is targeted directly toward doctors.

In fact, a whopping 94% of doctors confessed they have some type of relationship with the drug industry. In addition:

- 80% of doctors commonly accept free food and drug samples

Big Pharma Payments to Doctors Has Skyrocketed 11,000% in 10 Years



Doctors who take cash from pharmaceutical companies admit it plays a major role in which drugs they prescribe.

- One-third of doctors were reimbursed by the drug industry for going to professional meetings or continuing education classes
- 28% of doctors have been paid for consulting, giving lectures, or signing their patients up for clinical trials

But this 11,000% increase is mind blowing.

Of course, the pharmaceutical reps don't call what they're paying a "bribe." Instead, they use words like "incentivize."

But the fact remains that they offer physicians substantial payments in the form of cash, meals, drug samples, free travel, and speaking engagement fees. Big Pharma even reimburses doctors for the expenses associated with keeping their medical licenses.²

It's a great way for drug makers to influence and control the information that doctors receive.

Doctors who accept these payments from Big Pharma say it absolutely does not influence any medical decisions they make. But a recent report by an independent fact gathering source found otherwise...

Their report determined that the more doctors were paid by the industry, the more they prescribed brand name drugs in general. Further research found that this loyalty happens even when doctors are given a free meal worth less than \$20.

I pride myself on having never accepted a penny of Big Pharma's money.

And I continue to wage war against this medical-industrial complex for one reason... I care more about my patients than I do about profit.

That's why I recommend all-natural therapies over medical drugs. In this *Confidential Cures* article, I'll share Big Pharma's biggest money makers and the natural alternatives I recommend instead.

Kick Big Pharma's Dangerous Drugs To The Curb

Let me share a few alternatives that can safely replace Big Pharma most-prescribed and best-selling drugs.

#1 Replace Lipitor – The Most Commercially Successful Drug In History

Once the top-selling drug of all time, this cholesterol-lowering statin remains in the top 10 most-prescribed list. In fact, if you're a man 50 or older, your chance of being put on a statin like Lipitor is a staggering 87%!³

As a regular reader, you know I've been warning my patients and readers about this Big Pharma scam for decades.

Now a new study released just this year confirms — once again — that there is no link whatsoever between what's known as “bad” cholesterol and death as a result of heart disease in individuals over 60 years of age.⁴

In fact, the results found that 92% of people with high cholesterol actually lived longer.

You see, there is no such thing as “good” or “bad” cholesterol. You need both to stay healthy. Without cholesterol you wouldn't be able to produce



If you're a man 50 or older, the likelihood you'll be prescribed a statin like Lipitor is 87%.

testosterone, estrogen, progesterone, or cortisol. It's a key building block for all of your hormones.

The real cause of heart disease is inflammation due largely in part by our modern dietary imbalance of pro-inflammatory omega-6 fatty acids to anti-inflammatory omega-3s.

Just like the statins scam, this imbalance is driven by the same false idea — pushed for 70 years by the American Heart Association (AHA) — that animal fats raise cholesterol and lead to heart disease.

This has been the biggest dietary disaster of the 20th and 21st centuries. And it's no surprise that heart disease has remained the #1 diagnosed disease in America and the #1 cause of death.

You see, for most of the time humans have been on Earth, we ate foods that had omega-6s and omega-3s in the ratio of about 2:1 — or sometimes even 1:1.

But in our modern world, thanks to the bad advice of the AHA, the animal fats of our parents' and grandparents' generations have been replaced with cheap grains and vegetable oils. And now our omega-6/omega-3 ratio has been skewed to as much as 20:1.

That means the average American now eats 10 times too many omega-6 fatty acids.

Sure, this has lowered LDL cholesterol levels. But research now confirms that the more LDL is lowered, the greater the risk of heart attacks and strokes.

Lower Your Heart Attack Risk The RIGHT Way

The recent Minnesota Coronary Experiment found that replacing saturated fat with vegetable oil increased mortality and cardiovascular events, even though total cholesterol was lowered by 13.8%.⁵

The researchers also discovered that for each 30 mg/dL reduction in serum cholesterol, the death risk surged by 22%. I work with my patients to get them off statins.

Here's what I recommend:

- **Fix your omega ratio.** Rebalance your omega-6/omega-3 ratio by reducing or eliminating the use of corn oil, canola oil, soy oil, and margarine. Instead, you should cook with high-quality extra virgin olive oil, coconut or avocado oil, or full fat organic butter from grass-fed cows.
- **Take the right omega-3 supplements.** I'm talking about docosahexaenoic acid (DHA), which studies prove is a potent defender from heart disease.⁶

DHA eliminates the need for statins. It's also one of the best ways to treat poor circulation and stabilize blood pressure. Get at least 500 mg of DHA, as well as 60 mg of the EPA form of omega-3, in a combination of squid and krill oil. And make sure you take it with meals so it can be digested properly.

- **Be sure to include vitamin K2.** This nutrient is another powerful anti-inflammatory heart defender. Vitamin K2 comes in several different forms called menaquinones. Look for menaquinone-7, which is one of the most bioactive.

#2 Replace Blood Pressure Meds – Doctors Declare Million More at “Great Risk”

Hypertension medications are an excellent example of the collusion between Big Pharma and mainstream medicine.

In 2017, new guidelines from the American Heart Association, the American College of Cardiology, and nine other organizations lowered the numbers for the diagnosis of hypertension.

Overnight, millions of more people were considered “at great risk” and prescribed medications, including:

- **Calcium channel blockers.** Studies show that people taking calcium channel blockers have a 60% increase in heart attack compared to people who used other blood pressure meds. Other side effects include headache, flushing, constipation, nausea, edema, and low blood pressure.
- **ACE inhibitors.** These drugs are linked to severe reactions including atrial fibrillation, kidney failure, and death.
- **Beta blockers.** They lower blood pressure by slowing the heart and relaxing the blood vessels. But side effects include fatigue, dizziness, insomnia, nausea, depression, and loss of libido. Worse yet, they can raise triglyceride levels and cause heart palpitations.

Of course, keeping blood pressure at optimal levels is vital for your health. High blood pressure can lead to heart attack, stroke, brain aneurysm, Alzheimer's, and kidney failure. But I consider blood pressure pills a last resort.

Lower Blood Pressure Safely And Naturally

Luckily, there are different ways to lower blood pressure naturally. Here are the two I recommend.

- **Use Nature's blood pressure prescription:** I'm talking about magnesium, your body's natural blood vessel relaxer. I've used it in my practice with great results.

It helps balance potassium, sodium, and calcium, which affect blood pressure. There are many studies that show the more magnesium you get, the lower your blood pressure will be.

You can get more magnesium by eating nuts, seeds, dairy, and dark green leafy vegetables. But modern farming practices have depleted most of the mineral content in our soil, so there's not much magnesium in vegetables anymore.

I recommend supplementing. Take 600 mg to 1,000 mg a day. And take it with vitamin B6 to increase the amount of magnesium entering your cells.

- **Take my favorite supplement – CoQ10.** This nutrient alone helps 50% of my patients get high blood pressure back to normal.

Studies show boosting your CoQ10 levels can drop blood pressure an amazing 11 to 17 mmHg in systolic pressure and 8 to 10 mmHg in diastolic pressure.⁷ In another study, adding just 120 mg/day of CoQ10 for eight weeks in patients with high blood pressure and coronary artery disease decreased systolic pressure by an average of 12 mmHg and diastolic pressure by an average of 6 mmHg compared to a placebo.⁸

I recommend taking 100 mg a day until your blood pressure is under control. At that point you can drop to 60 mg. And make sure you take the ubiquinol form of CoQ10 — it's the most potent.

#3 Replace Humira – The Best-Selling Drug In the World

Humira is the world's best-selling drug. In fact, overall global revenue for Humira in 2020 reached close to \$20 billion, with roughly \$15 billion coming from the U.S. market.

This prescription medicine is marketed to reduce inflammation by blocking TNF-alpha in your body.

Humira is prescribed for a variety of inflammatory diseases like rheumatoid arthritis, psoriatic arthritis, plaque psoriasis, Crohn's disease, and ulcerative colitis. It's also sold as a treatment for various autoimmune diseases.

Among all prescription drugs over the last 15 years, Humira is the most-cited in the FDA's database of adverse effects.⁹ Humira was linked to 169,000 reported serious adverse events and 13,000 reports of deaths.

Yet, year after year, this biologic drug from AbbVie tops the list of pharmaceutical money-makers.

Humira has been linked to serious infections and autoimmune disorders, like multiple sclerosis. It also lowers your ability to fight infections, including tuberculosis. And sometimes serious and fatal infections and cancers occur...

If that paragraph sounds familiar, it should. That frightening language is straight from their ad.



Humira is the most-cited prescription drug in the FDA's database of adverse effects.

Relieve Inflammation Safely

- **Reduce inflammation with the golden miracle.** One of the most effective ways you can prevent and reduce inflammation is with what I call the Golden Miracle — curcumin.

It has more than 615 health benefits, supported by almost 7,000 studies. But it's best known as a powerful anti-inflammatory.

In fact, studies show it reduces arthritis joint pain by 60% and joint swelling by 73%.¹⁰ Another clinical trial of 367 patients found curcumin was as effective as 1,200 mg of the NSAID ibuprofen, but with fewer side effects.¹¹

Look for a supplement that contains piperine. This black pepper extract boosts absorbency up to 2,000%. I recommend 400 to 500 mg twice a day.

- **Try CBD.** TNF inhibitor drugs are also promoted to treat autoimmune diseases like RA and psoriasis. But breakthrough research suggests CBD is an effective treatment for autoimmune disorders — with no side effects. And the research into treating autoimmune diseases with CBD is incredible.

In a five-week study, rheumatoid arthritis patients who received a CBD product reported reduced inflammation and significantly less pain. Participants also said their sleep improved greatly and side effects were minor.¹²

And a review of scientific studies from researchers at the Rochester Multiple Sclerosis Center in New York found that cannabinoids helped manage multiple sclerosis pain and reduced spasticity in

77% of patients. Another 70% reported that CBD improved their quality of life.¹³

For three years, Israeli researchers followed 30 patients who did not respond to traditional Crohn's disease treatment. After using cannabinoids, 21 experienced a significant decrease in symptoms such as diarrhea, pain, weight loss, and fatigue. Before the study, two-thirds of patients needed surgery. But only two patients needed surgery while using cannabis sativa.¹⁴

How To Get The Biggest Benefit From CBD

1. Maximize your body's absorption of CBD.

A study from the University of Minnesota found that patients who ate high-fat foods after taking CBD increased their absorption by 4-14 times. To get the maximum benefits of CBD without eating a big meal, consider taking it with a teaspoon of coconut oil.

2. Buy from a reputable manufacturer. As you know, CBD-infused products are everywhere. But lab tests have found many of these products contain very little or no CBD. That's why it's important to read the ingredient list and avoid products containing corn syrup, GMOs, trans fats or artificial additives.

3. Check the concentrations. After all, you'll want to know just how much CBD is actually in the product. To work this out, you can look at the milligrams (mg) of CBD, which should be clearly listed on the label. Don't be misled by the "total volume" of oil. The milligrams of CBD are what counts. Here's a weight guide that will help to determine your dosage: The right dosage all depends on your health and your body. Experiment to find out what works best for you.

Mild Dose	Medium Dose	High Dose
85-150 lbs: 12 mg	85-150 lbs: 15 mg	85-150 lbs: 18 mg
151-240 lbs: 18 mg	151-240 lbs: 22.5 mg	151-240 lbs: 27 mg
241 lbs and up: 22.5 mg	85-150 lbs: 30 mg	85-150 lbs: 45 mg

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Studies Denying Link Between PPIs And Alzheimer's Have Strong Ties To Big Pharma

Big Pharma knows all about the risks associated with its multibillion *proton-pump inhibitors* (PPIs) — and either ignores them or goes out of its way to refute them.

I recently read a “scientific” study refuting the evidence of at least two major independent studies that linked PPIs with Alzheimer’s disease and dementia.

After a little research, I wasn’t very surprised to discover that two of the study’s lead authors have strong ties to the drug companies that manufacture PPIs.

One of the researchers even serves as a consultant for Pfizer Pharmaceuticals, which makes Nexium, a top-selling heartburn med that makes them more than \$9.5 billion a year.^{1,2}

But the evidence is crystal clear: *Even though Big Pharma wants to bury the conclusions of two key independent studies, **PPIs raise your risk of dementia.***

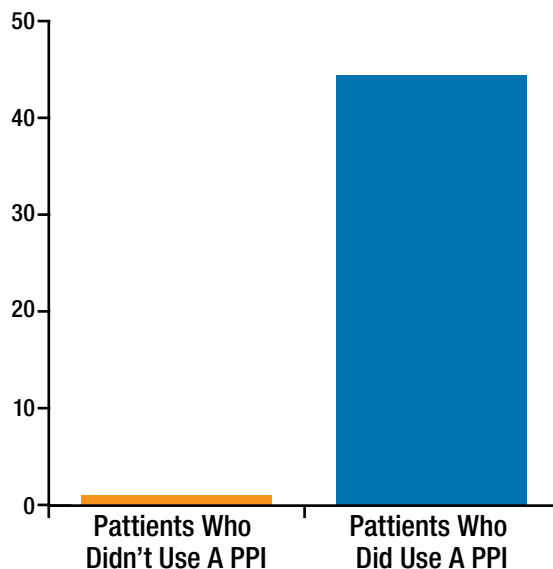
In the first study, the researchers collected data from almost 74,000 seniors over seven years and found that people who regularly take PPIs have a 44% increased risk of dementia. At the start of the study, none of the seniors had cognitive problems. But seven years later, almost 30,000 PPI users were diagnosed with dementia.³

Even more shocking was that most of the patients had only used a PPI for a short time — in some cases, just once every three months.

The second study closely tracked more than 3,300 people for six years and found PPI users had a 38% increased risk of dementia and a 44% increased risk of Alzheimer’s.⁴

No wonder Big Pharma tries to bury the truth. GERD drugs are predicted to reach \$4.34 Billion by 2025. They certainly don’t want to kill the goose laying this golden egg...⁵

**After 18 Months of PPI Use,
Risk Factor For Dementia Increased 44%**



German researchers found that people 75 or older who regularly take PPI medications had a 44% increased risk of dementia, compared with those not using the drugs.

In this *Confidential Cures* article, I’ll share the safe and natural alternatives you can take. But first let me show you how we got here...

Heartburn — 100 Years In The Making

Since gastroesophageal reflux disease (GERD) was first identified in the early 1930s, the number of people experiencing heartburn has increased substantially. In fact, one study shows that in just ten years, the number of people experiencing:⁶

- Any GERD symptoms increased 30% — from 11% to 41%
- Symptoms at least once a week increased 47% — from 11% to 58% and
- Severe GERD increased 24% — from 5% to nearly 29%

While these numbers are concerning, I'll admit they're not surprising considering the typical American diet.

Our nutrition-less, grain-based diet of carbohydrates and starches has wrecked our health and made our bodies behave in ways nature never intended.

This has led to an epidemic of chronic diseases like Alzheimer's, diabetes, heart disease, cancer, obesity — and even gastroesophageal reflux disease.

Today, more than 60 million people in the U.S. experience the painful burning sensation of gastroesophageal reflux disease at least once a week and, in many cases, every day.

And instead of advising patients to eat the natural diet of their ancestors, doctors continue to dole out Big Pharma's heartburn medications like candy.

These PPIs are sold under the names Nexium, Prilosec, and Prevacid.

It's true these drugs can sometimes be effective at reducing your stomach acid. So they will help your heartburn — but they only provide short-term relief.

But reducing your stomach acid is not a lasting solution to your problem.

And brand-new studies show there are some pretty serious downsides to using PPIs. Side effects that are so dangerous, mainstream medicine is finally starting to understand the cure is worse than the disease. They've even issued new guidelines regarding these medications.

In a moment, I'm going to show you six safe and highly effective alternatives to PPIs... But first, I need to expose one of the biggest medical myths we face today. I'm talking about stomach acid.

Traditional doctors will tell you that your heartburn is caused because your body makes too much acid.

But the real problem isn't having too much. It's having too little.

Stomach Acid Is NOT Your Enemy

You NEED stomach acid. It helps digest your food and absorb nutrients. Stomach acid is also an important part of your immune system.

What The Words Mean...

While the words heartburn, acid reflux, and GERD are often used interchangeably, they actually have very different meanings.

Acid reflux is a condition in which stomach acid rises up into the esophagus. It can range from mild to serious.

Gastroesophageal reflux disease (GERD) is the chronic, more severe form of acid reflux.

And **heartburn** is a symptom of both acid reflux and GERD.

It helps protect you from harmful bacteria — like H. Pylori. This bug thrives in a low-acid environment and is a major cause of stomach and duodenal ulcers, gastritis, and even gastric cancer.⁷

In fact, as you get older, your body produces LESS stomach acid. A study published recently in the *American Journal of Digestive Diseases* shows that 69% of adults over the age of 80 suffer from achlorhydria — LOW stomach acid.⁸

If having too much stomach acid were really the cause of heartburn, we would suffer less as we get older and children would suffer most. That's clearly not the case.

So what causes heartburn?

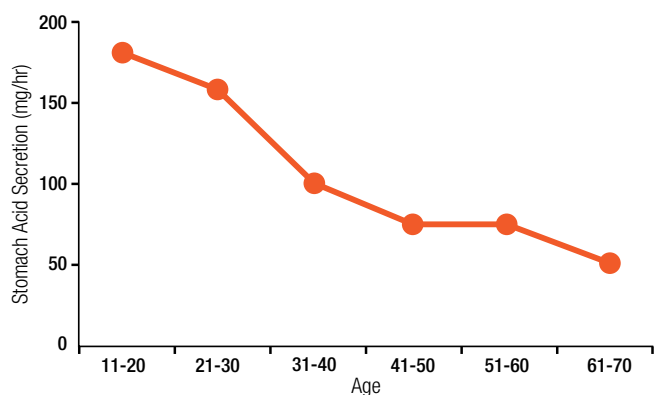
Your lower esophageal sphincter, or LES, is a small muscle that opens and closes to let food pass from the esophagus into the stomach. Once the food passes, your LES closes, which also blocks stomach acid from coming back up through the esophagus.

The problem starts when your LES doesn't shut tight. Even a slight opening is enough to let stomach acid, bile, and food travel back into your esophagus.

The pain you feel from heartburn is actually your stomach acid burning the lining of your esophagus.

So antacids and PPIs may relieve the symptoms, but they don't do anything to treat the cause of the problem — and that means it will come back again and again.

The Real Acid Test



Contrary to what conventional medicine believes, acid levels actually decline as you age.

Ditch The Dangerous Purple Pill

I've warned my patients and readers to avoid these dangerous drugs for years. And it seems like the message is finally starting to get through to mainstream medicine.

New guidelines published in the *Journal of Post-Acute and Long-Term Care Medicine* advise doctors to **stop** prescribing PPIs long-term and suggest only taking them "as-needed."⁹

That's because, as I've been saying for years, the risks outweigh the benefits.

Brand new research has confirmed PPIs increase the risk of many diseases, including the following:

Heart attack and stroke. Researchers found that long-term usage of these PPIs had a negative effect on the cells that line the interior of blood vessels.¹⁰

Here's why that's important... Normally, protective endothelial cells produce substances that relax your blood vessels. They create a slick "Teflon" coating inside the vessels. This protects your heart by preventing plaque or blood clots from sticking to blood vessels and forming blockages.

When waste builds up in your body, it hampers the ability of cells to protect your blood vessels.

Instead of Teflon, your blood vessels become more like Velcro. The plaque and blood clots begin to stick. When this happens, you're at a greater risk of heart disease, kidney disease, and dementia.

And that's not all the researchers found.

PPIs also affect lysosomes. Those are acid-producing cells in your body that clear up unwanted debris. Without enough acid to remove the waste, the cells protecting your blood vessels age rapidly. That can lead to a heart attack and stroke.

Diabetes. New research has found that people who regularly take PPIs are almost twice as likely to develop diabetes.¹¹ And the longer these patients took the drugs, the higher their risk for this blood sugar disease.

For the meta-analysis, published in the journal *Gut*, researchers looked at almost 205,000 participants from three national studies: the US Nurses' Health Study (NHS), the NHS II, and the Health Professionals Follow-up Study.

Volunteers were asked if they used PPIs at least twice a week in the last two years. After accounting for other outside factors, the researchers determined that the risk of type 2 diabetes diagnosis among PPI users was 24% higher compared to those not taking PPIs. Using the pills for longer than two years increased the risk even more.

Lung diseases. A study of nearly 5,000 patients looked at the association between PPIs and the increased occurrence of pneumonia. After 14 years of following the participants, researchers found that the overall rate of the lung disease was 11% higher for those who used the drugs regularly.¹²

Because low stomach acid from PPI use may impair the body's defense against viruses, the authors of a recent study set out to see if PPIs increased the risk of COVID-19 in patients.

The study, published in *The American Journal of Gastroenterology*, found that PPI use was associated with a higher risk of developing COVID-19. They also found that this risk was higher for people taking PPIs twice daily than those taking the pills less often. In fact, those who took a PPI two times a day were four times more likely to have COVID-19 than people who didn't use the drug.¹³

Additional research has also connected PPIs to:

- Chronic kidney disease¹⁴
- Osteoporosis¹⁵
- Liver cancer¹⁶
- Iron deficiency and anemia¹⁷

Make Small Changes For Long-Term Relief

If your heartburn is persistent, there are some easy, initial changes you should make that can have a big impact. You should avoid or minimize:

- Smoking
- Caffeine
- Alcohol
- Citrus juices
- Spicy foods
- Greasy and fried foods

These can make your heartburn symptoms worse and contribute to LES malfunction.

And here's another tip: Don't lie down within three hours of eating a meal. Research shows this can aggravate heartburn symptoms. And if possible, sleep on your left side to reduce reflux. When you do this, gravity will work in your favor since your stomach is now positioned below your esophagus. This makes reflux more difficult. Should stomach acid escape, gravity is able to return it to your stomach quicker than when on your right side or on your back.

Also try to maintain a healthy weight. You should also try to maintain a healthy body weight. Excess abdominal fat put pressure on your stomach and your LES. This makes it easier for stomach acid to flow back into your esophagus.¹⁸ Losing 10 to 15 pounds can reduce heartburn by 40%.¹⁹

Snuff Out Heartburn With 6 Simple Remedies

You don't need to pop pills to get relief from heartburn. There are a few favorite alternatives that I often recommend to patients:

1. **Ginger root:** Research shows ginger can strengthen the lower esophageal sphincter (LES). Add one-half teaspoon of freshly grated ginger root to a cup of hot water. Let the ginger steep for 10 minutes. Strain the ginger and drink.

2. **Baking soda.** Bicarbonate in baking soda neutralizes acid. If you remember your high school



Baking soda is a simple and safe way to neutralize acid in your stomach.

chemistry class, you know bicarbonates help balance your pH, making it less acidic and more alkaline. That means baking soda can neutralize the acid in your stomach.

It's as easy as mixing half to one teaspoon of baking soda into an 8-ounce glass of water before bed. You'll be amazed how effective it is. Baking soda is not a long-term solution, but it's a great quick fix. And there are no side effects.

3. **D-limonene:** This is an extract from orange peel that's highly effective. In one study, 90% of the people reported complete relief of their heartburn symptoms in just two weeks. What's more, the effect lasted for six months after they stopped taking it.²⁰ Take 1000 mg every other day for 20 days. Then take a maintenance dose as needed.

4. **Zinc:** Zinc has incredibly powerful gastro-protective effects. One study compared zinc to famotidine (the over-the-counter drug Pepcid). The result? Patients in the zinc group experienced identical symptom relief to those who took Pepcid.²¹ You can find zinc at any health food store or even your local grocery store. Aim for 96 mg of elemental zinc per day.

5. **Betaine Hydrochloride and Pepsin:** This may seem a little counterintuitive. But taking hydrochloric acid (HCL) and pepsin (a digestive enzyme) with every meal can eliminate heartburn symptoms. It also helps break down your food. This ensures you get all the vitamins, minerals, and

nutrients you need. Thousands of heartburn patients have experienced relief as a result of taking an HCL and pepsin combination.²² I've found it to be the case for many of my patients as well. Take one 600 mg capsule before each meal. You can find betaine HCL combined with pepsin at your local vitamin shop.

6. Mastic Gum Extract w/ DGL: Mastic gum has been used for thousands of years to heal heartburn. Studies even suggest that mastic gum can kill H. Pylori.²³ You can often find it combined with deglycyrrhizinated licorice (DGL) at your health food store. Traditional Chinese medicine has long used licorice for its ability to soothe and coat the stomach. Look for a formula that contains 1 gram of mastic gum extract and 760 mg of DGL.

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Cholesterol Con Continues — But THIS Cuts Your Risk Of Heart Disease IN HALF

Sixty-five years ago, the American Heart Association aired a show on the three major television networks. Their agenda was to present the theory that heart disease was caused by cholesterol.

Long-time readers know that not only was there *never* any science to back this up... but that the opposite is true. Cholesterol is essential for good health and a long life.

The real cause of heart disease is chronic inflammation. This inflammation ultimately results in scarring of the arteries and tissue damage.

And one of the first places inflammation appears is in the mouth.

My patients are sometimes surprised when I tell them I want to look at their teeth and gums.

Here's why I do it...

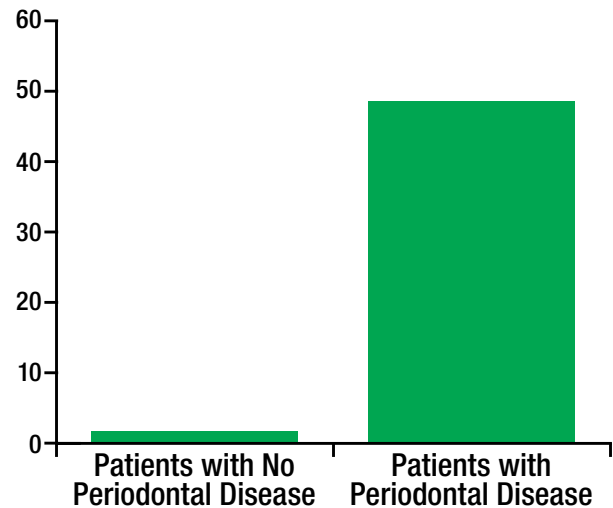
Your mouth is an early warning system for serious conditions throughout your body — especially heart disease. And brand-new research shows that this connection is far more common than we previously knew.

In a Swedish study presented to the 2021 European Society of Cardiology, researchers determined that periodontitis was much more common in first-time heart attack patients than in those with no gum disease.

In fact, they found that people with gum disease are **49% more likely** to die from a first heart attack or stroke, or to develop severe heart failure compared to people with no periodontitis.¹

The study also determined that not only was the risk of experiencing a cardiovascular event during follow-up was higher in participants with gum disease, but the more severe the periodontitis, the more severe the heart damage they suffered.

Mortality Risk From a First-Time Heart Attack Is 49% Higher in Patients With Gum Disease



Heart attack deaths increase nearly 50% in patients with periodontitis. And in survivors, heart damage was much more severe.

Today you'll see how your oral health mirrors the health of your cardiovascular system. And I'll share my best tips to keep both your gums and your heart healthy — including a unique therapy that can get your heart — and more — really going.

Your Mouth Is An Early Warning System For Heart Disease

Your mouth is the gateway to the rest of your body. It's also home to a stable ecosystem of around 100 billion good and bad bacteria.

Our modern diet disrupts this delicate balance. Processed sugar and carbs are the big culprits. They lead to plaque build-up on the teeth and create a breeding ground for bad bacteria.

A 2021 study published in *Journal of Clinical Medicine* found that if current eating habits continue, the risk of developing cardiovascular

disease — as well as neurological disease, cancer, and diabetes — will continue to increase dramatically.²

All that bad bacteria that results from our modern diet sets your immune system on high alert. Inflammation takes the form of red, swollen, bleeding gums — called gingivitis. Soon gum tissue starts to break down.

Left untreated, gingivitis can turn into periodontal disease. The gums pull back from the root of the tooth. These tiny pockets gradually widen. Eventually, infection and inflammation attack the tissue that holds the tooth to the jawbone. Teeth start to come loose and even fall out.

This breakdown of your gums also allows bacteria to pass into your bloodstream. Which means what happens in your mouth can affect the 93,000-mile long system of blood vessels in your body.

When harmful bacteria from your mouth seep into your bloodstream, they cause inflammation and infection wherever they travel. Studies have found the same bacteria that cause tooth decay and gum disease also damage the lining of blood vessels.³

The blood vessels can become inflamed. Their delicate lining called the endothelial cell barrier — or ECB for short — becomes scorched. Bacteria can combine with platelets in the damaged ECB to create arterial blockages and blood clots. If these reach the heart, they can cause heart attacks in people who are otherwise fit and healthy.

Your body responds to these bacteria by unleashing an army of white blood cells to surround and destroy them. These white cells release proteins called “cytokines.”

Cytokines kick your immune system into high gear. It starts signaling for “reinforcements” of white blood cells to help fight off the attackers.

By the time your cytokines get called into action, things are pretty serious. The presence of cytokines is directly linked to the risk of fatal heart attack. In one study, German researchers looked at over 150 patients with chronic heart failure. They found that high concentrations of cytokines in the blood were the strongest predictor of death.⁴

“When harmful bacteria from your mouth seep into your bloodstream, they cause inflammation and infection wherever they travel.”

Cytokines cause an inflammatory response across your entire body — especially in your ECB.

I help my patients nip heart disease in the bud by keeping their gums healthy. Daily brushing and flossing are just the beginning.

My 5-Point Plan To Protect Your Gums And Increase Heart Health

Here are five little-known oral hygiene tips for keeping your heart strong. I guarantee you won’t hear these from your dentist OR your cardiologist.

1. Protect Your Health With Coenzyme Q10.

It is not a coincidence that the same supplement I recommend for your heart also helps your gums. Coenzyme Q10 is capable of reversing gum disease and many cases of heart disease at the same time.

There are two reasons for this. The first is that CoQ10 is one of the most powerful antioxidants we know of. And studies show antioxidants dramatically lower cytokines in inflamed gum tissue.⁵

The other reason is that white blood cells need as much energy as possible to do their job of fighting off infections. And the fuel they use for energy is CoQ10.

Studies show people with gingivitis and periodontal disease have a deficiency of CoQ10.⁶ But replacing depleted CoQ10 reserves through diet and supplementation can turn that around and reverse gum disease.

In one double-blind trial patients took 50 to 75 mg per day of CoQ10. It stopped gum disease very quickly — sometimes within just a few days.⁷

As a first step, look for CoQ10 from your diet. CoQ10 is a bright red pigment, and the highest concentrations are found in red-meat from animals like beef, mutton, goat, ostrich, and rabbit.

In the table below, you get a quick idea of which common foods have the most CoQ10, and how much you need to eat.

Aside from your diet, you can also supplement with CoQ10:

- Try a chewable form of CoQ10, and leave it in your mouth for a few minutes to coat your gums.
- Gargle with a natural mouthwash containing CoQ10. You can find organic, oral care products at most vitamin or health food stores.
- Take a CoQ10 supplement. The most powerful is the “reduced” or ubiquinol form. Take at least 60 mg per day to prevent gum disease. But if you already have gum disease or an infection, take 100 mg twice a day. I’ve seen it help repair visibly damaged gum tissue.
- To give CoQ10 a boost, add 10 mg of the antioxidant PQQ. This nutrient multiplies the energy producers in your white blood cells. It will help to heal and strengthen your gums even faster.

2. Rinse Your Mouth With Crocodile Tongue.

I have aloe vera (*Aloe barbadensis*) growing in my backyard. I call it “crocodile tongue” ever since I heard my friends in Bali refer to it that way. It’s been used medicinally for thousands of years.

Any time I have a burn or a cut, I can just take a leaf, break it open and squeeze the gel onto the burn. It gives me instant relief and clean healing. But aloe also heals your mouth. It has 23 polypeptides that stimulate the immune system and fight infections.

In one study, 345 healthy people used aloe mouthwash twice a day. Aloe stamped out plaque and gingivitis. It also significantly lowered bleeding and inflammation compared to a placebo. And aloe worked just as well as the dangerous drug Chlorhexidine with no side effects.⁸

Aloe vera juice is also effective for many other dental problems including mouth sores.⁹ Use it just like regular mouthwash. But when buying aloe vera juice, be careful

I estimate 95% of the aloe products on the market are either diluted or improperly processed. Most use only the inner gel of the aloe vera leaf. That has a lower concentration of beneficial components. The outer leaf and rind has 200% more than the inner gel. Processing the plant with high heat also destroys many of the beneficial compounds in aloe.

Your Best Sources Of CoQ10

Food Source	Serving	CoQ10 (mg)
Pork heart	3 oz	7.5
Beef heart	3 oz	6.0
Beef	3 oz	2.6
Herring, marinated	3 oz	2.3
Chicken	3 oz	1.4
Rainbow trout	3 oz	0.9

Look for cold processed aloe juice that uses the whole leaf. And make sure the aloin is removed. Aloin is an irritating chemical in the plant that can cause diarrhea or intestinal cramping.

Also avoid products with added sugars or preservatives. It should be at least 85% pure aloe vera juice.

3. Blast Away Oral Inflammation With Boswellia.

Boswellia is a large branching tree native to India, Northern Africa, and the Middle East. Its resin (sometimes called frankincense) has been used to calm inflammation for centuries in India’s Ayurveda medical tradition.

Modern researchers have proved why boswellia works. It has boswellic acid, a potent inhibitor of 5-lipoxygenase (5-LOX), an enzyme responsible for inflammation. Knocking out 5-LOX enzymes may help prevent and treat atherosclerosis.

Boswellia is especially effective at reducing inflammation in the mouth. In a double-blind, randomized, placebo-controlled trial, 75 people with inflamed gums got either 100 mg of boswellia extract or 200 mg of powdered boswellia. After just a few days, everyone had significantly reduced inflammation.¹⁰ Look for a supplement standardized to at least 65% boswellic acids.

4. Shut Down Cytokines With Omega-3s.

You already know that omega-3 fats are heart-healthy. The latest research into omega-3s uncovered their two most powerful inflammation-fighting compounds. They’re called resolvins and protectins.

Groundbreaking studies show these omega-3 components go to work almost immediately. They relieve inflammation. They also drastically reduce the levels of pro-inflammatory factors like cytokines.¹¹

Animal sources of omega-3 fats are wild, cold-water, high-fat fish like pollock, salmon, lake trout and herring. Pasture-raised meat is another good source. Raw nuts and seeds also contain omega3s. Walnuts, Brazil nuts, almonds and pumpkin seeds are some of my favorites.

But most people don't get enough omega-3s. I recommend taking a supplement. Look for a combination of krill and calamari oils. They're highly absorbable and purer than commercial fish oil capsules. Aim for at least 3 to 5 grams of omega-3s every day.

5. Drink A Cup Of "Mary Bush" Tea.

When I met the herbalist Ivey Harris in Jamaica, she introduced me to what she called "mary bush." Here in the States we know it as balsam (*Ocimum gratissimum*). She used it to treat flu, fevers and colds. But tea made from the balsam herb also helps protect your teeth and gums.

Balsam contains an oil called "thymol." It's high in vitamin C and has antimicrobial, antiviral, and antibiotic properties.¹²

Studies show balsam helps protect your teeth and gums when you drink it in tea or rinse your mouth with it. It can reduce plaque and gingivitis.¹³

Balsam is from the mint family and in India is known as tulsi. You can get the dried leaves at specialty stores and online. They may be sold as "Vana Tulsi." Just remember not to get balsam confused with Holy Basil (*Ocimum sanctum*) because they are not exactly the same.

To make a tea, add 1 ounce fresh or ½ ounce dried balsam leaves and flowers to 1 ½ pints of boiling water. Steep fresh leaves for 5 minutes or dried leaves for 15 minutes. Makes 4 cups. Drink three times a day. If you have sore gums, you can feel relief coming on from the first cup.



Herbalist Ivey Harris introduced me to "mary bush."

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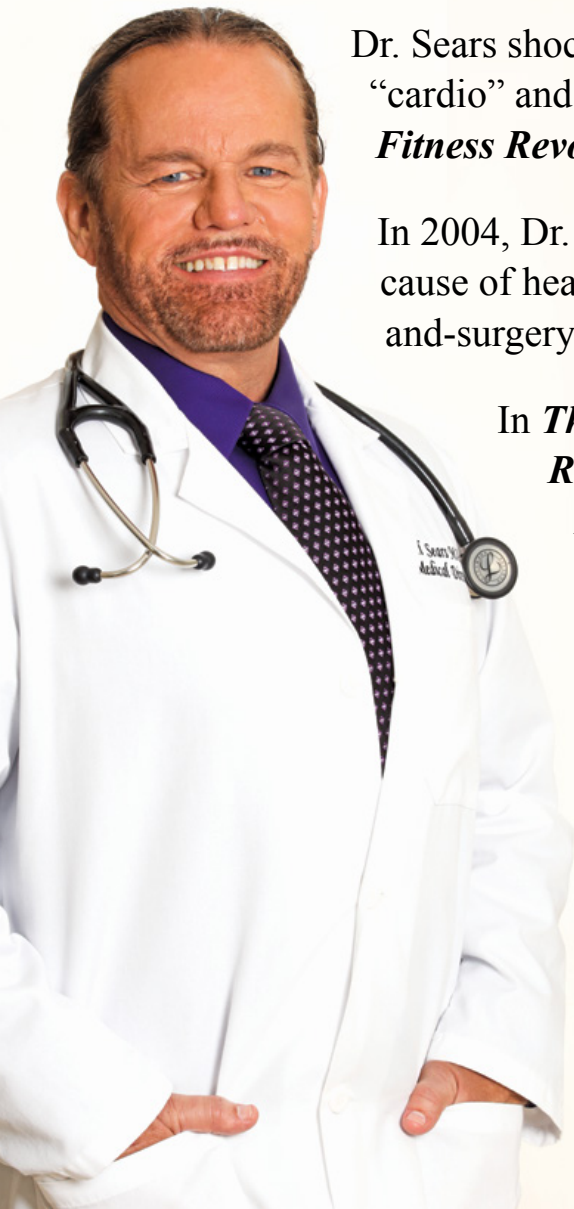
The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.

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).