



Dr. Sears'

CONFIDENTIAL CURES

Your Guide to Truth and Lies in
Medicine from Around the World

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Dear Friend,

If you listened to the so-called “experts” in charge of the medical bureaucracy in this country, you would have two choices...

1. Put your future health at risk by injecting yourself (four times!) with their potentially deadly vaccine, *or*
2. Stay home, lock the doors, and hide yourself away.

My suggestion?

Stop listening to their doom-and-gloom warnings — and enjoy your time with friends and family.

Of course, I can't say things like this on my website because Big Government is trying their hardest to censor what I can and can't say to you about Covid. Even mentioning the word gets me flagged by Big Brother.

Then the letters from the FDA will start to arrive... threatening me with fines and even worse.

These Big Pharma lackeys — along with the social media giants like Bill Gates and their partners in the mainstream media — are scared of the truth.

Because when the truth gets revealed, it's a threat to both their finances and their power.

They don't care that they're trampling all over our First Amendment right to free speech. That's why I continue to write this newsletter... so you will always have access to information — the facts they are trying to convince you are lies.

In your December issue of *Confidential Cures*, you will discover:

- **How our government — along with their friends in Big Tech – is conspiring to keep you scared and under its control.** But I'll share my top five nutrient supplements that will allow you to reclaim your freedom — and your health.
- **The forgotten superfoods our ancestors ate.** These are the foods that allowed us to develop into the big-brained creatures we are today. This “missing food group” contains some of the richest sources of vital nutrients anywhere. Nutrients that fuel your heart, increase your immunity, and boost your brain power.
- **The health benefits of raising a glass to your good health this New Year.** You'll also learn why you might end up with a morning after headache if you've raised one too many glasses — and more importantly, how you can make it go away quickly and safely.

To Your Good Health,

Al Sears, MD, CNS

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Government Is Conspiring To Keep Us Scared...

But My Big 5 Can Help You Protect Yourself

Our public health agencies — together with their cronies in mainstream media, Big Pharma, and Big Tech — have been conspiring for almost *two years* to keep you very afraid...

They are counting on the fact that once you've been scared into submissiveness, you'll be far less likely to notice that the federal government has been slowly — but surely — expanding its authority and overreach during the "Covid crisis."

And they have no intention of giving up this control once Covid is over...

One way they have been keeping you scared is by vastly inflating the number of deaths that can actually be attributed to the virus.

It's a story you won't hear about from most media outlets, but countries across the globe are quietly lowering the number of deaths caused by Covid.

Take Italy, for example.

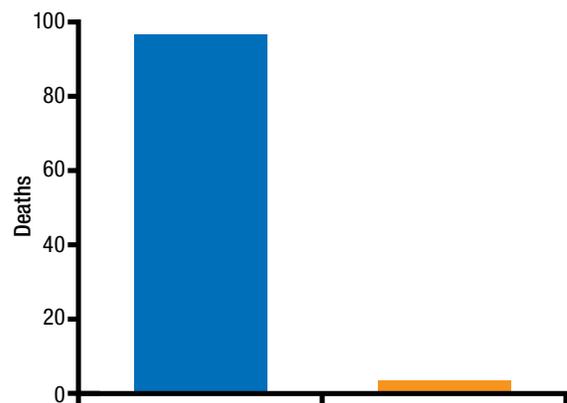
A couple weeks ago, Italy's Higher Institute of Health (ISS) made a shocking revelation. They admitted that the country's official number of Covid-19 deaths had been greatly miscalculated. And they revised the numbers to reflect that 97% of reported "Covid deaths" were probably not due to Covid after all.

It turns out that of the 130,000 deaths that were registered as official Covid fatalities, only 3,800 were directly attributed to the virus.

The others died *with* Covid, but not *from* Covid. It's a distinction our government hierarchy refuses to accept.

And as tragic as any death is, it's a travesty to link someone who passed away from diabetes or a heart attack to this virus.

97% Of Covid Deaths Were People Who Died "With" Covid, Not "From" Covid



Of the 130,000 deaths that were registered as official Covid fatalities in Italy, only 3,800 were directly attributed to the virus. After this news from Italy's Higher Institute of Health broke, it was immediately censored and refuted.

The vast majority who lost their lives had up to five pre-existing diseases.

Once news of the lowered Italian death rate became public, it was immediately denounced by the mainstream media as "fake news."

And Big Tech was quick to flag any mention of the new Italian statistics as "disinformation" and "fake news." If you try to post the story a second time, they'll shut down your account.

But as bad as this censorship is, it's nowhere nearly as terrifying as what the Australian government is doing to its own citizens...

It's a human rights violation you won't hear about on the nightly news.

It turns out that the government has created concentration camps — they call them "quarantine facilities."

They are designed to imprison and isolate unvaccinated people for 14 days if the authorities suspect they could have been exposed to covid. Even if they test negative, they're remain locked up.

It happened to 26-year-old Hayley Hodgson. She was taken from her family home by uniformed police. They told her she had "no choice" and that they were just following orders from "higher up." If you try and escape one of these facilities, federal officers issue a "manhunt," track you down, and arrest you.

Is this what's in store next in America?

If those in power have their way, it could be. But in the meantime, they're continuing their push to terrify you.

Just listen to the fearmongering coming from the scientist who created the UK's AstraZeneca Covid vaccine...

She issued a statement last week saying it was "increasingly obvious (at least to her!) that this pandemic is not done with us."

Then she went on to say that "the next one will be worse... more contagious, more lethal, or both."

Now, she wasn't talking about a new strain of Covid. This vaccine developer is prepping you for a future pandemic that is on the way.

A pandemic that they'll tell you will ultimately need another Big Pharma vaccine — and even more government overreach...

In this issue of *Confidential Cures*, I feel compelled to let you know about powerful forces operating at the highest levels of the U.S. medical bureaucracy...

Powerful forces that couldn't care less about your health.

In a moment, I'll share the top 5 nutrients and supplements that I recommend to all my patients — and that I take myself

But first I want to give you a couple of examples of how government overreach affects our health, well-being — and even our lives.

Take OSHA, for example.

Biden Puts OSHA In Charge Of Mandating Shots In Arms

OSHA stands for the Occupational Safety and Health Administration. This agency is responsible for minimizing workplace accidents and making sure you're safe on the job. It serves an important function...

But then the Biden administration went beyond the pale and gave OSHA the power to mandate Covid vaccines for employees of companies with at least 100 workers.

Companies were told that unless they complied, they would be subjected to heavy fines.

Fortunately, a lawsuit brought by 27 states was recently heard by the U.S. Court of Appeals. The judges determined that mandating shots in arms was a gross overreach of federal authority. And that the agency had no right to require companies to force their employees to put an unproven vaccine into their body.

The 5th Circuit Court upheld this ruling in 14 states. We'll see what happens next.

Staggering Nursing Home Death Toll

Let me give you an example of the outrageous bungle of the medical bureaucracy.

Over the past year, tens of thousands of our most vulnerable population were locked up in nursing homes and forced to suffer and die needlessly. And the medical deep state's dictocrats were in charge of the whole debacle.

Take New York for example.

Officials there made the mind-boggling decision to put 4,500 vulnerable elders they knew had COVID-19 back into the nursing homes. Then they locked the care facilities down so nobody knew what was going on.

The result of this disastrous decision?

Over 15,000 residents and employees died in nursing homes in New York state alone. Nationwide, the nursing-home death toll was a staggering 172,000.¹

That's more than all the soldiers killed in Korea, Vietnam, the Gulf, Iraq, and Afghanistan combined.

Why Weren't Life-Saving Therapies Used?

D.C.'s health care bureaucracies are mired in Big Pharma's influence. How else could you explain what happened to our elders?

We knew there were treatments that could help all COVID patients. But no one was allowed to talk about them.

If you did, you were scorned, fact-checked, and canceled out of existence. I spoke out anyway... but the elite medical gurus wouldn't listen.

There's growing evidence that officials in New York underreported nursing home deaths by as much as 50%.² They were desperate to cover up their terrible blunders that cost thousands of lives.

And the media continued to underreport these deadly actions until the New York attorney general and FBI investigators stepped in.

Keep in mind... state and federal health officials were constantly communicating and coordinating their response. So this all happened under the watchful eye of federal health care bureaucrats.

The CDC and NIH had to know what was going on ... and they let it happen anyway.

When the full truth is finally revealed, I predict what happened in New York will be exposed as the worst case of elder abuse in our nation's history.

So when I say the FDA, NIH, CDC, and OSHA hold the power of life and death, I hope you understand I'm not exaggerating.

And that's why I am speaking out today. I don't want any of my readers or patients to fall prey to the faceless bureaucrats running these alphabet agencies.

Now it's clear for the whole world to see they care more about their Big Pharma benefactors than they do about you or me.

So knowing that, here's what you need to know to protect yourself.

Transform Your Health With My Big Five

Today, it's more important than ever that you take control of your own health and healthcare. And to help, I'm revealing my Big Five: These are the top five nutrients I take every day to build robust, iron-clad health.

My patients at The Sears Institute for Anti-Aging Medicine have seen extraordinary results using the Big Five.

With these five super nutrients — plus healthy food-based nutrition and a smart fitness plan — you can extend your “health span” far beyond what anyone thought possible even a few decades ago.

Empowering my patients to protect their own health is the reason we created Primal Force, the nutritional division of my practice.

I've poured decades of research into the development of what I call The Big Five. These are the five key Primal Force supplements that stand as the palace guards of health. I never let a day go by without using them myself, and I'm sharing them with you today:

No. 1: Omega Rejuvenol – One of the most vital nutrients you need to protect yourself in our toxic modern environment is DHA, the long-chain omega 3 fatty acid. It protects your two most important organs, your heart and your brain.



One recent study showed it's so protective, it can reverse the neuron damage caused by bingeing on glycemic, ultra-processed carbs!

As a regular reader, you've heard me talk about the benefits of DHA. But if you're a new reader, or need a refresher, take a look at the incredible benefits in this important fatty acid. DHA helps to:

- Reduce heart disease risk³
- Improve immunity^{4,5}
- Protect the brain from Alzheimer's⁶
- Fight inflammation⁷
- Decrease depression⁸

- Keep bones strong⁹

I know as soon as you hear “omega 3” you’re probably thinking “fish oil.” But the cheap fish oils have a problem: They overemphasize a different omega 3 called EPA.

Many fish oil supplements have three times more EPA than DHA. Omega Rejuvenol, by contrast, has an 8 to 1 DHA to EPA ratio. You need at least 600 mg a day of DHA.

One lesser known but equally important benefit of Omega Rejuvenol: It comes from krill and calamari that are harvested from pristine polar regions. So you don’t have to worry about the heavy metal contaminants and other toxins that are frequently ingested by fish.

No. 2: Ultra Accel II with BioPQQs – CoQ10 has been my favorite nutritional supplement, bar none. It gives your cells a “brighter spark of life.” The real life benefits of this are endless, especially as we age.



To keep your heart muscles pumping and your neurons firing, your body needs a constant supply of energy. And that energy comes from your mitochondria.

Mitochondria are miniature energy factories found in virtually every cell in your body. One measure of their importance... every muscle cell in your heart is packed on average with 5,000.

Mitochondrial function plummets as you grow older. But the right blend of two nutrients, CoQ10 and bioactive PQQ, can keep it robust indefinitely.

CoQ10 is probably best known as a powerful antioxidant that protects your cells from injury. What most doctors don’t realize is that your mitochondria rely on CoQ10 to manufacture ATP, the universal form of energy in your body.

PQQ, meanwhile, is the only nutrient proven to increase your total number of mitochondria through a process called biogenesis. Together, the “entourage effect” of these two powerful ingredients working in tandem is your key to lifelong, youthful vitality.

Benefits of combining CoQ10 with PQQ include:

- **Heart health:** According to the *Journal of Cardiovascular Pharmacology*, a number of clinical studies have found CoQ10 promotes cardiovascular health.¹⁰
- **Blood sugar:** An Australian study showed that patients who took CoQ10 were able to maintain blood sugar levels that are already within the normal range.¹¹
- **Vision:** In a recent clinical trial, taking CoQ10 for a year helped them see more clearly.¹²
- **Cognition:** An animal study performed on middle-aged rats found that CoQ10 supplementation improves learning and memory.¹³
- **Bronchial health:** Researchers in Texas found CoQ10 promotes bronchial health.¹⁴
- **Gum health:** CoQ10 can improve gum and oral health.¹⁵
- **Oxidative stress:** CoQ10 is a powerful antioxidant, eliminating the free radicals that can cause damage to cell membranes and mitochondria.^{16,17}
- **Skin care:** A German study shows that CoQ10 can help reduce wrinkles and protect skin the damaging effects of too much exposure to sunlight.¹⁸

No. 3: Assure II Heart Tonic – In the United States and around the globe, heart disease is the number one killer. It’s a raging epidemic, and Big Pharma’s statins and beta-blockers carry so many serious side effects that they make heart issues much worse.



But my patients don’t worry about this because they know Assure II Heart Tonic will protect them. Taking it every day gives my patients the peace of mind to be active and really enjoy life.

In many respects, Assure II Heart Tonic reflects the culmination of my life’s work. You see, I’ve devoted two decades of research and logged over 25,000 miles investigating as many heart-boosting nutrient as I could.

The Amazon, the African savannah, the Himalayan mountains — just about any remote region you can name I've visited because that's where I unearth the ancient herbal remedies I use to help my patients.

That's how I know there's nothing that even comes close to Assure's protective nutrient combination. Its star ingredients include cat's claw, hawthorn berry, astragalus root, and camu-camu. But that's just for starters.

Because it also includes a quartet of remarkable nutrients that boost circulation and help keep blood pressure in the normal range. I'm talking about dandelion, l-arginine, l-carnitine, and lycopene.

No. 4: Curcumin Triple Burn – Until recently curcumin, the active ingredient in turmeric, was best known for easing life's minor aches and pains of life. It's true that curcumin is great at tamping down inflammation... but we now know it does so much more.



Decades of research has revealed your biological clock is controlled primarily by two parts of your cell biology:

- Your **mitochondria**, the microscopic energy powerhouses found in each of your cells.
- Your **telomeres**, the tiny caps at the ends of your chromosomes, found in the nucleus of your cells.

Studies now show that inflammation from free radical attacks is at the root of mitochondria dysfunction. When these tiny energy generators misfire, you become vulnerable to the “diseases of aging,” including insulin resistance, diabetes, macular degeneration, cognitive decline, osteoarthritis, heart disease, fibromyalgia, Alzheimer's and Parkinson's.^{19,20,21}

But recent research shows that curcumin's powerful antioxidant properties dramatically reduce free radical attacks and inflammation in mitochondria, thus slowing the aging process.²²

And curcumin isn't just an anti-inflammatory and

antioxidant. It's also anti-pain, anti-microbial, anti-Alzheimer's, anti-Parkinson's and anti-cancer — thanks to its raft of mitochondria-protective qualities.

I paired my curcumin with black pepper. My research, bolstered by results in my own anti-aging clinic, indicate curcumin absorption jumps over 2,000% when you include piperine extract from black pepper.

No. 5: Telo X Nano – As soon as I read about the discovery of an enzyme that repairs and lengthens telomeres, I knew it was the discovery of the century. When it won the Nobel Prize I wasn't the least surprised. Here's why...



Telomeres are the tiny biological clocks positioned at the ends of every DNA strand in your body. Each time your DNA undergoes cellular division, a few seconds tick off your cellular clock. And when those telomeres get too short, the alarm bell sounds.

That's when your cells become dysfunctional... at that point, old age and chronic disease are right around the corner.

The discovery of the telomere-repairing enzyme telomerase meant that for the first time, there was a way to reverse biological aging. Suddenly, it was possible to turn back the march of time on the cellular level.

Lengthening telomeres is one of the most important steps you can take to protect yourself from the chronic diseases associated with aging — including Alzheimer's.

In the 1990s, I was honored to be the first doctor to introduce telomere therapy to the general public. And I've been perfecting ways to rebuild your telomeres ever since.

I'm now on my 10th-generation telomere-reviving formula (that's what the “X” in Telo X Nano stands for).

Telo X Nano is packed with the most powerful telomere builders we know of... like milk thistle, ashwagandha, and astragalus.

Telo X Nano also offers a proprietary amino complex you won't find anywhere else, including Arginine Alpha Ketoglutarate, Acetyl-L-Carnitine HCL, and N-Acetyl-L-Cysteine.

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Forgotten Superfood of Our Ancestors Is... Most Nutritious Part Of Your Meal

I'm sure your family has its own traditions that you celebrate this time of year. But there's more to traditions than nostalgia. Traditions often contain knowledge and wisdom passed down from previous generations.

Unfortunately, one of the traditions we've lost in the last one hundred years or so is the consumption of a particular superfood. One that I call the missing food group.

Your ancestors ate an entirely different food group than we do today... This food group allowed them to develop into the big-brained species we are today. It's what made us who we are.

I call it the "missing" food group because it has pretty much disappeared from our modern diet. And when it comes to optimal nutrition, we've simply been making do ever since.

Your body evolved to derive nutrients from almost every part of an animal. When your primal ancestors went hunting for a big cats, woolly mammoths, or large birds, nothing of what they caught was wasted. They ate everything.

From nose to tail, brain to bones, they devoured it all. And it turned our ancestors into the humans we are today.

Even our grandparents and great-grandparents kept up some of this tradition. They didn't just eat a steak or a chicken breast.

Liver, stomach, tongue, heart, head, feet, tail, ears, bone marrow... you name it, your grandparents or great-grandparents knew exactly what to do with it.



Our ancestors ate an entirely different food group that allowed them to develop into who we are today.

This is the missing food group.

Compared with the muscle meat we are used to eating these days, organ meats are far more densely packed with every key nutrient your body needs — including heavy doses of B vitamins, such as B1, B2, B6, folic acid, and B12.

Organ meats are also loaded with key minerals like phosphorus, iron, copper, magnesium, iodine, calcium, potassium, sodium, selenium, zinc, and manganese and provide the important fat-soluble vitamins A, D, E and K.

Then there are the bones. Humans have been harvesting bone marrow for thousands of years.

Tragically, our modern culture has largely vilified bone marrow since the 1950s. Ever since Ancel Keys tried to convince us fat was "bad" and

erroneously concluded fat was the cause of disease, bone marrow was considered “junk food.”

That shows you how divorced from reality our medical establishment has become... bone marrow is a rich factory of life-giving biological factors like red blood cells, most white blood cells, and two forms of stem cells.

Bone marrow is such a rich source of nutrients, it's one of the foods that allowed our ancient ancestors to evolve into the modern humans we are today. Our big brains are the result of consuming bone marrow and organ meat.

Our hunter-gatherer ancestors would take otherwise indigestible animal parts like bones, hooves and knuckles and boil them down into a broth they could drink. That was one way they could extract the marrow and share it with the tribe.

In a moment, I'll share a couple of different ways you can introduce your family to this missing food group.

Don't Ignore The Best Parts Of Your Traditional Bird

If you're like most of the country, you probably celebrated with a roasted turkey for dinner. It's the most popular protein served in America for the holiday.

If you're like most people, you end up ignoring the most nutritious part of the bird.

I'm talking about organ meat tucked up inside the body cavity of a whole turkey or chicken. Normally, this bag includes the liver, kidney, neck, and gizzards.

And they are some of the best sources of nutrition we no longer eat in our modern diet.

They're all part of what the missing food group I mentioned earlier...

These organ meats helped our ancestors thrive in the most challenging conditions, and allowed us to evolve.

“Your body evolved to derive nutrients from almost every part of an animal.”

I've seen the results of eating this way in the native tribes I've observed. Like the Hadza, who hunt the way our ancestors did. Using bows, arrows, spears and traps, they hunt zebra, giraffe, and giant antelope. But here's what makes them different. They eat every part of the animal they catch, including all the organs. In addition to giblets, these forgotten superfoods include:

- Organ meats like liver and kidney
- Connective tissue
- Bone marrow
- Skin
- Cartilage
- Oxtail
- Gristle
- Pig's feet

Organ meat, in fact, is one of the richest sources of vital nutrients anywhere. And your ancestors ate plenty of it. This is what gave their bodies the strength and power to stave off diseases that were rare in their day.

Diseases like diabetes, heart disease, dementia, and cancer.

In fact, until only recently it was well-known that eating organs from a healthy animal supported the organs or the person eating them.

For example, in traditional cultures and tribes around the world, it was common to treat a person suffering from heart disease by feeding them heart meat. And eating the brain of an animal was known to boost brain power and support clear thinking.

Our ancestors may not have known why this worked but today we do. Let me explain...

Organ meat is full of the antioxidant CoQ10.

This high-octane fuel is used by every cell in your body. But it's especially important to energy-hungry organs, like your heart.

A recent long-term study found that those who consumed at least 300 mg of CoQ10 a day were significantly less likely to die from heart failure, less than half as likely to die from any cause at all, and half as likely to have a heart attack.¹

Brain contains a high amount of omega-3 fatty acids. But fortunately, so are other more palatable organ meats like kidney.

This essential fatty acid is necessary for almost every part of your body to function properly — including your heart, lungs, nerves, joints, eyes, and brain. You see, the brain is almost entirely made up of fat — 60% of which is a fatty acid called DHA. And numerous studies show that high levels of DHA radically improve brain function² and prevent brain shrinkage.³

Other important nutrients in this missing food group include vitamins A, D, E and K, B vitamins like B12 and folate, iron, magnesium, selenium, and zinc.

Make My Grandmother's Easy Giblet Gravy

A great way to introduce your family to the missing food group is with an easy, delicious gravy made from giblets.

It's not easy to find giblets for sale in your supermarket. If you buy your poultry from a local butcher or family farm, you can ask that they put the giblets aside for you as they prepare meat for other customers. Or you can freeze whatever you remove from a bird and stockpile it in the freezer until you have enough.

But if you're looking for a way to include this missing food group into your holiday dinner, I recommend making a traditional giblet gravy. This is an easy recipe similar to what my grandmother made.

Ingredients:

- Giblets (from a free-range turkey or chicken)
- 4 cups cold water
- 4 Tbsp. butter
- 4 Tbsp. coconut flour
- 2 cups pan drippings (or turkey broth)
- ½ cup whole milk (or half-and-half)
- ½ tsp. salt
- ½ tsp. freshly ground black pepper



Giblet gravy is a great way to introduce this missing food group to your family.

Directions:

1. Remove the liver for the time being.
2. Place the remaining giblets into a pan. Cover with 4 cups cold water and bring to a boil. Reduce the heat to low and simmer the giblets for about 1½ to 2 hours. At this point add the liver to the saucepan and simmer for another 30 minutes.
3. Place a mesh strainer or colander over a bowl. Drain the giblets and set the liquids aside to use in the gravy, if needed. Let the giblets cool. Remove the meat from the neck and chop with the rest of the meat.
4. Melt the butter in a heavy saucepan and stir in the coconut flour. Cook and stir for 3 to 5 minutes, or until it starts to turn golden.
5. If you don't have drippings from a roasted turkey or chicken, or if you only have a small amount, add the giblet broth or chicken or turkey stock to make 2 cups. Slowly stir in the drippings and/or broth into the pan. Add the milk or half-and-half. Continue cooking and stirring until thickened.
6. Stir in the chopped giblets, salt and pepper and serve.

Save The Bones For An Immune-Boosting Broth

Giblets and organ meats aren't the only overlooked parts of the bird. Once everything else is stripped away, you're left with some of the most nutritious parts — the bones. Or more specifically, the marrow hidden inside the bones.



One of our most nutritious foods is hidden deep inside the bones.

And modern science confirms what these ancient humans knew. That bone marrow is a nutritional powerhouse.

In fact, research shows that this collagen-rich food heals your gut, boosts immunity, rebuilds your joints, fights cancer, and reduces the risk of diabetes.^{4,5,6,7,8}

But bone marrow also contains a protein hormone called adiponectin.

This protein switches on your stem cells and instructs them to travel to where they are most needed — allowing them to repair dying or diseased tissue.⁹

I love roasted bovine bone marrow. It's rich and creamy and one of the foods I grew up eating. But I understand it's not for everyone. You can get the same benefits by eating old-fashioned bone broth.

Turkey bones can make a delicious immune-boosting bone broth. And that's more important now than ever...

Humans have been harvesting bone marrow for tens of thousands of years. Tragically, in the last 50 years or so, we've turned away from eating what's certainly the most nutritious part of an animal. Bone marrow, the spongy inside of a bone, contains high amounts of protein, B vitamins, healthy fats, and collagen (more on collagen's anti-aging effects in a moment).

Bone broth doesn't just help *prevent* a virus from taking hold, it can help your body *fight* infection if a virus does invade your body in four ways:

1. Reduce inflammation: Bone broth contains several inflammation-reducing compounds that heal your gut. Since 80% of our immune system is directly linked to the health of our gut and our gut lining, a healthy gut means a better ability to fight infection.

This in large part is due to the glycosaminoglycans (or GAGS). They help to restore the intestinal lining. They also play a role in maintaining collagen and elastin content between tissue fibers.¹⁰

2. Clear your respiratory system: One notable study showed that bone broth diminishes the presence of white blood cells associated with inflammation in the upper respiratory system. This encourages a more effective immune response and helps symptoms clear up more quickly.

3. Helps you breathe more easily: Bone broth contains two powerful amino acids. The first, cysteine, effectively breaks down mucus to help clear out passageways so you can breathe more easily. Another amino acid called glycine increases the production of immune cells to reduce inflammatory responses that may damage your lungs.¹¹

4. Boost immune cells: And another compound in bone broth known as mucopolysaccharides has been shown to increase the function B and T cells. These are two of your body's most important immune system cells.¹²

Enhance Your Immune System With Turkey Bone Broth

This is the recipe my family and I will use after we've finished with our turkey...

Ingredients (Makes 8 Cups)

- 1 turkey (feel free to leave some of the uneaten skin and meat on)
- ¼ cup apple cider vinegar
- ½ lemon, quartered
- 1 medium onion, quartered
- 3 carrots, chopped
- 6 garlic cloves

- 2 stalks celery, with leaves
- Fresh parsley, thyme, sage
- 4 bay leaves
- 1/8 tsp. Himalayan or sea salt
- 6 quarts water or enough to completely fill pot



Turkey bone broth is a healthy and delicious way to boost immunity.

Instructions

1. Remove most of the meat from the turkey and save for other dishes. Place bones in a large stockpot.
2. Pour apple cider vinegar and squeeze the lemon quarters over top, then toss the rind in the pot. Add vegetables, herbs and salt, then cover with cold water, stopping just below the lip of the pot.
3. Bring to a boil then reduce heat to medium-low. Cover and simmer for 10 to 24 hours, stirring occasionally. Check your broth to make sure the

liquid isn't evaporating too quickly. If it is, lower the heat and add a little water. By the end of the 24-hour period, the liquid should be reduced by half.

4. Discard any solids and strain the turkey broth through a fine mesh strainer into a large container. Allow the broth to cool at room temperature before placing in airtight jars. Refrigerate or freeze for later.

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To Your Good Health This Holiday

For years now I have signed all my letters to you with “To Your Good Health.” I do this because having the gift of good health is the most important thing I wish for you.

That’s why I also say it when I raise a glass of wine to make a toast.

And I can’t think of a better time than now to raise a glass with your friends and family... especially after the isolation so many people went through during last year’s holiday lockdown.

What you may not know is that what’s in your glass has its own health benefits!

But if you’re like many people I’ve heard from lately, you may have concerns about having a drink or two.

A recent study published in *The Lancet* stoked fears that consuming just one drink of alcohol a day was likely to cause your blood pressure to spike and increase your risk of a stroke.

The publication of this study threatened to overturn decades of sound research that proved the health benefits of having a drink or two a day.

But *The Lancet* study couldn’t be more wrong.

Or rather... the mainstream media — in their continuing quest to publish attention-grabbing headlines — got it wrong.

The day after the *Lancet* released the study, news organizations around the world published bold-type headlines like “There’s No Safe Level of Alcohol” and “Global Study Confirms, No Alcohol Safe To Drink.”

Article after article warned readers that even one drink per day carried a major risk of stroke.



Raise a glass to your good health this holiday.

But in their hurry to make news instead of reporting it, they got the facts wrong. Let me explain...

The Lancet researchers reported that for each group of 100,000 people who have a drink a day for a year, 918 can expect to experience an illness related to alcohol consumption.

Here’s what those hasty reporters missed though... Out of those who drink nothing, 914 can expect to experience the same problem.

This means that over 99,000 are **unaffected** by alcohol... and 914 will have an issue no matter what.

The real breakdown from *The Lancet’s* meta-analysis is that just *4 people out of 100,000* people who consume a drink a day may have an alcohol-related health problem.

That’s a risk factor of 0.004%.

Turns out grandpa was right. A drink or two a day is good for you.

In fact...

- 12-35 grams of alcohol a day reduces the likelihood of cancer by 65% for men and 60% for women.¹
- Drinking a glass of beer will lower your chance of heart disease by up to 41%.²

Light to moderate beer drinking may reduce the risk of stroke in women by 20%.³

- Men who have 1 to 6 drinks a week have an average of 20% lower risk of death from all causes than those who don't drink at all.⁴
- Regular moderate drinkers are up to 41% less likely to get kidney stones.
- A drink or two a few times a week may make you less likely to get Alzheimer's disease. In fact, some cutting edge Alzheimer's researchers have included wine as one of the top 10 brain healthy foods that can lower your risk of the disease.

The latest research also found that having up to three glasses of wine or beer a week is linked to the lowest mortality rates, while tee-totallers are likely to die younger.⁵

Of course, the key is moderation. In all of these studies, only moderate drinkers benefited.

But... There's Help If You Have One Too Many This Season

But what if you have one or two drinks too many this season? The good news is there is a cure for your morning after headache.

That's not something you're likely to hear from most doctors. In fact, their "advice" is to avoid drinking in the first place.

But once you're beyond your 20s or 30s, the chances are you can't drink the way you used to — and hangovers become increasingly brutal, even though you're drinking far less.

"The latest research also found that having up to three glasses of wine or beer a week is linked to the lowest mortality rates."

It's a sad fact of aging... As you get older, your body becomes more sensitive to alcohol. You metabolize alcohol more slowly, and you also have less water in your body.

So when you consume just a few glasses of wine, you'll have a higher percentage of alcohol in your blood than a younger person drinking the same amount. And then comes that "higher percentage" hangover.

I have patients who tell me they now get hangovers after just one glass.

But despite thousands of years of the dreaded morning after the tittle too many — and the immense and widespread suffering that hangovers continue to cause among our species — there's very little scientific research and no mainstream medical consensus on how to cure its worst symptoms.

I'm talking about nausea, extreme fatigue, headache, mental fog, persistent thirst, and body pain — symptoms that stop you getting on with your daily life and keep you in bed.

The good news is that hangovers can be cured — at least the most debilitating aspects of them. And science backs me up, along with the evidence of my own patients' hangover recoveries.

What Really Causes That Morning-After Headache?

Having less water in your body as you age makes you more prone to hangovers. Alcohol is a diuretic, making you urinate more often — and along with water, out goes electrolytes, potassium, magnesium, and other nutrients your body needs to make your cells function. So, dehydration is a major element of a hangover. That's just the start of it.

Ethanol — the alcohol in your drinks — is a **toxic** chemical that also triggers an inflammatory response in your gastro-intestinal tract, and in organs like your kidneys, pancreas and liver.

But the worst hangover symptoms come from your body's attempt to fight the presence of ethanol in your bloodstream — with a chemical that's even more poisonous.

It's a super-toxin produced in your liver called *acetaldehyde*.

Here's what happens...

Basically, your body gets freaked out by the alcohol that's suddenly entered your bloodstream, so it sends squadrons of free radicals to neutralize the danger.

If you drink minimally, this natural system works just fine. The problem is that if you keep on drinking, the free radicals keep on mobilizing. Now you've got rogue killers charging around your body just looking for a fight.⁶

In a desperate bid to control this onslaught of free radicals, your liver produces *acetaldehyde*, which breaks down alcohol into water and carbon dioxide, before it gets flushed out of your system.

Acetaldehyde is most likely the primary catalyst for all hangovers.⁷

This poisonous biochemical byproduct of alcohol is estimated to be between 10 and 30 times as toxic as ethanol itself.⁸

It's so poisonous that it doesn't stay in your body for long, and is mostly gone by the time the hangover begins.

But researchers now believe that it's the dreadful after-effects of acetaldehyde on your central nervous system that cause symptoms like drowsiness, concentration problems, dry mouth, dizziness, gastrointestinal irritation, sweating, nausea, vomiting, headache, rapid heartbeat, flushing and anxiety.

At the same time, certain microbes in your small intestine replicate when you drink alcohol. One called *Erysipelotrichia* happens to produce *dehydrogenase* — the enzyme that triggers the production of acetaldehyde.⁹

Stop The “Morning After” After-Effects At The Source

It's vital to deal with super-toxic acetaldehyde directly. Only then can you mitigate the very worst hangover symptoms. And for that I turn to a molecule called **nicotinamide adenine dinucleotide, or NAD+ for short.**

The problem is that NAD+ is vital for every process in the human body. It affects your metabolism, energy levels, hormone regulation, immune system function, and your body's ability to absorb glucose and regulate electrolyte levels.

But when you over-imbibe, your body uses up its NAD+ supply fast, causing a build-up of acetaldehyde in your system.¹⁰

By boosting NAD+, you speed up the deconstruction of alcohol and move acetaldehyde out of your body faster — reducing or even eliminating the brutal effects of a hangover.

Recent tests by scientists at MIT found that when they gave drunk subjects NAD+ intravenously, their blood alcohol concentration halved within minutes!¹¹

The best way to boost NAD+ is to take more NR.

Although *niacin*, the regular form of vitamin B3, can also convert to NAD+, it involves an inefficient metabolic pathway. And taking extra niacin won't help a hangover.

NR can be found in a few foods, such as full fat cow's milk, oily fish like tuna, sardines and salmon, and beer, in small quantities.

But no food provides high enough levels of NR to counter the nasty hangover effects of acetaldehyde. That means you need a supplement.

The only commercially available form of NR supplements is called *Niagin*. And all patents on the production of NR supplements are standardized by a company called *Cromadex*.

I recommend 1,000 mg before breakfast.

Prepare Your Body For Chemical Warfare

A hangover is a complicated medical problem — even if it's self-imposed and temporary — because ethanol impacts your body in multiple and complex ways. It affects your liver, brain, immune system, the energy levels of almost every cell and it affects your metabolism.

There is no single hangover pill or one magical ingredient that addresses all of the discomfort and misery caused by too much alcohol.

But that doesn't mean they can't be cured...

So let's start with prevention. Of course, always drink plenty of water before, during and after drinking alcohol. Before going out for the night, I also recommend eating a full meal and take a good multivitamin to help prepare your body for what's to come.

But if you can, take these after a night out but before you sleep:

- **Milk thistle, for your liver...** This medicinal plant is one of the best herbs I've found for clearing toxins from your blood. It's been used by traditional healers for more than 2,000 years. But most modern doctors know nothing about it. Milk thistle has a potent antioxidant called *silymarin* that helps detoxify the liver and maintain healthy liver function.

Look for dried milk thistle extract in your health food store or online. But make sure it has a minimum of 80% *silymarin*, the active ingredient for liver cleansing. Take one 200 mg capsule twice a day.



The silymarin in milk thistle is one of the best herbs I've found for clearing toxins from your blood

- **N-acetyl cysteine (NAC) for your immune system...** NAC is an amino acid often used in hospital ERs to treat drug overdoses and it's also a powerful antioxidant. It's great for mopping up the free radicals after the chemical warfare of the previous night before. It also helps prevent and repair oxidative damage to your mitochondria, which regulate the survival of your immune cells and the response to inflammation.¹² At the same

time, NAC upregulates glutathione, your body's most powerful antioxidant, which helps your body break down toxic acetaldehyde.

Normally, I recommend at least 250 mg per day and up to 1,500 mg of NAC as a booster of glutathione and a preventative measure against cancer. But to help prevent a hangover, take 500 mg before bed.

- **Vitamins B1, B6 and B12 for your metabolism...** These vitamins play key roles in converting nutrients into energy, and the maintenance of neurotransmitters. Remember, alcohol is a diuretic, and these B vitamins were more than likely washed out of your system over the course of the night.

Topping up on these vitamins will help counter those feelings of tiredness, lethargy and grouchiness. Taking B1 will also improve your sleep pattern, which alcohol often disturbs. I recommend 40 mg of B1, 800 mcg of B6, and 1,000 mcg of B12.

- **Turmeric as an anti-inflammatory...** Preventing inflammation is vital to reducing hangover symptoms. One study showed blood levels of several pro-inflammatory cytokines were significantly increased 13 hours after alcohol consumption, demonstrating the inflammatory response during the next day hangover.¹³

Every culture in the world has its own traditional "cures." There's most likely a lot of wisdom — and even some science — behind many of them.

For example, Mongolians swear that eating a pickled sheep's eye in tomato juice will cure any hangover. It makes some sense... All pickled foods are saturated in salty brine, which is full of electrolytes that are crucial for a speedy hangover recovery.

And one study found that tomato juice — also the foundation of America's favorite hangover remedy, the bloody Mary — reduced blood alcohol levels three times faster than water, thanks to its stimulating effect on your liver.



Turmeric, whose active ingredient is *curcumin*, is one of the most powerful anti-inflammatories I know. Curcumin, also a potent antioxidant, deactivates a molecular “switch” called *nuclear factor-kappa B (NF-kB)*, which is responsible for more than 400 pro-inflammatory genes.

Turmeric is a common spice in Indian cooking — but that’s sure to be the last thing you want after a night on the town. Instead, take a curcumin supplement of 1,000 mg.

Eliminate The Dreaded Morning After

I recommend a *Myers Cocktail*. This IV therapy boosts the antioxidant vitamin and mineral levels in your body, replenishing vital nutrients lost as a result of alcohol’s diuretic affect.

A Myers’ cocktail typically contains a potent mix of *vitamin C, magnesium, calcium, and a B-vitamin complex*. It’s specially designed to boost your immune system and restore your energy levels — and it has truly worked wonders for many of my patients.

Here at the *Sears Institute for Anti-Aging Medicine*, we add another powerful ingredient into the Myers’ mix — **glutathione**, the vital protein, antioxidant, and detoxifying agent.

I’ve been recommending ways to boost my patients’ glutathione levels for years to help them live long and well. It’s a critical part of your body’s natural system to ward off disease.

Glutathione is also critical for breaking down acetaldehyde and clearing it out of your body.

Unfortunately, your liver's stores of glutathione

quickly run out when you consume larger amounts of alcohol. And that leaves acetaldehyde in your body for a long period of time.

Keeping your glutathione levels up is vital to reducing the effects of a hangover.

A Myers cocktail treatment takes about an hour. If you’d like to learn more about our **Myers plus glutathione cocktail**, please call my staff at 561-784-7852.

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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).

