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Dear Friend,

Big Pharma is at it again... Working overtime to keep natural cures out of your hands.

Every time an alternative treatment makes headlines because it works so well, pharmaceutical companies sweep in to try and prevent you from accessing it.

They have their cronies in the FDA and on Capitol Hill declare it illegal.

Then they patent it. That way they can turn around and sell you a less effective and more dangerous synthetic version of it.

For an incredible profit.

The latest supplement Americans stand to lose access to this year is N-acetyl cysteine (NAC).

Last year, the FDA declared NAC a drug. The agency bombarded supplement companies that sold NAC with letters stating that because NAC was approved as an inhaled drug in 1963, it cannot be called a dietary supplement.

It makes you wonder what happened 60 years later to make the FDA change their mind and suddenly ban this amino acid...

Turns out, it's extremely effective at treating Covid. In fact, there are at least six registered clinical trials evaluating NAC's therapeutic value against the virus. To date, NAC has been shown to:*

- Reduce proinflammatory cytokines that contribute to the "cytokine storm" seen in severe Covid cases...
- Reduce pneumonia caused by ventilators by 20%...
- Inhibit the RNA chemical Covid needs to replicate...
- Significantly improve oxygen in patients after three days of use...
- Lower Covid mortality rates...

It's no wonder Big Pharma can't wait to get their hands on it.

I've been recommending NAC to patients at my clinic for decades. But soon, if the FDA gets its way, that may no longer be an option.

But, NAC isn't the only supplement the feds are gunning for. In your January issue of Confidential Cures, you will learn:

- 1. The incredible health benefits of NAC,** not just for Covid but for numerous diseases and disorders associated with aging. I'll also share how you can get the benefits of NAC, even if the FDA declares it a drug.
- 2. How to fight cancer with five medicinal mushrooms.** These mushrooms work together to increase cancer fighting immune cells, decrease tumors, and triple survival time. This is yet another natural therapy Big Pharma and the FDA are coming after.
- 3. The truth behind Big Agra's new ultra-processed fake meat alternatives** and their false health claims. I'll also show you how switching back to a "forbidden food" of your ancestors will give body exactly what it needs.

To Your Good Health,

Al Sears, MD, CNS

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Big Pharma Stands To Make Millions After Hijacking Covid-Fighting Amino Acid

Since we first heard about Covid in late 2019, the federal government has been quietly, but steadily using it as an excuse to take away your health freedom.

Their latest power move is trying to ban a popular supplement called N-acetyl cysteine (NAC). I've been recommending this glutathione precursor to my patients for decades.

NAC is derived from L-cysteine – an amino acid produced naturally by your own body.

But now, Big Pharma has convinced their friends at the Food and Drug Administration to label this powerful supplement a drug and ban all over-the-counter sales.

If they get their way, the only way you can access this anti-aging, health-promoting supplement is with a prescription.

In other words, NAC is such a powerful natural healer that the FDA, under pressure from their friends at Big Pharma, has decided that it can't possibly be a dietary supplement.

Instead, it must be declared a drug, so pharmaceutical companies can make even more money – at the expense of your health.

This logic is not just idiotic, it's outrageous...

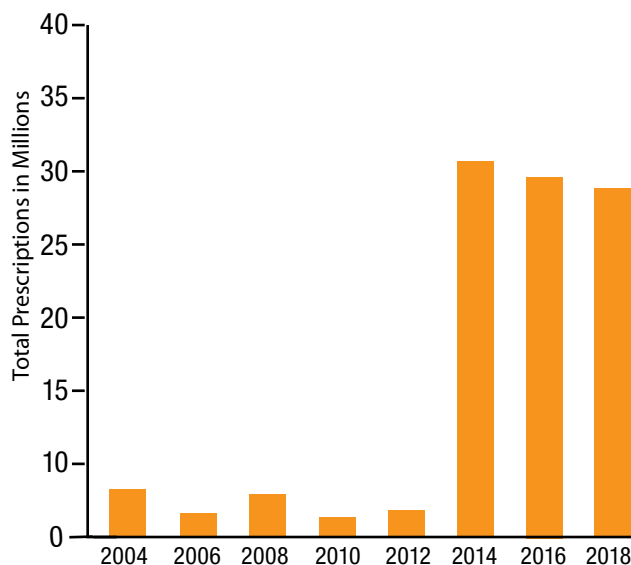
First, the components your body uses to make its own NAC are found not just in your own body, but in dozens of everyday foods. That means it's obvious that NAC is a dietary supplement, and not a drug.

Second, and even more important, this latest FDA overreach is just the latest attack on your health freedom.

It curtails your right to unrestricted access to food supplements of your choice, and deprives you of easy access to a proven, affordable, and hugely beneficial health aid.

So, why is this happening now?

BIG PHARMA WANTS TO CASH IN ON SUPPLEMENT'S RISE IN POPULARITY



It's easy to see Big Pharma and the FDA's profit motive for banning NAC supplements – all at the expense of your health.

Just follow the money. It's easy to see who benefits most from this change – and it's certainly not you and your health. Even when it comes to treating their number-one health priority...

You see, pharmaceutical companies are aware of the studies that show NAC is an effective, and affordable, way to treat Covid. They stand to make millions if they can market NAC as a Covid-fighting drug. To date, there are 17 Big Pharma corporations investigating NAC, in both supplement and drug form, as a treatment for Covid. More on this in a moment.

Another money-making potential comes from an American pharmaceutical company called Orpheris, Inc.

This drug company is evaluating NAC as a potential – and profitable – drug treatment for a rare genetic disorder called demyelinating disease.

This condition results in damage to the protective covering (myelin sheath) that surrounds nerve fibers in your brain, optic nerves and spinal cord. When the myelin sheath is damaged, nerve impulses slow or even stop, causing neurological problems.

According to a National Institutes of Health website dedicated to dietary supplements, “No safety concerns have been reported for products labeled as dietary supplements that contain NAC.”¹

It’s easy to see why the FDA is protecting their friends at Big Pharma. Research shows there is a nearly \$2 billion prescription NAC market.²

On the other hand, supplement prices are as low as 17¢ per pill – significantly less than the cost of filling a prescription.

You may already have noticed Amazon – the world’s largest online seller of supplements – has stopped selling NAC, as have a number of major health food outlets.

In this *Confidential Cures*, I’ll show you how you can still obtain NAC dietary supplements, despite the coming ban, and also how you can help your body to make its own cysteine by consuming the right foods. You’ll also learn how to fight to protect your health freedoms against persistent attacks from the FDA and its Big Pharma paymasters.

The Power Behind The Supplement That Threatens Big Pharma

For almost three decades, I’ve been recommending this powerful dietary supplement to my patients. NAC has been shown to improve dozens of conditions – from COPD and chronic bronchitis to hearing loss, various eye conditions, infertility, liver and kidney disease, depression, schizophrenia, traumatic brain injury and even hangovers.

But thanks to its potent antioxidant, anti-inflammatory, and immune-modulating properties, NAC is also an anti-aging powerhouse.

And most recently, an evidence-based scientific review of this natural and safe compound even revealed it to be a highly effective preventer and treatment for Covid-19.³

It’s not difficult to understand why Big Pharma would want a compound as potent and safe as N-acetyl-L-cysteine all to itself.

NAC is a highly effective precursor to *glutathione*, your body’s strongest antioxidant.

Glutathione is found in every cell in your body,

and is a powerful weapon against oxidative stress, inflammation and free radical damage to cells and tissues – especially in your lungs.

Glutathione is also essential for your immune health and fighting cellular damage.

Studies show that it helps prevent and repair oxidative damage, thus protecting your mitochondria – the tiny but critical power generators found in every cell that make up your body’s master energy system.^{4,5}

Decades of research have revealed your biological clock is controlled primarily by two parts of your cell biology – your mitochondria and your telomeres.

NAC and glutathione have been shown to protect both – making them genuine two-punch anti-aging powerhouses.^{6,7}

But NAC is also a potent antioxidant in its own right – even before it converts to glutathione.⁸

Hospitals use it as their go-to detoxifier for Tylenol overdoses.

Studies show that NAC also decreases the production of pro-inflammatory compounds that cause scarring in lung tissue, and can also be used as an expectorant, loosening mucus in your respiratory passageways.^{9,10,11}

And its benefits don’t end there. NAC is a powerful detoxifier against heavy metals in your organs and bloodstream. It also helps protect your liver and kidneys, boosts fertility in both men and women, alleviates the pain of rheumatoid arthritis, and even stabilizes blood sugar, reducing your risk of type 2 diabetes.¹²

At the same time, NAC has been shown to improve brain health, as well as a number of psychiatric disorders – including bipolar disorder, depression, schizophrenia, obsessive-compulsive disorder (OCD) and addictive behavior.¹³

NAC Is A Powerful Weapon Against Covid

A number of recent studies show that NAC is a highly effective natural weapon against Covid-19 – both as a treatment and a prevention.

Thanks to its antioxidant, anti-inflammatory and immune-modulating properties, clinical research has revealed NAC’s ability to fight the coronavirus – especially among seniors and individuals with compromised immunity.

One study revealed NAC's powerful anti-viral properties can dramatically cut the virus's replication rate.¹⁴

NAC has also been shown to bolster immune response to the coronavirus, by increasing both the number and the strength of your body's lymphocyte defender cells.^{15,16}

Studies also reveal that NAC reduces the production of pro-inflammatory cytokines, which are released early on in a viral infection. Coronaviruses often migrate to sites of inflammation in the lungs, so reducing this inflammation helps to reduce the more severe symptoms.

In severe cases, the production of cytokines leads to a "cytokine storm" response. This is when the immune system overreacts to the virus, resulting in the hyper-inflammation of organs, such as the lungs and kidneys – and is often what kills patients, rather than the virus itself.¹⁷

No wonder researchers in one study described NAC as the "forgotten immune-modulating agent."¹⁸

Meanwhile, a recent Russian study revealed that deficiencies in the master antioxidant glutathione – a common problem among seniors – can quickly turn Covid-19 into a deadly condition.¹⁹

The recommendations of the study's lead researcher, Dr. Alexey V. Polonikov, at Kursk State Medical University, include supplementing with NAC to boost your body's glutathione production.

Why then is the FDA pushing to outlaw this astonishingly powerful and inexpensive compound that could save your life?

The FDA's Long History Of Selling Out To Drug Makers

Make no mistake... The FDA is currently moving into the final stages of its process to ban the sale of NAC as a dietary supplement.

Thousands of names have been signed to petitions launched by the Natural Products Association and the Council for Responsible Nutrition to protest this ban, and have already been submitted to the FDA.

But I wouldn't hold out much hope. The FDA has a long history of pandering to Big Pharma.

I remember when the FDA ran interference for its pharmaceutical paymasters back in the 1990s. The agency banned L-Tryptophan, a natural sleep aid and calming agent that threatened expensive Big Pharma prescription drugs, such as Prozac, which were soon to be released.

It did the same thing with an amino acid called GHB (gamma hydroxybutyrate), another natural sleep aid, which sold as a dietary supplement until the FDA criminalized it.

One of the most famous examples is Big Pharma's repackaging of one of nature's most potent heart nutrients – niacin, or vitamin B3 – and selling it as a drug with an **800% price hike**.²⁰

These are by no means the only examples. Dietary supplements have come under attack by the FDA multiple times over the years – especially those which are most obviously beneficial, and compete directly with the profit aims of Big Pharma.

Now, NAC is their latest target – even though the FDA has previously referred to NAC as a dietary supplement on multiple occasions.

The FDA also claims that NAC was approved as a "drug" in 1963 – even though it has also been available as a dietary supplement since then. In fact, first approval for an NAC-containing drug didn't occur until 1982, and was discontinued shortly afterward. It wasn't even taken up as a Tylenol-overdose treatment in hospitals until the mid-1990s.

Now, as the wider health benefits of NAC are studied and proven, and its popularity among consumers continues to grow, the FDA is determined to stop you from buying it.

Their proposed ban not only eliminates competition for Big Pharma – it's also a direct attack on our rights, as well as the health of you and me.

Here's How You Can Get Around The FDA's Draconian Ban

For decades, NAC has been widely available as a dietary supplement in health food stores, local drug stores, major supermarkets and online retailers. Now, thanks to the FDA's recent campaign of warnings and threats, availability is dwindling fast.

Soon, it's likely millions of people will be unable to obtain it – which is an especially dangerous prospect in the middle of a pandemic. Though, of course, the FDA has never had our health interests at heart.

My recommendation is that you purchase NAC while it's still available at your local health food store, or your favorite online supplements shop – and stockpile, if you can.

I recommend taking 600 mg by tablet or capsule per day. After a couple of weeks, take 600 mg twice a day.

In one study, patients were given 600 mg of NAC a day for three months.

At the end of the three months, their blood plasma levels of glutathione increased by 38%, dramatically bolstering their immune system.²¹

I also suggest writing to your congressman. Even in today's political climate, it could help stop the FDA outlawing one of the best treatments and protectors against Covid-19. It is also one of the best anti-aging compounds, all-round healers, and immune-system boosters available.

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.

The good news is that taking NAC dietary supplements isn't the only way to increase your glutathione levels – although you won't get NAC's other benefits.

You see, N-acetyl cysteine is the supplement form of the amino acid, *cysteine*, which your body can produce from other amino acids – namely *methionine* and *serine* – although not as effectively as it does with NAC.

Methionine and serine are found in most high-protein foods, including:

- Red meat
- Chicken
- Turkey
- Fish
- Yogurt
- Cheese
- Eggs
- Sesame seeds
- Brazil nuts

Unfortunately, your liver doesn't store glutathione for long – especially when you consume alcohol. That's because your body uses glutathione to clear out the toxins in alcohol – which is why NAC and glutathione are great hangover remedies.

Hands down, the fastest, easiest, most effective way to boost your glutathione levels is to get an intravenous (IV) cocktail.

Here at the Sears Institute for Anti-Aging Medicine, we add glutathione to our IV “Myers cocktail,” which also contains a mix of ***vitamin C, magnesium, calcium and a B-vitamin complex.*** It's specially designed to boost your immune system and restore energy levels.

If you're interested in getting a glutathione IV therapy and you're in the South Florida area, just call my staff on **561-784-7852** for further details and appointments. Or visit my website at www.searsinstitute.com.

You can also buy glutathione supplements, which are still available online and in health food stores – but make sure you get the “reduced form.” This is the only form that can be absorbed by your cells.

I recommend taking 500 mg daily.

Take These Glutathione-Boosting Supplements (While You Still Can)

There are other nutritional supplements that will also help increase your natural production of glutathione. Some of them are:

1. Alpha Lipoic Acid (ALA) – This antioxidant helps regenerate glutathione and increases its effectiveness. Take 250 mg a day.

2. Bilberry – This berry keeps glutathione from being depleted and increases its activity. Take up to 100 mg a day.

3. Grape Seed Extract – This extract helps switch on your glutathione production. Take 500 mg a day.

4. Curcumin – This powerful spice enhances the synthesis of glutathione. It's not easy to get as much as you need from food. I suggest supplementing with 500 mg to 1,000 mg daily. Look for a product with piperine to boost bioavailability.

5. Aloe Vera – Studies also show that taking this “wonder plant” boosts your glutathione levels.²²

About 95% of the aloe products on the market are either diluted or improperly processed. So, you want to be careful when choosing an aloe product. And be sure not to drink more than 30 mL three times a day.



Juice from the aloe vera plant boosts glutathione.

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\$10,000-Per-Dose Chemo Price Tag Isn't Enough...

Big Pharma's Plan To Turn Cancer-Killing Mushrooms Into Costly Drug

Over the past 100 years, Big Pharma has taken over health care with its mass production of synthetic drugs.

Because that's where the big money is.

You see, Big Pharma can't get patents on herbs or other natural remedies. And that means they can't make any money on them. But they've found a way around that...

They modify them — ever so slightly. They add artificial ingredients. They manipulate molecules.

In the end they come up with a “new” compound that they can patent – and, of course, profit from.

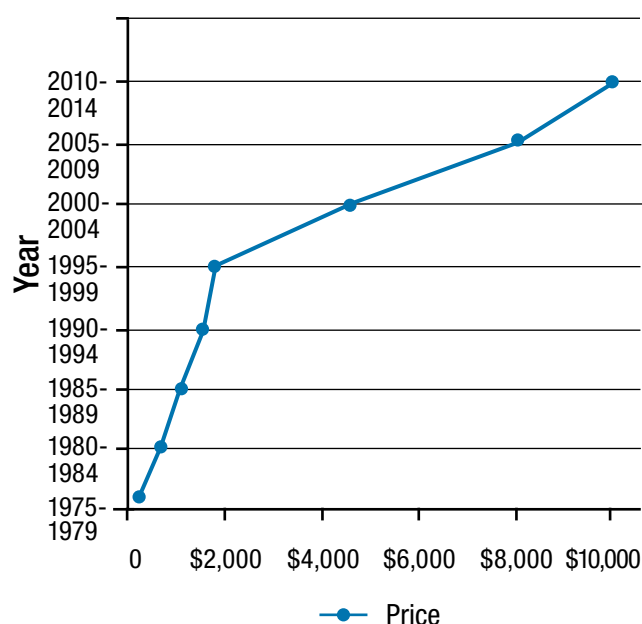
The latest example comes from a UK-based chemotherapy company called NuCana.¹

So what's in this new “drug” this biopharmaceutical is creating? It's a synthetic form of a Himalayan mushroom called Cordyceps sinensis. This natural cancer killer has been used to treat patients successfully for thousands of years.

And today's research backs this how effective the natural version is. Researchers have found that Cordyceps fungi can exert anti-tumor effects in several ways. These mushrooms can:

- Inhibit the growth of many types of human cancer cells, including lung, colon, skin and liver cancers in lab tests.^{2,3,4,5}
- Stop or slow tumor growth in animals with lymphoma, melanoma, and lung cancer.^{6,7,8}
- Strengthen the immune system and increase natural killer cells by 18%. This makes it easier and more effective for your body to fight cancer naturally.⁹

**MEDIAN MONTHLY PRICE
OF NEW CANCER DRUGS**



Between 2000 and 2010, the cost of one chemo dose doubled from \$5,000 to \$10,000. By 2030, prices are expected to increase another 35%.

Mariotto A, et al. "Medical care costs associated with cancer survivorship in the United States." *Cancer Epidemiol Biomarkers Prev.* 2020 Jul;29(7):1304-1312.

- Reverse side effects associated with cancer chemotherapies, including leukopenia. This low white blood cell count decreases the disease-fighting leukocytes in your blood.
- Decrease tumor size in lung cancer patients 46%.¹⁰

In this ***Confidential Cures*** article, I'll tell how Big Pharma and Big Cancer get away with charging outrageous amounts of money for drugs that can cause more harm than good. But more importantly, you'll discover the cancer-fighting power of five different medicinal mushrooms.

For Big Pharma, Cancer Is Still King

Even though NuCana's new chemotherapy drug most certainly won't be as safe as what nature has already provided, the drug will probably end up making billions of dollars for its creators.

After all, Big Pharma depends on the endless stream of steady profits diseases like cancer deliver. In business terms, cancer is a "cash cow." And the industry really does milk cancer patients for money.

That keeps Pharma execs motivated to make high-cost, long-term treatments, regardless of whether they work in any meaningful way. They line their pockets at the expense of patient care.

These fat cats know that highly effective, less expensive natural treatments exist. But they don't want you to know that. So they and their buddies at the FDA work overtime to make sure those treatments stay under the radar.

Why? Because cheaper, safer, natural options would cut into their profit margin.

Discover The True Cost Of Chemotherapy

Cancer drugs sell for an average of \$100,000. The pharmaceutical companies will tell you that they have to charge these high prices to make up for the billions of dollars they spend bringing new drugs to market.

It's not true.

A recent study found the average cost to develop a new cancer drug is significantly lower than what Big Pharma says it is. The median cost is about \$650 million. And not the billions declared by these drug makers.

But it's not just Big Pharma making an outlandish profit...

Cancer drugs are also making oncologists very, very rich.

You see, most doctors will just write you a prescription for a drug. But oncologists buy these drugs at an outrageous cost from Big Pharma, then sell them to cancer patients at marked-up prices.

They're the only specialists in mainstream

medicine that are allowed to *profit directly from the sale of a drug*. And they depend on that money. It's estimated that selling chemo drugs makes up 2/3 of cancer doctors' incomes!

Now, I don't want to say cancer doctors are crooks. Most are not. However, that's a lot of money. And even good people with good intentions can be influenced by that kind of financial incentive.

But the \$10,000 price tag of this poison is still not the greatest cost of chemotherapy.

Cancer drugs cost patients their quality of life. They cause devastating emotional turmoil and frightening loss of brainpower. They compromise your immune system, forcing you into isolation at a time when you need to be surrounded by loved ones.

And while you might expect hair loss, nausea, and extreme fatigue, you may not realize that chemotherapy can cause debilitating long-term side effects such as:^{11, 12}

- Damage to the immune system
- Hearing loss
- Nerve pain
- Osteoporosis
- Lung damage
- Congestive heart failure

But there's one more "side effect" oncologists don't want to talk about... The fact that chemotherapy drugs can cause secondary cancers.¹³ You see, even when they survive their original cancer diagnosis, survivors may up with a different cancer affecting their skin, bones, brains, lungs, and blood.

Luckily, you have natural options beyond these destructive drugs. I'm talking about medicinal mushrooms like the one I mentioned earlier...

Trust Nature's Proven Anti-Cancer Powerhouse – Medicinal Mushrooms

For generations, Asian healers have relied on medicinal mushrooms to treat every health condition under the sun.¹⁴ Medicinal mushrooms have dozens of uses, from revitalizing tonics to treatments for major diseases including diabetes, Alzheimer's, and atherosclerosis.¹⁵

On top of all that, they have truly spectacular cancer-fighting abilities.¹⁶ And for at least 50 years, they've been used as registered anti-cancer drugs in Japan and China.

Now these mushrooms are different than the ones that top your pizza. They contain powerful compounds that make them as effective as chemotherapy drugs... but without the horrible life-draining side effects.

Multiple studies show that cancer patients can use medicinal mushrooms to:

- Kill cancer cells
- Shrink tumors
- Improve chemotherapy results
- Reduce effective chemotherapy doses
- Counteract chemotherapy toxicity
- Improve immune system function
- Extend their lifespan
- Prolong remission

Practitioners have used medicinal mushrooms for centuries, specifically to fight cancer for more than 50 years in Asia. And I can show you how to access these safe natural cancer treatments.

5 Reasons Why You Don't Have To Depend Solely On Big Pharma's Cancer Meds

I would never tell a cancer patient not to do anything and everything in their power to save their life, or the life of a loved one – including chemotherapy drugs.

But you don't have to wait for any drug company to transform natural cures into expensive – and potentially dangerous – chemotherapies. I can show you how to reap the benefits of Mother Nature's cancer-fighting compounds right now.

Scientists have studied the cancer-fighting powers of medicinal mushrooms for decades. Most of that research, including eye-opening human clinical trials, was not published in English. But the studies show us just how well they knock out cancer without knocking down cancer patients.

1. Turkey Tail – *Trametes versicolor*. The turkey tail mushroom contains many cancer-fighting compounds, including one that's been used as a cancer “drug” in Asia for decades.



Turkey tail increases natural killer cells in breast cancer patients.

Asian oncologists have used a turkey tail extract called polysaccharide kureha (PSK) to treat thousands of cancer patients.¹⁷ It brings the effectiveness of powerful chemotherapies without any of the damaging side effects.

Turkey tail also contains polysaccharide peptide (PSP), another compound used as a cancer drug in Asia. PSP and PSK provide the bulk of turkey tail's cancer fighting abilities. But they work best in their natural state – as part of the whole mushroom.

This medicinal mushroom has been a literal lifesaver for cancer patients. Along with increasing survival rates and prolonging survival time, turkey tail improves immune function and quality of life even in end-stage cancer patients.⁸

Turkey tail and its key compounds deliver truly mind-blowing results. Here's what the research shows:

- Turkey tail substantially increased cancer-fighting immune cells, such as natural-killer (NK) cells, in breast cancer patients undergoing chemo and radiation.⁹
- Special proteins found in turkey tail kill aggressive colon cancer stem cells, including chemotherapy-resistant cells.²⁰
- PSK increased the 3-year survival rate of Stage III gastric cancer patients by 500%.²¹
- Turkey tail nearly tripled survival time in advanced liver cancer patients and improved their quality of life.²²
- PSK decreased tumor-related symptoms, improved immune system function, and prolonged survival in lung cancer patients, according to a review of 28 clinical trials.²³

You can take 2,000 mg (2 grams) of full turkey tail extract in capsule form daily, best taken on an empty stomach. Look for capsules that contain PSK, PSP, and beta-glucan polysaccharides.

2. Reishi – *Ganoderma lucidum*. Reishi, known as the mushroom of immortality, has been used for centuries to heal illness and protect against future disease.

Studies show that reishi works against many types of cancer, including invasive prostate cancer, melanoma, and aggressive breast cancer.^{24,25} It also protects patients against the ravages of standard cancer treatments that damage the immune system.²⁶

Several human clinical trials conducted in China and Japan show just how effectively reishi works to fight cancer. These studies have found that reishi helps:

- Boost immune function and response in lung cancer patients being treated with chemo or radiation.²⁷
- Reduce the number and size of tumors in colon cancer patients.²⁸
- Decrease fatigue and improve emotional and physical well-being in breast cancer patients undergoing therapy.²⁹
- Brought on lasting remission in a few patients with liver cancer.³⁰

Based on the dosages used in clinical studies, you can take 1,000 mg (1 gram) of reishi extract daily in capsule form. For the best results, take reishi on an empty stomach.

3. Brazilian mushroom – *Agaricus blazei*. This mushroom doesn't get much press, but agaricus pulls double duty fighting cancer and building up your immune system. Its primary power comes from extremely high levels of a compound called beta-1,3-glucan.

Agaricus comes into play for fighting solid tumors.³¹ It prevents the tumors from forming the new, dedicated blood vessels they need to get nutrients.³² Without those supply lines, tumors can't survive. This mushroom can also stop cancer cell growth and trigger cancer cell death.³³ And while agaricus conquers cancer, it helps cancer patients thrive.

One clinical trial showed agaricus improved immune function and quality of life in patients undergoing chemotherapy for gynecological cancers.³⁴ The women who got agaricus had stronger appetite, minimal hair loss, and more

energy than the women on the placebo. Another study found that the cancer survivors who took 3.6 grams of agaricus daily enjoyed significantly better quality of life during remission.³⁵

Dosing in human studies ranges from 500 mg three times daily to 1.8 grams (1,800 mg) twice daily. For the strongest support, you can take 1.8 grams of agaricus in capsule form two times per day.

4. Maitake – *Grifola frondose*. Maitake – also called the King of Mushrooms – has been used across Asia for centuries as both food and medicine.³⁶ It greatly enhances immune function, making it a go-to treatment for several types of cancer.



Maitake, the King of Mushrooms, greatly enhances immune function.

Maitake contains a powerful compound called D-Fraction that gets a lot of research attention, especially overseas. D-Fraction contains tons of healing beta-glucans. But it's still just one part of maitake, and the whole mushroom provides a wealth of benefits for cancer patients:^{37,38}

- Activates NK-cells and powers up their attacks on cancer.
- Stimulates a protein called TNF-alpha that shuts down blood vessels that tumors create.
- Boosts the population of special T-cells to help the immune system fight cancer.
- Reduces oncogenesis – the process where healthy cells turn into cancer cells – by 26%.
- Decreases the toxic effects of chemotherapy.
- Prevents metastasis so cancer can't spread from one organ to another.

That combination of actions has a profound effect for cancer patients.

Research shows that treatment with maitake decreases cancer symptoms and tumor size in 58% of liver cancer patients... 63% of lung cancer patients... and 69% of breast cancer patients.³⁹

And a just-published mega-analysis of 24 studies (only ones published in English) concluded that maitake “is a potential treatment for tumors and clinical trials.”⁴⁰ With results like that, maitake has probably made it onto Big Pharma’s radar.

You can take 2,500 mg (2.5 g) of maitake in capsule form daily, best taken in two separate doses on an empty stomach.

4. Chaga – *Inonotus obliquus*. You’d never expect this odd-looking fungus that grows on wild birch trees to contain a pharmacy’s worth of anti-cancer compounds.

Chaga comes packed with *betulin* and *betulinic acid*, drawn from the birch. These two unique compounds rank among nature’s most powerful cancer fighters.^{41,42} And together with the other healing substances in chaga, they prevent and treat cancer.

Research shows that this potent mushroom can fight cancer by:^{43,44}

- Stopping tumor formation.
- Preventing development of tumor-supporting blood vessels.
- Stopping cancer cells from growing and multiplying.
- Preventing cancer cells from spreading (metastasis).

And in a miraculous mouse study, scientists found that chaga shrunk lung cancer tumors by 60% in just three weeks!⁴⁵ Plus, it also decreased cancer spread by 25%.

Chaga works effectively against leukemia, thyroid cancer, pancreatic cancer, melanoma, and many other cancers.^{46,47} And though chaga has been the subject of over 150 studies, none – yet – have been clinical trials. That’s why much of the knowledge we have for using chaga comes from tradition and experience.

For the best results, you need high concentrations of betulin and betulinic acid. That comes wild chaga harvested from birch trees. You can take chaga as a traditional tea or in capsule form. The recommended starting dose is one 300 mg capsule taken on an empty stomach twice daily. You can build up to the maximum dose of three capsules twice a day if needed.

For Your Biggest Bang, Use These Medicinal Mushrooms Together

Each of these mushrooms has proven cancer-fighting abilities and can tackle cancer on its own.

But like so many botanical medicines, they work even better together. These mushrooms interact synergistically, amping up each other’s powers.

While they all combat cancer, each comes at it with a different specialty. For example, some revitalize mental or physical energy, some boost memory and concentration, and some help your body manage stress more effectively. That’s why natural health practitioners often recommend medicinal mushroom blends rather than single mushrooms for their patients.

Whether you decide to try a single mushroom or a combination, make sure to look for whole mushroom extracts. Because while many of the individual compounds deliver powerful effects, you’ll get the best result when you use them in their natural form.

Brew A Cup Of Cancer-Fighting Mushroom Tea

Traditionally, medicinal mushrooms are taken as a tea. You can easily make up a batch at home:

Ingredients:

- 3 - 5 ounces of dried single or mixed medicinal mushrooms
- 8 ounces of pure water

Instructions:

Step 1: Boil 8 ounces of water in a small pot.

Step 2: Add the dried mushrooms and reduce heat to a simmer.

Step 3: Simmer the mushrooms for 20-30 minutes.

Step 4: Remove the mushrooms (you can save these for another batch of tea).

If the mushroom tea tastes too earthy for you, you can add some ginger and a little honey to adjust the flavor.

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War On Traditional Food Takes An Absurd New Turn...

Big Agra's Lies About Ultra-Processed, "Plant Meat" Has Dangerous Consequences For Your Health

I've been fighting anti-meat crusaders for years.

Vegetarians and vegans often look down their noses at the rest of us, thinking they're morally and politically better than we are.

It's elitist thinking – not to mention, completely naive and wrong.

And of course, *detrimental* to your health.

But in some ways, it's not their fault.

For years, they've been force fed a diet of misinformation and intentional deception from Big Agra, mainstream doctors, and the media.

Misinformation like red meat causes heart disease and cancer... eggs are full of cholesterol and cause heart attacks... eating meat is bad for the planet.

By controlling both the food and the information made available for decades, these diet dictocrats have forced the American people to eat an unnatural, unhealthy, inflammatory, disease-producing, diet without their consent.

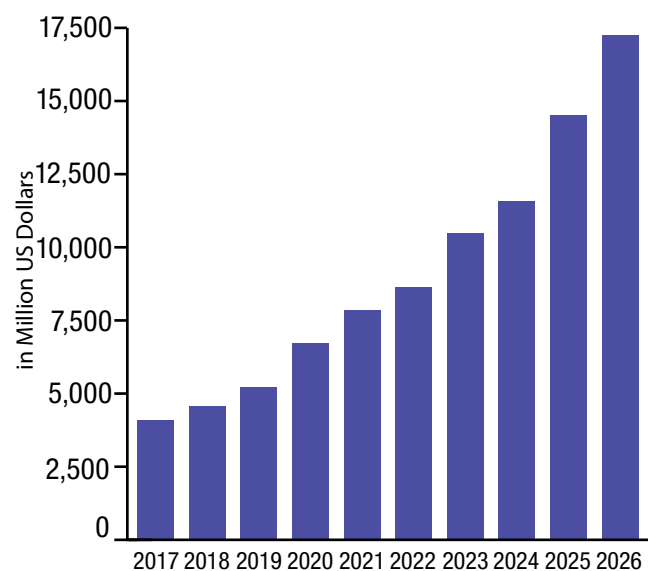
And now the war on traditional foods has taken a new turn... One that I call an abomination.

Plant-based steaks, burgers, chicken patties, and eggs now appear on restaurant menus and supermarket shelves everywhere – all claiming to be super healthy.

At the same time, these new vegan concoctions claim to be saving the world from the evils of factory farming.

Let me be clear: I'm all for eliminating inhumane and unhealthy factory farms.

FAKE MEAT IS A BIG AGRA "CASH COW"



The global plant-based meat substitute market was valued at \$3.3 billion in 2019 and is expected to hit almost \$14 billion by 2027.

Source: Grand View

Aside from the cruelty these animals endure, they also have less nutritional value than their pasture-fed relatives. Multiple studies back this up.^{1,2}

But these are reasons to buy produce from organic, grass-fed, cage-free, and pastured animals – not for consuming unnatural, plant-based Frankenstein creations.

Big Agra and their partners in the media want you to believe their new fake foods are healthier than their natural alternatives.

It's simply not true.

In this *Confidential Cures*, you'll learn the truth about Big Agra's new plant-based fake meat alternatives and their misguided claims. I'll also show you that by switching back to the "forbidden food" of your ancestors, you'll be giving your body exactly what it needs.

What's In These Ultra-Processed Plant-Based Concoctions?

By definition, plant-based "egg and meat products" are processed, unnatural fake foods. They're made from more than 50 chemical ingredients that are decidedly unrelated to the animals they mimic.

They can be reconstructed from a huge variety of plants. For example, a plant-based burger might be a simple patty consisting of mushrooms and beans.

This might sound healthy enough – especially when labels include claims of high protein, vitamins, minerals, and antioxidants, and of course, low cholesterol levels.

But, as usual with the labeling from most big food and agricultural corporations, things are not always what they seem.

Most plant-based meat or egg products also contain soy and seitan, which gives them their "authentic" texture.

Despite the media and marketing hype around soy being a source of health, it's one of the worst plant foods you can possibly consume.

You see, soy is loaded with estrogen mimickers that cause erectile dysfunction, man boobs, loss of bone and muscle mass, and at least half a dozen different types of cancer, as I've been warning my patients for decades.

Soy also impairs insulin secretion and might actually *cause* diabetes. And new studies reveal that it may even be connected to dementia and mental illness.^{3,4}

Meanwhile, seitan, also known as "wheat meat" is a starchy, grain-based meat alternative made from gluten and is highly processed. I recommend avoiding all grain-based processed foods. They are extremely unhealthy for you.

These products, despite the marketing, will never be as nutritious as the real thing.

Soy and seitan, while horrible for your health, are

at least real foods. The other ingredients hiding in your veggie burger are anything but...

Beware of These 5 Chemicals Hiding In Fake Meat

Veggie burgers don't grow in the ground. They're mass produced by giant food corporations in factories.

To make these ultra-processed meat-alternatives resemble and taste like real meat means they have a whole lot of chemical additives.

Here are five dangerous chemicals that could be lurking in your veggie burger:

- 1. Tertiary butylhydroquinone.** TBHQ is a synthetic preservative that starts as hydroquinone – an agent used in developing photos. It's added to processed foods to prevent discoloration, hide odors, and extend shelf life. Studies link this additive to cancer, vision loss, liver enlargement, neurotoxic effects, and convulsions in lab animals.⁵ But TBHQ can also affect human behavior. Research suggests it damages the function of your immune system and may lead you to be more susceptible to disease.⁷
- 2. Erythrosine (Red #3).** This fake food coloring was banned by the FDA in non-food products like cosmetics after it was linked to cancer. But this bright pink-red dye can still be used in foods, including meat alternatives. Made from coal tar, it's also linked to thyroid abnormality, brain dysfunction, hyperactivity, light sensitivity, and asthma.
- 3. Magnesium carbonate.** Used as a food additive to prevent caking and retain color, magnesium carbonate is also used in flooring, fireproofing, and fire-extinguishing compounds. Too much of it leads to a laxative effect.
- 4. Propylene glycol.** Propylene glycol is an odorless, colorless synthetic liquid substance that absorbs water. It's used by the cosmetic industry as a moisturizer.

"Independent research found that 'fake meat safety studies are funded by the companies making these fake foods.'"

It's also used as a liquid in e-cigarettes and is the primary ingredient in antifreeze and electronic cigarettes.

- 5. Ferric orthophosphate.** Also called iron phosphate, this chemical is used to fortify foods. It can also be used as a pesticide to kill garden slugs and snails. While generally considered safe in small quantities, it can be a skin and eye irritant and may cause an upset stomach.

Makers of meat alternatives are often asked about the safety of the chemicals in their products. They quickly point to studies that declare these compounds are generally recognized as safe (GRAS) for human consumption.

But here's what they fail to mention...

Independent research has discovered the "studies" have been funded or commissioned by the companies manufacturing these fake foods.⁷

Of course, you'll never hear from the FDA or the mainstream media that meat alternatives are an unhealthy choice. These institutions are still hung up on what I consider one of the greatest health food cons of all time... the war on cholesterol.

The Latest Attack In The War On Cholesterol

The invention of plant-based "meat" and "eggs" is nothing more than the latest, pointless front in the decades-old war against that waxy, fat-like molecule found in certain foods and also made in your liver, called cholesterol.

This war began back in the 1950s with the physiologist Ancel Keys and his misguided theory – now almost universally accepted as medical gospel – about the connection between cholesterol and cardiovascular disease.

Because cholesterol travels through your bloodstream in lipoproteins – along with fat, protein and phospholipids – Keys identified the common consumption of animal fats as the great enemy of heart health.

His Seven Countries Study paper pushed the idea

that margarine, corn oil, cold cereal and chicken should replace natural saturated fats in foods like red meat, eggs, and butter.

Yet there were gaping holes in this cholesterol-fat hypothesis no one bothered to question – the most shameful of which was that Keys deliberately erased data from his own research.

Despite the fact that 22 countries provided statistics, Keys cherry picked seven countries that matched the theory he wanted to prove. In the countries he ignored, people routinely ate tons of fat and other high cholesterol food – yet rarely experienced heart disease.⁸

Big Agra and food processing giants like Procter & Gamble and General Mills jumped on Keys' theory almost immediately. They realized they could make billions by selling cheap grains and vegetable oils in place of natural fat.

In the years since, the rates of chronic conditions like diabetes, heart disease, high blood pressure, Alzheimer's, and cancer have skyrocketed. I know that may sound jarring after all you've heard from doctors, but study after study proves that cholesterol doesn't cause heart disease.⁹

Now these same food giants are all scrambling to grab their share of the new multi-billion-dollar plant-based meat market. And they're all still using the same misguided low-fat, low-cholesterol health lies to sell their products.

It's an intentional deception, but here's the problem... animal fats and cholesterol are not evil – they are utterly vital to your body's health.

Don't Let Big Agra Wage War On Your Body

In evolutionary terms, the appearance of processed foods happened in the blink of an eye. Your body simply isn't designed to handle them.

The diet of early man was loaded with meats, natural animal fats, and cholesterol. They thrived on foods like eggs, meat, and fish. This is what gave them power, strength, and vitality – the same as it did for my grandparents.

Depriving your body of your natural eating patterns has dangerous consequences.

Even The Veggies In A Veggie Burger Are Bad

It's worth noting that the vegetables used by food manufacturers to turn into plant-based "meats" are extremely unlikely to be organic, are probably loaded with residue herbicide and pesticide toxins and are likely grown in industrialized, nutritionally bankrupt soil depleted of minerals.

Nature's Perfect Food

Remember when eggs were considered as bad as smoking? Then, we were told it was OK to eat them, but not the yolk.

A few years, later the entire egg was considered a superfood. Until the editor of the *American Journal of Cardiology* declared they weren't...

I've been fighting the mainstream media about eggs my entire career.

I eat eggs every day and have the heart of a 25-year-old. And I have a bodybuilder patient who eats 18 eggs a day. He has 4% body fat – and no heart disease.

A Harvard study of 600,000 people backs this up. It found no link between eggs and heart disease.*

You see, eggs are the perfect food – as long as they come from pastured hens. The eggs my staff and I eat that is delivered weekly contain:**

- 65% fewer carbs
- 10% more protein
- 20% more iron
- 72% more vitamin A
- 211% more lutein and zeaxanthin
- 319% more omega-3s
- 1,664% more calcium

*Alexander DD, et al. "Meta-analysis of egg consumption and risk of coronary heart disease and stroke." *J Am Coll Nutr.* 2016;35(8):704-716.

**Siliker Labs, Dec 23, 2010; Certificate of Analysis no. CHG 34190924-0.

Despite misinformation repeated endlessly by mainstream doctors, the media and Big Agra, trying to remove animal fats and cholesterol from your diet is a universally bad idea. They are your nutritional heritage.

It's grains, too many carbohydrates, and processed foods (including many ultra-processed meat alternatives) that cause excessive weight gain – not dietary fat.

Your body needs dietary fat to make energy

for most of your life-functions. And fatty acids are essential for growth, development, and cell functions.

Your brain is made up of around two-thirds fat, and your ability to think clearly depends on getting enough essential fats in your diet. And your brain-cell membranes are made of essential fatty acids, like omega-3s and 6s, which also protect your heart.

Meanwhile, cholesterol is one of your body's most vital substances. It enables your liver to synthesize acids, hormones, and vitamins that are utterly essential to a happy and healthy life.

Cholesterol is the part of your body that gives life its gusto. Here are some of its benefits:

- Your brain is made of it
- Your sex and adrenal hormones are made of it
- Your body can't digest fat without it
- Your cell walls are made of it
- Your body can't produce vitamin D without it

Cholesterol also protects every nerve in your body, so you can move quickly and react fast. It's essential for remaining vibrant and independent throughout your life.

Waging war on your own body is never a good idea.

Where's The (Grass-Fed) Beef?

As you already know, grass-fed beef is beneficial to your health. Eating healthy red meat is how we evolved into the big-brained species we are today.

It's what made us who we are today.

And while modern nutritionists claim you can get the same health benefits from non-animal sources, it just isn't possible.

Grass-fed red meat offers the highest quality of nutrition you can eat (along with pastured eggs).

All of which brings me to one of my favorite topics: How can you be sure if your "grass-fed beef" is really grass-fed? I'm talking about genuine grass-fed beef packed with omega-3 fatty acids, "good fat" CLAs, CoQ10, and antioxidant nutrients like beta-carotene and vitamin E.

The ugly truth: A lot of beef labeled "grass-fed" isn't. Indeed, a lot of beef sold in the big box stores labeled "Product of the USA" is imported from overseas.

It's not uncommon for cuts labeled "grass-fed

beef” to come from livestock that did partially graze on grass. But according to the American Grassfed Association, only about 5% of U.S. cattle are allowed to graze on healthy grasses continuously.

The remaining 95% spend months or years in cramped feedlots, waiting to be fattened or “finished” on grains, silage, and food waste.

By then, their nutrients are depleted and they’re often sickly. But that doesn’t stop unethical producers from labeling them “pasture-raised” or “grass-fed beef.”

These shysters know they can make a lot more profit if consumers think they’re buying real grass-fed beef.

3 Steps To Get Healthy, Safe, Drug-Free Beef

Here’s how to avoid getting duped by the big food factories:

- 1. First, look for a label that promises “100% grass and grass finished.”** That unequivocal language means a company is staking their reputation on it. But watch out for labels that only promise “natural,” “organic,” or “pasture raised.” Chances are those cattle were “finished” in a feedlot someplace.
- 2. Second, look for a third-party certification.** Groups like AGA, A Greener World, or the Global Animal Partnership offer certification labels you can check to verify it is real grass-fed beef.

Try America's Other Red Meat

I’m talking about all-American bison meat.

Bison meat is higher in protein, zinc and vitamin B12 than most beef. It’s also very high in iron — in fact, that’s what gives the meat a bright red color.

But there is an even more important reason to make bison your first choice when it comes to beef.

All bison are grass-fed only. Bison need to graze on open acreage. That’s because they would rather starve than eat grains!

3. Third, buy from a trusted farm. AGA (AmericanGrassfed.org), A Greener World (AGreenerWorld.org), and Global Animal Partnership (GlobalAnimalPartnership.org) all carry extensive website listings of producers whose practices they inspect, audit, or certify.

Today, I purchase a lot of my meat and poultry from my friend Joel Salatin at Polyface Farms. You can buy directly from his farm by going to his website at www.polyfacefarms.com.

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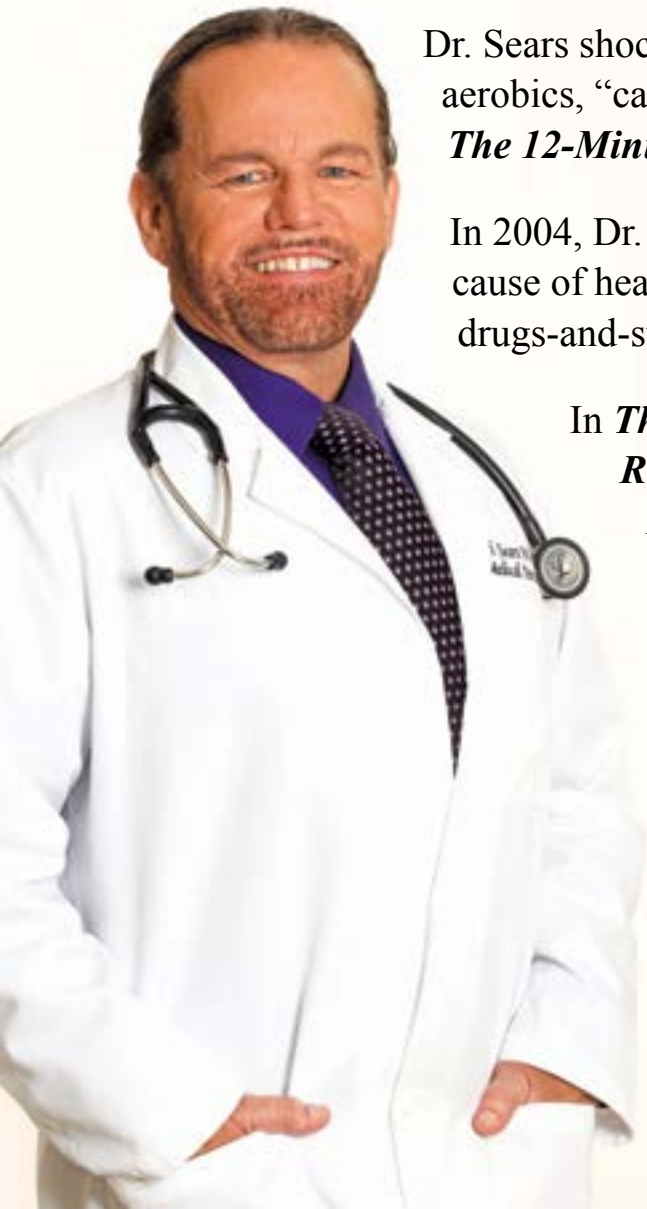
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AL SEARS, MD

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

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

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



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

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

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

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