



Dr. Sears'

CONFIDENTIAL CURES

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

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Dear Friend,

Cholesterol guidelines recommend that almost every older American take a statin. The “heart health experts” who wrote the guidelines say taking the drug will lower cholesterol and prevent you from having a heart attack or stroke.

It’s a huge scam.

In fact, the theory that cholesterol causes heart disease is one of the biggest myths sold to the public.

But Big Pharma built a billion — nearly a trillion — dollar business based on this fake science.

And the truth is, statins do nothing to help seniors avoid heart attacks, strokes, or an early death.

If they worked, we wouldn’t continue to see the rates of cardiovascular disease skyrocket. In just the last decade, the global number of people with heart disease increased another 27%. These numbers come straight from the American Heart Association’s own statistics.

I tell my patients to toss their statins in the trash. That’s how harmful they are.

Of course, cholesterol isn’t the underlying cause of heart disease anyway. Despite what you’ve been told for the past 70 years, cholesterol is necessary for long life.

And it’s what gives your life gusto.

In fact, many studies confirm what I tell my patients — low cholesterol is worse for you than high cholesterol.

And your risk of getting sick increases if you take a statin.

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

1. **The dangers connected to low cholesterol that you’ll never hear from your doctor or the FDA.** And just as importantly, you’ll learn how to increase levels while protecting your heart – safely and naturally.
2. **The micromineral that can slow down your biological clock.** Increasing telomere length is the most important thing you can do to live healthy longer. A new study found that just a tiny dose of this miracle mineral can unlock your body’s healthy longevity.
3. **How to protect your health freedom.** Big Pharma and Big Government have teamed up with the most powerful player on the planet to take control of your health freedom. I’m talking about Big Tech and their relentless push to track your personal information 24/7 and censor any information that doesn’t benefit directly.

To Your Good Health,

Al Sears, MD, CNS

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If You're 60 Or Older, Your Chance Of Being Prescribed A Statin Is A Staggering 87%

For decades, the American Heart Association and other “heart health experts” have shouted from the rooftop that the best way to protect yourself from a heart attack was by taking one of Big Pharma’s cholesterol-lowering statin drugs.

Just a few years ago, the AHA together with the American College of Cardiology rewrote their cholesterol guidelines and recommended that almost every older American take the drug.¹ The new recommendations *more than doubled* the number of patients eligible for statins.

If you're a man 60 or older, the likelihood you'll be placed on a statin is a staggering 87%!² That's a 600% increase in three decades.³

It's a huge scam.

In fact, the theory that cholesterol causes heart disease is one of the biggest myths sold to the public.

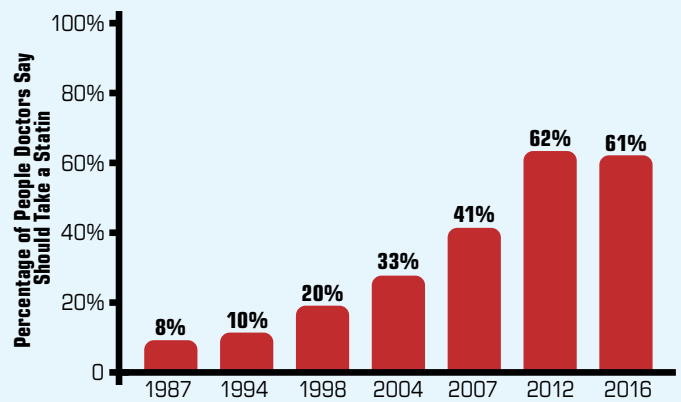
After all, Big Pharma built a trillion-dollar industry on this fake science.⁴ Big Agra has also made billions from their processed “heart-healthy, low-cholesterol” fake foods.

They're not going to allow their cronies at the FDA or anywhere else to come clean now. There's too much money at stake.

I've been advising both my patients and my readers that statins do nothing to help seniors avoid heart attacks, strokes, or an early death. In fact, in my book *The Doctor's Heart Cure*, I dedicated an entire chapter to the misinformation surrounding cholesterol and statin drugs. And that was back in 2004.

You know how strongly I feel about the myth that cholesterol causes heart disease and that Big

Statin Prescriptions Have Increased 600% in Three Decades



If current recommendation guidelines go through, 87% of American men 60 or older will be prescribed a statin.

Pharma's drugs are the only way to rid your body of this “dangerous” cholesterol.

It's a Big Lie that has taken us in the wrong direction as we watch heart disease continue to skyrocket in this country — and the world.

You see, *your cholesterol levels are supposed to be high* — in spite of what Big Pharma, Big Agra, and mainstream medicine have to say about it.

In fact, the more cholesterol you have, the better your life will be. It is the mother of your most important hormones — the ones that keep you smart, sexy, happy, strong, and mobile.

Yet, modern medicine has declared war on cholesterol. And it's a very bad idea to declare war on a natural part of your own body.

The way modern medicine treats cholesterol

is the same as saying, “You have Alzheimer’s disease, let’s cut off your head.” It’s like if you come to me to have your bone mineral density measured, and I say, “We’ve found a problem with your bones. We have to take them out.”

I have a better idea...

I’m going to share why cholesterol is so important to your body, as well as easy ways to naturally support your cholesterol.

What Exactly Is Cholesterol?

Cholesterol is a molecule that’s made in your liver and consumed through the foods you eat.

It’s 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:

- 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.

Your cholesterol levels are supposed to be high — in spite of what mainstream medicine and the pharmaceutical companies have to say about it.

No Such Thing as “Good” or “Bad” Cholesterol

Contrary to what you may have heard, there’s no such thing as “good” or “bad” cholesterol. Cardiologists like to throw these terms around, but it’s extremely misleading.

For starters, HDL and LDL aren’t actually cholesterol. Cholesterol is cholesterol. Let me explain...

“Contrary to what you may have heard, there’s no such thing as ‘good’ or ‘bad’ cholesterol.”

Because cholesterol isn’t water-soluble, it has to travel through your bloodstream in little packages called lipoproteins — low-density lipoproteins (LDL) and high-density lipoproteins (HDL). There are three other lipoproteins, by the way... chylomicrons, VLDL and IDL.

LDL is present in plaque build-up in your arteries. That’s why it’s called “bad” cholesterol. Cardiologists like to measure your “bad” cholesterol to assess your risk of developing heart disease.

But they couldn’t be more off target.

Just look at the famous Framingham Heart Study, which has been ongoing since the 1940s. It’s the largest heart study ever conducted in the history of the human species. And it couldn’t link cholesterol with heart attack risk even when it tried.⁵

And according to the worldwide “Jupiter” trial, cholesterol-lowering statin drugs have absolutely no impact at all on heart disease risk.⁶

In fact, studies show that 75% of people who have heart attacks have “normal” cholesterol levels.⁷

Many studies confirm what I tell my patients — low cholesterol is worse for you than high cholesterol.⁸

By consuming “low-cholesterol” foods and taking cholesterol-busting meds, you’re inhibiting your liver from producing one of your body’s vital substances.

Even worse, you are destroying a part of your body that’s there to protect you from heart disease.

The Beauty of HDL

Have you noticed that the more expensive brands of pet foods are grain free? Because people finally realized that dogs are carnivores and they aren’t designed to eat corn-based dog chow.

Hopefully everyone will someday realize that the same is true for humans.

The dogs that are fed protein-based diets have shiny coats and better health. Big Agra packs its mass-market dog food full of cheap, processed carbs and starches — and labels them “heart healthy” — just like it does for us humans.

I believe that when dogs — and humans — are returned to the natural, high fat, cholesterol-rich diets of their ancestors, heart disease will almost completely disappear.

Let me explain...

Your HDL is actually a heart protector. The higher your HDL number, the better. It doesn't matter how high your LDL is.

The Framingham Study proved high levels of HDL is directly related to lower risk of heart disease. In fact, it showed that increased HDL could reduce coronary disease independent of LDL cholesterol.⁹

If your HDL is above 85, you are at no greater risk of heart disease whether your total cholesterol is 400 or 150. My HDL is 100 so I couldn't care less what my total cholesterol is. As long as my HDL stays high, I'm at a much lower risk than somebody with low cholesterol.

LDL particles do oxidize in your bloodstream and are found in the plaque buildup in your arteries — so modern medicine has jumped to the conclusion that this is the cause of heart disease. But it's not there doing damage... it's actually protecting your heart!

The truth is cholesterol doesn't cause heart disease. Inflammation does. Cholesterol is only guilty by association.

Inflammation damages your blood vessel walls. When LDL patches the wall, it's just there — at the scene of the crime — doing its job.

Besides, your body already has its own mechanism for clearing away excess buildup. That's what your HDL is for. High HDL trumps other cholesterol concerns

But Big Pharma's statins lower both your LDL and HDL — with disastrous consequences.

Together, Big Pharma and Big Agra have supported the cholesterol myth with billions of dollars in advertising campaigns, lining the pockets of doctors, and buying well-placed editorials in leading publications.

Your own doctor believes the lie because Big Pharma and Big Agra have persuaded medical schools to teach it.

I don't prescribe statins and I don't recommend ANY low-fat, low-cholesterol foods to my patients.

I've been treating — and reversing — heart disease in my patients for decades. And I do it by using potent natural ways to boost HDL.

I'm going to tell you exactly how you can do it too — you'll be amazed how easy it is.

But first, let's take a look at how damaging the cholesterol scare campaign has been to you...

Your Risk Is Greater From Statins

Statins work by blocking the enzyme HMGCoA, which plays a major role in the production of cholesterol in your liver. The danger of statins is well documented, even by the FDA, which is one of the most pro-statin agencies in the world. Here are just some of these dangers:

- **Diabetes:** A study from Finland found that statins increase your risk of developing type 2 diabetes by 50%, even after adjusting for other factors. Statins can increase insulin resistance and they impair the ability of your pancreas to secrete insulin. A second population-based study found that statins can increase diabetes up to 99%.¹¹

- **CoQ10 Depletion.** One of statins' most serious side effects is that it depletes circulating CoQ10 in the blood by up to 54%.¹² That's alarming because CoQ10 fuels your energy-hungry heart. Your heart muscle mitochondria MUST have CoQ10 to function. Indeed, statin users and heart-failure patients share something in common — they're both deficient in CoQ10.



The danger of statins is well documented, even by the FDA.

• **Extreme Fatigue:** It's been known for years that statins sap your energy. But a recent study has found that it's worse than previously thought. Researchers at the University of California, San Diego found that as many as 40% of patients who take statins may be "hit by exhaustion."

"One of the first things I do with patients is ask them to cut out any low-fat, low-cholesterol foods from their diet. Then I ask them to stop taking statins."

• **Vitamin D** functions as a steroidal hormone. It is produced in your liver and has hundreds of vital immune supporting functions. High levels of vitamin D are highly protective against cancer, depression, bone disease, diabetes, MS, and IBD, among others.

• **Depression:** Major studies show that low cholesterol levels can cause depression and anxiety.¹³ I'm not surprised. When your cholesterol levels dip, it affects your brain. Without enough cholesterol, your brain cells don't get enough serotonin, a feel-good chemical produced by your body.¹⁴ Cholesterol is also a core component of your central nervous system. When your levels are low, your cell walls lose their strength, increasing the risk of neuron dysfunction and other mental health issues.

Low cholesterol also puts you at risk of a breakdown of muscle cells tissue... kidney failure... hair loss... headaches... joint and muscle pain... cataracts... diarrhea... irritability... and feeling generally old.

One thing researchers can't find is a true link between high cholesterol and heart disease — because it doesn't exist. But there is another area of damage that's important for you to know about...

Low Cholesterol Kills Your Hormones

When you lower your cholesterol levels, you're also wreaking havoc on your body's hormonal balance.

That's because cholesterol is the precursor of the major classes of steroid hormones in your body, including testosterone, estrogen, and vitamin D. That means your body needs cholesterol to create these hormones.

• **Testosterone** is most often associated with sex drive. But it also plays an important role in bone and muscle mass, the way men store fat in their bodies, and red blood cells production. Low levels lead to low sex drive, less energy, weight gain, depression, thin bones, and less muscle. Women also produce testosterone, but at much lower levels. In women, low testosterone leads to low libido, less bone strength, depression, and a lack of concentration.

• **Estrogen**, like testosterone, is known mostly for its association with sex and reproduction. But it helps almost every organ system. In fact, this hormone protects the heart and brain, improves muscle mass, increases bone density, boosts mood, and improves sex.

3 Easy Ways To Increase HDL

One of the first things I do with patients is ask them to cut out any low-fat, low-cholesterol foods from their diet. Then I ask them to stop taking statins. The next step is to get their HDL levels up. Here are a few simple ways to raise HDL quickly and easily — and you'll get other great heart benefits at the same time:

1. **Cool Inflammation With DHA.** Studies prove *docosahexaenoic acid* or *DHA* is a potent defender from heart disease.¹⁵

The DHA in omega-3 fatty acids has also been shown to supercharge your HDL levels.¹⁶ And a recent study shows that simply having enough in your body lowers the risk of having any cardiac event by 79%.¹⁷

DHA also reduces inflammation and is especially important for repairing damage to your blood vessels.

The best animal sources of omega-3 DHA are organ meats from grass-fed cattle and wild-caught, cold-water fish. Good plant sources are walnuts, avocado, and pumpkin seeds.

To reduce the inflammation that causes heart disease, you need between 600 mg and 1,000 mg of DHA daily. But it's impossible to get what you need from our food today. Here's what I tell my patients:

• **Stop taking fish oil.** Most fish oil supplements come from polluted waters that contain chemicals like PCBs and heavy metals like mercury.

- **Take this tiny animal oil instead.** Krill are shrimp-like animals that don't live long enough to absorb toxins. And their fatty acids are stored in phospholipid form. This helps it pass through cell membranes better.

- **And combine it with calamari.** But make sure your calamari oil comes from squid that live off the coast of South America in the pure waters of the South Pacific.

- **Take it at the right time.** Standard advice is to take your DHA first thing in the morning. I disagree — especially if you practice intermittent fasting. I suggest taking it with your meal with the healthiest fats. This increases absorption.¹⁸

- **Store your soft gels in the FREEZER.** By the time the supplement starts to break down and release its liquid, it's further down in the gastrointestinal tract, which aids digestion and absorption.

- **Also include these nutrients.** Taking vitamin E protects DHA from potentially damaging oxidation in your body. And astaxanthin helps the DHA permeate your tissues and get where it's needed.

1. **Try Astaxanthin:** This “carotenoid” is the pigment that gives salmon its pink color — and it can boost your HDL more effectively than anything in existence.

The FDA has weirdly classified astaxanthin as a red food dye, but it's actually the world's strongest antioxidant. But where astaxanthin really shines is with cholesterol.

Not long ago, the first-ever randomized, placebo-controlled human trial was done in Japan. It demonstrated that astaxanthin can raise HDL levels by up to 15%.¹⁹

One of the best sources is salmon. But make sure it's wild caught salmon, which contains far more natural astaxanthin than farm-raised salmon. Four ounces of farm-raised Atlantic salmon contains about 0.5 to 1.1 mg of astaxanthin. Wild-caught sockeye salmon contains 4.5 mg.

You can also get astaxanthin in other pink-colored seafood like lobster, crab, and shrimp.

If you don't like fish, a supplement will do the trick. I recommend you take at least 2.5 mg of astaxanthin a day.

3. **Take This B Vitamin:** Niacin, also known as vitamin B3, plays an active role in more than 15 metabolic reactions. It also raises your HDL.²⁰

And niacin improves circulation by dilating the blood vessels. I have tested its effectiveness on thousands of patients in my practice. But as usual, standard medicine has forgotten just how effective a natural solution can be at improving heart health.

It has been found to increase HDL by 20% to 35%. The key to niacin is using the right amount and the right kind. I recommend sustained release niacin (sometimes referred to as extended release). Immediate release niacin is also safe, but tends to cause hot flushes.

Absorption is important, so take your niacin with dinner. I recommend 50 mg of niacin once a day.

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Live Younger, Longer With This Miracle Micro Mineral

Big Pharma is at it again... Trying to lure you into their never-ending drug pipeline with promises of pills that will help you live longer.

But all they care about is recycling old drugs with a fresh coat of paint.

They're rebranding existing drugs like Metformin and rapamycin as a way to fight aging and increase lifespan. It's really a bait-and-switch money-making scheme.

In the meantime, they just gloss right over the damaging side effects.

Sure, Big Pharma wants you to live longer. That way they have more time to sell you more drugs.

Drugs that may keep you alive longer, even though you're not going to enjoy those years.

I don't know about you, but I don't want to live longer if I don't feel physically energized and ready to take on the world.

You don't need Big Pharma chemicals for that.

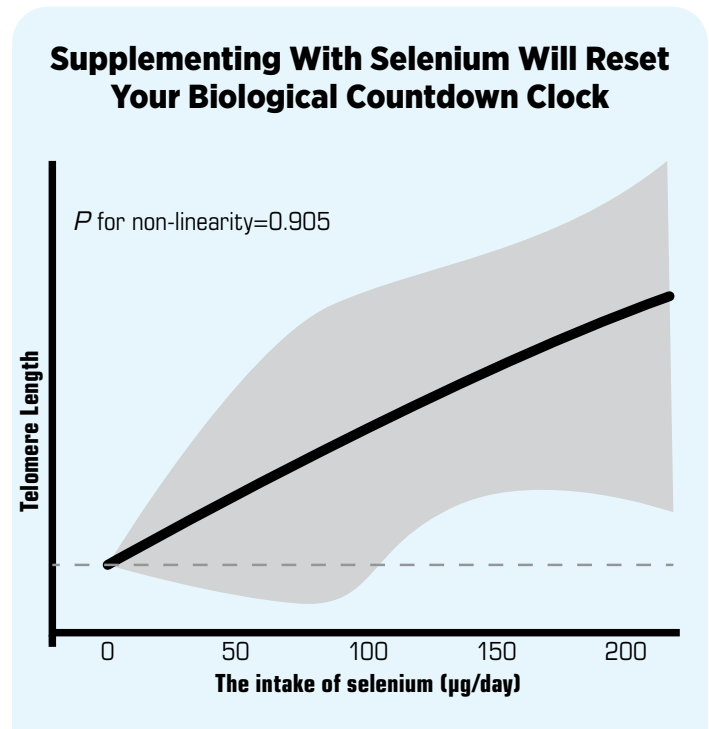
What you need is nature's own anti-aging miracle — in this case, a mineral that delivers healthy longevity.

I'm talking about selenium. This miracle micro mineral defeats the enemies of health and youth, so you can live **younger** longer.

The problem: You're almost definitely not getting enough of it. In fact, you're probably dealing with selenium deficiency symptoms right now... but your doctor mistook them for something else.

Selenium Slows Down Your Biological Clock

Everyone ages — there's no way to stop time. But you don't have to feel old.



Researchers found that a daily 20 microgram increase in selenium increased telomere length in all study participants.

You see, every cell in your body lives on a timer. That timer is called a telomere, and it determines how long that cell will stay alive and healthy. Telomeres are like end caps on your cells that protect your DNA and keep it from mutating.

Each time your cells divide to make copies of themselves, their telomeres get a little bit shorter. And when telomeres get too short, they can't keep your DNA pristine anymore. So instead of making bad copies, the cell stops dividing and dies off. That's how telomeres set time limits on your cells.

As you age, more of your cells have shorter telomeres. So your cells, tissues, and organs stop refreshing themselves, making you feel older and slower.

Oxidative Stress and Inflammation Speed Telomere Shortening. Telomeres are highly vulnerable to damage. Two of the biggest threats to them include oxidative stress brought on by free radicals and chronic inflammation. And both of those can increase dramatically as you age.

You know that oxidative stress and inflammation play a part in most of the diseases of aging. Here's why: They screw with your telomeres, which speeds up cellular aging. That makes you old, sick, and just plain worn down.

Short Telomeres Directly Linked to Death and Disease. The shorter your telomeres, the weaker and older your body will be no matter how old you actually are. Short telomeres speed up the debilitating effects of aging. And they drastically increase your risk of age-related diseases from Alzheimer's to cancer... and death.¹

Studies show that short telomeres have been linked to terrible outcomes including:

- 625% increased risk of a major cardiovascular event²
- 318% increased risk of death from heart disease³
- 854% increased risk of death from infectious disease³³

The solution is obvious. Increasing telomere length helps fight disease and aging. By making your telomeres longer and keeping them that way, you'll experience a rebirth of youthful vitality. I've seen incredible results in my patients: sharper memory, plenty of energy, healthy hearts, and more. And just like them, you can live younger longer by protecting your telomeres.

Telomerase Resets Your Cell Timer. Telomerase protects your telomeres, helping them rebuild. And when you activate this vital enzyme, telomeres stop getting shorter. It can even reset them by adding back previously lost length. Telomerase also helps stabilize and restore DNA so your cells can keep dividing to create perfect copies.

By doing all of that, telomerase slows down cellular aging like a literal fountain of youth for your cells. Younger cells means a younger, more vital, more energetic life no matter what the calendar says.

Macro Vs Micro Mineral

Macro minerals are necessary in large amounts in the diet. Examples of macro minerals include calcium, phosphorus, magnesium, sodium, and chloride.

Micro minerals are required in micro or small amounts in the diet. Examples of micro minerals include copper, zinc, iodine, and selenium.

Selenium Makes Your Telomeres Longer. The "secret" for keeping your telomeres long does come in a pill. You have the power to slow down — and reverse — aging by taking selenium supplements. You don't need expensive and harmful drugs. You just need an essential mineral that unlocks your body's healthy longevity.

In fact, a groundbreaking study proved that consuming more selenium makes your telomeres longer.⁴ That held true for all 3,194 older adults who participated. Every single one of them. Increasing by just 20 micrograms of selenium a day — far less than you actually need — is enough to make a measurable difference.

Bottom line: Selenium means longer telomeres, and longer telomeres means a healthier, more active life well into "old age."

The Deficiency Pandemic

Almost no one gets enough selenium. Officially, at least a billion — with a B — people have selenium deficiency.⁵ But I suspect the numbers are much higher than that.

You can't get enough selenium from food alone anymore. That's true even if you eat a healthy, varied diet. And you can thank BigAgra for that.

With their harsh pesticides, synthetic fertilizers, and single-crop strategy, these massive farms have stripped the nutrients out of the soil. No nutrients in the soil means no nutrients in the food.

Unfortunately, most people feast on the Standard American Diet, SAD. And you won't find may, or any, selenium-rich foods in there. In fact, you

probably eat food from the same ten to fifteen sources over and over again. Think wheat, chickens, cows, apples — that’s a big chunk of the SAD roster right there. And because of the whole BigAgra soil stripping mess, even foods that would normally be rich in selenium just aren’t.

All of this makes it difficult — if not impossible — to get even some of the daily selenium you need to stay healthy and vital. And that will make you feel old and weak before your time.

Diagnosis Wrong — Most Docs Can’t Spot Low Selenium Symptoms

If you have low selenium levels, you probably won’t know it. In fact, unless you have a severe disease-causing deficiency, most doctors wouldn’t even think to test you. I’m not surprised, but I am disappointed. After all, even slightly low levels of selenium can cause specific symptoms, including:

- Fatigue
- Brain fog
- Depression
- Hair loss
- Weakened immunity
- Muscle weakness

Sound familiar? We know low selenium causes these. But most docs just chalk it up to “normal” signs of aging. Or worse, they mistake it for a different chronic issue — usually thyroid insufficiency. And then they treat it the wrong way. You get stuck taking drugs that you don’t need and won’t help. Big Pharma wins again.

If you’re dealing with any of these symptoms, ask for a selenium level test. A simple blood draw could give you the real answer to why you’re feeling old, weak, and tired.

7 Ways Selenium Can Save Your Life Every Day

Selenium doesn’t get a fraction of the attention it deserves. This essential micronutrient works overtime to keep you young and healthy every day of your life. It has dozens of critical functions and disease-preventing capabilities.⁶

“Selenium reduces your risk of developing cancer, including.¹⁷”

But its real superpower is reversing aging on a biological level. And it does that in seven life-sustaining ways.⁷

1. Building selenoproteins: Selenium combines with amino acids to form healing molecules

called selenoproteins. These have profound effects for every aspect of your health.⁸

2. Antioxidant protection: Selenium delivers powerful antioxidant protection against cell-and telomere-damaging free radicals.⁹

3. Anti-inflammatory action: Selenium shuts down chronic inflammation and stops unnecessary inflammation activation.¹⁰

4. Cellular DNA protection and DNA synthesis: Selenium keeps your cellular DNA perfect by reducing the frequency of mistakes and increasing DNA repair capabilities.¹¹

5. Thyroid hormone processing: Selenium activates thyroid hormones when you need them and deactivates them when you don’t.¹²

6. Protection against infection: Your immune system needs selenium to defeat infections.¹³ Low selenium levels make you more vulnerable to viral and bacterial infections and lead to increased symptom severity and longer recovery times.¹⁴

7. Protecting telomere length to keep cells young, healthy, and functioning optimally — even when they’re exposed to threats like heavy metals.¹⁵

And through these seven powerful pathways, selenium keeps you young, vital, and healthy.

Healthy immune system function depends on selenium and selenoproteins. Selenium helps activate immune cells and prompt your immune system to produce more of the right kind of immune cells when they’re needed.¹⁶

Selenium reduces your risk of developing cancer, including:¹⁷

- Prostate
- Breast
- Lung
- Colon
- Liver

Robust heart health depends on selenium. Low selenium has been directly connected with coronary heart disease, heart attack, and stroke.^{18,19} Higher selenium levels reduce your risk of heart disease and cardiac-related death.²⁰

Proper thyroid function relies on selenium. In fact, your thyroid has the highest proportional concentration of selenium in your whole body. Even mild selenium deficiency can cause overactive or underactive thyroid and can contribute to autoimmune thyroid disease.²¹

Boosted brainpower and bright moods depend on you getting enough selenium. This mineral helps ward off depression and anxiety.²² It's also been shown to reverse age-related cognitive decline, promote new brain cell creation, and restore memory loss.²³

Stronger heart... faster thinking... cancer protection...

You can see why I recommend selenium for all of my patients who want to turn back their cellular clocks and live younger longer.

Increase Selenium For A Healthier Longevity

It's easy to get plenty of selenium if you know where to look. Some foods have higher levels of this mineral than others... but you can't really get enough through diet alone. The trick is getting the right kind of selenium... and taking just the right amount.

1. Start With Your Diet: It's hard to get enough selenium from food alone, no thanks to BigAgra. But it's still a good place to start building your selenium stores. Foods with naturally high selenium content include:

- Brazil nuts
- Sunflower seeds
- Oysters
- Halibut
- Sardines
- Eggs
- Shiitake mushrooms

2. Add In A Selenium Supplement. When it comes to selenium supplements, you want to make sure you choose the right form and take the right amount.

Let's start with the right daily dose. To boost your selenium to telomere-saving levels, you can safely take between 100 to 200 micrograms daily.

Now let's talk form. Selenium is a mineral — a metal. Those can be tough for your body to absorb in their inorganic form. That's why you'll want to avoid the any supplement using the selenite form, such as sodium selenite. Instead look for organic forms that your body can easily process, such as selenomethionine and selenocysteine.

3. Partner Up With Vitamin E and Zinc. To get the most from selenium, you'll want to make sure you're getting enough of its companion nutrients: Vitamin E and Zinc.

Vitamin E increases selenium's antioxidant potential. Together these two nutrients work even harder to prevent cellular damage and keep telomeres long.²⁴

Zinc also boosts the effectiveness of selenium, especially when it comes to cellular protection. The two minerals team up to repair DNA²⁵ and protect cellular health and integrity.

Join My Unique Biological Age Analysis and Telomere Study to Reverse Aging Today

At the Sears Institute for Anti-Aging Medicine, my staff and I are conducting a groundbreaking telomere study and biological age analysis to help my patients REVERSE their biological age.

My patients who've gone through this protocol have, on average, **grown 14 years younger**.

Don't Take Too Much Selenium

No matter which form you choose, do not consume more than 400 micrograms of selenium between food sources and supplements daily. Too much selenium can be toxic. Excess selenium can cause serious – even deadly – consequences. If your nails turn brittle or you experience new sudden hair loss, you're taking too much selenium.

Let me tell you about a few of them...

- Helen is 85. She recently ran a marathon and broke the time record in her age group.
- Bill is 65. He now has the lungpower of a 39-year-old.
- And William recently celebrated his 84th birthday. But he has the heart of a 50-year-old.

“When you turn on telomerase, your telomeres start to regenerate and grow longer. And that lengthening is what slows aging — reversing your biological age.”

your heart, lungs, liver, brain, bone density, skin, vision and more. All together, we measure 17 different biomarkers of aging.

Once we know these baseline measurements, we’ll work together to reverse your biological age.

I’ll develop a customized treatment plan based on your results. This will do more than stop your telomeres from shrinking. It will actually *lengthen* them.

We then use these measurements to track the effect of our treatment.

The most powerful thing we do is turn on an enzyme called telomerase. And that’s where the real anti-aging magic begins.

When you turn on telomerase, your telomeres start to regenerate and grow longer. And that lengthening is what slows aging — reversing your biological age.

I’d love for you to be a part of my age-reversing clinical trial.

The **Sears Institute for Anti-Aging Medicine** is the *only clinic* that offers this unique series of tests.

This comprehensive measurement tells us how your body has biologically aged over time. Then, we customize an individualized treatment plan based on your own body and what it needs.

We then use these measurements to track the effect of our treatment. The most powerful thing we do is turn on an enzyme called telomerase. And that’s where the real anti-aging magic begins.

When you turn on telomerase, your telomeres start to regenerate and grow longer. And that lengthening is what slows aging — reversing your biological age.

Let me show you what I mean.

My patient (MF) was 58 when we started the telomere protocol. By the end of our measured treatment, he celebrated his 61st birthday.

But his biological age had gone backward to 44...

The results have been truly remarkable.

You may have heard ads offering tests that promise to reveal your true cellular age. You send a drop of blood or a cheek swab to a mail-order company. They’ll test your DNA to determine the length of your **telomeres**. This, they claim, reveals your cellular age.

But these mail-in tests don’t work.

The science just hasn’t developed enough to do accurate telomere testing using a DNA sample sent through the mail.

Most telomere testing labs only measure “average” telomere length. And getting an average read just isn’t that useful.

That’s because not every telomere in a cell has the same length. Some may be really long and healthy.

But others may be shrinking at a faster rate. And you need to know how many are actually in trouble.

That’s what makes the telomere testing I do for my patients so unique.

At the Sears Institute for Anti-Aging Medicine, I use the only test available that tells you how many critically short telomeres you have.

It’s a much more important measurement. And it’s been proven accurate in clinical studies.²⁶

But at my clinic, we go even further than that...

We measure biological age using a system I call **Biomarkers of Aging**.

With this, you not only learn the length of your telomeres, you discover the true biological age of

He grew 17 years younger in 30 months.

On average the patients at my clinic who've gone through this anti-aging protocol have grown 14 years younger.

I'd like to invite you to be a part of this



Michael M. grew 17 years younger in just two and a-half years.

groundbreaking. If you're interested in turning back the clock and reversing your biological age — or if you want more information about this study — please call my clinic at **561-784-7852**. My friendly staff will be happy to answer your questions.

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7 Tools You Can Use To Reclaim Your Health Freedom

There are growing signs the Big Tech firms that track your every move online and sell your private information to the highest bidder are also planning a major push into healthcare.¹

Whether it's their recommendation that 5-year-old children get the experimental mRNA vaccine that's been linked to inflammation of heart tissue,² or their approval of an Alzheimer's drug rejected by their own scientific panel, or their support for making companies police the vaccine mandate against their own employees...

I used to think the problem was just Big Pharma's undue influence over the regulatory agencies. But now I know it's even more than that.

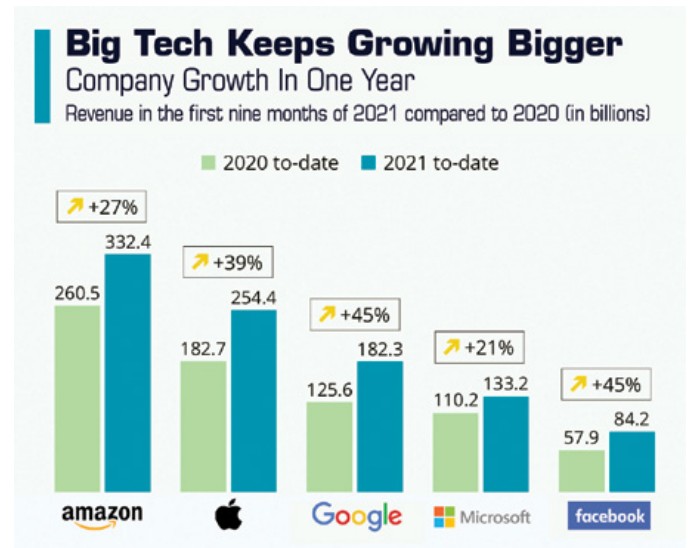
Because Big Pharma and Big Government have joined forces with perhaps the most powerful player of all... Big Tech.

Their power is almost measureless. Consider this: The four richest U.S. companies are Apple (\$2.86 trillion), Microsoft (\$2.33 trillion), Google (\$1.87 trillion), and Amazon (\$1.64 trillion). You can put Facebook (Meta) in there too; they're ranked No. 7.³

Add up those stock values by the way, and you'll find *they exceed the gross national product of every nation in the world except two* — the United States and China. The power they wield is immense.

Most people have no idea of their capabilities. There seems to be no personal space that's safe from the prying eyes of Big Tech.

Apple, for example, recently unveiled a proposal to record and review every image on every iPhone in America in search of images of illegal behavior. The backlash was so strong that Apple suspended the plan's implementation — for now.



Big Tech companies have stock values that exceed the gross national product of every nation in the world except the U.S. and China.

Senator Ron Johnson of Wisconsin calls the Big Government-Big Pharma-Big Tech troika “the Covid Cartel.”⁴ I like to call them the “medical-industrial complex.”

Dare to question the official advice disseminated by the Big Pharma-Big Government alliance, Big Tech will suspend all your accounts. It will accuse you of promoting “vaccine hesitancy,” cut off your online revenue sources, and “cancel” you from existence.

Several doctors whose work I've respect have been canceled or silenced.

Dr. Robert Malone, the pioneer of the mRNA vaccines who's now warning about their side effects, is one of them. Dr. Vladimir Zelenko, who saved hundreds of lives using therapies the FDA and its Big Pharma overlords didn't like, is another.

Fortunately, I've found ways around the cartel's corruption and censorship. I know how to fight back to protect your health, and I'm sharing that information with my readers and patients in my clinic every day.

The good news is, starting today you can fight back. You can seize control of your own healthcare, thwart the entities who claim to be "the science," and improve the health of you and your loved ones. Today I'll show you how.

In this Confidential Cures report, I'll detail **7 ways you can protect yourself from Big Tech's health power grab**. Together we'll explore better ways to protect and strengthen your health, so you don't have to depend on your "friends" in Big Tech, Big Pharma, or Big Government.

So let's get started...

My 7-Part Protocol For Your Health Autonomy

I empower my patients with information to fight the medical-industrial complex. That's what my "7 Tools to Protect Your Healthcare Freedoms" are all about. Here they are:

1. Find Alternative Sources Of Health Information. This is a big one. You need to realize that Big Pharma spends billions of dollars every year in advertising. Without that money, many mainstream media outlets would die off or be just a shadow of themselves. So if you've ever wondered why the media dependably echoes the same line as the CDC, the FDA, and Big Pharma, now you know why. The question becomes, what can you do about it?

To get the truth about medicine and health, you're going to have to look beyond routine news sources like the networks, CNN, *The New York Times*, and *The Wall Street Journal*. Mainstream media journalists who challenge the official narrative tend to have brief careers.

Instead, look for information from doctors who treat actual patients. That's very important because they're dealing with the real world, not just a laboratory or university.

"Look for information from doctors who treat actual patients. That's very important because they're dealing with the real world, not just a laboratory or university."

Also, ask if they accept "consulting fees" from the big pharmaceuticals. Many of my patients, and subscribers to my publications and emails, are surprised to learn that many doctors receive up to \$400,000 annually from the pharmaceuticals. They say this doesn't influence which drugs

and treatments they provide, but there's plenty of evidence it does.

I've never taken their money and never will, and that's why I can speak freely. Want to know the real side effects of a particular drug? Whether a vaccine is really safe? Or if there's a supplement that can treat your condition just as effectively? Then you're going to have to subscribe to as many sources of alternative health information as possible.

2. Oppose Masks For Kids. Big Tech is beating the drum for putting a mask on every child. I consider making a child wear a mask indoors all day to be borderline abuse. For kids under two masks can cause suffocation.⁵ And for elementary and middle school kids, there's evidence it can hurt their development — in part because children rely a lot on facial expressions to understand meaning. When everyone's face is hidden behind a mask, it's much harder for children to understand what's going on. Not only can this impair learning, but it also hurts their normal social and emotional development.⁶

Let's be clear, masks aren't healthy for kids. Children develop best when they can breathe freely, communicate, and run and play as they progress through childhood. So whatever you may think of masks for adults, do your kids and grandkids a favor... unmask them.

3. Familiarize Yourself With Preventive And Early Treatments. One of the lies promulgated by the medical-industrial complex is that the only real defense against COVID-19 is a vaccine. This simply isn't the case, it's never been true, and they know it.

As a defender of your individual sovereignty, I believe how you protect your wellness is ultimately up to you. That's why I always provide my patients with information about their options, so they can make an informed decision. But during the course

of the COVID-19 flu virus, much of the information has been suppressed. So you may have to do a little digging to find it.

As much as it infuriates Big Tech and the pharmaceutical companies when I say this, the truth is vaccines aren't the only answer. There are therapeutics like ivermectin and hydroxychloroquine, the Regeneron monoclonal antibody treatment President Trump used in October 2020, plus several anti-viral medications.

So take the time to learn about *all* your options, if only so you can have an informed conversation with your doctor.

4. Protect Your Health With This “Non-Big Pharma” Solution Before It’s Too Late. The assault by the FDA on your health freedom is turning into all-out war.

This collusion has *nothing* to do with protecting your health. And everything to do with greed and corruption.

It started a few years ago. That’s when the FDA quietly passed a new directive that sounded good on the surface. But if you dig a little deeper, you get to the real truth...

The FDA and their cronies at Big Pharma are working together to have adipose stem cells reclassified as a drug — even though these cells come straight out of your own body.

And once stem cells are categorized as drugs, it pretty much means the end of stem cell therapy in America. People who need this life-saving treatment will be forced to find clinics out of our country. That will put it out of reach for most people.

Like the patients I’ve been treating at my clinic. Patients who’ve told me that this therapy has “given me back my life” and “helped restore my memory and make my mind sharp.”

Of course, the pharmaceutical companies are cheering this reclassification. They know it will put billions in their pockets. You see, while the FDA is busy closing down clinics and killing off the competition, I’ve learned that Big Pharma is snapping up dozens of private stem cell research companies.

And preparing their pipeline of billion-dollar-a-year stem cell drugs.

It’s already happening...

- Johnson & Johnson paid a Chinese biotech company \$350 million for the right to commercialize T-cell receptor stem cell therapies for cancer.
- The international pharmaceutical company Takeda bought a stem cell therapy company called TiGenix for nearly \$608 million.
- And Novartis bought CellforCure, a French stem cell company, for an unspecified amount. Their projected profit by 2022 is \$49.8 billion.

5. Think Twice Before Vaccinating Your Kids And Grandkids For COVID. Big Tech and its allies want every child in America to be vaccinated. The CDC even advises children as young as 5 to undergo vaccination.⁷

But why? Children are less susceptible to COVID-19, and if they do catch the disease, they’re far less likely than adults to have significant symptoms. The mRNA vaccine has been associated with serious side effects including myocarditis,⁸ an inflammation of heart tissue that can trigger cardiac failure and death.⁹ There’s evidence boys are more vulnerable, especially after the second vaccine shot.

You can’t say any of these things on Big Tech’s social media platforms, by the way. You’ll immediately be banned for promoting “vaccine hesitancy.”

The bottom line: We still don’t know the long-term effects of these experimental vaccines. I’m urging all my patients to very carefully consider whether it’s in their children’s best interests to take the vaccine.

6. Protect Yourself Online. It’s been well established that Big Tech’s algorithms track your every move and sell your personal information to the highest bidder. Here’s how that affects your health and wellness.

Big Pharma uses this information to manipulate your healthcare choices. So if you do a Google search for “natural cures for arthritis,” you’ll soon find yourself bombarded with pop-up ads for Big

Pharm drugs with serious side effects. Maybe you can wade through the deluge to make a sound health decision, but others won't.

Bureaucrats want your information as well. President Biden's Health Secretary, Xavier Becerra, recently declared that "it is absolutely the government's business" to know whether you've complied with their order to get the vaccine.¹⁰ To my ears, that doesn't sound like your health information is going to remain private.

So how can you protect yourself? One step you can take right away is to change your email provider. Google claims Gmail no longer sifts through your emails to help marketers find something to sell you. But according to *PC Magazine*, other email providers might still be doing it.

Look into signing up for an email encryption service like ProtonMail or Preveil. These highly secure services code your email so only the person who receives it on the other end can tell what's in it. Encrypted email services don't make money off your emails.

One reason ProtonMail is considered trustworthy: Because the company is headquartered in Switzerland. That means it's subject to strict Swiss privacy laws. Secure messaging apps like WhatsApp and Signal are growing in popularity as well.

Nothing online is completely secure. But at least Big Tech won't be able to read your mail every day!

7. Subscribe To The Print Edition Of Confidential Cures. If you're receiving the digital version of **Confidential Cures**, you may not realize you also have the option of subscribing to our print version. That way, you don't have to worry about Big Tech's prying eyes into what you're reading.

By having the print edition delivered directly to your home, you'll be able to rest confidentially in the assurance that you're getting all the latest breakthroughs in nutrient technology and alternative therapies that aren't beholden to the Big Tech cartel that increasingly dominates every aspect of U.S. healthcare. **To switch to a print edition, just click on this link.**

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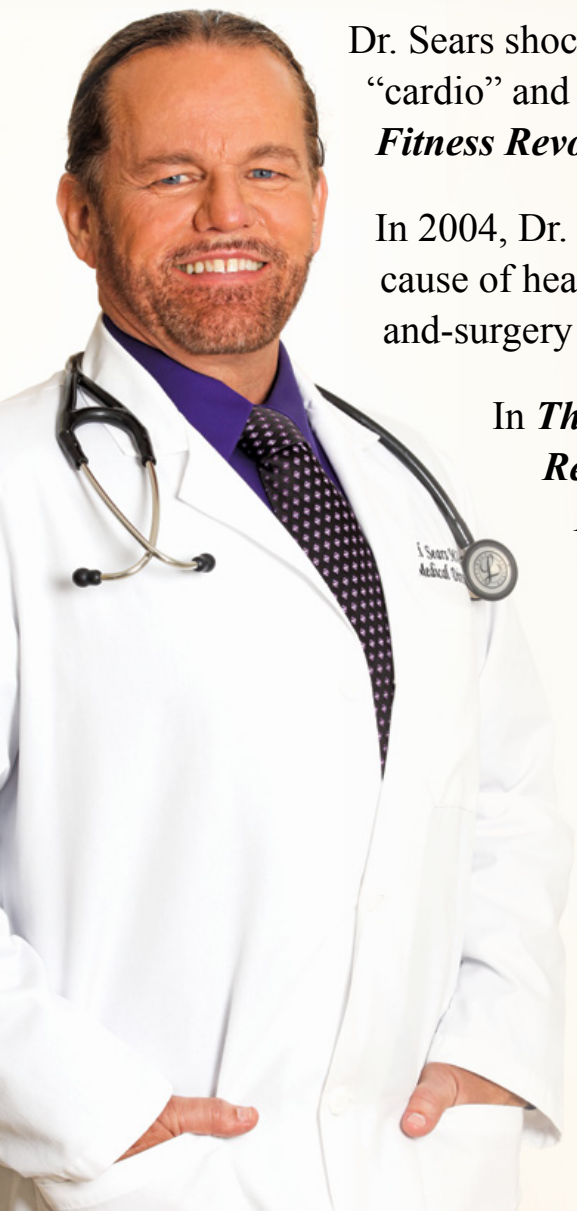
The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.

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).