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Dear Friend,

We are in the middle of a new pandemic that's causing your own body to attack itself...

In fact, it's becoming such a wide-spread concern that it's being called a modern-day plague.

I'm talking about autoimmune diseases. Just a few decades ago, these conditions were rare. But rates have quadrupled in the last 20 years. And they've skyrocketed since the mass vaccination programs began in the late 1940s.

Today, there is clear evidence between the number of people getting vaccines of ALL kinds and increasing rates of autoimmune disease. Research clearly shows that the more vaccinations that are given, the more autoimmune diseases appear in the population.

These vaccines create a foundation for autoimmune disease when foreign tissues are injected into the blood stream. It alters your genes and creates havoc in your immune system.

You can see this playing out in real time with the Covid vaccine...

Since the first coronavirus vaccines were given in December 2020, there has been a curious and sudden increase in the number of autoimmune cases around the world.

The vaccines are made with a synthetically designed genetic photocopy of DNA. This messenger RNA directs spike protein of the virus to be built into your own cells.

How could that not cause an autoimmune reaction?

It does... And the evidence proves it.

In fact, it would be more accurate to call it an autoimmune-inducing drug than a vaccine.

We still don't know how to make anything artificial, and if something is synthetic, you ought to be suspicious.

The viruses that were part of a vaccine have already been tested by nature. When you design one with genetically engineered technology that's completely synthetic, it's a risky proposition...

In your March issue of *Confidential Cures*, you will discover...

- **That today, more people have an autoimmune disease than cancer, heart disease, and Alzheimer's COMBINED.** But more importantly, you'll learn how to protect your body from waging war against itself.
- **How fake sweeteners – which are more addictive than cocaine – can lead to a deadly liver disorder.** Mainstream medicine has no cure. But there is a super-nutrient that can stop this disease in its tracks.
- **Why Big Pharma's synthetic, and damaging, insulin injection keeps you trapped in their drug pipeline for life.** And the natural treatment that can reverse diabetes safely and more effectively than any fake pharmaceutical drug.

To Your Good Health,

Al Sears, MD, CNS

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The New Pandemic: Autoimmune Disease

Autoimmune diseases used to be thought of as a “woman’s disease.” And it’s true that a larger percentage of women are diagnosed with autoimmune diseases more often than men.

But a brand-new study shows that is changing...

A team of researchers at the has shown that antinuclear antibodies — a common biomarker of autoimmune disease — have become more prevalent in the US population over the past 25 years.¹

The research team analyzed blood samples from more than 14,000 people over a 25-year period.

Their analysis found that prevalence of the antibody biomarker increased from 11% in the earliest samples up to 16% in the most recent.

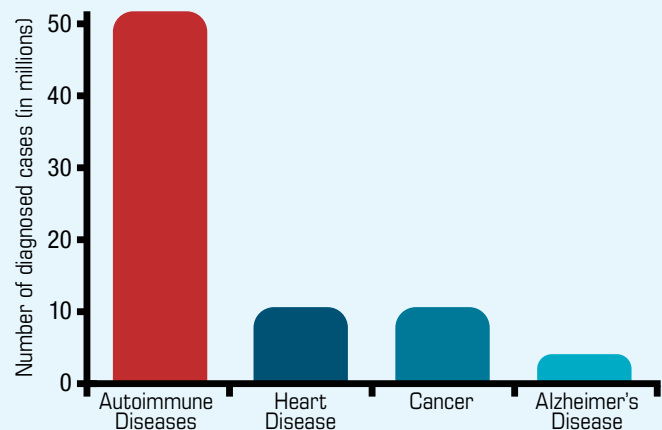
And the biggest increase was in non-Hispanic white men.

And over the past few decades, more people than ever before have conditions like:

- Type 1 diabetes
- Type 2 diabetes
- Lupus
- Celiac disease
- Rheumatoid arthritis
- Psoriasis
- Chronic fatigue syndrome
- Thyroid diseases
- Multiple sclerosis (MS)

In all, there are about 80 autoimmune diseases that can affect organs throughout your body.

Autoimmune Diseases Outnumber Top Chronic Diseases Combined



With more than 50 million diagnosed cases, autoimmune diseases outnumber coronary heart disease, cancer, and Alzheimer's combined.

Autoimmune disorders happen when your body turns against itself. Mainstream medicine will likely tell you the problem is a “defective” gene. But you don’t develop these conditions because someone in your family did.

They occur when your own immune system becomes overactive and attacks your body instead of diseases and foreign invaders.

When doctors tell you that your genes are at fault, it just means they have no idea how to cure you.

Most doctors still don’t understand the link between these diseases and our toxic Western diet.²

If you have an autoimmune disease, you’re not alone. Some 50 million people suffer from at least one of them. In fact, more people have an autoimmune disease than cancer, heart disease and Alzheimer’s COMBINED.³

But it's not your genes that are to blame. Your genes were made perfect. They're not defective. They're a part of the normal pattern of variation you find across the human species.

The problem begins when your genes react to something else going on in the environment... You see, the common thread between all autoimmune diseases is inflammation.

Your body's immune system mistakes its own tissue as a foreign object and mounts an attack. In the case of autoimmune diseases, overproduction of cytokines and chemokines leads to inflammation of a body tissue. For example, too many cytokines in the joints can lead to rheumatoid arthritis.

In this article, you'll learn about the most natural way in the world to combat autoimmune disorders — and multiple scientific studies back me up. It's so natural — the FDA have called it a “fraud,” because drug companies can't make any money out of it. It's also a therapy that means you don't have to take Big Pharma's dangerous drugs.

Mainstream Medicine Doesn't Have A Clue

Today, almost all people on the planet are inflamed thanks to a modern diet that includes inflammation-friendly ingredients like sugar, grains, and other refined carbohydrates.

These foods cause relentless inflammation in your body because you weren't designed to eat them. As these unnatural toxins flood your bloodstream, your immune system kicks into high gear and you develop chronic inflammation. Your stressed-out immune system is no longer able to attack these invaders.

Instead, it starts to turn on itself. Before long, you end up with an autoimmune disease.

To make matters worse, it can take almost five years just to get an autoimmune disease diagnosis. That's years of unnecessary suffering.

And even if you do get diagnosed, the “cures” are often worse than the disease. Big Pharma's drugs try to beat an out-of-control immune system into submission. They also use corticosteroids to try to reduce inflammation.

A Cure Worse Than Disease

Big Pharma's Covid vaccine is effectively tinkering with the cellular machinery of virtually everyone on the planet.

And their cure is worse than the disease.

The onslaught of spike proteins threatens to make you a victim of your own immune system.

The end result is that this messenger RNA technology is teaching your body to attack itself — leading to an epidemic of autoimmune diseases.

And they have a long list of drugs to treat symptoms but never get to the real cause. These drugs are dangerous. They have terrible side effects. At best you can get nausea, headaches, and weight gain. At worse, you can be facing an increased risk of cancer and life-threatening infections.

I don't use those drugs with my patients. I don't believe in attacking the immune system. Instead, I help my patients support and balance their immune systems to restore proper functioning.

This all-natural therapy is called hyperbaric oxygen therapy (HBOT).

My patients tell me it gives them restored energy. They get relief from aches and pains in their muscles, joints and back. And they recover their brain function, something that typically suffers in autoimmune diseases.

HBOT Knocks Out Inflammation

HBOT is simply breathing in 100% oxygen under higher pressure than we have normally in the air.

Since the 1930s, HBOT has been used to help deep-sea divers heal from the bends. But most doctors don't realize how effective HBOT can be for autoimmune diseases. You see, oxygen just doesn't get headlines the way drugs do. And it cannot be patented, so it will never be promoted by the medical industry.

The HBOT chamber in my clinic delivers the healing power of oxygen at 1.5 times normal atmospheric pressure.

HBOT works by healing inflammation. As I mentioned earlier, every autoimmune disease is a direct result of inflammation.

When your immune system is working properly, inflammation is your body's response to injuries and infections.

- Small blood vessels in the area of the injury dilate
- Swelling develops as blood vessels leak fluid into tissues
- Immune cells rush to the scene
- Blood-clotting agents such as fibrin are formed
- Waste products from all that activity accumulate and cause more inflammation
- Circulation is impaired
- Pain and loss of function follow

Most of the time this immune response is quick and your body goes right back to normal. But with autoimmune diseases that's not the case.

Inflammation never goes away. It becomes your new normal. These areas of inflammation block the flow of oxygen. That slows down the healing process. But HBOT saturates your body's fluids and tissues with oxygen. It floods your cells with it.

And the high pressure in the HBOT chamber helps drain excess fluid. It pushes out toxic waste products. It stimulates the growth of new capillaries to restore circulation.

That's just what you need to fight an autoimmune disease like multiple sclerosis...

HBOT Provides “Significant Improvement” In 70% Of MS Patients

Multiple sclerosis (MS) is a disease of the nervous system. The body's immune system attacks its own myelin. That's the fatty substance that coats and protects nerve fibers.

**“More than 70%
of patients with
advanced MS showed
significant results
following HBOT.”**

MS causes patches of inflammation in the brain and spinal cord.

Eventually these injuries scar over causing “sclerosis.” And those scars slow down the flow of oxygen from the blood.

The most common symptoms of MS include changes in cognitive function, dizziness, mood changes, fatigue, difficulty walking and muscle and vision problems.

Brain imaging studies show that MS patients have high levels of lactic acid in inflamed areas.⁴ Lactic acid is what causes that burning you get in your muscles after exercise. And it signals a lack of oxygen.

But restoring oxygen can help prevent the scarring that leads to permanent MS damage. And it can also reduce the progression of the disease.

In an important study, 40 patients with advanced MS were divided into two groups. One group received pure oxygen for 90 minutes once daily. The other group received a placebo. At the end of 20 treatments 12 of the 17 HBOT patients had improved symptoms. Only one patient in the placebo group improved.⁵

A study in the *Journal of Neurology, Neurosurgery, and Psychiatry* confirmed those results. It showed that HBOT significantly preserved muscle coordination in MS patients.⁶

Now here's what's shocking... Studies like these have been completely ignored in the U.S. But throughout the rest of the world doctors are using this therapy successfully.

In the U.K. alone more than 12,000 MS patients are being treated with HBOT.

More than 70% of patients with advanced MS showed significant results following HBOT, compared to only 5.8% of patients in the placebo group.

The Federation of Multiple Sclerosis Therapy Centres in the U.K. followed 703 MS patients over many years. These patients had all been told there was no treatment for them.

The patients had 20 sessions of HBOT. After just four weeks, 64% to 77% of their symptoms improved.⁷

Then the patients returned for weekly treatments or as often as they wanted. After 10 to 13 years, 23% of the remaining patients had no further decline. And an incredible 7% had actually improved their condition. Keep in mind this is a disease that most doctors will tell you just keeps getting worse with time. They never hold out hope of long-term improvement.

Many MS patients treated with HBOT report improvements in their overall symptoms. They have better muscle coordination, balance, visual fields, concentration and bowel and bladder control. They report less pain, weakness, dizziness and numbness in their fingers and hands.

Research shows that HBOT is also effective to treat fibromyalgia, a chronic pain condition. It also causes fatigue, cognitive impairment, irritable bowel syndrome and sleep disturbance.

A 2015 study from Rice University treated 48 women with fibromyalgia. They received two months of HBOT. Every one of them improved her painful condition.⁸

HBOT has also been used successfully to treat rheumatoid arthritis and lupus.⁹

Bring Back Health and Healing With HBOT

Mainstream doctors find it hard to accept that breathing a high level of oxygen for just one hour a week can improve the course of a serious disease like MS. But it makes perfect sense.

Oxygen is normally transported on the hemoglobin in your red blood cells. Under pressure, however, oxygen dissolves in the plasma. It can get into the cerebrospinal fluid in the brain and spinal cord. It saturates the lymph and other body fluids.

This way oxygen easily gets to all the tissues in the body. Even those that only have limited blood flow.

High doses of oxygen trigger your body's natural healing process to:

1. Trigger The Release Of Your Own Stem Cells.

As you know, stem cells power up your immune system and ignite your body's natural healing power.

2. **Snuff Out The Fire Of Inflammation.** Oxygen is the mortal enemy of inflammation. It puts out the fire and with it, the inflammatory diseases that drag you down.

3. **Turn On DNA And Genes.** Oxygen turns on the genes and DNA linked with growth... the same ones that encourage healing.

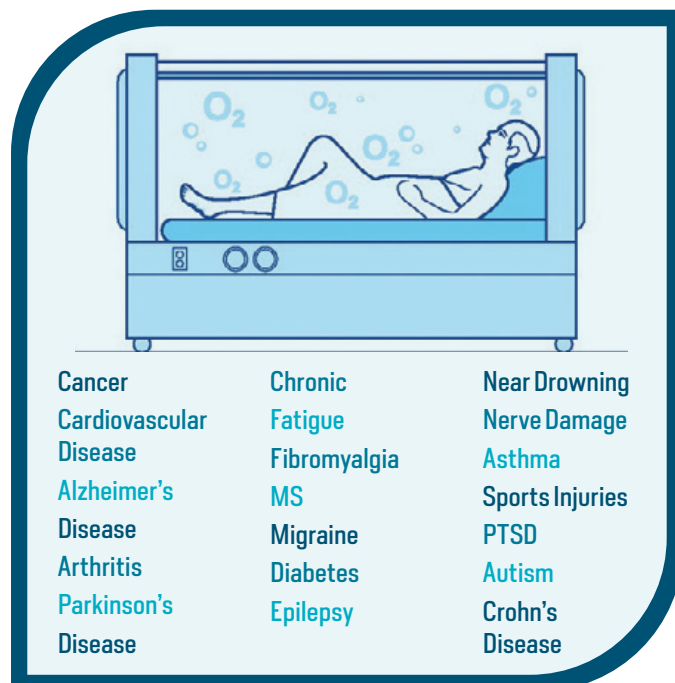
4. **Suffocate Deadly Diseases.** Cancer and many other diseases can only thrive in a low-oxygen setting. Flooding your body with oxygen makes it inhospitable for them to live.

5. **Encourage The Regeneration Of Tissues, Blood Vessels And Nerves.** Oxygen has long been known for its remarkable regenerative ability.

As of 2021, HBOT has been approved in the U.S. for 13 conditions.¹⁰ Some of these include diabetic wounds, carbon monoxide poisoning, decompression sickness, flesh-eating disease, bone infection, skin grafts and trapped air or gas bubbles.

Medicare, Medicaid and many insurance companies mostly cover HBOT for these conditions. But the FDA still does not approve it for autoimmune diseases.

In other countries, doctors use HBOT for more than 80 different conditions.



And unlike Big Pharma's dangerous drugs, HBOT has some dramatic healing side benefits.

It's been shown to:

- Zap dangerous bacteria and viruses
- Energize the entire body
- Help cells flush toxins and heavy metals
- Fuel brain and nerve cells to keep you alert and thinking clearly
- Regrow brain cells and reduce brain swelling after a stroke¹¹
- Regenerate collagen and elastin for younger-looking skin
- Limit radiation damage to soft tissue
- Stimulate new blood vessel growth
- Keep muscles moving smoothly

During an HBOT session, you recline comfortably in a pressurized chamber. And you breathe in 100% oxygen. Most of my patients watch a movie or simply relax.

A typical HBOT session lasts about 90 minutes. Treatments are repeated, depending on the condition, anywhere from five to 40 times.

If you would like more information about HBOT and how it might help you, please contact my staff at **561-784-7852**. They will be happy to explain it or answer any questions you may have.

3 Ways You Can Boost Oxygen Easily At Home

If you can't get to an HBOT chamber, you can boost your oxygen levels right at home. Here's what I recommend...

1. Increase Oxygen With Omega-3s. Fatty acids help red blood cells become more flexible, so they move more easily between the capillaries and cells, delivering oxygen and removing carbon dioxide.

But omega-3 fatty acids do more than ease oxygen delivery. They also improve oxygen intake in the lungs and promote the formation of new blood vessels.



Supplementing with krill and calamari oil improves oxygen intake into the lungs.

- A study from the University of California observed omega-3s relaxed arteries in the lungs and led to an overall increased oxygen intake into the lungs.¹²
- Another study from the University of Indiana noted omega-3s supported continuous blood flow to and from the lungs in asthmatic patients, who often experience constricted breathing and shortness of breath after exercise.¹³
- Diets enriched with omega-3s increased the number of endothelial progenitor cells which play a role in new capillary growth.¹⁴

I recommend supplementing with krill and calamari oil. These lesser-known options are better equipped to keep your cells, tissues, and organs fully oxygenated.

I tell my patients to get between 600 mg and 1,000 mg of DHA a day. Take it with a meal for full absorption.

2. Work Out With PACE. My PACE (Progressively Accelerating Cardiopulmonary Exertion) principle workout system improves lung capacity so blood and oxygen flow easily throughout your body. Cardio and aerobics can't do the job. You need to continually increase your exertion. PACE pumps oxygen-rich blood to your vital organs by up to 18 times more than light exercise such as walking.¹⁵ And all it takes is 12 minutes a day. Click here for examples of my PACE workout.

3. Practice Deep Breathing. This is an easy way to get the healing benefits of oxygen. You can do it sitting or lying down.

- Just place your hands on your belly and feel it expand as you inhale.
- Then expand your breath into the sides of your lower chest pushing your side ribs out.
- Finally, lift your upper chest and let it fill with air.
- Exhale in the same order, from your abdomen to your ribs to your upper chest.

Start with 5 minutes a day and work up to 15 minutes.



Deep breathing exercises are a simple way to get the healing benefits of oxygen.

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Don't Be Fooled By Big Agra's Fake News...

Toxic Sweetener More Addictive Than Heroin?

I'm seeing a disturbing trend in my practice. More and more people are coming in with a deadly liver condition.

In medical school I was taught that liver disease was limited to heavy drinkers. But the people I'm seeing aren't hardcore drinkers. Some don't drink at all.

Liver diseases are one of the fastest-growing health epidemics in the world. And I blame our modern food supply for this epidemic.

You see, industrial foods are drenched in Big Agra's high-fructose corn syrup (HFCS). It's in everything from salad dressing to strawberry jam to Oreo cookies. And if you've ever eaten an Oreo cookie, you might have noticed how hard it was to eat just one.

Don't worry, it's not just you.

Research has found that due to their high level of HFCS, Oreos are more addictive than cocaine or heroin.¹

The researchers used immunohisto-chemistry to measure the expression of a protein called c-Fos in the brain's "pleasure center." It recorded how many cells in this region of the brain were turned on in response to the drugs or Oreos.

A second Canadian study found that HFCS can cause behavioral reactions similar to those produced by common street drugs.²

As you probably know, HFCS is in a lot of foods that make up the standard American diet. It's a big part of the reason we have an obesity epidemic in our country.

But HFCS does more than make you gain weight...



Our modern food supply, including Oreos, is full of the liver-destroying synthetic sweetener known as HFCS.

It also causes fat to build up in your liver.

When that happens, you can end up with a condition called fatty liver disease.

Over the last 10 to 15 years, I've seen a sharp increase in the number of patients with fatty liver disease at my clinic... both men and women.

The truth is, you could have fatty liver disease and not even know it. An estimated 100 million Americans do.

Fructose damages your liver just like alcohol.

You may have heard of fatty liver disease before. Most people think only alcoholics get it.

But when alcohol is not a factor, the disease is called "non-alcoholic fatty liver disease" (NAFLD). It's one of the fastest-growing health epidemics in the world. And I put the blame squarely on our modern food supply. Here's why...

The liver is a vital part of your digestion. It metabolizes your food. It receives nutrients from the small intestines and processes them.

Bad fats, chemicals, preservatives, and additives in our modern food supply are very difficult for your liver to fully metabolize. These “leftovers” hang around in your liver, making it fatty.

By far, the worst culprit is Big Agra’s high-fructose corn syrup. Since 1980, cases of NAFLD have doubled, in lockstep with the rise of HFCS. It’s now in everything from salad dressings to sodas to... yes, Oreos.

And just like alcohol, HFCS is toxic to the liver.

You see, fructose isn’t like other sugars. Most of it goes straight to your liver instead of going into your muscles and tissues for energy. It promotes the formation of new fat molecules. It triggers your liver cells to store this fat where it doesn’t belong. At the same time, it blocks the breakdown of old fats.

A study from the University of Florida found patients with fatty liver disease ate two to three times more high fructose corn syrup.³ And just like alcohol, this cheap fructose is addictive. Once you start eating fructose, you crave sweets. You start eating them compulsively.

Patients tell me all the time that they’ve heard from doctors and even nutritionists that fructose is fine, and it’s natural. After all, that’s the kind of sugar that’s found in fruit, right?

Here’s the difference...

Natural fructose is locked inside the fiber of the fruit. That means it absorbs into your bloodstream slowly, giving your liver time to release it gradually as glucose, the sugar your body uses for energy.

Corn syrup floods your bloodstream, overwhelming your liver’s processing capacity.

But it gets worse...

NAFLD can progress an even more deadly form known as non-alcoholic steatohepatitis (NASH). About 10% to 30% of NAFLD patients develop NASH. And they are more likely to die from their liver disease. NASH can progress to hepatitis, cirrhosis, liver cancer or liver failure.

Fructose syrup does more than damage your liver. Many serious diseases have been linked to the overconsumption of fructose.

Diseases like insulin resistance, diabetes, obesity, and arthritis.

And fructose syrup is linked to the inflammation that’s at the root of all chronic diseases such as:

- Cancer
- Heart disease
- Alzheimer’s
- Rheumatoid arthritis
- Asthma
- Leaky gut



Don’t Be Fooled By Big Agra’s Fake News

Many consumers have caught on to the health risks of high-fructose corn syrup. You probably already look out for it on food labels.

But the profits on this ingredient are astronomical. Big Agra wants to keep you hooked.

They’re fighting back. And they fight dirty.

The Corn Refiners Association has succeeded in getting the FDA to approve a name change for one type of HFCS called HFCS-90. They can now call it “fructose” or “fructose syrup.”

They want to trick you into believing it’s healthier than HFCS. But this new compound has even HIGHER concentrations of harmful HFCS. In fact, regular HFCS contains either 42% or 55% fructose. This new form contains 90% fructose!

In other words, it’s even a bigger health risk than regular HFCS. And that means even more fatty liver disease.

Mainstream medicine has no effective drug or other treatment for NAFLD. That means most doctors ignore it.

But I check my patients for fatty liver disease with a simple blood test.

The liver releases the enzymes ALT and AST when there is inflammation. If you want to know if you are at risk, ask your doctor to check your blood for these elevated liver enzymes.

I've been recommending a simple nutrient to my patients for years. One that protects the heart, brain, liver and more. And a new study shows that this nutrient can stop NASH in its tracks.⁴

Stop Fatty Liver Disease In Its Tracks

Researchers from Oregon State University fed lab animals the equivalent of a standard Western diet. The diet was high in bad fats and sugars that lead to obesity. The fat animals developed NASH. Then they were given **docosahexaenoic acid (DHA)**, a type of **omega-3** fat.

They found that DHA blocked the progression of NASH *even though the animals continued to eat a bad diet.*

I was one of the first doctors to recommend omega-3 supplements for liver disease, as well as for heart and brain health.

You see, omega-3 fats like DHA are anti-inflammatory. They help to heal liver cell membranes. These healthy fats also suppress production of new liver fat cells and stimulate burning of fat cells. We also know that humans with NASH have very low levels of omega-3 fats.

In one human study, 1,000 mg per day of omega-3s decreased serum markers of liver cell damage and levels of triglyceride fats.⁵

You can get DHA from grass-fed meats and wild-caught fish. But after years of tracking my patients' omega-3 levels, I know it is almost impossible to get enough DHA from your diet. You have to supplement. But not with fish oil.

You see, the fish oil on the market today comes from contaminated waters. It's loaded with toxins. And that *adds* to the burden on your liver.

Fortunately, there's a better choice. Instead of fish oil, I recommend krill and squid oil to my patients. It's purer than fish oil.

The tiny shrimp-like krill do not live long enough to absorb large amounts of toxins. And squid live miles below the ocean, far from pollution on the surface.

I advise my patients to take between 600 mg and 1,000 of DHA daily from a combination of squid oil and krill oil.

Here's what you need to know to get the most from your DHA.

- **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 that has the most amount of healthy fats. This increases absorption.⁶
- **Store your softgels 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.

4 More Ways To Protect Your Liver

Mainstream medicine has no effective drug or other treatment for this condition. That means most doctors ignore it. I help my patients prevent and even reverse fatty liver disease with these simple, natural solutions.

1. **Eat a liver-friendly diet.** The best way to protect your family from NAFLD is to eat a primal diet. This is the same diet our ancestors ate before the rise of Big Agra. That means a diet high in healthy fats, pastured and grass-fed protein, and low in refined carbs.

It means avoiding processed foods, sodas, sports drinks, junk food and vegetable oils. Especially avoid foods that contain HFCS. And remember, it can be disguised on food labels as fructose, fructose syrup, maize syrup, glucose syrup, glucose/fructose syrup, tapioca syrup, fruit fructose and crystalline fructose.

2. **Take this form of vitamin E.** Vitamin E is actually a family of eight vitamins — four tocotrienols and four tocopherols. Research shows that tocotrienols completely reverse nonalcoholic fatty liver disease and even improve deadly end-stage liver disease.

In a breakthrough study from Malaysia, researchers gave 30 patients tocotrienols supplements daily. After a year, 15 were completely cured of this “incurable disease.” Another five showed significant improvement.⁷ In other words an incredible 67% of otherwise non-treatable NAFLD cases improved with just vitamin E.

In another amazing Ohio State University study, 50% of end-stage liver patients — those who never get better without a transplant — actually improved their condition by taking tocotrienols.⁸

You can add tocotrienols to your diet naturally. Try eating plenty of nuts, eggs, and dark-green leafy vegetables. Other excellent sources are annatto oil, palm oil and coconut oil.

But most people don’t get enough from their diet, so you can always supplement. But beware... most vitamin E supplements only include one form of the tocopherols. That’s not enough. Look for one with “mixed tocotrienols.” Try to get at least 400 IU a day.

And stay away from any vitamin E labeled d-alpha or especially dl-alpha tocopherol. The “dl” means it’s synthetic.

Just one word of caution... Vitamin E is a natural blood thinner, so consult your doctor if you’re on blood-thinning medication or have a bleeding disorder.

3. Take the liver herb. Milk thistle is also known as the “liver herb.” It has an active compound called silymarin. In a placebo-controlled study of 100 patients, silymarin promoted a significant decline in liver enzyme markers. That indicated reversal of NAFLD with no serious side effects.⁹



The silymarin in milk thistle helps reverse fatty liver disease with no side effects.

4. Try this “heart” supplement. I’ve been recommending CoQ10 to my patients for decades for heart health. It’s a powerful antioxidant and anti-inflammatory. But a study in the *Journal of the American College of Nutrition* proved that CoQ10 can also help treat NAFLD.¹⁰

The randomized, double-blind trial included 41 people with mild to moderate NAFLD. Researchers gave half the patients 100 mg of CoQ10 every day. The other half got a placebo.

After 12 weeks, all of the signs of NAFLD were lower in the CoQ10 group. Four of the patients on CoQ10 even returned to normal liver function.

You can get CoQ10 from food, especially grass-fed organ meat and beef, sardines, mackerel, peanuts. But the amounts in food won’t be enough to stop NAFLD. That’s why I recommend taking a supplement.

I recommend 50 mg a day in the ubiquinol form... It’s 8 times more powerful than the older form with a similar name, ubiquinone.

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Natural Diabetes Cure Beats Big Pharma's Synthetic Insulin Injections

Mainstream medicine will tell you that diabetes can't be reversed. And that once you have the diagnosis, you'll be on Big Pharma's drugs for the rest of your life.

So the FDA keeps approving brand-new diabetes drugs and insulin shots...

The latest is a rapid-acting synthetic insulin injection for people with Type 1 and Type 2 diabetes. It comes on the heels of another FDA approved insulin pill produced by pharmaceutical company Novo Nordisk. The Big Pharma giant calls their creation the "holy grail" of diabetes treatment.

But we don't need more dangerous drugs to beat diabetes.

Even the drug's maker and the FDA acknowledge its dangers — and admit that it is "not recommended as the first choice for treating diabetes."

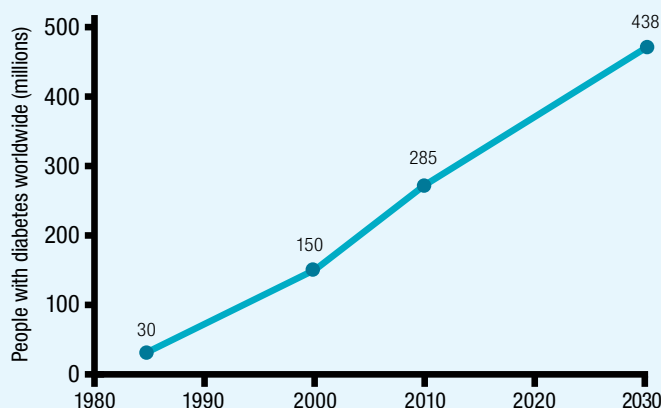
Because this drug has serious risks associated with it. The most dangerous is that it can cause thyroid tumors and cancer.

The drug label also warns about inflammation of the pancreas, vision loss, low blood sugar and kidney injury. "Lesser" side effects include rapid heartbeat, slurred speech, confusion, mood changes and anxiety, headaches, and drowsiness.

But I'm sure a lot of mainstream doctors will be prescribing it. It's another way to keep patients locked into Big Pharma's drug machine for life... prescribing insulin in different forms because it's all they know.

But my patients have been beating diabetes for decades — without insulin.

The Global Diabetes Epidemic



Diabetes rates were more or less flat until 1980, when they began to skyrocket.

Nearly 10 million Americans take insulin regularly. Not only is insulin crippling them financially — with patients paying up between up to \$900 a month¹ — it can't treat the condition effectively, let alone cure it.

And diabetics taking insulin face dangerous, life-threatening side effects. The most serious is an increased risk of congestive heart failure, obesity, and mortality.²

Other serious side effects of insulin are severe low blood sugar which leads to confusion, headaches, seizures, mood changes, and loss of consciousness.

I have news for you. Thanks to advances in medical science over the past decade, there is now a much more effective way to treat diabetes — and, in some cases, even reverse it.

I'm talking about **stem cell therapy using your own bone marrow.**

And I have a filing cabinet stacked with scientific research proving that stem cell therapy consistently gets better results than insulin — it's more effective, longer lasting and nowadays, it's even more cost effective.

Most doctors never even consider an alternative to insulin — or any of Big Pharma's other blockbuster diabetes drugs, like Metformin or Januvia.

But I've helped enough diabetic patients to know that this modern-day condition is 100% reversible — without Big Pharma drugs.

In this article, you'll learn that stem cell therapy for diabetes isn't something you have to wait for in the future. And it's not risky or experimental, as some doctors will tell you. Treatments are available now — and they could change your life.

Injecting Additional Insulin Is The Wrong Weapon For Diabetes

Insulin is a hormone produced by beta cells in your pancreas. Its primary purpose is to transport glucose in your cells, where it is used to make energy for your body to function.

The biggest problem with insulin as a medication is that it's an inaccurate and incomplete weapon for fighting diabetes.

That's because — whether you're type 1 or type 2 — diabetes is a chronic disease characterized by dangerously high blood sugar levels that are difficult to control.

With type 1 diabetes, your insulin-producing beta cells are killed off by a faulty immune response. Sufferers need to inject insulin daily to stay alive.

In type 2, the beta cells aren't all lost at once. Instead, they die gradually over the course of the disease.³ The beta cells that remain become more and more dysfunctional and less able to secrete enough insulin to keep blood sugar under control. And that's only half of the problem.

Years of exposure to excess sugars and starches in the typical Western diet have overwhelmed your body and caused the receptors on your cells to become insulin resistant. This makes it even harder to get glucose to your cells, and it forces your metabolism to act in ways nature never intended.

Stop Calling It Human Insulin

For almost 100 years, Big Pharma has called the drug diabetics put into their bodies “human insulin.”

But insulin is something humans produce naturally.

“Human” insulin is grown in a laboratory and it's supposed to mimic the insulin that's produced naturally by people.

Human insulin is created by growing insulin proteins with E-coli bacteria.

Calling this lab creation “human” is a manipulation of the English language. But it's typical of modern medicine.

We take something natural and turn it into a synthetic. Then the drug can be patented and sold for a huge profit.

Despite the barrage of Big Pharma meds, most type 2 diabetics now take insulin to help lower blood sugar levels, as all the pancreatic beta cells eventually die and insulin injections become a daily necessity, just like type 1s.

That opens the door to a new set of problems associated with taking insulin shots, including even greater difficulties keeping blood sugars from spiking.

A shocking statistic from the National Health and Nutrition Examination Survey reveals that nearly 40% of diabetics in America taking insulin or other blood sugar-lowering meds still struggle to get their blood glucose levels under control.^{4,5}

Despite advances in delivery and the purification of insulin, and the development of long-lasting versions, no system has been developed to deliver the exact right amount of continuous insulin for even 24 hours — like your body.

And no treatment has been able to rein in the diabetes pandemic that now surges year after year.

Back in 1922, when the first diabetic patient received the world's first insulin shot, about a million people worldwide had diabetes — and that number was pretty steady until around 1980.

Today, we've passed 500 million, with millions more prediabetic.⁶

Based on data from the Centers for Disease Control and Prevention, 1 in 3 Americans will have type 2 diabetes by 2050.⁷

Meanwhile, insulin prices are going through the roof...

Big Pharma Greed Reared Its Ugly Head

In 1922, Dr. Frederick Banting was the first physician to treat a patient with insulin. Back then it was hailed as a miracle. Dr. Banting sold his insulin patent for about \$3 to Toronto University and turned to pharmaceutical giant Eli Lilly to mass-produce it.

In their agreement, Eli Lilly got the rights to manufacture insulin, royalty-free, and improve upon the formulation, and patent any subsequent improvements.⁸

Dr. Banting wanted it to be manufactured to the highest standards and to get it to as many diabetics as possible, as quickly as possible — before other pharma companies jumped on the band wagon with inferior versions.

By the end of the following year, the company had sold 60 million vials of its “purified extract of pig and cow insulin.”⁹

But it wasn't long before Big Pharma figured out a way to turn a profit from insulin — even if that meant engaging in “possible” illegal activity.

In 1941, Eli Lilly, Sharp & Dohme and E.R. Squibb were indicted for an alleged insulin price-fixing scheme, which ended up being settled out of court.¹⁰

Today, the global sales of insulin are still dominated by just three pharma giants — Eli Lilly, Sanofi, and Novo Nordisk. They control 99% of the \$40 billion global insulin market.

And all three are now facing lawsuits that accuse them of unfairly raising insulin prices and monopolizing the market.

Dr. Banting would be shocked at the price of insulin today.

Patented Oct. 9, 1923.

1,469,994

UNITED STATES PATENT OFFICE.

FREDERICK G. BANTING AND CHARLES HERBERT BEST, OF TORONTO, ONTARIO, AND JAMES BERTRAM COLLIP, OF EDMONTON, ALBERTA, CANADA, ASSIGNORS TO THE GOVERNORS OF THE UNIVERSITY OF TORONTO, OF TORONTO, ONTARIO, CANADA.

EXTRACT OBTAINABLE FROM THE MAMMALIAN PANCREAS OR FROM THE RELATED GLANDS IN FISHES, USEFUL IN THE TREATMENT OF DIABETES MELLITUS, AND A METHOD OF PREPARING IT.

NO DRAWING. Application filed JANUARY 12, 1922. Serial No. 612,155.

To all whom it may concern:

Be it known that we, FREDERICK G. BANTING and CHARLES HERBERT BEST, of the city of Toronto, in the county of York and Province of Ontario, Dominion of Canada, and JAMES BERTRAM COLLIP, formerly of the said city of Toronto, and now of the University of Alberta, in the city of Edmonton, in the Province of Alberta, Dominion of Canada, British subjects, have invented an extract obtainable from the mammalian pancreas or from the related glands of fishes, useful in the treatment of diabetes mellitus, and a method of preparing it; and we hereby declare that the following is a full, clear, and exact description of the same, this application being a substitution in part of the annexed specification.

prepare the extract containing the secretion or hormone in practically pure form and to devise suitable means for obtaining the maximum yield of it.

This was done by extracting the internal secretion or hormone from the fresh pancreas of mammalia, or, from the fresh pancreas of cartilaginous fishes, or, from fresh related glands, (principal islets), of bony fishes, with a solvent capable of preserving the activity of the internal secretion or hormone and then separating it practically free from injurious substances including inert associated gland tissue, proteins, proteolytic enzymes, salts and lipoids.

The following are steps we employed in several methods for obtaining a practically

It wasn't long before Big Pharma figured out a way to turn a profit from insulin. So they patented it in 1923.

Insulin in the U.S. costs on average about 800% more than in other developed economies.¹¹

This has forced many people into life and death decisions on a daily basis. Some working families now have to choose between buying insulin or groceries or other necessities.

Part of the problem is that no generic insulin exists. It's no longer extracted from cows and pigs, but grown from bacteria.

The FDA has approved a number of “biosimilar” or copy versions of insulin products, but they're not that much cheaper. The first one to market was Eli Lilly's Basaglar, which technically isn't insulin, but has an amino acid sequence identical to Lantus, Sanofi's blockbuster long-lasting insulin product.

Because insulin is a complex molecule and relatively costly to produce, biosimilar versions only reduce insulin costs by about 20%.

As Big Pharma vigorously defends its insulin formulations, diabetics are paying the price.

You can do much better. The latest research, along with years of clinical practice, show that stem cell treatment can achieve better results against diabetes — better blood sugar control, increased insulin sensitivity in the cell receptors and, in some cases, even the elimination of insulin injections.

I recommend stem cell treatment to all my diabetic patients because it's a long-term solution to a chronic medical problem.

The Solution To This Chronic Problem Is Already Inside Of You

If you're a regular reader, you'll know that stem cells are the basic building blocks of your body. Like a blank slate, they can replace any kind of cell that's damaged, old or dying. They also produce streams of new immune system cells.

Some doctors still believe stem cell procedures are controversial. Others will tell you stem cell "cures" are still "experimental" and something your children or grandchildren may be able to look forward to in the future.

The truth is stem cell treatments for diabetes are already available — they just haven't reached mainstream medicine yet.

And there's nothing controversial about these treatments. They are scientifically proven and the stem cells used today are NOT the "embryonic" stem cells.

Instead, they come from your own bone marrow. You, see, you have an abundant and easily accessible source of stem cells in your own body right now.

Rigorous human trials have consistently shown the effectiveness of stem cell treatments in the fight against **type 1 and 2 diabetes**.¹²

In a recent breakthrough at University of Copenhagen, researchers used human stem cells to produce insulin-producing beta cells for the first time. The researchers hope that in the future, these could be transplanted into diabetes patients.¹³

And in another study, researchers used stem cells to treat a patient named Brian Shelton who loved with type 1 diabetes for 50 years.

Brian depended on insulin to stay alive. But he suffered severe episodes of hypoglycemia, where his blood sugar level would drop so low that lost consciousness without warning.

In 2021, he was the first patient in a breakthrough clinical trial using stem cells to restore his body's natural ability to create and regulate insulin cells that it lost.

"I'm not sitting here like...where's my pills, where's my shot. I don't need them. My body does it."

After 50 Years Of Insulin Shots... Stem Cell Study Saved Him

Brian Shelton lived with type 1 diabetes for 50 years and depended on insulin to stay alive.

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"I'm not sitting here like...where's my pills, where's my shot. I don't need them..."

"My body does it."

But stem cell treatment, as it is today, provides remarkable results for diabetics.

First, stem cells have been shown to have a potent anti-inflammatory effect — and diabetes has a significant inflammatory component.¹⁴

When you reduce inflammation, the insulin receptors on the cells become less resistant and more sensitive — and thus more efficient at transporting glucose to your cells.

I've seen this happen myself with patients at the Sears Institute for Anti-Aging Medicine. The effect was a significant and steady lowering of blood sugar levels and a dramatic reduction in the need to inject insulin.

One long-term study at Harvard Medical School gave stem cell therapy to 65 individuals with insulin-dependent diabetes, and a large portion of participants no longer had to take insulin injections at all.¹⁵

A recent Chinese treatment study found stem cells were able to reprogram liver cells — instead of pancreas cells — to produce enough insulin to lower blood sugar levels.¹⁶

And a recent animal study in Egypt used a type of stem cell treatment called platelet-rich plasma therapy (PRP) to regenerate damaged pancreatic cells, resulting in a significant increase in beta cells.¹⁷ PRP works because blood platelets attract stem cells.

A Chinese treatment study found stem cells were able to reprogram liver cells — instead of pancreas cells — to produce enough insulin to lower blood sugar levels.¹⁸

Stem cell therapy is also an especially powerful healer of diabetic injuries. Chronic high blood sugars damage the walls of the tiny blood vessels that supply oxygen and nutrients to the nerves in the ends of the hands and feet, which cause lingering wounds and ulcers.

Studies reveal that stem cell treatment can regenerate nerves and blood vessels damaged by the disease.¹⁹

Stems cells have also been shown to significantly slow the progress of diabetic retinopathy, and prevent blindness.²⁰

If you're interested in bone marrow stem cell therapy, call my staff at on **561-784-7852** for details. They are happy to answer any questions you have.

Try These Blood Sugar Busting Herbs for Diabetes

Along with exercise and a meal plan without processed carbs and sugars, I also recommend a number of powerful supplements that work at the cellular level to bring blood sugar back into the normal range.

Here are three of my favorites...

- **Beat Big Pharma's Top Diabetes Drugs With Berberine.** A Chinese study of 84 patients with diabetes found that berberine lowered blood sugar levels just as well as the popular diabetes drug metformin. After only one week, berberine lowered both fasting and post-meal blood glucose levels. In addition, the participants fasting plasma insulin, insulin resistance, triglycerides and hemoglobin A1C all dropped significantly.²¹

A review of 14 other studies involving 1,068 participants also found berberine performed just as



A review of 14 studies found berberine performed just as well as metformin, without any side effects.

well as metformin, as well as two other top diabetes drugs glipizide and rosiglitazone.²²

You can find berberine in your health food store or online. It's also sold under the names "Goldenseal Root" or "Oregon Grape." I recommend taking 200 mg to 500 mg daily with food.

- **Common Kitchen Spice Balances Blood Sugar — Ceylon Cinnamon.** Exciting new research shows cinnamon significantly increases insulin production and balances blood sugar.²³ Researchers discovered that cinnamon actually increases your glucose metabolism. It contains a compound called methyl hydroxy chalcone polymer, or MHCP for short, that works with insulin to help process glucose.

In fact, a laboratory test conducted by the U.S. Department of Agriculture (USDA) showed MHCP increased glucose metabolism by roughly 20 times.

- **Control Your Insulin Sensitivity With Chromium.** This important mineral controls insulin sensitivity. But today, almost 90% of American adults are chromium-deficient — despite the fact that chromium is in many foods including brewer's yeast, meats, potato skins, cheeses, molasses and fresh fruits and vegetables.

I recommend supplementing. But you can't take just any kind of chromium supplement. Some types may actually do more harm than good. Research shows that your chromium supplement needs to include niacin to be effective.

Look for chromium polynicotinate or niacin-bound chromium, which are both safe and effective as a dietary supplement. Take 400 mcg a day.

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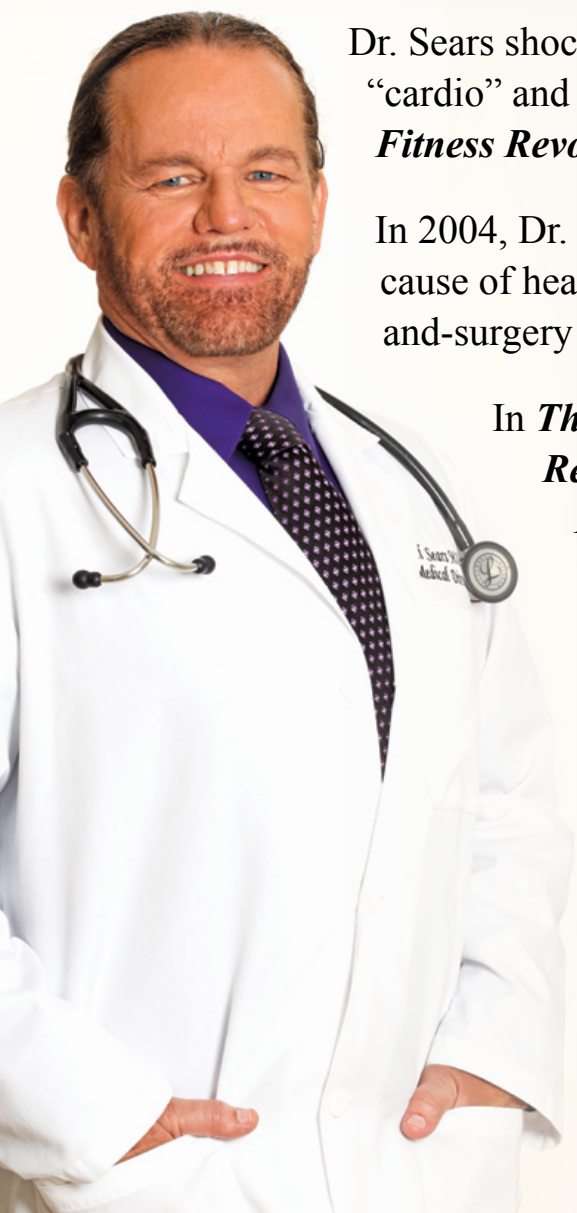
The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.

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).