Dr. Sears'
Confidential Cures
Your Guide to Truth and Lies in Medicine from Around the World

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Dear Friend,

Your genetic code is not set in stone. New research is revealing how your environment shapes your genetics — and that puts you in the driver's seat.

For more than 150 years — since the time of Darwin — science has believed that any changes to an organism cannot be passed to the next generation. That applied to all plants and animals — even humans.

According to strict Darwinism, if you were to change your diet, lose weight, and become super fit, your children would not benefit from your efforts.

But breakthrough studies reveal that you can use your genes to make your body biologically younger — and you can even pass those changes on to future generations.

This is a revolutionary idea that flies in the face of conventional wisdom.

In my mind, this discovery also puts to rest a long-standing rivalry between Charles Darwin and someone you probably never heard of by the name of Jean-Baptiste Lamarck. He and Darwin had different ideas about how traits are passed on from generation to generation.

Lamarck believed that if an organism changes during its life in order to adapt to its environment, those changes are passed on to its offspring... That the decisions you make about your own body can be passed on.

Darwin felt differently. His theories, which shape the ideas of modern science, can be summed up in a few words: Genes cannot be affected by the outside world.

In other words, the choices you make have no effect on your genetic code or how those genes are expressed.

I'm happy to say there is much more at play. It's called your "epigenome." It's the part of your genetic material that isn't inherited.

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

- **The exciting new studies in the growing field of epigenetics** that proves the choices you make today play a major role in deciding which genes in your genetic code get "switched on." This could mean the difference between whether you develop heart disease, Alzheimer's, diabetes — or not. I'll show you four easy ways you can get your epigenome back on track.
- **Why heart disease is a 20th century mistake.** As I wrote in my book, *The Doctor's Heart Cure*, there was a time when you could give your heart everything it needed to be healthy for life without much effort. But powerful interest groups like Big Pharma and Big Agra have taken this away from us. Fortunately, you can restore your ageless heart — and protect yourself from ever having a heart attack or stroke.
- **How the FDA continues to hide the truth about vaccines.** The FDA is protecting their friends at Big Pharma and it's putting your health at risk. The latest example is Pfizer's push to get the agency to bury its Covid vaccine data for 75 years. In this article, I'll share my latest three-pronged approach that will prepare your body's defenses against Covid infection and more.

To Your Good Health,

Al Sears, MD, CNS

Also in This Issue...

Darwin's Dangerous Mistake

Bombshell Revelation: Genes Are Fluid And Don't Work The Way We Thought

Most doctors will tell you that your genes are your destiny. Now, new groundbreaking research is telling us the exact opposite — you can actually use your genes to *change* your destiny.

Sure, genetics determine the color of your eyes, skin, and hair. But there's a lot they don't determine — and that includes whether or not you get sick and how your body ages.

That's right, scientific studies reveal that you can use your genes to make your body biologically younger and healthier — and you can even pass those changes on to future generations.[1]

This is a revolutionary idea that flies in the face of conventional wisdom.

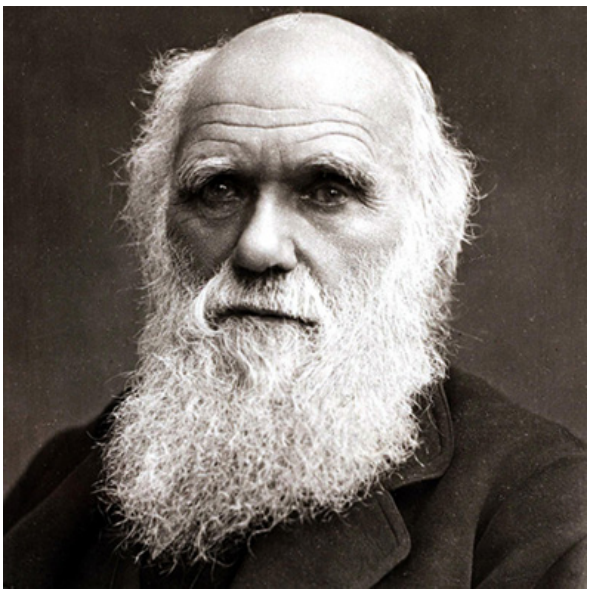
You see, according to Charles Darwin and his theory, your body's fate is decided by evolution and the genes you inherited.

Darwin didn't know that genes existed. But his concept of natural selection was based on his observation that traits are inherited, or passed from parents to offspring.

For over 150 years, the medical establishment ran with Darwin's theory. They used it to explain away why you could get diabetes, high blood pressure, Alzheimer's disease and more from your ancestors.

Most doctors today think these chronic diseases are all in your genes. After the Human Genome Project announced the full mapping of our DNA, the American Public Health Association came out with a big proclamation about how genes control our health.[2]

The "genes explain everything" folks claim these diseases "run in your family." They'll say



According to Charles Darwin and his theory, your body's fate is decided by evolution and the genes you inherited. Today, we know that's not true.

you "inherited" your mother's breast cancer, or your father's heart disease or your grandmother's arthritis.

But the truth is your genetic code is not set in stone. Darwin got it wrong from the outset. Not a week goes by without my explaining to a patient how they are not a slave to their ancestral heritage and that the power to heal and beat disease is in their own.

You see, Charles Darwin had a rival when he came up with his theory. Jean-Baptiste Lamarck, a French naturalist, had a different idea — the theory of Inheritance of Acquired Characteristics. Lamarck believed it wasn't all about evolution and genes. He was convinced that how you adapt to your environment is even more powerful than genes.

Although this theory was mocked for centuries — since it implies that traits gained by parents during their lifetime are passed directly on to offspring — it turns out Lamarck was mostly right all along. In fact, Lamarck's theory explains how genes work in 85% of cases.[3]

We now know genes are only part of the equation. And that external influences — like diet and environment — affect how your genes express themselves. They can switch "good" genes on and "bad" genes off.

This means your genes are not your destiny. You have the power to change your genes and avoid all of the diseases you may have inherited from your family.

This is an exciting discovery. In a minute, I'll show you how this research will change medicine forever. I'll also share some simple but powerful ways you can reprogram your DNA — telling your body to slow aging, live longer, and prevent diseases. And you can do it all right from home.

But first, I want to explain Darwin's mistake...

Your Epigenome Turns Your Genes On And Off

Your genes are only 15% of the total genetic material you get from your parents. Those genes are set in your DNA's double-helix pattern. They set the color of your skin, hair, and eyes among many other things.

But the remaining 85% of your genetic material is called the "epigenome." The word means "above" or "over" genes. Your epigenome is a "scaffolding" of proteins that surround your DNA's double helix.

As it turns out, this scaffolding acts as an interface with your environment. Based on the choices you make, this epigenome has the power to turn genes on or off. It changes the way your body expresses your genetic coding.

That means you're no longer a "victim" of your genetic programming. You're not stuck with what you got at birth.

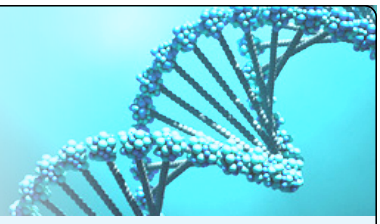
The new science of epigenetics describes how you can control the activity of your genes without actually changing your DNA. Your environment... your meal plan... your exercise and sleep habits... whether you smoke... your stress levels... all of these things may have as much to do with your health and how long and how well you live as your genes.

All of these factors create chemical "tags" that attach to your genes. These tags send a signal to your body telling it which genes to ignore and which ones to pay attention to.

This research is a game-changer. And it means you can make choices today that will help your epigenome to lower your biological age.[4]

Let me explain...

What's In A Name?



Researchers began hypothesizing about the existence of genes in the mid-1800s, although they used different terms.

- In the 1860s, Gregor Mendel used the words "**trait**" and "**factor**" to describe how certain characteristics of pea plants were passed down from generation to generation.
- Around the same time, Charles Darwin independently — and wrongly — proposed that hereditary information was passed from parent to child seed-like structures called "**gemmules**" that were stored in the sex organs.
- In 1882, biologist Walther Flemming was the first person to describe what we now call chromosomes. He called them "**threads**."
- In 1905, William Bateson created the word "**genetics**" to describe the study of heredity and inherited variations.
- In 1909, botanist Wilhelm Johannsen coined the word "**gene**" to describe the Mendel's units of heredity.
- A contemporary of Darwin's, Jean-Baptiste Lamarck developed the theory of **"inheritance of acquired traits." This is the start of what we call epigenetics today.**

A new joint study by scientists from several research institutes in the U.S. and Canada did just that. The study, involving 43 adult males, used a variety of dietary and lifestyle changes to test whether they could influence their subjects' epigenomic clock.

> "After just eight weeks, the researchers were shocked to discover they had reduced the biological age of the subjects by more than three years."

After just eight weeks, the researchers were shocked to discover they had **reduced the biological age of the subjects by *more than three years***.

Another startling study in Genome Research proves the power of epigenetics. It shows how one twin avoided a "genetic" disease while the other didn't.

Here's what happened...

You know that identical twins share 100% of the same DNA. Not only do they share the same looks, they also usually share the same disorders and ailments.

For the study, researchers wanted to figure out why one twin had lupus, an autoimmune disease, and the other one didn't. The answer was found in their epigenome. The twin who didn't get lupus had genes that were programmed to keep the disease at bay. The one who did have it had that particular gene expression turned "on."[5]

How was this possible? The choices each twin made had reprogrammed their DNA.

And when you reprogram your DNA, it doesn't just affect you...

Until recently, most scientists assumed that whatever epigenetic tags we built up during our lives were erased in our children. But breakthrough research now shows that your parents didn't just pass along their genes to you. They also passed on the chemical tags they created in their epigenome...

A long-term study tracked the medical records of families following the Dutch famine of 1944. It found that women who were conceived during the famine eventually grew up to have grandchildren more likely to have poorer health.[6]

Many animal studies show the same thing. In a study from Harvard Medical School and the University of Cambridge, researchers kept pregnant mice on a near-starvation diet. As expected, their mouse pups were born smaller than usual. The pups then ate a normal diet their whole lives. But they developed diabetes. And their offspring also had a higher rate of diabetes.[7]

But here's the really strange part. Their genes hadn't changed. Researchers explained that because their grandmother had been starved, the grandchildren were at higher risk of diabetes.

Other studies show you can even inherit your grandmother's fears. In a study from Emory University, researchers gave lab mice electric shocks every time they were exposed to a certain smell. Eventually, the mice shuddered at the mere whiff of that scent.

But here's the surprise...

Their offspring feared the smell, too, even though they hadn't received any shocks at all. So did their offspring![8] The fear left epigenetic marks like a "memory" being passed down the generations.

So even though you may not have a specific gene for it, how your grandmother lived her life — whether she smoked for example or lived through a famine — may affect whether you get cancer, diabetes, obesity, or even some phobias.

This research is revolutionary. According to strict Darwinism, if you were to change your diet, lose weight, and become super fit, your children would not benefit from your efforts. But we now know there's something more at play.

All of these things can help you turn the tables on genes. They can help you send your body the signal to turn on your genes for healing, good health, and a long life...no matter what's in your past.

And it goes both ways... If you make healthy choices, you can positively affect not only your children but your grandchildren as well. On the other hand, a diet of fast food and sodas will not only wreck your own health, it will predispose future generations to chronic diseases like obesity, diabetes and heart disease.

Sadly, our modern world is filled with triggers that turn good genes off and turn bad genes on. These bad triggers include processed foods, and refined grains and sugars. They also include heavy metals and harmful chemicals that we come up against every day in our environment.

But there's good news.

Even if you inherit some bad genes... even if your cells "remember" the harsh lives of your grandparents... ***you can still flip the override switch***.

You can make better food choices. You can detox your body to clear heavy metals. You can learn to manage stress with simple breathing techniques.

But the medical industry doesn't get it. They are spending billions on expensive "gene therapy" to remove, splice and snip genes to cure "genetic" diseases.

There's even an organization dedicated to this, called the American Society of Gene and Cell Therapy.

But they're all on the wrong track. You don't need expensive gene therapy that hacks away at your genes. There are simple ways to override your genes for a longer and healthier life. One of the most effective starts with your workout.

Work Out With An Epigenetic Exercise Program

Researchers at Karolinska Institute in Stockholm conducted an ingenious experiment. They had volunteers exercise on a bicycle exercise using only one leg, leaving the other unexercised.

The purpose of this was to avoid the problem of unknown factors influencing DNA methylation patterns when comparing one volunteer to another.

Methylation is a vital metabolic process that happens in every one of your cells and organs. It takes place more than a billion times per second in the body.

Here's how it works...

One molecule passes a methyl group on to another molecule. A methyl group is a carbon atom linked to three hydrogen atoms.

This transfer is absolutely essential for every single cell in your body. It's used to control how your DNA replicates itself and how your individual cells age. These methyl groups are the stop-and-go signals that turn genes on and off.

When a gene is methylated, its expression is reduced. But when your cells don't methylate properly, unhealthy genes get turned on and healthy genes get turned off. That can lead to a long list of diseases.

They include heart disease, cancer, dementia, autoimmune disease, depression, and migraines.

In the Swedish experiment, each volunteer essentially become his or her own control group.

The volunteers pedaled one-legged for 45 minutes, four times a week for three months. When the researchers analyzed the results, they determined that more than 5,000 sites on the genome of muscle cells from the exercised leg now featured new, healthier, and younger gene patterns.[9]

Studies also show that exercise directly lowers markers in genes effected by stress and inflammation.[10]

I recommend my PACE exercise program to my patients. It not only lowers methylation marker levels. It benefits every aspect of your health span, such as:

- Heart
- Brain — including cognition and mood
- Blood sugar
- Lung capacity
- Muscles mass
- Blood pressure
- Bones
- Cancer

PACE or Progressively Accelerating Cardiopulmonary Exertion, is the world's first anti-aging fitness regimen. It shifts the focus of your workout from "how long" you work to "how intensely" you exert yourself.

PACE uses brief but vigorous routines of increasing intensity to help increase the strength and capacity of your heart and lungs. After only a

few weeks of doing PACE, even my older patients developed the lung power of much younger people — even those with heart disease!

The really great thing about PACE is you only need 12 minutes a day. You don't need expensive equipment or a gym membership to do it.

You can choose any exercise that will make you stop and pant for breath. It could be as simple as going up and down the stairs, jumping rope, biking, or swimming.

The most important thing is to increase your challenge gradually over time.

You simply start out easy, at your own level, and gradually increase intensity as each move becomes easier. The key is to listen to your body. You should be panting at the end of each exertion period. You should not be taxed and exhausted through the whole workout.

If you are in the South Florida area, stop by the Sears Institute for a complementary PACE fitness class.

If you're interested in learning more about PACE or having your methylation or other biological age markers measured, please contact my staff at the **Sears Institute for Anti-Aging Medicine** at **561-784-7852**. If you're in the South Florida area, or plan to be, ask about taking a free PACE class at the clinic.

Flip The Switch On Your Genes

Exercise isn't the only way to change your epigenetics. Here are three more simple ways you can override your genes for a longer and healthier life...

1. Flip Your Genetic Switch With SAMe. SAMe (s-adenosylmethionine) is one of the best anti-aging supplements I've found. It's in almost every living cell, tissue, and fluid in your body. And it happens to be a "co-enzyme," meaning it helps other chemical compounds in your body perform essential functions. In fact, it's required for a host of biochemical reactions.[11]

And it protects your cells from damage and destruction.[12]

Like exercise, SAMe is a powerful methyl-donor.[13] By boosting methylation, it helps regulate gene expression, block disease, and slow certain aging processes. SAMe also helps your body make DNA and RNA, as well as proteins. It protects the structure and fluidity of your cell membranes.

SAMe also helps you produce glutathione. That's your body's most powerful antioxidant. And it's vital for making polyamines. These compounds regulate normal cell growth and death. One polyamine, spermidine, has been called a "universal anti-aging drug." Early lab tests show it increases the lifespan of mice.[14]

When you're young, you have healthy levels of SAMe. But as you age, your body makes less of it.

You won't find SAMe in food. I recommend supplementing with 200 mg a day for two weeks. Increase the dose gradually to 400 mg up to 800 mg twice a day if you're not seeing results. The only side effects to watch out for are an upset stomach or a skin rash, but these are rare.

2: Turn On Your Anti-Aging Genes With Resveratrol. About 20 years ago, researchers found a family of life-protecting genes called sirtuins. These genes get turned on when you're under severe stress. For example, a Johns Hopkins University study showed that starvation or a drastic cut in calories flips the switch on the sirtuins.[15]

When they are activated, sirtuins transmit signals to every cell in your body to cancel out the effects of aging. They bring the processes that lead to cell death to a crawl. That buys your body more time to repair DNA damage. In other words, sirtuins tell every cell in your body to slow down the aging process so you can live longer and better.

You can turn on your longevity genes with resveratrol. The best choices include grapes and vaccinium berries like blueberries, bilberries, and cranberries. Another option is Itadori tea. It's made from the root of the Japanese knotweed.

While wine does contain resveratrol, you'd need to drink hundreds of glasses to get the life-extending benefits.

Supplements are a better option. They're inexpensive and completely safe. You can take it any time of day, with or without food. A good dose is from 10 mg to 50 mg of resveratrol each day. For anti-aging, I recommend 100 mg.

3: Take Omega-3s To Activate More Than 1,000 Genes. Research shows that taking omega-3 fatty acids daily may have a positive effect on more than a thousand genes.[16] It tells your genes to prevent inflammation and hardening of the arteries.

The best sources of omega-3s are animal products like grass-fed beef liver; wild-caught fish such as salmon, trout, anchovies, and sardines; pastured eggs; oysters; walnuts; hempseed, and cod liver oil.

But over the years, I've found that it's almost impossible to get enough omega-3s from your diet. You'll probably need to supplement.

The key ingredient to look for is docosahexaenoic acid, or DHA. I recommend at least 500 mg of DHA and 60 mg of EPA every day.

I recommend krill oil and calamari oil to my patients. The tiny shrimp-like krill don't live long enough to absorb large amounts of toxins. And calamari live miles below the ocean, far from the pollution on the surface.

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Modern Heart Failures Are Not Natural

Mainstream medicine likes to toot its own horn when it says that cardiac events are becoming less common. But it's not true.

While it is true that fewer Americans — *as a percentage* — get heart attacks, the total numbers are still going way up. Heart disease remains the number-one killer in the country. And the world...

No matter what Big Pharma says, there's no reason to accept this as normal — because until very recently, it wasn't.

Physicians weren't even acutely aware of what heart attacks were until the dawn of the 20th century.

Of course, this isn't to say they didn't happen — this has been a growing problem for thousands of years.

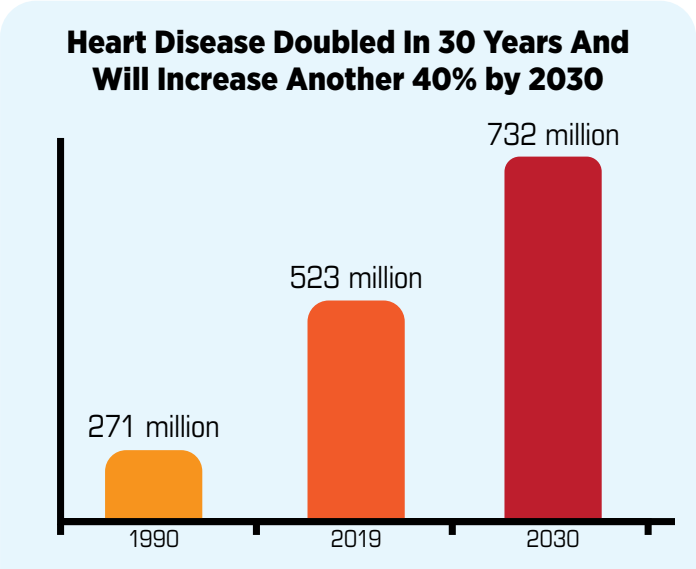
But it wasn't until the USDA, the U.S. Congress, and the *American Heart Association* started rewriting the national diet guidelines that heart disease grew into the monster it is today.

Every 40 seconds, someone in America suffers a heart attack. Out of the 805,000 Americans that have heart attacks each year, 200,000 of these happen to someone who already had one in the past.[1]

The truth is poor heart health is a modern — man-made — trend. The natural wonders that kept our ancestors strong and vital are disappearing from our diets and our environment, making out hearts more vulnerable every day.

As I wrote in my book, *The Doctor's Heart Cure*, there was a time when you could give your heart everything it needed without much effort.

But powerful interest groups like Big Pharma and Big Agra have taken this away from us.



Cases of cardiovascular disease nearly doubled from 271 million in 1990 to 523 million in 2019. By 2030, that number is predicted to grow 40% to 732 million.

Journal of the American College of Cardiology, December 2020

The good news is that we can take back what we've lost. And you can make your heart powerful and health again. But first, I'm going to take you on a trip back in time...

Better Healthcare Yet We're Less Healthy

It was the early 1900s when physicians began to notice something very strange about the new world we were living in.

At a time of unprecedented progress in science, medicine, and technology, doctors were perplexed by a seemingly unexplainable phenomenon.

People were becoming less healthy.

Right off the heels of the industrial revolution, there was every reason to believe that humanity was on a path to eliminate sickness and disease for good.

We had antibiotics, vaccines, and industries powering mass food production on a scale we'd never seen.

But something was wrong. People were gaining weight and becoming obese. And heart attacks, once considered the rarest of the rare were becoming more common.

Graceful aging had become a thing of the past.

Doctors were dumbfounded. Patients with these diseases had little hope of recovering. The death toll began to rise...

Clearly, modern medicine was missing something.

So small groups of cardiologists joined forces to create the American Heart Association. And then things got even worse...

This new organization — in collusion with the USDA and Big Agra — began to dole out recommendations that ran completely contrary to what got humans this far in the first place.

- Fatty red meat was stripped from the menu. American favorites like steak and eggs were replaced by grain-heavy cereals and starches...
- Cholesterol became public enemy number one...
- Heart-healthy "exercise" was replaced with low-intensity activities like jogging and walking...
- Real foods like butter were demonized and we were told to replace them with manmade products like margarine and Crisco...
- Low-fat foods touted as "healthy" lead to even more weight gain and obesity...
- And eventually, the push of heart-dangerous medications like statins...

Today, we're living in the world the AHA created. Obesity rates have tripled since 1957. And poor heart health remains the biggest threat to American lives.

So what happened?

We have a lot to learn from our past. And the mistakes made by our medical professionals remain one of the most glaring research.

But the truth is the origins behind our poor hearts go much further back. And thanks to groundbreaking research we can finally trace where it all went wrong to a single point in history...

20th Century Epidemic Began 10,000 Years Ago

A study published in the *American Journal of Medicine* referred to coronary heart disease as "the epidemic of the 20th century" — and for good reason. Up until that point, it had been considered a *very* rare cause of death.[2]

Researchers have identified several reasons for this: diet, stress, drug and alcohol abuse, lack of exercise... the usual suspects. But getting to the root cause requires us to go back further... *much* further.

You see, while modern humans do things like drive cars and chat with friends thousands of miles away in an instant, we're not *so* different from the Primal hunter-gatherers of our past.

In fact, our genes are 99.99 percent *identical*...

The big change started about 10,000 years ago with the development of agriculture. Before agriculture, the bulk of our diet consisted of protein and fat — with carbs making up just 31%.[3] Today, this has been turned completely upside down.

Almost *half* the typical American diet consists of carbs, with protein inching in at just 16%.

But it didn't take 10,000 years for reality to catch up with us... Even in Ancient Egypt, grain-heavy diets were already taking their toll.

Scientists were shocked when they found the classic signs of heart disease in mummies. The cholesterol buildup in the arteries made it clear that poor heart health was leaving its mark on the ancient world.[4]

And during those times, Egypt was famous for its grain obsession.

AHA Did Some Very Good Things, Too

- Recognized urgency of heart attacks and changed our approach to how we treat it.
- Ambulance service
- Faster response in ER rooms
- Defibrillators made more easily available
- Protocols to rescue to heart attack patients, such as CPR

Of course, poor heart health wasn't nearly as widespread then as it is today. But it's fascinating to see where the problem really started.

However, what's really important is that we know how to fix it.

> "Decades of research show up to 75% of patients with heart disease have low CoQ10."

Your Heart Needs CoQ10 To Survive

Decades of research show up to 75% of patients with heart disease have low CoQ10.[5]

But supplementing with CoQ10 can bring immediate, life-saving benefits. Studies show that 100 to 120 mg daily reduces arrhythmias, increases left ventricular function (a critical part of your heart's pumping ability), and reduces the death rate from repeat heart attacks.[6]

I recommend at least 50 mg of ubiquinol CoQ10 every day. This form is eight times more absorbable than conventional CoQ10.

Since statins lower CoQ10 up to 54%, boost your intake to 200 mg.[7] For congestive heart failure, start at around 200 mg to 450 mg.

Restore Your Ageless Heart

Along with CoQ10, I recommend you boost heart health with 500 mg of acetyl-L-carnitine and 6,000 mg of L- arginine. I call these three your heart health trifecta. But they're by no means the only supplements I advise my patients to take.

1. Garlic Cuts Risk of Heart Attack and Stroke by 50%. Garlic reduces a multitude of risk factors that may lead to heart attack or stroke. Studies show garlic:[8,9]

- Reduces risk for heart attack and stroke by more than 50%
- Inhibits the formation of arteriosclerotic plaque
- Slows down calcification of the heart
- Lowers blood pressure
- Lowers the risk of blood clots

I recommend eating one or two cloves of garlic every day. You can also take garlic supplements. Look for ***aged*** garlic extract. Take from 200 to 400 mg three times a day.

2. Hawthorn Strengthens Your Heart Muscle. Herbalists have used this herb for thousands of years. Hawthorn berry leaf and flowers have been shown to:[10]

- Lower blood pressure in just 10 weeks
- Improve circulation in the blood vessels that supply the heart
- Prevent cholesterol from forming on artery walls
- Strengthen the heart muscle
- Lower the risk of angina and irregular heartbeat
- Ease symptoms of congestive heart failure

I recommend starting with 250 to 500 mg twice a day with food.

3. Grape Seeds Help Maintain Normal Blood Pressure. Grape seeds concentrate all of the powerful compounds found in grapes and red wine, including resveratrol. Studies show an extract of grape seeds (GSE) can reduce blood pressure in just six weeks.[11]

GSE is much more potent than eating grapes, drinking wine or using grape seed oil. Take 25 to 150 mg one to three times daily.

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"Your" FDA Gets It Backward Again... Protects Pfizer Over You!

The FDA is at it again. This government agency — which was created more than a hundred years ago to protect you — is once again putting the interests of their buddies at Big Pharma ahead of your well-being...

And this time, the secrets they are trying to hide can have a devastating effect on your health — and the health of your family — for generations to come.

I don't know about you, but I believe in transparency — especially when it comes to massive public health interventions in the middle of a global pandemic.

I'm talking about access to all the evidence used to support the lockdowns, the mask-wearing mandates that were imposed on us, and the relentless drive to vaccinate the world against Covid.

I'm not saying these measures don't work. According to the scientific evidence so far, it's fair to say that sometimes they do, and sometimes they don't — at varying degrees.

In this article, I want to talk to you about why you're not getting the information you need to make informed decisions about your own health — and what you can do to protect yourself and loved ones in the absence of this information.

Sadly, greed, politics, and big corporate media (on all sides of the political divide) are trying to force the narrative — and you — into extreme positions. But in truth, all you really need is transparency, so you can figure out for yourself what's best for you.

We're not getting anything close to transparency from the Food and Drug Administration (FDA), the CDC, Big Pharma or the government itself — but it's about time we did.

The FDA and Pfizer wanted to hide all data regarding the Pharma giant's Covid vaccine for 75 years. Fortunately, Judge Mark Pittman of Texas denied their request.

To start with, the government should insist that the FDA makes public all the raw data on the Covid vaccine — and the effectiveness of all vaccines given to humans.

But my guess is they never will — at least not in our lifetime.

Earlier this year, District Judge Mark T. Pittman denied a truly staggering request from the FDA to suppress the raw data from vaccine manufacturer Pfizer for the next 75 years![1]

While Judge Pittman's ruling marked a victory for transparency, what about the data from the other vaccine makers, like AstraZeneca, Moderna, and Johnson & Johnson — not to mention data that's supposed to support lockdown policies and mask mandates?

This is about trust. Shouldn't you and I — and the rest of the world — have access to all relevant data *before* these mandates are imposed?

I remember a decade ago, when the *British Medical Journal* produced a slew of damning research that revealed governments around the world had spent billions of dollars stockpiling anti-flu vaccines that *did not* reduce the risk of hospital admissions or death.[2]

The vast majority of trials that supposedly justified the stockpiling, the BMJ revealed, had been sponsored by the vaccine manufacturers themselves — while everyone else, including independent researchers or doctors, were barred from looking at the data.

That *exposé back in 2012 was supposed to* herald a new era of health transparency. But memories are short. Big Pharma and governments are now using exactly the same tactics to keep Covid data under wraps. Meanwhile, vaccine manufacturers continue to report billions in revenue from the global rollout.

No wonder there's so much skepticism around vaccines and pandemic mandates, when the facts used to support these public health interventions are shrouded in secrecy.

The question remains: What are they hiding?

What's In Pfizer's Data Bombshell?

Judge Pittman's decision forcing the FDA to reveal Pfizer's raw vaccine data marked the first time the public were given access to the data that supported its Covid-19 vaccine license.

As you might expect, the 55,000-page dossier of documents doesn't exactly paint Pfizer or the FDA in a favorable light.

For starters, it revealed details of almost 158,000 adverse vaccine events — all of which Pfizer and the FDA clearly knew about, but had kept from public scrutiny.

It also contained a list of never-before-mentioned 1,291 possible side effects associated with Pfizer's anti-Covid vaccine. The litany of extremely serious conditions included:[3]

- Acute kidney injury
- Brain stem embolism
- Diabetes (type 1)
- Frontal lobe epilepsy
- Epileptic psychosis
- Facial paralysis
- Fetal distress syndrome
- Hashimoto's encephalopathy
- Heart attack
- Heart failure
- Hepatic vascular thrombosis
- Herpes zoster reactivation
- Immune-mediated hepatitis
- Interstitial lung disease
- Jugular vein embolism
- Juvenile myoclonic epilepsy
- Low birth weight
- Male fertility problems
- Pancreatitis
- Pneumonia
- Stillbirth
- Vertebral artery thrombosis

You should also be aware that if a vaccine makes you ill, you have absolutely no legal recourse. Under a 1986 law, vaccine manufacturers are protected from being sued for personal injury or wrongful death from vaccinations.

And given that the FDA is no longer an entirely taxpayer-funded entity but is increasingly funded by user fees from the same drug and vaccine manufacturers it regulates, it's hardly surprising that government and Big Pharma want to keep damaging data to themselves.

At the same time, the enormous profits from the vaccine roll continue to mount.

Pfizer doubled its revenues to $81.3 billion in 2021 on the back of vaccine sales around the world. And Moderna reported revenues of $18.5 billion in 2021, of which $13 billion were profits — not a bad result for a company that previously hadn't even broken even.

But at least we now know why the FDA and Pfizer wanted to keep their data a secret for 75 years.

The Narrative Is Shifting

> "There have always been other ways to protect yourself and your loved ones from Covid."

For the past two years or so, you have been told a fairy story: The only way to beat the scourge of Covid is to follow government mandates on lockdowns, isolation, extreme hand hygiene, full vaccinations, boosters, masks, and social distancing.

All of these measures have varying degrees of anti-Covid effectiveness, depending on the variant and the level of virus load. But they also carry varying degrees of risk — the part of the story that's only now beginning to emerge.

Based on the evidence so far, it would appear that, on average, Covid infections in those who have been vaccinated are less symptomatic than in those who are unvaccinated.[4]

But it's worth remembering that when it comes to Covid, the truth is a moving target. This is partly because the virus is evolving, but mostly because we just don't have the data we need to make a truly informed decision.

The bigger truth is that there have always been other ways to protect yourself and your loved ones from Covid.

You won't hear about them from the government or even your own doctor, because these alternatives are just not part of the accepted narrative.

Here's another narrative no one in government is talking about...

Studies show that chemicals commonly found in food and consumer products weaken your immune system and make the symptoms of Covid worse — especially among those who are already vulnerable.[5]

If you follow the science, as the government insist we do, you'll see that these common chemicals even make the vaccines less effective.[6]

I'm talking about hormone disrupters and estrogen mimickers contained in the pesticides that cover many of the fruits and vegetables found in supermarkets. You should also beware of *BPAs* and *phthalates*, which leech into your food from plastic packaging, and *PFAS*, a class of industrial contaminants most famously used to make the Teflon in the pots and pans you cook with.

These hormone disruptors have also been detected in foods from popular chains, including MacDonald's, Burger King, Pizza Hut, Dominoes, Taco Bell, and Chipotle.[7]

These junk food and chemical purveyors are major contributors to the Covid death toll. Why haven't we heard about this from the CDC or FDA?

Because these chemicals are highly profitable, and their manufacturers pay into our corrupt political system. That's another narrative the government won't address.

Prepare Your Body in the Age of Covid

Whether your pro-vaccine or anti-vaccine, you are not getting the complete picture. That's why, regardless of your political persuasion, it's important to take steps to protect yourself.

As the virus continues to mutate, re-infection has become one of the biggest Covid threats we face. I recommend a three-pronged approach to preparing your body's defenses again a severe infection, or worse.

1. Detoxify Yourself: Living in America today, it's almost impossible to avoid the hormone disrupters that can exacerbate the symptoms of Covid. Every man, woman, and child in America is exposed to *THOUSANDS* of toxic pollutants *EVERY DAY.*

Many of the toxins and heavy metals are *fat soluble*. That means your body can't remove them through its natural detoxification pathways. Instead, you end up storing them in fat cells, where they accumulate for years — making you vulnerable to multiple chronic illnesses, such as diabetes, cancer, obesity, and heart disease, and dramatically worsening a Covid infection.

Your body simply can't keep up with all the hormone disrupters in the environment.

The good news is that you can use a few simple supplements to help eliminate hormone disrupters from your body.

Here's what I recommend:

- **SAM-e.** This promotes the excretion of estrogen while negating the effects of toxicity. Take 200 mg a day to start. But you can take up to 800 mg twice a day if a blood test reveals that you have high levels of estrogen.
- **Alpha-lipoic acid.** This stops estrogen damage in cells and protects reproductive organs from excess estrogen. Start with 250 mg a day. But you can take up to 600 mg a day.
- **DIM.** You can get this natural estrogen cleanser from cruciferous vegetables, like kale and broccoli. I also recommend taking a supplement. Start with a 100 mg capsule a day. Two capsules provide as much DIM as a pound of vegetables.

2. Avoid Ultra-processed Foods*:* I'm talking about foods like breakfast cereals, pizza, chicken nuggets, sodas, chips, and other salty, sweet, and savory snacks, packaged baked goods, microwaveable frozen meals, instant soups, and sauces, and more.

All of these foods contain unnaturally high amounts of sugar, salt, processed industrial oils and unhealthy fats, artificial flavors, colors, preservatives, chemical sweeteners, as well as additives that imitate the texture and taste sensations produced by natural foods.

Ultra-processed foods cause enormous damage to your immune system.[8]

The good news is that avoiding these fake foods and switching to a healthy diet is easier than you might think. Here are three easy changes you can make that will help you get your body back on the health track.

- **Severely restrict ultra-processed foods.** You can start by reducing processed carbohydrates. That means avoiding products that contain refined sugars, fructose and processed grains. Keep grains like wheat, rice, and corn, as well as breakfast cereals, cereal bars, and low-fiber or sweetened foods to a minimum. Instead, eat plenty of above-ground and green, leafy vegetables, onions and garlic, berries and other fresh fruits, nuts and seeds. Carbs should never make up any more than 5% or 10% of your total calorie intake.
- **Choose the right fats**. Strictly avoid trans fats and vegetable oils like corn, sunflower, safflower, soy, and canola. Instead, choose fats like olive oil, coconut oil, avocado, butter, ghee, and heavy cream. Remember, eating dietary fat isn't what's making you pack on the pounds. It's refined sugar (especially fructose) and grains that add the weight.
- **Eat plenty of protein.** Beef, organ meats, fish, and eggs are your best sources of protein. Eat grass-fed beef and wild-caught fish. Choose eggs from pastured chicken. Other good sources of protein include chicken, turkey, wild-caught salmon, and other cold-water fish. Nuts and seeds such as almonds, peanuts, cashews, and sunflower seeds also have plenty of protein.

Remember, grass-fed red meat with organic fruit and vegetables is one of the most nutritious and balanced meals you can eat.

3. Ramp Up Your Anti-Covid Defenses With Astralagus: Dismissed for decades by American doctors as folk medicine and witchcraft, astragalus has been used for thousands of years by Traditional Chinese Medicine practitioners. This powerful immune system booster has also been used extensively in modern China to both resist Covid and to speed up recovery from infection.[9]

Astragalus derives its power from its remarkable *adaptogenic* properties.

Adaptogens are a special class of healing herbs, which coax your body to *adapt* to its stressors — both internal and external. They work to normalize your body and bring about *homeostasis*, or a state of equilibrium.

Astragalus is a powerful immune booster that can help you both resist Covid and recover from it faster.

Astragalus contains dozens of active, synergistic, and supportive components — including anti-cancer, anti-bacterial, anti-viral and immune-boosting *saponins,* antioxidant *flavonoids, and* dozens of anti-inflammatory *polysaccharides.*

Studies show the herb's anti-viral and anti-bacterial effects are the result of its wide-ranging impact on the immune system. These include increased production of defender T cells, as well as the stimulation of high *immunoglobulin* levels, which boost the ability of immune cells to attach themselves to harmful bacteria and viruses, and aid in their destruction.[10]

Astragalus is available in a variety of forms, including dried root, powdered root, pills, capsules, tinctures, and extracts.

Here are two ways you can take it.

- **Use The Root To Make An Immune-Booster Tea Or Tonic**. The traditional Chinese method of taking astragalus is to make a tea mixed with other herbs as a medicinal tonic.

  As a root, astragalus is best prepared as a decoction. Simply add one tablespoon of the root to 8 ounces of water in a covered pot. Don't let the water boil. Try to keep it at a low simmer for 20 minutes and then strain. Throw in about an inch of ginger and four table spoons of raw unfiltered honey to turn it into a tonic.

  You can also add astragalus to soups or stews.

  You can also prepare what herbalists call a *congee,* a nutritive medium made with rice, in which medicinal herbs are steeped and carried into the body. You can add fresh ginger, cinnamon, cardamom, raisins, dates, carrots or whatever strikes your fancy. Just throw it all in a pot and let it simmer.

- **Take a Supplement.** I recommend taking 500 mg of the concentrated extract three times a day.

  Or take two to three tablespoons of astragalus root powder daily (about 30-45 grams).

  You can find slices of dried astragalus root at most Chinese groceries, and astragalus extract as a supplement is available online and at some health-food stores.

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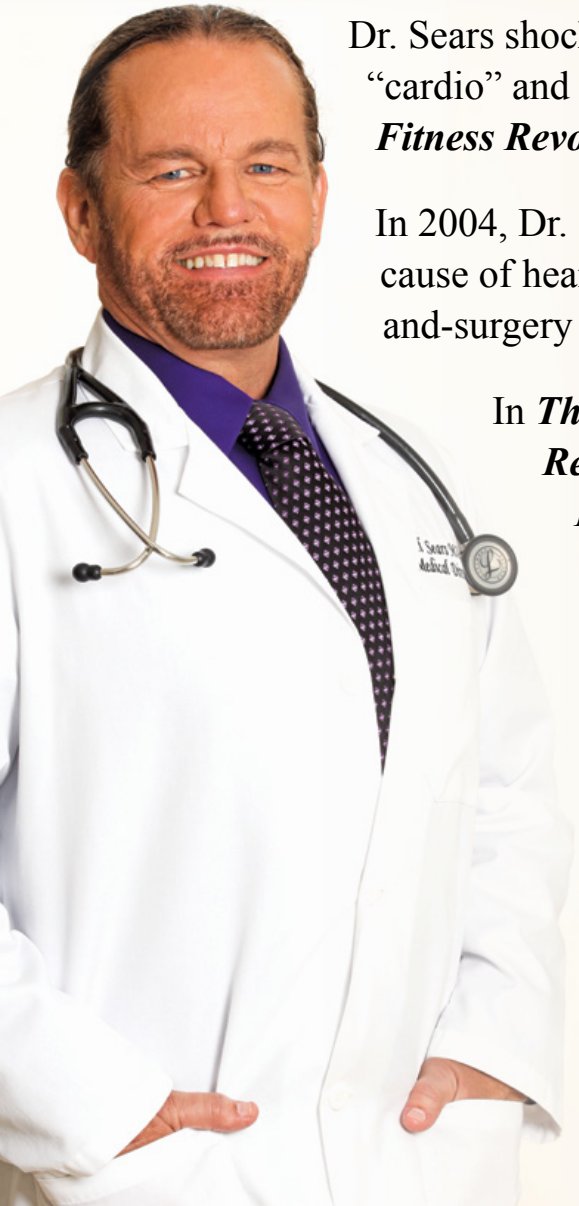
Al Sears, MD, CNS, is a medical doctor and one of the nation's first board-certified anti-aging physicians.

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).