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Dear Friend,

When I meet someone new — say at a party or while I’m traveling — and they’ve been told that I’m an “anti-aging” doctor, there’s one question I’m almost always asked...

“Dr. Sears,” they say. “Are supplements really worth the money?”

Of course, I understand why they are questioning taking additional vitamins, herbs, and other nutrients.

For years, the medical establishment, the media, and of course, Big Pharma, pushed the idea that supplements are a waste of money...

And that they have no impact on your health.

Of course it isn’t true. As a subscriber to this newsletter, you already know that.

But finally, the rest of the country is becoming more savvy to the incredible health- and life-saving benefits of supplementing.

A recent report by the Council for Responsible Nutrition (CRN) determined that not only could hundreds of thousands of medical events related to chronic diseases be avoided in the first place — but “investing in wellness through supplements could save billions of dollars in disease prevention.”

Unfortunately, there’s no time for anyone who believes in the power of lifesaving supplements to pat themselves on the back. You see, Big Pharma and the FDA have once again declared war on anyone making or promoting nutritional supplements.

Not because they don’t work. But because they do.

Today, there is a bill before Congress that promise to send supplement sellers and manufacturers who refuse to jump through the government’s hoops to jail.

This bill also threatens YOU, the consumer who relies on these vitamins, minerals, and herbs to protect your health — and save your life.

In this month’s *Confidential Cures*, you will learn:

- How this latest hostile takeover of the supplements industry can have direct consequences on your health. I’m also going to tell you which supplements you should start STOCKPILING now — because you never know when the FDA and Big Pharma will cut you off.
- Which Big Pharma drugs are depleting your body of the nutrients it needs to not only survive, but thrive. More importantly, I’ll share with you what you can do to reverse the damage these medications are causing.
- How the government’s own medical research agency — an organization that is tasked with saving lives and improving your health — could get a recent vitamin study so wrong. Not only did they bungle the study’s results, their recommendation advising against this super-nutrient could possibly put your health at risk.

To Your Good Health,

Al Sears, MD, CNS

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Fighting On The Frontlines...

How To Win Big Pharma's War On Supplements

I've been recommending nutritional supplements to my patients since I began practicing medicine more than 30 years ago. And I've done it for one simple reason — they work.

In America today, it's impossible to get all the vitamins, minerals, and other substrates your body needs to thrive from your diet alone.

The problem is that our food has been gutted of nutrients by over-processing and bad agricultural practices.

That's why tens of millions of Americans — my patients among them — rely on nutritional supplements for their daily health.

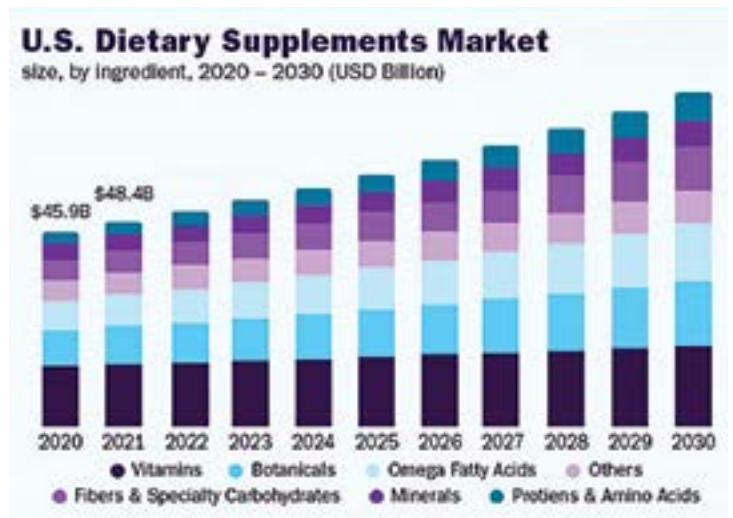
And I've seen firsthand how they can turn around patients' health and how they can save fortunes by keeping them off Big Pharma medications and out of hospital.

Unfortunately, putting the interests of my patients first is an approach that has now turned me into a kind of "enemy of the state."

You see, Big Pharma and the FDA have now declared war on anyone selling or making nutritional supplements — not because they don't work, but because they do.

Big Pharma has been trying for years to "corporatize" supplements. Now they're using political connections in Congress and the Senate to create new FDA regulations that directly attack your health freedoms and will hand Big Pharma the control they have long coveted.

Senator Dick Durbin (D-Illinois) has introduced legislation under the proposed "Dietary Supplement Listing Act of 2022," which would require supplement companies to register products with the FDA, as if they were drugs.



More Americans than ever now take nutritional supplements — no wonder Big Pharma wants in on the act.

Senators on both sides of the aisle are also pushing for these measures to be included in the "FDA Safety Landmark Advancements Act."

Other restrictive measures have also been slipped into the Senate version of the reauthorization of the "Prescription Drug User Fee Act".

The proposed new regulations may sound innocuous, even reasonable — but they're not. Instead, they'll have devastating consequences. They will...

- Threaten consumer access to thousands of supplements they rely on to stay healthy.
- Threaten jail time for supplement sellers and manufacturers who don't jump through the FDA's hugely expensive regulatory hoops.
- Drive many supplement makers out of business and Big Pharma will buy them up.

- Open the door for the FDA to reclassify dietary supplements as “new drugs” — as Big Pharma has been pushing for with CBD, vitamin B6, and N-acetylcysteine (NAC) — forcing supplement makers to jump through even more costly regulatory hoops.
- Directly impact your health and your wallet, ending your access to inexpensive supplements forever.

“Over the last 100 years or so, Americans and Europeans have ‘cleansed’ their earth and water of vast quantities of nutrients that are essential for human health.”

I’ve observed this same phenomenon here at the *Sears Institute for Anti-Aging medicine*.

You see, we evolved to depend on these gifts from nature to sustain us. The problem is that while we have altered the environment around us, our bodies’ needs have not changed. The nutrients you were intended to absorb from your diet have all remained vital to your health.

But here’s the thing... Supplements are NOT drugs.

Nutritional supplements provide your body with nutrients that are no longer available in sufficient quantities in your diet, or have been depleted because of illness or age. Most are food extracts or synthetic copies — but they’re not in any sense pharmaceuticals.

*In this **Confidential Cures**, you’ll learn more about this latest hostile takeover of the supplements industry and the direct consequences it will have on your health. I’m also going to tell you which supplements you should start STOCKPILING now — because you never know when the FDA and Big Pharma will cut you off.*

You Need Access To Affordable Supplements

Over the last 100 years or so, Americans and Europeans have “cleansed” their earth and water of vast quantities of nutrients that are essential for human health.

Over that same period of time, we’ve seen a startling increase in “modern” chronic-disease epidemics — mental illness, diabetes, obesity, heart disease, cancer, osteoporosis, insomnia, and arthritis to name just a few.

This is no coincidence.

A quick look on *PubMed*, the online database of peer-reviewed biomedical research, lists more than 20,000 clinical papers linking our bodily shortages in vitamins, minerals, and other nutritional substrates to a wide range of health problems.

The truth is, we are overfed and undernourished. Most Americans today are deficient in dozens of vitamins, minerals, amino acids, co-enzymes, and other key micronutrients.

According to the CDC and the U.S. Department of Agriculture (USDA):¹

- 9 out of 10 Americans are deficient in potassium
- 7 out of 10 are deficient in calcium
- 8 out of 10 are deficient in vitamin E
- 50% of Americans are deficient in vitamin A, vitamin C, and magnesium
- Up to 95% of Americans are vitamin D deficient

And that’s just the tip of the iceberg — and, as a result, our health is suffering.

Vitamins and minerals are involved in all of your metabolic, cellular, and immune system processes, as well as the maintenance of your organs. And with few exceptions, your body can’t absorb many vitamins without certain minerals. Meanwhile, minerals are also essential components of bones, teeth, muscles, soft tissues, blood, nerve cells, and more.

Processed food production and modern farming methods have drastically depleted much of the natural mineral and vitamin content in our food supply.

Now industrial toxins, pesticides, and artificial fertilizers — containing only nitrogen, phosphorus, and potassium — are now used almost to speed up the growth and productivity of crops.

But there is a price for all that efficiency — your health.

Even if you follow the World Health Organization's advice and eat at least five portions of fruit and vegetables a day, these foods no longer contain the goodness they once did.

Before World War II, most of our diets were rich in minerals and vitamins because nearly all farming was organic then.

I always recommend my patients avoid processed foods and eat as much organic produce as possible. But even that's not enough, given the condition of our soil and the near-total invasion of processed foods on supermarket shelves.

Supplements not only restore depleted levels of critical vitamins and minerals, many also enhance performance, giving you more energy and endurance, stronger libido, better brain function, stronger eyesight, and more.

The War Begins...

There was a time when conventional doctors, Big Pharma and the FDA insisted that nutritional supplements had no medical value at all.

Not so long ago, the medical establishment considered supplements like cholecalciferol (vitamin D3), CoQ10, CBD, vitamin B6, N-acetylcysteine (NAC), and even magnesium, to be "quack treatments."

Studies even discredited omega-3 fatty acids, which we now know to be vital, natural nutrients.²

All of that's changed. Multiple studies back up the financial and medicinal power of supplements, and demonstrate their ability to keep people healthy and out of hospital.

A study, funded by the Council for Responsible Nutrition, concluded that:³

- If every cardio patient in the U.S. over the age of 55 took omega-3s and vitamins B6, B12, and B9 (folic acid) supplements, the chances of ending up in a hospital were radically reduced and the combined health-cost savings would be more than **\$1 billion a year**.
- If all U.S. cardio and diabetic patients over 55 in the U.S. took chromium supplements, the total savings in health costs would be **\$970 million a year**.

- If Americans over 55 with age-related eye disorders took lutein and zeaxanthin antioxidants, the estimated savings would be **\$967 million a year**.

Supplements are also overwhelmingly safe. In 2021 alone, the FDA received reports of more than **TWO MILLION** adverse events from Big Pharma drugs, including 187,750 deaths. Compare that to 2,400 adverse reports from nutritional supplements, and **ZERO** deaths.

So why have supplement regulations become such a priority for federal authorities?

The simple answer is greed. Big Pharma and a host of other mega corporations are clamoring to get in on the act and solidify their monopolies on medicine.

Big Pharma's takeover efforts began more than a decade ago, when it started its campaign to persuade the FDA to turn inexpensive supplements into costly pharmaceuticals.

In 2009, drugmaker Biostratum succeeded in getting the FDA to reclassify the supplement pyridoxamine — a form of vitamin B6 found in fish and chicken — as a "new drug," called Pyridorin for diabetic kidney disease.

Then in 2017, the FDA approved a new drug for sickle cell disease called Endari, which has one active ingredient: the amino acid L-glutamine.

I've been prescribing L-glutamine for years. This essential amino acid builds muscle strength, boosts your immune system, lowers blood sugar levels, supports gastrointestinal health, and helps maintain healthy growth-hormone levels. Hardly a "new drug" either.

Similar moves have been made to outlaw the sale of CBD and NAC, a potent natural antioxidant and anti-inflammatory with immune-modulating and anti-aging properties, so Big Pharma can turn them into expensive pharmaceuticals.

But now the war on supplements has been ramped up to a new level, as Big Pharma and other giant corporations have set their sights on total control of the supplement industry.

Mega Corporations Control Majority Of Supplement Market

As of writing this article, 14 mega corporations — including Pfizer, Bayer, Unilever, and Nestlé — already control more than 100 of the most popular supplements on the market.

And it seems they'll stop at nothing to get them all.

Using the false premise that supplements are unsafe, they're using their political clout to influence the FDA's power of regulation to grant them more control over supplements.

Yes, there are bad actors who spike their supplements with illegal ingredients. But the FDA already has the authority to take enforcement action against these products and the companies that produce them.

The real story is that Big Pharma wants the FDA to treat supplements the same as pharmaceuticals — all in the name of power and greed, not your health.

Supplements are not drugs. They are nutrition. You might as well regulate an orange for its vitamin C or a piece of fish for its omega-3.

Yet the Senate Health, Education, Labor, and Pensions Committee is now advocating for two new laws that would restrict your access to as many as 41,000 health products.

With our country mired in an epidemic of preventable chronic diseases, like diabetes, obesity, heart disease, and in many cases, even cancer, you would think that our government would want to encourage Americans to use supplements to support a healthy lifestyle. Sadly, that's not the case.

If we want continued access to healthy, safe and affordable supplements, you're going to have to fight for them.

Protect Your Access To Lifesaving Supplements

The first action you can take to protect your access to dietary supplements is to contact your elected representatives in Congress.

Even in today's political climate, it could help stop the Big Pharma and FDA from running roughshod over your health freedoms. Urge your senators and congressmen to oppose the Dietary Supplement Listing Act of 2022.

But I also recommend you start stockpiling. Here's a list of some of the most important nutritional supplements you should purchase before it's too late...

“Even in today's political climate, it could help stop the Big Pharma and FDA from running roughshod over your health freedoms. Urge your senators and congressmen to oppose the Dietary Supplement Listing Act of 2022.”

■ **Cholecalciferol (D3):** Also called vitamin D3, *cholecalciferol* is probably the single most important organic nutrient required for human health. If you are deficient in vitamin D, the genes that evolved to protect your health simply won't work properly.

Its benefits include elevating your mood and mental performance, improving pancreas function and

insulin sensitivity, and helping you sleep better. It also lowers high blood pressure, boosts your immune system, and protects against cancer, rickets, osteoporosis, Crohn's disease, diabetes, fibromyalgia, kidney disorders, migraines, and much more.

The best way to boost your vitamin D levels is to go out unprotected in the midday sun for at least 10-15 minutes every day. But you can also supplement.

Get between 6,000-8,000 IUs daily. You should also take it with magnesium because magnesium levels can drop when boosting vitamin D3 intake.

■ **Omega-3s:** Omega-3s are highly anti-inflammatory and without them, your risk of multiple diseases skyrockets. Studies show they dramatically reduce your chances of a heart attack and stroke, and they regulate your triglyceride levels much better than statins.

Among their other benefits, they reduce the risk of cancers in the colon, breast, and prostate, as well as autoimmune diseases, arthritis, and mental health problems.

It's difficult to get enough omega-3s from your diet these days. Today's processed foods have ramped up our intake of omega-6s, which neutralize the benefits of omega-3s. Supplementing with omega-3s is utterly critical for your health.

Take 60 mg of the EPA form and at least 500 mg of the DHA form. And make sure you get them from a combination of squid oil and krill oil because these sources are less polluted than fish oil.

■ **B Vitamins:** B vitamins have a direct impact on your energy levels, brain function, and cell metabolism. They promote cellular health, higher energy levels, and better brain function.

Vitamin B9 has been shown to reduce the risks of heart disease and strokes. And it helps build muscles and promotes healthy red blood cells. Vitamin B12 is vital for many digestive functions, cell reproduction, and it protects against several forms of cancer.

Meanwhile, B6 plays many important roles throughout the body, including the digestive, nervous, muscular, and immune systems, as well as cognitive function.

Take 800 mcg of B9 (folic acid); 500 mcg of B12; 2 mg of B6.

■ **Chromium:** This element can help your body metabolize sugar and it slows weight gain. It's also critical to controlling insulin sensitivity and your chances of developing diabetes. Without enough chromium, insulin can't work properly. Studies also show that chromium can reduce the risk of cardiovascular disease.

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, fresh fruits, and vegetables.

Take 400 mcg of either chromium polynicotinate or niacin-bound chromium.

■ **Lutein And Zeaxanthin:** These two vision-sharpening carotenoids are critically important for maintaining healthy eyesight throughout your life. Your eyes need high concentrations of these biochemicals.

Lutein protects the retina against sun damage. Zeaxanthin protects the retina from damaging byproducts created during common biochemical reactions.

Studies have shown that eating foods rich in lutein and zeaxanthin can increase the pigment density in

the macula, and therefore lower the risk of macular degeneration. Meanwhile other studies reveal that increasing lutein and zeaxanthin intake lowers your risk of developing cataracts.⁴

Take 20 mg of lutein and 1 mg of zeaxanthin.

■ **Coenzyme Q10 (CoQ10):** This high-octane fuel and antioxidant is used by every cell and every organ in your body to power everything it does. Your mitochondria can't make energy without it.

Almost every year, scientific studies reveal new benefits of keeping your Co-Q10 levels up. It has been shown to lower blood pressure, improve memory, cool chronic inflammation, and benefit your eyes, gums, skin complexion, and energy levels — and its especially effective at energizing your heart and lowering your risk of heart disease, cancer, and Parkinson's.^{5,6,7}

Low CoQ10 — caused by dietary deficiencies, aging or taking cholesterol-busing statin drugs — raises your risk of Alzheimer's, heart disease, and heart failure.

It's almost impossible these days to get enough CoQ10 from your diet. When buying supplements, look for the ubiquinol form of CoQ10.

Take 100 to 300 mg a day.

I also recommend taking it with pyrroloquinoline quinone, or PQQ. While CoQ10 does an amazing job of squeezing more power out of your remaining mitochondria, PQQ triggers your cells to build healthy new mitochondria.

Take 10 mg of PQQ daily with your CoQ10.

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Your Body Is Sending You A Message: Listen Before It's Too Late

When was the last time you visited your doctor with an ailment neither of you could explain?

Of course, a conventional doctor's go-to response is usually a well-practiced look of concern and then a little pep-talk about accepting the "natural aging process" — but that just means they don't know what's causing your problem.

I'm talking about complaints like...

- Chronic muscle aches
- Sleeplessness
- Decreased energy levels
- Memory loss
- Dry skin
- Bone pain
- Irregular heartbeat
- Deteriorating vision

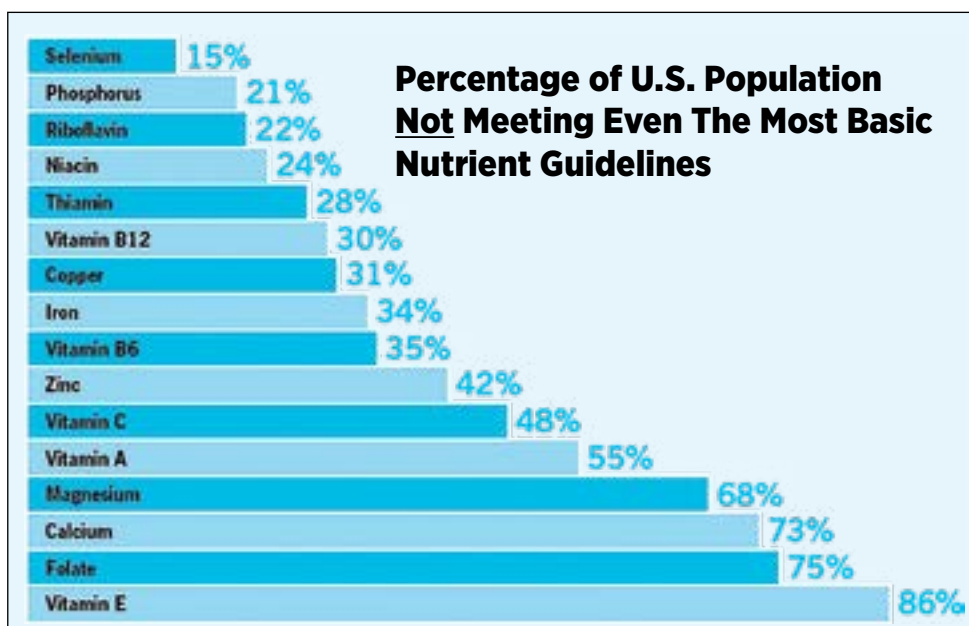
You might be directed to some over-the-counter (OTC) painkillers or skin creams... or you might be given a prescription for all manner of Big Pharma sleeping pills... or you might get a referral to a specialist, who will likely prescribe other Big Pharma meds.

The problem with all of these scenarios is that they ignore the fact your body is sending you a message...

And what is that message?

That you are being starved of the nutrients your body needs to thrive. And unless you do something about it, these symptoms are likely just the beginning of a bigger health crisis.

The problem begins with the typical American diet. Over the past 70 years or so your food has been gutted of key nutrients — thanks to over-processing and bad agricultural practices.



The government's RDA, or recommended daily allowance, of nutrients is barely enough to keep you healthy. And yet, most Americans fail to consume even this minor amount.

But that's only a part of the problem. Hundreds of Big Pharma medications — dosed out daily in their millions as prescription and OTC meds — diminish or deplete your body's stores of important vitamins, minerals, and other nutrients, and in many cases make it impossible for your body to even absorb or synthesize them in the first place.

These are drug side effects that no conventional doctor will mention and are absent from your Rx labels. This is a major problem, because

vitamins, minerals, antioxidants, co-enzymes and other nutrients, are essential for countless metabolic processes in your body.

You see, we evolved to depend on these nutrients to sustain us.

In this *Confidential Cures*, you'll learn all about the hidden dangers of these nutrient-depleting drugs and, when you take them, the messages your body is sending you. More importantly, I'm going to show you what you can do to reverse the damage.

"I've visited tribes in Africa and deep in the Amazon rain forest, like the Ashanika in Peru, whose traditional, nutrient-rich diet kept them healthy, active, and mentally astute throughout their lives."

This is the root cause of your aches and pains — not your age. And they are unmistakable warning signs of nutrient levels so low, that you're losing natural protection against the plague of chronic diseases that now afflict us.

Conditions like heart disease, hypertension, cancer, obesity, diabetes, Alzheimer's, arthritis,

macular degeneration, and osteoporosis that are now common in the developed world are rare in cultures that have preserved their traditional diet.

The Beginning Of Health... And Disease

Your primal ancestors didn't have to worry about nutrient depletion or Big Pharma's modern medications interfering with their ability to digest, absorb, synthesize or retain the vitamins, minerals, and other nutrients their bodies required to keep them in primal health.

That's because over hundreds of thousands of years, they had evolved to get everything they needed from the foods that roamed and grew around them.

This dependence on certain nutrients is a legacy you have inherited.

You see, coiled tightly in the nucleus of each of your cells, you have a three-foot-long, microscopically thin strand of genetic material — your DNA — that emerged from the evolutionary assembly line sometime between 100,000 and 200,000 years ago.¹

Your DNA isn't just a blueprint for the physical characteristics you inherited from your parents and grandparents. It contains information on the nutrients your body needs to thrive and remain disease-free during your entire life.

The problem is, we're no longer getting enough of these vital nutrients from our diet.

At the same time, hundreds of pharmaceuticals taken by Americans every day are stopping your body from utilizing the ones we do get. These meds are wrecking your metabolism and making your body react in ways nature never intended.

I've visited tribes in Africa and deep in the Amazon rain forest, like the Ashanika in Peru, whose traditional, nutrient-rich diet kept them healthy, active and mentally astute throughout their lives. But when I returned 20 years later, I saw how American-style processed foods and modern medicines brought the ravages of chronic disease to them.²

The same thing has happened to almost every American over two or three generations.

Diseases once extremely rare for your ancestors have become global epidemics. Conditions like fibromyalgia, chronic fatigue syndrome, and many autoimmune disorders have cropped up just in the last few decades.

The number of people with type 2 diabetes worldwide has surged almost 500% since 1980 to a staggering 450 million. Heart disease was relatively rare in America before World War II, but it's now our leading cause of death.³

The number of Americans with Alzheimer's 100 years ago was truly miniscule — and it's still extremely rare in sub-Saharan Africa. Now millions of Americans are suffering from this dreadful mind-wasting condition.

The Side Effects No One's Talking About

Some of the most commonly prescribed or commonly used OTC pharmaceuticals in America are behind the vast majority of drug-induced nutrient depletions, and open up multiple pathways to a huge range of metabolic disorders and chronic conditions.

Just because they manifest themselves at first as minor aches and pains or inconveniences, don't be fooled into thinking you're trading some little discomforts for better health. Your body is telling you to stop — before it's too late.

Here are just a few of the medications that prevent your body from using vital nutrients...

- **Antibiotics:** Whether you've been prescribed Beta-lactam Penicillins, like amoxicillin and ampicillin, or fluoroquinolones, like Avelox or Levaquin, all antibiotics have two ways of killing bacterial infections. They prevent the reproduction of bacteria, or they kill bacteria by stopping the mechanism responsible for building their cell walls.

The problem is that antibiotics can't distinguish between "good" bacteria and the "bad" ones causing the infection. Unwittingly, they attack the trillions of friendly bacteria in your gut, upsetting the natural balance of the gut's microbe population.⁴

This can have severe, long-term implications for your health — because these gut-friendly bacteria produce vitamins K2 and B, which are critical to your immune system, blood vessels, cardiovascular system, bones, and brain.^{5,6,7,8}

Meanwhile, other antibiotics cause your body to excrete key minerals, like calcium, potassium and magnesium.

- **Statins:** If your doctor has told you your cholesterol is too high, the chances are you've been prescribed a statin drug, like Lipitor, Crestor, or Zocor — along with more than 35 million other Americans.

Statins often cause muscle ache and fatigue, and most doctors will tell you the discomfort is worth the benefits of warding off heart disease. What they won't tell you is that statins cause more harm than good.

More importantly, they won't tell you that statins deplete your levels of CoQ10, a nutrient that helps produce cellular energy and does help prevent heart disease.

In Canada, statins must carry warnings that they may cause depletion of CoQ10. Although thanks to Big Pharma's powerful propaganda, most American doctors and patients are ignorant of the link between statins and CoQ10.



Doctors won't tell you that statins do nothing to prevent deadly heart attacks. And they certainly never talk about how the drug depletes CoQ10 to dangerous levels.

- **Diabetes medications:** Drugs like Metformin, Glyburide, and Amaryl are diagnosed for stabilizing blood glucose levels in type 2 diabetes.

But many diabetes drugs also come with a price — the depletion of CoQ10, folic acid and vitamin B12, which is essential for nerve damage repair and nerve maintenance.

Medical surveys reveal that very few diabetics ever get tested for B12 deficiency. That means if they were to develop nerve damage, it would likely be blamed on their diabetes and not the B12 depletion, caused by an antidiabetic drug.

- **Acid-suppressing and Antacid drugs:** These OTC and prescription meds work to decrease the production and secretion of acid, prevent acid from entering the gastric walls or simply neutralize existing acid in the stomach.

Many so-called proton pump inhibitors, such as Prilosec (omeprazole), Prevacid (lansoprazole), and Protonix (pantoprazole), treat acid reflux or heartburn — but they also deplete and affect the absorption of vitamin B12 and folic acid.

Histamine (H2) receptor-blocking drugs like Tagamet (cimetidine) and Zatac (ranitidine), also deplete vitamin B12 and folate.

They also deplete vitamin D levels. And because they reduce stomach acid, they will inhibit the absorption of calcium, potassium, iron and zinc.

- **Anti-inflammatories:** Drugs like corticosteroids (prednisone, prednisolone) and methylprednisolone (medrol) have been shown to deplete a long list of key nutrients that are vital to healthy body function.

The list includes vitamin A, B9, B12, C, D, calcium, chromium, magnesium, potassium, selenium, and zinc — all of which can cause vision problems, unhealthy bones and epithelial tissue problems in your mouth, skin, stomach and bladder. Anemia, hair loss, hearing loss and increased risk of heart disease, weakened immune system, and neurologic problems are also among the possible results of these nutrient deficiencies.

These drugs represent only a partial list of common meds that reduce your nutrient levels. Beta blockers deplete CoQ10 and melatonin, calcium channel blockers reduce potassium levels and aspirins deplete vitamins B9, B5, C, as well as calcium, iron, sodium, and potassium. The list is almost endless.

Replenish Your Body

Like most Americans, you're probably taking a variety of medications. That means you should get blood work done to test for a range of vitamin and mineral deficiencies, and address each one individually — through both your diet or by taking supplements.

But no matter what prescription or OTC meds you are taking, there are certain nutrients you should always keep topped up.

Here's are some solutions I recommend to patients:

- **Get A Myers Recovery Cocktail:** One of the fastest ways to boost the level of key nutrients in your body is to get an intravenous "Myers cocktail."

Here at the **Sears Institute for Anti-Aging Medicine**, we add glutathione — your body's strongest antioxidant — to our IV "Myers cocktail," which also contains a mix of vitamin C, magnesium, calcium, and a B-vitamin complex.

This potent cocktail is especially designed to replace the nutrients that are vital to a fully functioning immune system and to restore energy levels.



A Myers cocktail is designed to replace nutrients that are vital to a fully functioning immune system.

If you're interested in getting a Myers IV therapy at my South Florida clinic, just call my staff on **561-784-7852** to schedule an appointment. Or visit my website at www.searsinstitute.com.

- **Keep Up Your Coenzyme Q10 (CoQ10):** This cellular-energy nutrient and antioxidant is made by the liver and found in a few foods. It's a high-octane biofuel used by your mitochondria, and it's essential for the normal function of all your vital organs. It powers every cell and every organ in your body to power everything it does.

The fastest way to boost your CoQ10 levels if your taking statins, is to dump these toxic Big Pharma concoctions. Stop taking them immediately, trash whatever you have left. Do not refill the prescription.

Almost every year, scientific studies reveal new benefits of keeping your CoQ10 levels up. It has been shown to lower blood pressure, improve memory, cool chronic inflammation, and benefit your eyes, gums, skin complexion, and energy levels — and its especially effective at energizing your heart and brain, and lowering your risk of heart disease, cancer, and Parkinson's.^{9,10,11}

It's almost impossible these days to get enough CoQ10 from your diet. When buying supplements, look for the ubiquinol form of CoQ10.

I also recommend taking it with PQQ (pyrroloquinoline quinone). While CoQ10 does an amazing job of squeezing more power out of your

mitochondria, PQQ triggers your cells to build new mitochondria. Take 10 mg of PQQ daily with your CoQ10.

• **Don't Miss Out On Vitamin K2:** I call K2 the “missing link” to a life of longevity and robust health. We're not getting nearly enough of it. The medications that deplete it is depriving you of lasting health. Studies show a whopping 98% of us are deficient.¹²

That's a huge problem, because scientists know that K2 is one of the most important heart- and bone-health vitamins — even though it's still ignored by most doctors.

K2 also plays a major role in keeping blood vessels healthy and flexible. That's key to maintaining a healthy cardiovascular system — especially if you're over 50.¹³

When buying a supplement, you'll find that it comes in different forms called menaquinones. They're numbered from four to nine. The higher the number, the more bioavailable and long-lasting will the K2 be.

Look for vitamin K2 in the form of menaquinone-7. I recommend taking up to 90 mcg a day. And, as it's fat-soluble, take it with a meal to improve absorption.

• **Keep Taking B Vitamins:** Multiple meds deplete these important vitamins. So take 800 mcg of B9 (folic acid); 500 mcg of B12; 2 mg of B6. B vitamins have a direct impact on your energy levels, brain function, and cell metabolism. They also promote cellular health, higher energy levels and better brain function.

Meanwhile, B9 has been shown to reduce the risks of heart disease and strokes. And it helps build muscles and promotes healthy red blood cells. Vitamin B12 is vital for digestive functions, cell reproduction, and it protects against several forms of cancer.

B6 plays many important roles throughout the body, including the digestive, nervous, muscular and immune systems, as well as cognitive function.

Another important way to keep your nutrient levels up is to eat like your primal ancestors. It's what your body was made for.



I'm not suggesting you go out and spear a wild breast for tonight's dinner. But you can easily create a primal diet by replicating your ancestors' nutrition levels and replacing foods that cause inflammation with natural alternatives.

I always recommend cutting anything processed and eating only whole foods — pastured beef, lamb, chicken and other properly raised, organic foods. Fruits and vegetables, not grains and sugar, should make up the bulk of your carbohydrate intake.

You can boost nutrient levels with this primal breakfast recipe:

Eggs Benedict With Wild Salmon And Artichokes...

This breakfast recipe contains the perfect combination of essential protein and omega-3s, as well as a virtual cornucopia of vitamins, minerals and powerful antioxidants.

Ingredients:

- 1 ounce organic cream cheese
- 8 medium organic artichoke bottoms, drained
- 2 ounces wild smoked salmon
- 6 large organic, pasture-raised eggs
- 4 large organic, pasture-raised egg whites
- 1 Tbsp. organic extra virgin olive oil
- 2 Tbsp. Oikos Greek yogurt
- 2 tsp. organic lemon juice

- 3 tsp. fresh oregano, chopped

How to Prepare:

1. Preheat oven to 425 degrees F.
2. Toss artichoke bottoms with half of the olive oil and oregano.
3. Place them topside down on half of a large baking sheet. Roast until the artichokes are just beginning to brown, about 12 to 14 minutes.
4. Meanwhile, whisk yogurt, lemon juice, and 1 teaspoon of water in a small bowl until smooth. Set aside.
5. In a large bowl, beat eggs and egg whites.
6. Heat the remaining oil in a large safe nonstick skillet over medium-high heat.
7. Add the eggs and cook, folding and stirring frequently until almost set, about 2 minutes.

8. Remove from the heat and fold in cream cheese and remaining oregano.

10. To serve, divide the artichoke bottoms among 4 plates. Top each artichoke with equal portions scrambled egg, smoked salmon, and creamy lemon sauce.

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How Could Gov't Get A Simple Study So Wrong? **Based On New “Research,” NIH Wants You To Trash This Super-Nutrient**

The NIH recently updated its guidelines for the year. Not only do they dismiss the health benefits of what I consider to be a super-nutrient, they continue to make the outrageous claim that this supplement is potentially harmful.

Then they warn you to stop taking it entirely!

As a doctor, I'm appalled to see such irresponsible advice. Misinformation like this only confuses the public, making it harder to make a positive decision.

So, once again, I want to set the record straight.

You see, I've been banging the drum about this much maligned nutrient for well almost two decades. Studies have shown that it can:

- Prevent cardiovascular disease
- Lower your risk of developing 10 different kinds of cancer
- Protect and strengthens your brain against dementia and Alzheimer's
- Defend against diabetes
- Increase energy and physical endurance
- Reverse obesity and Syndrome Zero
- Relieve muscle pain, nerve pain, and arthritis
- Keeps skin smooth and youthful
- Prevent inflammation, the root cause of chronic disease

So, what is this miracle “medicine?”

I'm talking about vitamin E — which has been slandered by both the government and the media for far too long.



Vitamin E has been slandered by both the government and the media for far too long.

In the new NIH guidelines, the agency cited a study involving a large group of male physicians. The doctors took 400 IU of vitamin E every other day for eight years. They also took a daily aspirin to prevent heart disease and stroke.²

Of course, we all know aspirin is a blood thinner, and taking it increases your risk of bleeding. Yet, the NIH “authorities” who wrote the new guidelines blamed the supplement for increasing the risk of bleeding — *and not the aspirin*.

The agency goes on to describe vitamin E as “toxic” and linked to “morbidity and mortality.”³

It's a classic example of how damaging and misleading these studies can be.

But it's not just the government feeding you false information. So is the mainstream media. An article published on the Cleveland Clinic website warned its readers that "it is especially important to avoid [this supplement] because it may be harmful..."

Another recent headline screamed: "I'm a doctor and I warn you never take this supplement."

As a doctor I'm appalled to see such irresponsible advice. Misinformation like this only confuses the public, making it almost impossible for you to make positive decisions about your health. So, in this issue of *Confidential Cures*, I'm going to set the record straight.

Where Did This Contempt For Vitamin E Come From?

The disdain for vitamin E has a couple of likely causes. Of course, there's the obvious reason. Like all natural remedies, vitamin E can't be patented. And since it can't be turned into a drug, there's no money to be made.

So a synthetic, man-made version of vitamin E was created. And it's this fake Franken-pill that gets used in the majority of scientific clinical trials.

While natural vitamin E is essential for life, the human body has no need for synthetic chemicals. And this is where the problem begins. You see, most of the scientific research into the effects of vitamins uses synthetically made versions in their studies. The media rarely mentions that.

The first problem with these studies that disparage vitamin E is the kind they use — all-rac-alpha-tocopherol acetate, which is often incorrectly labeled dl- α -tocopherol.

This is a lab-created look-alike is less than half as biologically active as natural the natural form of known as alpha tocopherol.⁴

Most of the research backing the NIH's claims refers to this synthetic vitamin E.

But man-made all-rac-alpha-tocopherol acetate is only half the story.

You see, vitamin E isn't a single nutrient. It's a group of eight fat-soluble compounds divided into tocopherols and tocotrienols.

Tocopherols vs. Tocotrienols: What's The Difference?

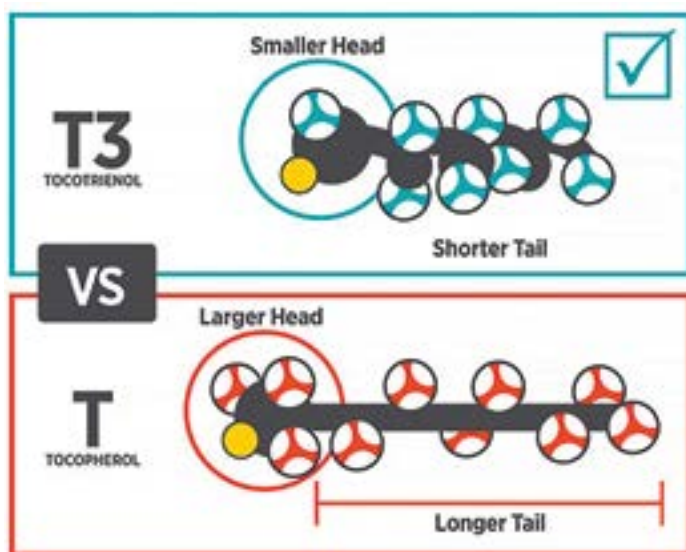
For years, I've recommended that my patients take the most powerful form of vitamin E.

I'm talking about tocotrienols, an especially potent form of vitamin E. You see, vitamin E is really a combination of eight different forms. There are four tocopherols and four tocotrienols. In nature, they occur together, and make up the most important chain-breaking fat-soluble antioxidant we have.

Both tocotrienols and tocopherols are powerful antioxidants that protect cells against oxidation. But they perform differently due to their molecular structure. Both groups look like a tadpole. The head contains the antioxidant features and a tail called a sidechain. It's in the tail where the most dramatic differences occur.

Tocotrienols have double bonds in the tail, making it shorter and able to move 50 times faster in cell membranes compared to tocopherol. This allows your tissues to receive much greater benefit.

Until recently, tocotrienols were ignored by mainstream medicine. But the patients at my wellness clinic know that I've recommended them as a critical nutrient for years. I do so because almost daily I observe the effects of their extraordinary healing properties on those who take them.



Both tocotrienols and tocopherols are powerful antioxidants that protect cells against oxidation. But they perform differently.

This Super-Nutrient Prevents And Destroys Today's Deadliest Diseases

Unlike most doctors, I focus on what makes people healthy and what protects them from disease.

Western medicine has come to see people's ailments as little boxes of symptoms that need to be either drugged or removed. It has lost sight of the whole person and what they need to remain healthy.

But between observing the effects of natural vitamin E in my patients, and keeping up the REAL research, I've learned that they can:

Stop cancer cold. Tocotrienols are a powerful weapon in the war on cancer. This vitamin E family shrinks malignant tumors and suppresses the growth of cancer cells by:⁵

- Reducing or cutting off blood flow to tumors, essentially starving them
- Hampering a tumor's ability to grow new blood vessels
- Inhibiting the spread of cancer cells
- Triggering apoptosis, or programmed cancer cell death

New research also reveals that tocotrienols have the power to neutralize a group of proteins called nuclear factor-kappa B (NF-kB).⁶ High levels of NF-kB are common in all cancer patients. And the more NF-kB there is, the faster cancer grows. But when you block NF-kB, cancer growth slows dramatically and gives your body's natural defenses a chance to catch-up and get to work.

Tocotrienols have been shown to seek and destroy the control center of cancer cells. In breast cancer cells, tocotrienols turn on the genes that restore the normal cell lifecycle and initiate cell death.^{7,8}

Animal trials reveal that tocotrienols are especially powerful against pancreatic, breast, and colorectal cancers. In one trial, researchers found that tocotrienols given to mice with pancreatic cancer significantly improved their survival. Only 10% of animals in the control group survived for the study period. But 70% of those taking tocotrienols survived.⁹

Lower heart disease risk: I began prescribing tocotrienols years ago to my patients with high blood pressure, heart trouble, and circulatory problems — and they all showed remarkable improvements.

Numerous studies show that these supplements increase the elasticity of the arteries.¹⁰ They also increase blood circulation and decrease the stickiness of platelets in your blood.¹¹

In one study, people who took this special group of vitamin E for two years had a 40% reduced risk of heart disease.¹²

And in a 2019 study published by the Baker Heart and Diabetes Institute, researchers in Australia found that treating emergency room patients with a combination of vitamin E and CoQ10 could prevent muscle damage after a heart attack. They add that expanding this nutrient's use in a hospital setting can prevent future heart disease while dramatically bringing down medical costs for patients.¹³

Tocotrienols have also been found to reduce blood levels of homocysteine, another important contributor to cardiovascular disease.

When scientists used a tocotrienol-rich fraction in a rat study to reduce plasma homocysteine and heart oxidative stress, they discovered that it proved more powerful than folate, the standard homocysteine-reducing vitamin.¹⁴

Protect your brain from memory loss. In a new study published in the journal *Aging Clinical and Experimental Research*, scientists recruited 53 patients with Alzheimer's disease and 40 cognitively healthy people.

After measuring patients' plasma, the researchers found those with Alzheimer's had significantly lower blood concentration of total tocopherols, total tocotrienols, and total vitamin E compared to cognitively healthy subjects.¹⁵

This study backs up *four* earlier European studies. Those clinical trials determined that supplementing with a mixed form of natural tocopherols and tocotrienols reduced the risk of Alzheimer's in the elderly population. The researchers noted that tocotrienols were even more powerful in this situation than tocopherols.

Another exciting new animal study suggests that the tocotrienols in vitamin E can regulate your brain's ability to receive and use DHA.¹⁶ As a regular reader, you know that your brain is 60% omega-3 fatty acids, and DHA makes up 40% of that.

In the brain, DHA forms DHA-PC, a critical component of neuron membranes. When neurons lose membrane integrity, they can't function properly.

Researchers in Malaysia conducted a two-year study on vitamin E and the brain. They found that tocotrienols substantially reduce the formation of white matter lesions — the damaged area in your brain that contribute to stroke, Alzheimer's, and dementia.¹⁷

Finally, Finnish researchers concluded several forms of vitamin E can help protect against memory loss.

In the study, scientists followed 140 Finns over the age of 65 for eight years. None of the participants demonstrated memory impairment when the study began.

During the follow-up, participants with the highest levels of total tocotrienols were best protected against memory loss.¹⁸

Guard against diabetes. A new clinical trial shows that tocotrienols improve blood sugar, inflammation, and oxidative stress in patients with type 2 diabetes. In the study, 110 patients received either tocotrienols or a placebo for 24 weeks. Researchers found improved glycemic control, reduction in the inflammation marker C-reactive protein, and a lower oxidative stress in the participants taking tocotrienols, as compared to patients on placebo.¹⁹

Earlier studies have shown that tocotrienols improve insulin sensitivity and whole-body sugar utilization as effectively as Big Pharma's expensive diabetes drugs.²⁰

Cure "incurable" liver disease. Nonalcoholic fatty liver disease (NAFLD) is one of the fastest growing health epidemics in the world.²¹ In fact, between 25% and 50% of Americans are suffering

"Tocotrienols improve blood sugar, inflammation, and oxidative stress in patients with type 2 diabetes."

from this silent disease. Traditional doctors will tell you there's no cure.

Of course, they mean they don't have any drug to treat it.

But tocotrienols have been proven to completely reverse NAFLD. In one study, researchers gave 30 patients tocotrienols daily. After a year, 15 were completely cured of this "incurable disease." Another five showed significant improvement.²²

In other words, an incredible 67% of otherwise "non-treatable NAFLD cases" improved.

Vitamin E Can Reverse Telomere Shortening To Promote Longevity

As a regular reader, you know that telomeres are the caps at the ends of your chromosomes that determine each cell's biological age. Longer telomeres signify more youthful health. Shorter ones signal faster aging and mean that you're more prone to chronic diseases and reduced life expectancy.

Vitamin E is a hugely important anti-aging nutrient that can lengthen your telomeres.²³

Alpha-tocopherol dramatically slows age-related telomere shortening, even in the presence of powerful oxidant molecules such as hydrogen peroxide.^{24,25} This is due to a tocopherol-induced increase in telomerase that persists well into middle-aged cells.

Another study from Malaysia showed that cells given gamma tocotrienol were protected from telomere shortening.²⁶ I've seen a similar outcome in my own patients. Research in my clinic on telomere testing and the biomarkers of aging has revealed that the gamma tocotrienol in particular is a powerful telomere protector.

Are You Getting Enough Of The Right Kinds Of Vitamin E?

A 2022 study that followed 217 subjects aged 18 to 75 shows that the vast majority of people are woefully vitamin E deficient. According to the researchers, women average an intake of 1.9 mg a day, while men average 2.7 mg daily.

This is less than 25% of the low-end of what's considered essential!²⁷

A good way to get the benefits of tocotrienols is to add them to your diet. Tocotrienols can be found in grapes, apricots, blueberries, black currants, cashews, almonds, pistachios, macadamia nuts, poultry, and eggs.

- Palm oil is also a good source of tocotrienols. One tablespoon contains 8 mg.
- You can also get tocotrienols from nuts and dark leafy greens. A handful of cashews, almonds or pistachios will provide around 2 mg. And one serving of kale, broccoli or spinach has between 1 and 2 mg of tocotrienols.
- But my personal favorite source is annatto oil. I first discovered annatto — the extract from the achiote tree — while on a research trip in the Andes Mountains. This substance contains more tocotrienols than any other source, roughly 15 mg per tablespoon.

Sadly, Big Agra destroys much of these vitamins with the processes it uses to make high-profit, low-cost and low-nutrient products.

Supplement With This Life-Saving Vitamin

Most people won't get enough tocotrienols from their diet, so I recommend supplements. Here's what I tell my patients...

1. Make sure you get supplements that contain natural vitamin E — not its synthetic form. Vitamin E in the form of all-rac-alpha-tocopherol-acetate or dl-alpha-tocopherol should be avoided. There are serious questions about their safety and whether your body even recognizes such substances.

2. I recommend supplementing with 50 mg of tocotrienols per day. Ideally, the purer the tocotrienol, the better. Some vitamin E manufacturers combine tocotrienols and tocopherols, another form of vitamin E.

3. Don't worry about taking a synthetic. The great thing about tocotrienols is that they're all-natural. There aren't any synthetic versions of these types of vitamin E — so you don't have to worry about avoiding them.

4. Look at the label. Some vitamin makers will list each tocopherol and tocotrienol individually. Others may list all of the forms as “mixed tocopherols and tocotrienols.” Try to get at least 400 IU a day, but no more than 200 IU of alpha tocopherol so that it doesn't lessen the effects of the tocotrienols.

5. Improve absorption. And like all fat-soluble vitamins, it's best to take them with a meal.

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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.

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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.

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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).