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Dear Friend,

In the 30 years since I started practicing medicine, I've seen the skyrocketing damage caused by too many free radicals.

Symptoms first appear as fatigue, headaches, wrinkled skin, and vision loss. But before long, runaway free radical damage results in muscle and joint pain... brain fog, followed by memory loss... and decreased immunity.

Eventually, you end up with chronic degenerative diseases like cancer, clogging of the arteries, inflammatory joint disease, diabetes, and Alzheimer's.

At one point, the US Department of Agriculture recognized the seriousness of free radical damage and actually tried to do something about it...

They created and promoted what was known as Oxygen Radical Absorbance Capacity, or ORAC. This laboratory analysis provided an overall measure of a food's antioxidant activity. Studies funded by the USDA proved that eating "high ORAC" foods boosted the antioxidant power of your blood by 10 to 25%.

And helped you prevent and fight free radical damage and the diseases it causes.

Then, the USDA suddenly got rid of ORAC and declared it invalid.

**Why would they do that?**

Because Big Food told them to.

You see, foods sold by the 10 Big Food corporations don't want information about healthy foods made easily available to the public.

Because they know their junk foods can't compete...

So under pressure from Big Food, USDA pulled the ORAC scores from their website. But they went one step further and told the American public a whopper of a lie explaining why they were doing so...

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

- **How the federal government put their cronies at Big Food ahead of your health.** I'll share the bald-faced lie they told you to hide their cowardice — and how this cover-up is harming your health. More importantly, I'll tell you how you can take back control and neutralize free radicals to eliminate oxidative stress and regain your vitality.
- **The natural cure that beats Big Pharma's diabetes drugs.** Diabetes is now so prevalent in the world that there are *six different types* — and counting. In this article, you'll learn that all these subsets are driven by the same underlying problem — the invention of Big Agra's modern wheat crop. Then I'll share the diabetes-beating protocol we use at my clinic that has been proven to cure diabetes in 83% of patients.
- **What long endurance exercise does to your body.** Health experts continue to push this kind of workout as the holy grail of good health and heart disease prevention. But the real truth is that it causes the same early-stage signs of cardiac damage that appear during a heart attack. I'll tell you about the anti-cardio exercise principle I developed that provides real anti-aging benefits, including better memory, improved heart and lung power, and better immunity.

To Your Good Health,

Al Sears, MD, CNS

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# USDA Conspired With Big Food To Keep Disease-Fighting Info From You

## Here's What You Need to Know...

**B**ig Food corporations and their friends at the US Department of Agriculture don't want you to know this crucial truth: Antioxidants deliver your best defense against premature aging and disease — that's a fact. It's why nature provides them in abundance, giving you constant protection against damaging free radicals and oxidative stress.

Years ago, the USDA — in an attempt to actually serve Americans — developed the ORAC scale: a clear, easy guide to the antioxidant activity of foods and herbs. That way people could see at a glance which foods offered the most powerful antioxidant protection.<sup>1</sup> Especially important because extensive research shows that eating high ORAC foods boosts the antioxidant power in your bloodstream.

So this tool was no brainer when it comes to helping people make the healthiest choices.

But Big Food got angry. Processed foods offer no antioxidant protections. Worse, those “foods” can actually increase free radicals and cause oxidative stress... a leading cause of deadly diseases. That is precisely what Big Food doesn't want you to know. So they lobbied hard against the ORAC.

And they won.

In a stunning display of greed and cowardice, the USDA pulled the ORAC information from public view. Helping their Big Food cronies stay fat and profitable and dooming Americans to continue indulging in unhealthy eating habits.



**The USDA buckled under pressure from Big Food and removed important information about antioxidants from public view.**

But you don't have to stay in the dark. You know you need as much antioxidant power as possible to stay young and healthy. So don't let Big Food derail your wellness so they can make an extra buck. Take charge of your antioxidant intake to keep disease and aging at bay.

### The Big Lie Behind The ORAC Cover Up

Before they realized it would anger their Big Food buddies, the USDA created the ORAC (Oxygen Radical Absorbance Capacity) Scale. This simple rating system was designed to help you find foods with the highest antioxidant activity. It measures the impact of antioxidants on free radicals — rogue molecules that speed



up aging and cause cellular damage that leads to chronic health problems.<sup>2</sup>

An enormous mountain of research connects free radicals to most diseases including:<sup>3,4,5,6,7,8</sup>

- Cancer
- Cardiovascular disease
- Cataracts
- Diabetes
- Alzheimer's disease
- Arthritis

Increasing antioxidant power neutralizes those free radicals before they can cause devastating cellular damage. Studies prove that eating high ORAC foods boosts the antioxidant power of your blood by 10 to 25%.<sup>9</sup>

And while you can find tons of antioxidants in fruits, vegetables, and herbs, you can't find them in processed foods. The largest food conglomerates in the world realized what would happen if people knew about this. It would tank their processed food sales and destroy their profits.

So Big Food — the 10 companies that control our food supply — got together and bullied the U.S. government into pulling down the ORAC data.

When the cowards at the USDA removed ORAC scores from their website, they offered up two reasons...and one of those "reasons" is a bald-faced lie.

The first reason made a valid point: Marketing and salespeople misused the information. Sometimes unintentionally, other times with full intent to hoodwink consumers into believing their brand was healthier.

But the second reason is pure bunk. According to the USDA propaganda, "The values indicating antioxidant capacity have no relevance to the effects of specific bioactive compounds, including polyphenols on human health."

What?

We know that antioxidant-rich foods provide dozens of health benefits. We have mountains of

research clearly showing their effectiveness in fighting free radicals. And defeating free radicals is the key to staying young and healthy no matter your age.<sup>10</sup>

## Fighting Free Radicals Keeps You Young And Healthy

Free radicals cause severe damage to your cells and your continued health. These unstable atoms have an odd number of electrons, which makes them steal electrons from your cells. That changes the structure and function of your cells, leading to damage and disease. When that damage continues for years or decades unchecked, it increases your risk of developing debilitating health consequences.

The only way to protect yourself is to fight free radicals as quickly as they're made. And they're made all the time.

What causes free radicals? Cigarette smoke, pesticides, excessive alcohol, pollution, processed foods... In other words, many things that you'd expect. But free radicals are also created through normal body processes, like digestion and metabolism. As long as you have enough antioxidants on board to neutralize those free radicals, you'll stay young and healthy.

But free radical overload can cause severe health consequences. That all starts with cellular damage.<sup>11</sup> They attack cell membranes, proteins, and even DNA when they "steal" electrons from healthy cells to stabilize themselves.

Free radicals also promote systemic inflammation, an underlying cause of premature aging and chronic disease. Research clearly shows that free radical overload can directly cause serious health conditions, including:<sup>12,13,14,15,16,17,18</sup>

- Hypertension
- Atherosclerosis
- Stroke
- Cancer
- Age-related macular degeneration
- Parkinson's disease
- COPD (chronic obstructive pulmonary disorder)

The only way to stop free radical attacks: Load up on antioxidants to stop free radicals before they have a chance to do harm.

## Trap And Neutralize Free Radicals

Antioxidants work in two important ways to keep you young, vibrant, and healthy.<sup>19</sup> First, they track and trap free radicals by binding to them so they can't damage healthy cells. Once the free radicals are neutralized, they're harmless and won't go on to cause destruction and disease. Second, antioxidants also prevent and slow oxidation, which stops oxidative damage.

Antioxidants come in many different forms, including flavonoids... flavones... catechins ... polyphenols... proanthocyanidins... and carotenoids.

You'll want to get a mix of the different types of antioxidants every day for the strongest broad-spectrum protection. Luckily, antioxidants are plentiful in plant-based foods. And for added free radical defenses, you can boost antioxidant power with targeted supplements.

## Increase Your Antioxidant Intake For Abundant Wellness And Longevity

You want to live a long and healthy life, feeling young and vital no matter your calendar age. And while anti-aging potions are all the rage, the real solution to lifelong wellness and healthy longevity is simple: Consume more antioxidants.

You can't escape free radicals even if you follow the purest diet and an optimal exercise routine. The key is to make sure that those free radicals don't outnumber and overwhelm your antioxidants. And the best way to do that is to consume more high-quality antioxidants through diet and supplements. On the flip side, you'll want to minimize free radical generators. By taking this two-pronged approach, you'll be able to keep free radicals under control, reduce oxidative stress, prevent oxidative damage, and decrease your risk of premature aging and chronic disease.

## Eat These Foods To Boost Antioxidant Protection

To give yourself a fighting chance against free radical damage, look for foods with the highest antioxidant content. It's not as easy to find this information as when the USDA was promoting ORAC years ago before they hid the information. So I've pulled together a list of antioxidant superfoods, herbs, and spices so you can add a powerful antioxidant punch to every meal.

Foods with the highest antioxidant potential include:<sup>20</sup>

- ✓ Artichokes
- ✓ Black currants
- ✓ Blueberries
- ✓ Dark chocolate
- ✓ Goji berries
- ✓ Pecans
- ✓ Salmon
- ✓ Strawberries
- ✓ Beets
- ✓ Blackberries
- ✓ Cranberries
- ✓ Dried apricots
- ✓ Kale
- ✓ Prunes
- ✓ Spinach

For added protection, season those foods with antioxidant-rich herbs and spices. These plants contain so much antioxidant potential that just a pinch provides a powerful free radical-fighting punch. Herbs and spices with stellar antioxidant levels include:<sup>21</sup>

- ✓ Allspice
- ✓ Clove
- ✓ Peppermint
- ✓ Sage
- ✓ Thyme
- ✓ Cinnamon
- ✓ Oregano
- ✓ Rosemary
- ✓ Saffron

## Stop Eating Free Radical Generators

High-antioxidant foods, herbs, and supplements keep free radicals under control, so they can't do lasting harm. But if you consume a lot of free radical generators, they will overwhelm those antioxidants and cause oxidative stress. That's why you'll want to avoid these health-damaging foods at all costs:



**High glycemic foods.** The glycemic index evaluates foods based on their potential to raise your blood sugar and how quickly they do it. Along with promoting insulin resistance and type 2 diabetes, high glycemic foods increase free radical production and oxidative stress.<sup>22</sup>

High glycemic foods to avoid include:

- Soda and sports drinks
- Potato chips and pretzels
- Breads, cakes, and cookies
- Pasta and white rice

**Processed foods.** Processed foods come chock full of preservatives, unhealthy fats, high fructose corn syrup, and artificial ingredients. The ingredients in processed foods greatly increase your free radical burden and promote oxidative damage. Research shows that increasing your processed food consumption by just 10% significantly increases your risk of developing cancer.<sup>23</sup>

**Vegetable oils.** Canola, soybean, peanut, and safflower oils can be found in most — if not all — processed foods and kitchen cupboards. But these vegetable oils have very high oxidation rates,<sup>25</sup> and that encourages free radical production. Stick with healthier choices like olive and coconut oils.

**Excessive alcohol.** Alcohol gets detoxified in your liver through a series of oxidative reactions. In small amounts, these reactions won't overwhelm your body's ability to safely manage them. But when you consume alcohol in excess, your liver will struggle to process it, leading to more oxidative stress.<sup>26</sup> Limit alcohol to two drinks daily to avoid a free radical overload.

## Supplement For Next-Level Free Radical Protection

If you want to crank up your antioxidant power, you need some next-level sources of these free radical neutralizers. While you can get some of these through diet, to really harness their power you'll need a more concentrated source. So look for high-quality supplements to get some extra disease and premature aging protection.

For the most potent antioxidant defense, include some — or all — of these in your daily regimen:

1. **Glutathione.** Known as the “master antioxidant,” glutathione offers superior protection against oxidative damage. It has unmatched anti-aging and detoxification properties, working to protect you at the cellular level, right down to your DNA. Glutathione particularly shields your liver against damage from free radicals and toxic substances, and has been shown to improve liver disease such as NAFLD (non-alcoholic fatty liver disease).<sup>27</sup> Your body naturally makes glutathione but often needs extra support to combat environmental threats, a lifetime of free radical bombardment, and chronic disease.

2. **Resveratrol.** This powerful polyphenol made a big splash in the anti-aging space, and for good reason. This compound, which is found in more than 70 plants, has exceptionally high antioxidant potential. It's been shown in studies to possess anti-pathogen, anti-tumor, anti-inflammatory, neuroprotective, cardioprotective properties.<sup>28</sup>

3. **Pycnogenol.** This phenol comes from an unusual source — the bark of maritime pine trees. Lesser known than many of its antioxidant cousins, pycnogenol supports your cardiovascular system by protecting the endothelial cells that help your blood vessels relax so blood can flow more smoothly.<sup>29</sup>

4. **Astaxanthin.** This antioxidant provides bright red and pink coloring — and antioxidant power — to foods like wild-caught salmon and shrimp. Part of the carotenoid family, astaxanthin scavenges and neutralizes free radicals to prevent oxidative stress. It's been shown to improve blood flow, prevent, and fight cancer, enhance immune function, and quiet inflammation, while preserving your brain power and vision.<sup>30</sup>

5. **CoQ10.** My favorite supplement, CoQ10 possesses strong antioxidant powers that work effectively against age-related decline. This nutrient plays a part in regulating cellular energy and helps keep fats from oxidizing. Low levels of CoQ10 have been linked to high blood pressure, periodontal disease, Parkinson's disease, kidney failure, and many more chronic conditions.



**6. Lycopene.** This is what gives tomatoes and watermelon their bright red hue and gives you a big antioxidant boost. This carotenoid helps shield your skin from damaging UV rays, protects cellular DNA, and improves cardiovascular and liver health. Lycopene also delivers anti-cancer, anti-inflammatory, and anti-diabetic actions.<sup>31</sup>

It's tough to get enough of these potent antioxidants through diet alone, especially as you get older. So look for high-quality supplements for a protection boost against free radical damage and oxidative stress.

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# Avoid All 6 Types of Diabetes By Eliminating Big Agra's Cash Crop

## (And Discover Cure That Beats Big Pharma Drugs)

Diabetes used to be straightforward. There was type 1, the “genetic,” childhood version that meant you needed to inject insulin. Then there was type 2, the adult-onset, insulin-resistant kind.

*Today there are at least six different diabetes subsets.*

That’s staggering.

Not only is the incidence of type 1 surging — which suggests there’s a lot more going on than just your genes — we also have gestational diabetes, types 3 and 4, maturity onset diabetes of the young (MODY), and latent autoimmune diabetes in adults (LADA).

The sad truth is that despite all these classifications, modern medicine is still nowhere near to finding a cure for any type of diabetes.

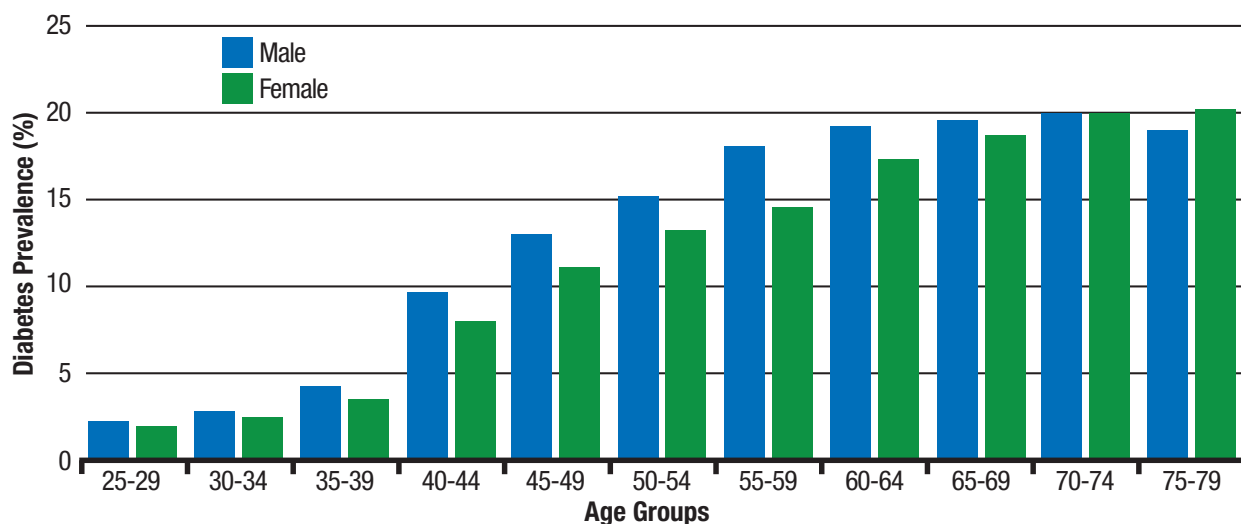
That’s because it has focused its entire research effort not on the cause of this terrible disease, but on its main symptom — high blood sugar.

This has led treatment in the wrong direction. In fact, most doctors think of each diabetes type as a separate disease and have completely different treatments for each of them.

*But these different classifications have more to do with the lucrative meds Big Pharma pushes to treat the condition than they do with reality. Compelling new research now reveals that ALL types of diabetes are the same disease. And they are all driven by the same underlying problem.*

You see, glucose intolerance and high blood sugar levels do not give you diabetes — and neither does your genes.

### Estimates of diabetes today and projections to 2030 and 2045



Today, 465 million people — or 9% of the global adult population — are living with diabetes. This number is expected to increase to 578 million (10%) in 2030 and 700 million (11%) in 2045.



The real root is the *overproduction of insulin* in your body, triggered by an excessive unnatural diet of processed starches.

Big Pharma’s drugs can never cure diabetes — because they do nothing to prevent the chronic high insulin at its root. These meds only serve to control the symptoms and generate billions of dollars for the companies that make them.

In this article of your *Confidential Cures*, you’ll learn that the biggest culprit of all behind this devastating global epidemic is the massive increase in our consumption of one particular Big Agra crop...

*I’m talking about **modern wheat**.*

Here at the Sears Institute For Anti-Aging Medicine, I’ve been successfully treating diabetes for decades, and we’re proving that ALL types of the disease are preventable — and reversible.

## Old Theories Just Don’t Fit Anymore

The Centers for Disease Control and Prevention admitted in its latest *National Diabetes Statistics Report* that it has no clue why the incidence of type 1 diabetes is now rising by a 2-3% each year.<sup>1</sup>

You see, all type 1 diabetics are told from the moment of diagnosis that their disease is “strictly genetic.” They’re told their pancreas has simply stopped producing insulin, and that the condition is irreversible.

But there’s a problem. If type 1 diabetes really were “strictly genetic,” its incidence shouldn’t be three times higher than it was a generation ago.<sup>2</sup> A single generation is way too short for the gene pool to change.

Meanwhile, children with type 2 diabetes, once a medical rarity, are now commonplace — and its victims are even getting younger. Remember this used to be called “adult onset” diabetes?

Likewise, increasing numbers of very young children, as well as more adults over 40, are developing type 1.

“And disease toll is shocking. In just 30 years, the number of Americans with pre-diabetes and full-blown diabetes has jumped by a staggering 1,900% to 111 million.”

Researchers now also recognize that Alzheimer’s is actually type-3 diabetes. Studies prove this terrible degenerative mental health disease is also caused by insulin resistance... in the brain.<sup>3</sup>

And just recently, researchers at the Salk Institute in California identified a completely new version... type 4 diabetes.

This type of diabetes affects only thin, elderly individuals with abnormally high levels of immune system T regulatory cells in their fat.

Most doctors think lean people are protected from the disease. But the Salk researchers say millions of American seniors may have type 4 diabetes, and doctors have persistently misdiagnosed the conditions because its victims aren’t overweight.

Even rates of gestational diabetes have surged over the past 20 years. This condition can affect women during pregnancy, and can lead to full-blown type 2 diabetes within 5 or 10 years.<sup>4</sup>

Studies also suggest that babies born to diabetic mothers are more vulnerable to the early-onset type 2 diabetes.<sup>5</sup>

And disease toll is shocking. In just 30 years, the number of Americans with pre-diabetes and full-blown diabetes has jumped by a staggering 1,900% to 111 million.

And by the year 2030, current projections push that number to 144 million — that’s around 40% of the entire U.S. population!

But you see, while all diabetes types share the same problem — the inability of your body’s insulin to process carbohydrates — studies now provide clear evidence that all diabetes types also share the same underlying mechanism... insulin resistance.<sup>6</sup>

And all that separates them is the time it takes for insulin resistance to develop and, ultimately, for the insulin-producing beta cells in your pancreas to die.







Researchers have even downgraded the importance of the so-called “genetic defect” that supposedly causes type 1 diabetes.<sup>7</sup>

To reverse — and even eradicate — all diabetes types, the focus needs to shift away from controlling high blood sugar to resolving insulin resistance.

Let me explain...

## **An Evolutionary Problem At The Heart Of Diabetes**

Long before the discovery of agriculture, humans evolved over millions of years to thrive by hunting wild game, spearing fish, and gathering wild fruits and vegetables.

Today, our nutrition-less, grain-based diet of carbohydrates and starches has wrecked our metabolism and made our bodies act in ways nature never intended.

Years of conclusive research draws a direct line between insulin-resistance and the starch-packed, insulin-spiking grains loaded into our modern Western diet. All that starch causes your pancreas to go into overdrive, producing more and more insulin until the cell receptors become overwhelmed and resistant.

You see, high insulin production is your body’s effort to cope with all the cheap grains that have swamped our food supply.

But do you know what the human requirement for carbohydrate intake is? Zero. Your body wasn’t built to eat grains — and they rob you of your health.

Grains also have sophisticated defense mechanisms that help them survive, and help prevent humans from eating them. In fact, whenever you eat them, you’re ingesting enzyme blockers designed to ward off predators.

Important enzymes like amylase, which you use to digest protein and starch, get zapped, upsetting the nutritional balance of your body.

Grains also sabotage your pancreas with proteins called lectins, which bind themselves to insulin receptors. Your cells interpret this as a

signal to store fat, driving your body constantly toward insulin resistance and diabetes.

Doctors blame the rise in sugar consumption for the diabetes epidemic. But removing sugar from your diet won’t solve the problem. Blaming sugar is like blaming a dog for sinking a life raft — when there’s already an elephant onboard.

But of all the junk carbohydrates crammed into our modern processed diet, including sugar, none is more dangerous than wheat — or the modern thing we’re told is wheat...

## **America Is A Nation Of “Wheat-aholics”**

Although diabetes has been around for a long time — the Egyptian physician Hesy-Ra mentioned it in 1552 BC — it was mostly confined to the privileged in society.

Think about Henry VIII — obese and gout-ridden with a 54-inch waistline from gorging daily on banquets packed with pastries, loaves of bread, and ale. The English King was almost certainly diabetic and it killed him at age 55.

For the common folk who farmed or hunted for their food, diabetes was extremely rare. You don’t get diabetes from eating too much wild boar, rabbit or venison.

For most of the 19<sup>th</sup> and 20<sup>th</sup> centuries, the incidence of diabetes in America was constant. But then things took a turn for the worse in the 1980s.

What changed? Enter Big Agra and the explosion in wheat consumption.

Wheat consumption in America has increased by a staggering 26 pounds since the 1970s to about 133 pounds a year<sup>8</sup> — the equivalent of around 200 loaves.

Globally, wheat is Big Agra’s most-planted cash crop. Around 215 million hectares — an area the size of Greenland — of wheat are grown and harvested every year. This generates more than \$50 billion a year for Big Agra — and that’s before it’s processed into the food supply.<sup>9</sup>

Whether it's in sandwiches, pizzas, pasta, toast, breakfast cereals, Oreo cookies, or even granola bars served in the name of health, wheat now dominates the American diet.



**Whether it's in bread, pasta — and even the granola marketed as a health food — wheat dominates the American diet.**

And the wheat that's been packed into our food supply over the past three or four decades — the period in which prediabetes and diabetes has soared 1,750% — is not the wheat of your grandparents knew.

The early wheat grown by the first farmers contained 14 chromosomes, while modern wheat has 42 chromosomes.

This modern stocky, starch-packed genetic Frankenstein crop has been so genetically altered, it's biochemically light years away from the wheat our grandmothers might have used to bake bread.

Humans have never before consumed these new, high-yield, gluten structures.

The biggest sign of this wheat change is found in America's expanding waist size...

According to the CDC, the average weight for men in 1960 was 166.3 pounds, compared with 195.7 in 2014. That's almost 30 more pounds spread over every adult male.

The result is insulin resistance, obesity, and a diabetes epidemic.

Studies show that high blood sugars, like the kind you get after eating a whole-wheat blueberry

muffin or piece of toast, trigger a phenomenon called "glucosetoxicity" that actively attacks the insulin-producing beta cells in your pancreas.<sup>10</sup> The effect is progressive. And over time, your beta cells get killed off.

Other studies show that the lipotoxicity caused by weight gain, as well as the "lectin-effect," can also trigger an extreme reaction in your pancreas, causing your body to attack and kill its own insulin-producing beta cells.<sup>11</sup>

That's why many type 2 diabetics end up injecting themselves with insulin, just like type 1s.

## **My Diabetes-Beating Diet Protocol**

Most doctors respond to diabetes by first telling you that you have something broken inside — a genetic defect. Then they'll tell you the only options available are to control your surging blood-sugar levels with Big Pharma meds, like metformin, injecting insulin or both — or face the devastating consequences.

The truth is, diabetes is preventable and reversible — not by focusing on blood sugar, but instead on insulin resistance... for ALL diabetes types.

I've been helping my patients beat insulin resistance for years. I use a strategy that modern medicine rarely considers — because it doesn't come in the shape of a pill.

Instead, it's based on nutrition.

I start by helping to drastically reduce the amount of insulin-spiking modern wheat and other starches in your diet by following a ketogenic diet.

This diet is high in animal fat and protein and very low in carbs. It's close to the diet of your ancestors — before the relatively recent invention of agriculture.

When you eat this way, there are no starches to trigger the extreme insulin response. And since your body doesn't have starches to burn for energy, you burn fat instead.

Fat also stabilizes your appetite by triggering the satiety hormones in the hippocampus region of the brain, which makes you feel full.

And you feel it in other ways, too. Fat provides long-burning, consistent energy that carbohydrate-energy from wheat just can't match.

And scientific studies confirm that very low-starch diets can dramatically improve insulin sensitivity.

In one recent study published in the prestigious *Journal of the American College of Nutrition*, a group of overweight women were given a diet with less than 10% of calories from starches. The researchers found a direct and consistent connection to significantly improved insulin sensitivity for the group... while a low-fat, high-starch diet made insulin sensitivity worse.<sup>13</sup>

And you feel it in other ways, too. Fat provides long-burning, consistent energy that carbohydrate-energy from wheat just can't match.

Here at the **Sears Institute for Anti-Aging Medicine**, I'm seeing patients reverse diabetes naturally every day using my diabetes protocol. The first, most important step, is eating the right diet. Here's what I recommend...

- **Reduce starches in your diet.** Starches should never make up any more than 5% or 10% of your total calorie intake. Start by avoiding all processed foods. I recommend following the glycemic index, which measures how quickly food breaks down into sugar in your bloodstream.
- **Choose the right fats and eat lots of them.** 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. I also recommend MCT (medium chain triglycerides) oil.
- **Eat plenty of protein.** Grass-fed beef and organ meats, wild-caught fish, and pastured eggs and chicken are your best sources of protein. Nuts and seeds such as almonds,

peanuts, cashews, sunflower, and pumpkin seeds also have plenty of protein.

## Stem Cell Cure Beats Big Pharma's Diabetes Drugs

But we're also having great success helping patients reverse diabetes using stem cell therapy. This safe treatment restores your body's natural ability to produce and use insulin.

You know by now that stem cells are your body's supply of healthy "replacement cells." They have the ability to cure almost every disease ever known.

Your pancreas contains its own supply of these miracle cells. These pancreatic stem cells can be transformed into insulin-releasing beta cells that get destroyed by diabetes. These new beta cells can sense blood sugar levels and react as needed and restore insulin production.

Studies prove this new stem cell therapy can reverse diabetes... In a study published in the journal *Stem Cell Investigation*, researchers cured diabetes in 83% of people using the patients' own bone marrow stem cells. The patients that also had diabetic complications showed improvement or stabilization and most patients reported improved energy and stamina. No patients had any significant adverse effects.<sup>14</sup>

And researchers at Swiss Medica Clinic were able to eliminate or reduce the need for insulin by 80% or more in type 2 diabetics over a six-month period using bone marrow stem cells.

And now we've added another therapy to our diabetes protocol that will boost your stem cells.

## Supercharge Your Stem Cells With IV Laser Therapy

IV laser therapy triggers the release of nitric oxide (NO), a powerful cell signaler and activator.

At the same time, NO sends "blood flow signals" that relax arterial walls, dilate the blood vessels, and improve the flow of blood and oxygen everywhere in your body, boosting its ability to heal.



Here's what you can expect from our IV laser therapy:

1. **Sit back and relax.** My team will sit you in a comfortable recliner for the quick procedure.
2. **Get your IV.** A catheter with a tiny bulb at the end is placed in your arm — like a regular IV — and an optical fiber delivers the high-energy light particles into your bloodstream, which then carries the radiated cells to tissues throughout your body.
3. **Let the light flow through your bloodstream.** Blood cells take an average of one minute to be pumped all the way through the body. So, during a 10-minute session, your entire blood supply is exposed to the laser around 10 times. You'll feel no heat, sound, or vibration, but you will feel a faint tingling sensation, as your blood flows past the laser light.

If you're interested in treating your diabetes with stem cell and IV laser therapy, please call my clinic at **561-784-7852**. My staff will be happy to schedule your appointment.

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# Heartbreaking Cardio Lie Begs The Question: **How Many Runners Will Collapse Today?**

Last month it happened again...

Two men competing in a Big Sur, California, half marathon collapsed while running. The first went down at the 3-mile mark. The second runner crossed the finish line just seconds before he buckled to the ground.

Both men suffered serious heart attacks.

Sadly, these men aren't unique... In October, a 36-year-old runner died after collapsing between miles 23 and 24 of the London marathon. In March, a 46-year-old mom of three died seconds after crossing the finish line of her half marathon.

The two men in the California marathon were lucky. They survived. Both were saved because they happened to be running just ahead of a cardiologist who was able to perform immediate life-saving CPR.

The doctor credits the men's survival with his "crazy odds" of being in the right place at the right time. He went on to ask: "What are the odds that two people have a cardiac arrest in one race?"

Unfortunately, the odds are high. And the list of marathon runners who won't live to run another race is long...

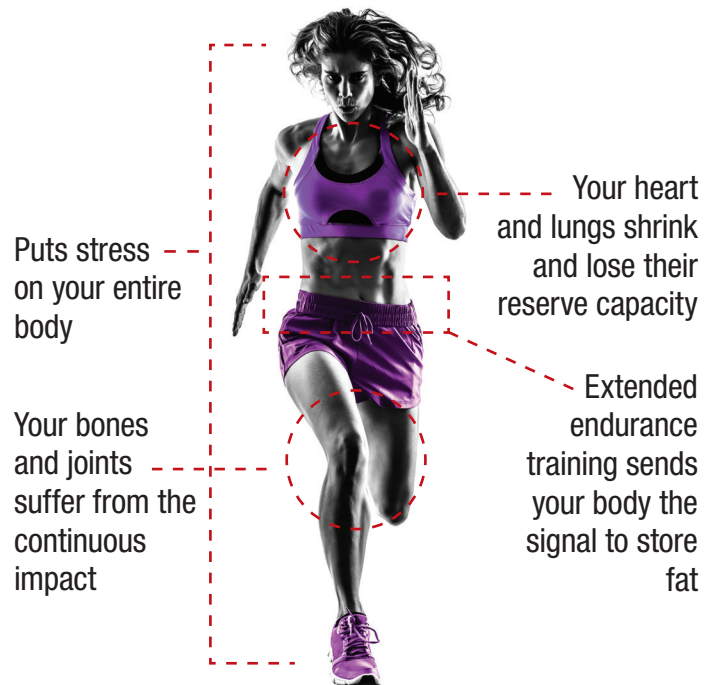
In 2021, at least 40 marathon runners died of a heart attack or cardiac arrest.<sup>1</sup>

I was unfortunate enough to witness this pattern firsthand...

About 30 years, I provided emergency care for marathon runners.

At one race, I saw a thin, young man fall to the ground just feet from our emergency aid station. His heart was beating erratically as we placed an oxygen mask over his blue lips.

## Long Distance Running And Your Body



Seconds later, another runner arrived at our station and keeled over. He was dizzy, weak, and scared. He had a dangerously erratic heartbeat. This man was only in his early 20s.

The sad part is that marathon runners think they're getting healthy by training for these long-distance runs. But the truth is, this kind of cardio is hurting your health.

## What Long Endurance Exercise Does To The Body

In spite of what all the so-called fitness gurus tell you on TV there is plenty of evidence that long-duration cardio — like marathon training — accelerates heart disease and on occasion can trigger sudden cardiac arrest.



Results from Boston area hospitals reveal the risks and damaging effects experienced by dozens of runners they've studied over the last ten years.

Studies prove that the kind of endurance exercise marathon runners do increases their risk of

- Heart attack
- Sudden cardiac death
- Hardening of arteries
- Stress fractures
- Lower back pain
- Repetitive-stress injuries
- Blood in urine
- Permanent bone damage

An important study published in the *American Journal of Cardiology* proves how damaging long-duration exercise is.<sup>2</sup>

In the Harvard study, researchers drew three blood samples from 80 middle-aged male runners. They drew the first sample just before the marathon. They drew the second sample immediately following, and then a third sample a day after the marathon.

The results: Twenty-four hours after the race, the men — none of whom had any history of heart disease — exhibited early-stage signs of ***cardiac damage similar to the symptoms that appear during a heart attack.***

This happens because adding repeated “cardio” to our busy days and pushing for greater endurance produces the ***opposite*** result of what we need in the modern world.

Routinely forcing your body to perform the same continuous cardiovascular challenge, by repeating the same movement, at the same rate, thousands of times over, without variation, without rest, is unnatural.

Our ancient ancestors never ran for long distances without rest. Maybe it happened rarely but never routinely. It doesn't happen in the animal kingdom either.

“Twenty-four hours after the race, the men — none of whom had any history of heart disease — exhibited early-stage signs of cardiac damage similar to the symptoms that appear during a heart attack.”

Long-distance running shrinks your lungs and downsizes your heart's output. Nature designed your body to adapt to whatever environment it encounters. If you ask it to run long distances repeatedly and routinely, it will adapt to meet the challenge more effectively. When you run

long distances like in a marathon you're actually training your heart to get weaker.

Why does this happen?

Your body downsizes your heart and lungs to enable a long-distance run. A smaller output will take you long distances more efficiently in the same way an economy car with a small engine gets you better gas mileage.

But that's not what your heart was designed for... It's built more like a Ferrari: powerful bursts over short distances with plenty of reserve power when you need it.

My PACE program is designed with that in mind. Your heart needs reserve power in times of stress and trauma. Small blood and oxygen output, which is what you get as a marathoner, spells heart attack.

## PACE Is The World's First Anti-Aging Exercise

Long-duration endurance exercise doesn't just weaken your heart; it mimics the effects of stress, poor diet, and aging.

I originally developed PACE to get de-conditioned people in shape to be able to do anything they wanted. Run, play their favorite sport... even interval training.

Then I realized that the journey was greater than the destination.

People were getting more benefit from the incremental increases — trying to get to the level of being able to do something like interval training — than they ever got from doing actual intervals.



So I said yeah, interval training is good. But progressively accelerated intervals of exertion with focused recovery is even better.

At the time, I didn't know it, but I had created the world's first anti-aging exercise program.

You see, I had learned from research and practice that forcing your body to train for endurance robs you of your ability to respond to stressful life situations... what I call your "reserve capacity."

But short, intense interval training like my PACE program has the opposite effects.

In the Harvard Health Professionals Study researchers followed more than 7,000 people. They found that the key to exercise is not length or endurance. It's intensity. The more energy a person exerted during exercise, the lower their risk of heart disease.<sup>3</sup> In another study, intensity turned out to be the key to longevity and reduced risk of death.<sup>4</sup>

In fact, studies show that PACE-style workouts slow down your aging clock, boost your energy, and help you heal and repair injuries and disease more quickly. The health benefits of PACE are almost endless. Here are a few things it can do for you:

- **Provide anti-aging benefits.** Cardio and other forms of endurance training like aerobics, jogging and marathon running shrink your *telomeres*.

Telomeres are the little strands of DNA at the end of each chromosome. When this endcap is long, your body is strong and youthful. When it's short, your body acts older and weaker.

That means your typical cardio workout *accelerates the aging of your cells*. What's worse is that *the more cardio you do, the older you become*.

This may come as a shock. After all, it's the opposite of what you've been told. But the discovery of the telomere has changed everything we know about how and why you age.

In a study of 2,400 twins, researchers found that people who did PACE-like exercise had longer telomeres than those who did no exercise or got too much exercise. In fact, their telomeres looked a full 9 years younger.<sup>5</sup>



**PACE — which stands for Progressively Accelerating Cardiopulmonary Exertion — is the antidote to traditional aerobic exercise.**

You know by now that telomeres are the protective caps at the end of each strand of your DNA. The longer your telomeres, the younger your cells act.

- **Ramp up energy production.** PACE also ramps up your energy. You see, short bursts of intense work spark the tiny "power plants" or **mitochondria** inside each of your cells.

When you're young you have lots of these generators. But your supply drops off as you age. The key to staying young is creating MORE mitochondria to produce more energy.

Swedish researchers studied what happens in muscle cells during bouts of short, high-intensity exercise.<sup>6</sup> They asked a group of people to perform 30 seconds of maximum exertion cycling followed by a brief period of rest. Repeating this just six times triggered the generation of healthy new mitochondria in ALL of the subjects.

- **Improve heart and lung power.** PACE builds up your lung power to get more life-giving oxygen flowing throughout your body, especially your heart. PACE gets 400% more oxygen to your lungs and 331% to your heart.<sup>7</sup>

- **Increase memory.** In a study, subjects who did PACE-like exercise increased their supply of brain-derived neurotrophic factor, or BDNF — a kind of growth hormone for the brain. Other studies have shown that people with the highest



levels of BDNF develop dementia 50% less often than those with lower levels.<sup>8</sup>

- **Boost stem cells.** PACE boosts your supply of stem cells. Your body uses these healthy master cells to regenerate damaged tissue in any organ from your brain to your heart to your liver.

Your reserve of stem cells drops as you age but the right kind of exercise can replenish your supply. A recent study in the *European Heart Journal* showed that vigorous exercise in mice activated 60% of their cardiac stem cells. After just two weeks of exercise the mice had a seven percent increase in their cardiomyocytes, the “beating” cells in heart tissue.<sup>9</sup>

It works for humans, too. In another study, a simple exercise program made dormant stem cells in the heart leap into action. And amazingly, these new stem cells could help remodel the heart in a group of heart failure patients.<sup>10</sup>

Other studies show strenuous exercise can lead to high levels of stem cells in bone, liver, and other organs. These stem cells can morph into exactly the kind of cells your body needs. They have been shown to help heal heart attacks, stroke, skin burns, and nerve damage from toxins. They also prevent infections and repair muscle and tissue damage.

- **Strengthen your immunity.** Stem cells are a key part of your immune system. Once in the bloodstream, these cells patrol tissues to halt infections, fight common colds and flu-like complaints, and repair tissue.

But using my PACE principal has another life-saving benefit. Let me explain...

## PACE Protects You From The Biggest Epidemic Of Our Time

I once asked a long-distance runner I knew why he dragged himself out of bed at 5 a.m. every morning, laced up his running shoes and pounded away on the treadmill for 45 minutes.

He told me he was tired of being overweight for years and never wanted to be fat again.

I admire his dedication. But here’s the thing...

Long-duration cardio exercise encourages your body to store fat.

The exercise industry has been lying to us for years. They still promote the idea that cardio workout leads to fat loss.

But they’ve got it all wrong.

Sure, cardio will help you burn fat for a while. You’ll even lose weight in the short term.

But long-duration exercise tells your body to make more fat the next time you exercise. And after a while, your body adapts and it gets very good at making and storing fat.

Fat is a starvation survival strategy. You put on and store fat because your body thinks it’s under duress. When you do 45 minutes of cardio, your body believes that having fat is a good thing... And it starts to adapt to gaining fat.

The next time you eat, you convert even more of your food into fat.

In the Western world, we’ve also mimicked this “starvation mode” with the nutrient content of our food.

When you eat starch-heavy foods from a bag or box — things like cereal, crackers, and bread — your body goes into insulin overdrive. Insulin not only increases your body’s storage of fat, it decreases your body’s ability to burn fat.

I call this Environmental Lipogenic Syndrome. Lipogenic means the creation of fat.

As we get fatter and fatter, our bodies are deprived of the energy needed to do routine maintenance and fight disease and infection.

This is the root of all chronic diseases. It is the root of what I call **Syndrome Zero**.

Syndrome Zero is scary. But it’s preventable — and even reversible. Following my Zero Diet and eating low-glycemic foods is a great way to start.

But you have to exercise to beat this epidemic.

## How To Get Started With PACE

If you’re new to the idea, your first PACE workout will be a single period of exertion followed by recovery.

You will start at a speed and level of intensity that feels comfortable to you. Then you will







gradually increase your level of intensity until you are panting and breathing heavily. When you reach this level of exertion you will stop and recover. *That's it.*

This is the foundation of PACE. You start off easy, you gradually increase the intensity, you reach a level of maximum exertion, and you stop and rest.

To get started, you can walk, run, swim, or choose an “instrument.” An instrument is simply an exercise device like a treadmill, a rowing machine, an elliptical, a bicycle, etc.

Do one set and see how you feel. When you're ready do another set. The key is making progressive changes. Little by little you increase the challenge. Each time you practice you do something a little different.

The advantage of PACE is that it's easy to get started. I've heard from patients and readers that they don't believe they can work out using my PACE principle. They think you need to be in great shape before you can start.

But anyone can do PACE — no matter what shape you're in. I like to say if you can move, you can do PACE.

Here's a simple way to get going:

1. Start by walking long enough to get your muscles warmed up.
2. Then pick a landmark and walk at your maximum capacity until you reach it.
3. Resume walking at a leisurely pace until you recover.
4. Then, choose another landmark a little further away and repeat.
5. Repeat once more for a set of three.

Then move on to a full body movement called the Jump-Squat:

1. Place your feet shoulder width apart.
2. While keeping your arms bent in front of you, lower into squat position.
3. With body crouched, jump upward as high as you can.
4. Simultaneously, extend arms and reach overhead.

If you're just beginning, you can modify the jump and simply reach overhead while raising yourself onto your tiptoes. Then move up to full arm swings and jumps later.

To add a challenge to this workout and make it even more progressive as you get fit, add a frog hop to the left then to the right before jumping. Or, turn the squat into a squat-thrust. While in squat position, place your hands on the floor, and hop your feet backwards into a “push-up” position. Then hop forward and perform your jump.

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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

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.

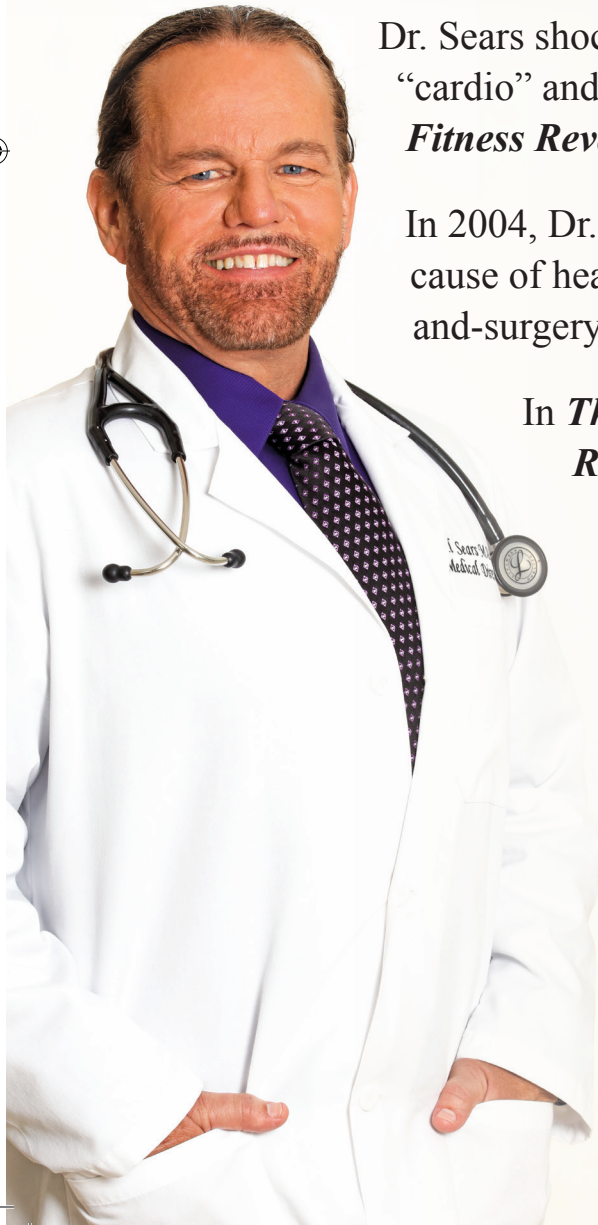
In 2010, Dr. Sears unveiled his proven anti-aging strategies in *Reset Your Biological Clock*. As the first U.S. doctor licensed to administer a groundbreaking DNA therapy that activates the gene that regulates telomerase, Dr. Sears made history by bringing telomere biology to the general public.

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).



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