



Dr. Sears'

# CONFIDENTIAL CURES

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

November 2022

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Dear Friend,

One of my guiding principles, and the driving force behind my own practice of medicine, is the notion that we all have the right — and responsibility — to maintain control over our own bodies.

The philosopher John Stuart Mill said it best... “Over himself, over his own body and mind, the individual is sovereign.”

Yet we are continually battling government forces that want to deprive us of those very rights.

Like the right to have stem cell therapy.

You see, certain life-saving stem cell therapies have been banned throughout the country. Even for the stem cells that come from your own body.

Yet there is reason for hope...

Recently, a federal court ruling dealt a severe blow to the FDA’s ability to regulate and control stem cell therapies.

If the FDA had prevailed, they would have been granted sweeping new authority over stem cell therapies. You see, the FDA insists that these therapies are “unproven” and “dangerous.”

But thanks to this ruling, stem cells have finally been recognized as a part of your own body.

In other words, the agency’s defeat means that they won’t be able to regulate stem cells like they can Big Pharma’s drugs.

In your November 2022 issue of *Confidential Cures*, you will discover:

- **How this long-overdue ruling will allow more access to safe and effective stem cell therapies.** I’ll share the latest studies from around the world that show how stem cell treatments can save thousands of lives — treating everything from diabetes and heart disease to multiple sclerosis and Alzheimer’s.
- **A 3-billion-year-old “longevity” nutrient that holds amazing antiaging and anti-Alzheimer’s properties.** This nutrient continues to be a key ingredient in Mediterranean countries but is sadly lacking in the standard American diet. Replenishing it could be key to preventing this memory-destroying disease.
- **The evergreen plant that has been proven effective in hundreds of studies** for its powerful anti-cancer properties. But that hasn’t stopped Big Medicine and their partners at the FDA from declaring war on this Christmas botanical in an effort to protect traditional and profitable cancer therapies like chemo and radiation.

To Your Good Health,

Al Sears, MD, CNS

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# Federal Judge Rules Against FDA...Allowing More Access To Stem Cell Therapies

A federal judge in California recently confirmed what I've been telling my patients for more than a decade...

***Stem cells are not drugs and you should have full access to them.***

The judge's ruling is great news for your power of choice and your personal access to healing therapies that, in my opinion, should be made available to everyone on the planet.

The ruling also strikes a blow against the FDA's efforts to "regulate" these safe and effective natural therapies and to outlaw the clinics that provide them.

Regular readers will know that stem cells are your body's raw materials. They have the amazing capacity to "self-renew" and regenerate any cell in your body — like those that grow into tissues, organs, bones, skin, blood, and everything else.

That means their healing potential is incalculable. I have no doubt that one day stem cells will be used to cure every disease.

These days, therapy practitioners can extract stem cells easily from your own blood, fat, or bone marrow. Controversial stem cells from embryos are now only used in research.

Stem cell therapies also come with much less risk than conventional disease treatments, like Big Pharma meds or surgeries. Stem cells have also been used for decades to treat leukemia and other blood diseases.

Other stem cell therapies, although "unregulated" by the FDA, have been used to successfully treat conditions as varied as cancer,



**In a breakthrough ruling, a federal judge rejected the FDA's assertion that stem cells are biological drugs that should be under the agency's control.**

diabetes, heart disease, lung disorders, immune problems, Alzheimer's, rheumatoid arthritis, multiple sclerosis, blindness, burns, nerve damage, as well as bone, cartilage, and ligament damage, and even wrinkled skin.<sup>1,2,3</sup>

Yet the FDA insists that because these therapies are "unregulated," they're also "unproven" and "dangerous."

*But what exactly does the FDA mean by "unregulated" stem cells? After all, stem cells are a part of the body!*

Bizarrely, this simply means the FDA has decided stem cells must be classed and regulated, just like "drugs," and that clinics providing therapies that use them are violating federal law.

As a result, hundreds of clinics have been forced to stop offering stem cell therapies — including

the Sears Institute for Anti-Aging Medicine — denying millions of Americans access to these powerful healing treatments.

You should know that this has nothing to do with public safety or health. But everything to do with corruption.

You see, over the past few years, powerful Big Pharma players — like Pfizer, Johnson & Johnson, Novartis and Gilead Sciences — have been quietly snapping up stem cell companies in a rush to develop expensive “stem cell drugs,” which they can then patent.

And the FDA have been with them every step of the way.

Now they face a real problem. A judge has made the case that because stem cells occur naturally in your body, they cannot be drugs.

Judge Jesus Bernal was very clear when he ruled that a California stem cell clinic sued by the FDA was “*engaged in the practice of medicine — not the manufacture of pharmaceuticals.*”<sup>4</sup>

It now looks like the FDA’s crackdown on “unregulated” stem cell therapies — especially those using adipose stem cells — may have begun to fizzle out.

## The Key To Curing Almost All Diseases Of The 21<sup>st</sup> Century

As the legal position becomes clearer over the next few months, you are likely to see more and more therapies using all kinds of stem cells become available again. Because this regenerative therapy is key to treating multiple diseases. Here are just a few:

- **Diabetes:** Human trials have consistently shown the effectiveness of stem cell treatments in the fight against type 1 and 2 diabetes.<sup>5</sup>

One of these long-term clinical trials was done at Harvard Medical School. In this study, 65 individuals with type 1 diabetes were treated with stem cell therapy. By the end of the study, almost a third of the participants were able to stop taking their insulin injections.<sup>6</sup>

“A judge has made the case that because stem cells occur naturally in your body, they cannot be drugs.”

And in a recent Chinese study, researchers found stem cells were able to reprogram liver cells — instead of the pancreas cells — allowing the body to produce enough insulin to lower blood sugar levels.<sup>7</sup>

Stem cells have also been shown to dramatically lower blood sugar levels in people with type 2 diabetes.

The stem cells help to make the body more receptive to insulin. This allows the body to become more efficient at transporting glucose to your cells, reducing blood sugar levels.

Research is also ongoing regarding adult stem cells in the pancreas.<sup>8</sup> 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...

Northwestern University researchers cured diabetes in 87% of people using the patients’ own stem cells. The patients continue to remain disease-free five years later.<sup>9</sup>

And researchers at Swiss Medical Clinic were able to eliminate or reduce the need for insulin by 80% or more in type 2 diabetics over a six-month period.<sup>10</sup>

- **Stroke And “Brain Bleed”:** Multiple studies have shown the remarkable healing power of stem cell therapy on stroke patients.

Strokes occur after a failure of blood supply to the brain. This starves your brain of oxygen and other nutrients, which causes brain cells and tissue to die.

Conventional doctors will tell you that it’s pointless to continue therapy on stroke patients if there hasn’t been any progress by the six-month point.

But researchers are helping stroke victims make remarkable recoveries using stem cells.

They've discovered that stem cells can coax areas of dead brain tissue back to life, dramatically reducing the size of the "dead zone" and halting any further degeneration.<sup>11</sup>

Stroke patients given stem cell therapy have also shown vastly improved neurological function and reduced brain inflammation, including patients whose stroke had caused severe disability.

Certain types of strokes produce *intracerebral hemorrhage*, or "brain bleed." This happens when blood suddenly bursts into cerebral tissue, causing damage to the brain. Although "brain bleed" accounts for around 10-15% of all strokes, it is far more deadly than ischemic strokes. Animal models have revealed stem cell therapy is highly effective at repairing the brain damage done by "brain-bleed" strokes.<sup>12</sup>

- **Heart Disease And Heart Attack:** Congestive heart failure (CHF) is a deadly form of heart disease. It means your heart can't pump enough blood for your body's needs. This leads to fluid congestion that can cause your vital organs — like your lungs, brain, and kidneys — to shut down.

Every year, more than 5.1 million Americans are diagnosed with CHF and about half die within five years.<sup>13,14</sup>

Most doctors will tell you there's no cure. But stem cell study results prove them wrong: According to the latest research reported at the American Heart Association Scientific Sessions in 2021:<sup>15</sup>

Adults with chronic, class II or III heart failure with reduced ejection fraction (HFrEF), as defined by the New York Heart Association criteria, who were treated with stem cells experienced a 65% reduction in non-fatal heart attack or stroke events.

In NYHA class II heart failure (HF) patients with high levels of inflammation, heart attack, and stroke numbers dropped 79% after stem cell treatment.

Researchers have discovered that stem cells can coax areas of dead brain tissue in stroke patients back to life, halting any further degeneration, reducing inflammation, and vastly improving neurological function.

Stem cell treatment reduced death related to cardiovascular issues by 80% among adults with high levels of inflammation and less damaged hearts (class II heart failure).

- **Blood Disorders:** The use of stem cells from bone marrow and umbilical cord blood stem cells can now treat many blood diseases and

disorders that were once considered fatal. These include blood cancers like leukemia, Hodgkin and non-Hodgkin lymphoma, and multiple myeloma.

Thanks to the stem cell therapy, thousands of patients every year are now able to replace their entire diseased blood system forever. Like Susan, who I introduced you to earlier.

Many inherited blood disorders, like thalassemia and sickle cell disease, can now be cured with cord and bone marrow stem cells.

In a person with sickle cell disease, the bone marrow produces red blood cells that contain hemoglobin S, which causes them to become sickle or crescent shape. These abnormally shaped cells prevent the normal flow of oxygen to tissues.

But with cord and bone marrow stem cell transplants, the defective bone marrow is replaced with healthy bone marrow, which then produces red blood cells that are healthy and don't contain a lot of hemoglobin S.

Exciting new research now also shows that stem cells from skin and tissue may also soon be an effective treatment for inherited blood diseases.<sup>16</sup>

- **Macular Degeneration And Other Eye Diseases:** Age-related macular degeneration (AMD) is a common and devastating eye problem related to age.

It's the leading cause of blindness in older people. The use of stem cells to treat macular degeneration is one of the newest and most exciting areas of research.

In March 2017, the *New England Journal of Medicine* published the results of experimental stem cell treatment.



In the trial, researchers were able to halt the progression of AMD in patients.

Stem cells have also been used to combat other eye diseases, like glaucoma, diabetic retinopathy, and cataracts.

Hospitals in China have already carried out numerous stem cell operations on babies with childhood cataracts — a condition where a baby is born with clouded lenses in their eyes, blocking vision. With the use of stem cell therapy, Chinese doctors now create new working lenses in the babies' eyes.<sup>17</sup>

• **Autoimmune Diseases Including Diabetes, Rheumatoid Arthritis, And Multiple Sclerosis:** Stem cells have been used as a treatment for severe autoimmune diseases since the 1990s.

But stem cells that come from your fat tissue have distinct functional properties — including *immunomodulatory* and *anti-inflammatory* properties — that can repair and regenerate tissue and cells that have been damaged from an autoimmune disorder.

Stem cell treatments have also been effective against rheumatoid arthritis.

A recent Australian study revealed that just *one stem cell injection* produced a 70% improvement in symptoms. Some of the responses occurred in as little as one week.

And, in what may be the most dramatic of recent results, a study published in *The Lancet* last year showed that stem cell transplants stopped the progress of multiple sclerosis, a disease marked by damage to the myelin that coats nerve fibers. Patients were followed for four to 13 years. And in all cases, damage to the nerve fibers was halted.<sup>18</sup>

Stem cells have also been effective at treating other autoimmune disorders like lupus, Crohn's disease, scleroderma, and psoriasis.

• **Breakthrough “Skin Gun” For Healing Burns:** A revolutionary “gun” that can spray a patient's own stem cells on second- and third-degree burn wounds is now being used to rapidly grow new skin.

If you suffer extensive burns, you usually have to endure weeks or even months of treatment.

Surgeons remove large sheets of skin from elsewhere on your body and then graft them on to the wounds. It's a painful process that can leave you with permanent, unsightly scars.

The latest in stem cell technology involves removing a tiny patch of skin. The harvested stem cells from this postage stamp-size skin are then sprayed on the wound. The entire procedure takes just 90 minutes.

Within a matter of days, new skin grows over the wound. In four to six weeks, burn victims have seen wounds completely heal.

Meanwhile, stem cells have also shown tantalizing promise for treating Alzheimer's and Parkinson's disease, and are already being used commonly as therapies outside the U.S. — for example, in Germany, Peru, India, and China.

Clinical trials and treatments have also shown stem cells to be powerful healing therapies for nerve damage from toxins, cartilage damage, and even hair loss.<sup>19,20</sup>

## Treating Patients Always Comes First

Even during my “fight” with the federal government, I've never let the authorities dictate whether or not I treat my patients with stem cell therapy.

I just had to get them from another source — in this case from your own bone marrow.

We offer a number of highly successful stem cell treatments here at the **Sears Institute for Anti-Aging Medicine**. If you're interested in stem cell therapy at my clinic in South Florida, call my staff at **561-784-7852**. We'll be glad to schedule an appointment.

In the meantime, you can jumpstart your stem cell therapy at home. Here are three proven ways to boost stem cell activity in your body.

• **Take Vitamin B12 And B9:** Vitamin B12 is required for bone marrow stem cells to differentiate into mature red blood cells. And a recent study from the University of Georgia and Tufts discovered that vitamin B9 — also called *folate* — stimulates stem cell activity.

I recommend getting 800 mcg of folate each day. Grass-fed calf's liver is one of your best sources, along with dairy, poultry, meat, eggs, seafood, and dark leafy greens. If you choose to supplement, look for the active form that says "5-MTHF" on the label.

Meanwhile, B12 is produced in the gut of animals and found almost exclusively in foods like beef, liver, lamb, salmon, shrimp, poultry, and eggs. If you take a supplement, I recommend at least 100 mcg per day.



**Eating grass-fed red meat is the best way to get more stem-cell-boosting folate and carnosine in your diet.**

- **Add Carnosine:** This molecule is made up of two amino acids, and has been shown to reactivate stem cells that are approaching the end of their useful lives.<sup>21</sup>

Grass-fed, pasture-raised meat is the best way to get carnosine from food. You can get about 250 mg of carnosine from a typical 7-ounce serving of beef.

You should combine it with a supplement, because I recommend 1,000 mg of carnosine every day. If you choose to supplement only, take 500 mg of L-carnosine, twice a day.

- **Get 8 Hours Of Sleep:** Your stem cells need sleep. That's when your body's maintenance work takes place. When you're deprived of sleep,

your stem cells won't work well enough to keep your immune system effective, and you become vulnerable to illnesses.

Swiss researchers discovered that an interruption to normal sleep rhythms disrupts stem cell functioning. Meanwhile, German researchers found that a good night's sleep protects stem cells from DNA damage, which keeps them "young."<sup>22</sup>

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# Is 3-Billion-Year-Old “Mediterranean” Nutrient Key To Beating Alzheimer’s?

Conventional medicine and Big Pharma are no closer to solving the Alzheimer’s crisis than they were 50 years ago.

Sadly, this dreadful mind-wasting condition has become so common, I’m sure you know someone who has it — possible even someone near and dear to you.

Doctors will tell you the problem is probably in your genes — which is false — and then push Big Pharma meds like Aricept and Reminyl.

But neither of these will prevent or stop the progression of Alzheimer’s.

Sometimes doctors will mutter something about people in Mediterranean countries having lower rates of Alzheimer’s than Americans. And they’ll urge you to adopt a “Mediterranean diet.”

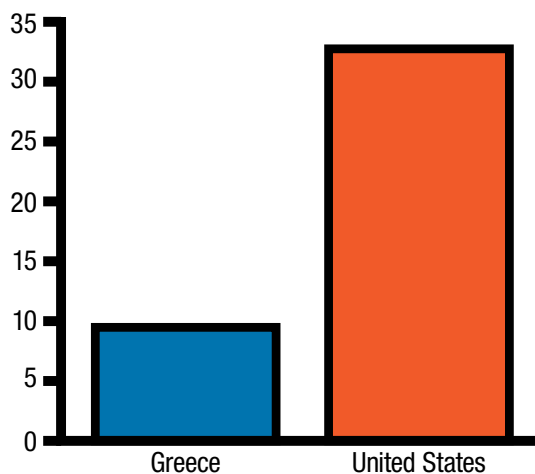
You probably know that a Mediterranean-style diet is one that’s rich in fish, nuts, seeds, leafy vegetables, and olive oil.

There’s evidence that this diet, packed with healthy fats and low in processed carbs, really is linked to a reduced risk of multiple chronic illnesses, including heart disease, diabetes, and neurodegenerative conditions like Parkinson’s and other forms of dementia.

In one recent study, researchers studied the brain scans and various brain function biomarkers of 512 subjects. The Mediterranean-style eaters even had a larger hippocampus, the part of the brain responsible for learning and memory.<sup>1</sup>

This tracks closely with my own findings at the Sears Institute for Anti-Aging Medicine. In fact, I tell my patients to limit their carb intake to less than half the amount found in most Mediterranean diets — just 10 to 15% of total calorie consumption.

## Alzheimer’s Rates In The United States Are More Than Triple That Of Greece



The rate of Alzheimer’s is almost 3 times as high in the U.S. compared to the Mediterranean country of Greece.

*But scientists are now beginning to understand that there is something missing from our understanding of what a true Mediterranean-style diet is — and that missing link may hold the key to eliminating Alzheimer’s.*

I’m talking about a 3-billion-year-old “longevity nutrient” called *ergothioneine*.

This nutrient has been a key ingredient in foods from Mediterranean countries like France, Spain, Italy, and Greece for centuries — but was only identified scientifically a little more than 100 years ago.

And only very recently have researchers begun to understand ergothioneine’s truly amazing anti-aging and anti-Alzheimer’s properties.

A recent study published in the journal *Free Radical Biology and Medicine* reported that higher blood levels of ergothioneine can help protect against dementia and cognitive impairment.<sup>2</sup>

In the study, researchers compared ergothioneine levels in blood samples collected from 496 men and women recruited from memory clinics and the overall population.

They found that:

- People with dementia had the *lowest* ergothioneine levels
- Those who had cognitive impairment without dementia had intermediate levels
- People without cognitive decline had the *highest* levels of ergothioneine
- People who had higher plasma ergothioneine levels also had less brain atrophy

Lower levels of ergothioneine were also seen in individuals who had a combination of dementia or cognitive impairment with cerebrovascular disease.

In this *Confidential Cures* article, you'll learn all about the benefits of this incredible anti-Alzheimer's nutrient, the exciting new research that backs its ancient properties, and exactly how you can get more of it into your diet today.

## **The Worldwide Explosion In Alzheimer's Cases Isn't Seen In The Mediterranean**

Whatever way you look at it, the Alzheimer's epidemic in America is a crisis. And its incidence is increasing at an alarming rate.

Perhaps even more alarming is that it's also happening to people at an increasingly younger age.

The following numbers are shocking...

- Alzheimer's is the seventh highest cause of death in the U.S.
- 1 in 3 seniors dies with Alzheimer's or dementia
- The number of Alzheimer's patients is expected to more than triple over the next 50 years
- The number of people with early-onset Alzheimer's has more than doubled in the past 10 years

- More than 6.5 million Americans and at least 44 million worldwide are living with Alzheimer's in 2022
- Alzheimer's strikes one in nine people over 65 and one in two over the age of 85
- Alzheimer's kills more people than breast and prostate cancer combined

In the next 20 years, it is projected that Alzheimer's will affect one in four Americans. If that turns out to be true, it would then be more widespread than obesity and diabetes are today.

***But that's not the case in many Mediterranean countries, where Alzheimer's rates are much lower than in America.***

In Greece, less than 10% of the population have Alzheimer's or any form of dementia, compared with a frightening **33.2%** in the United States.

Shockingly, that's a full third of the entire American population.<sup>3</sup>

Meanwhile, in Italy the Alzheimer's rate sits at around 14.8% and in France about 19% of the population suffer from the condition. Although in France, it is mostly concentrated in people over the age of 85 and is almost unheard of among those under 65.

Even Spain, which has the worst rate of Mediterranean countries — around 21.5% of the population suffers from Alzheimer's — is still more than 10 percentage points ahead of America.

*So what's behind their anti-Alzheimer's secret?*

## **The Powerful Antioxidant That Stops Alzheimer's In Its Tracks**

Ergothioneine is an amino acid and a powerful antioxidant that's not produced in the human body — but it's found in various kinds of mushrooms, as well as other fungi and a few plants. It's also found in animals that have eaten grasses containing ergothioneine.

In 2005, German researchers made a remarkable discovery about ergothioneine. They found that humans produce a transporter protein that takes up the compound from diet and then distributes



it into cells throughout the body. This suggests some ancient evolutionary connection between ergothioneine and the survival of our species.<sup>4</sup>

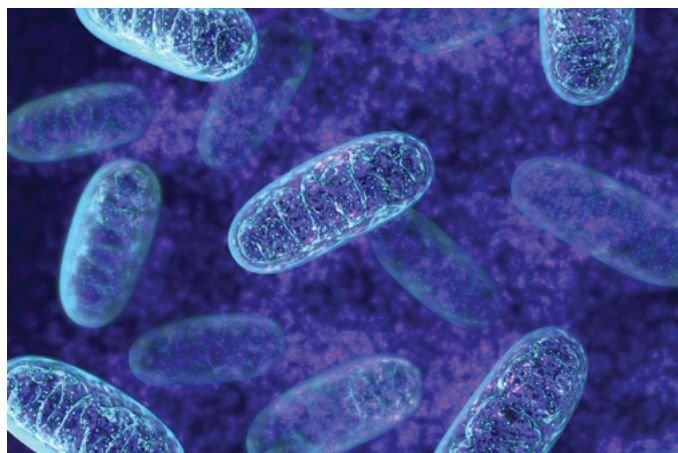
When most people think about mushrooms, they regard them as a kind of plant. Yet genetic comparisons place the DNA of mushrooms much closer to the animal kingdom than plants. Only a few small changes in DNA structure set mushrooms and humans apart.<sup>5</sup>

Studies show that ergothioneine plays an important role in cellular protection, which has led to an explosion of medical research into the nutrient.

Studies reveal ergothioneine levels are depleted in tissues that have undergone age-related injury and loss of function. For example, people with cataracts have lower levels of ergothioneine than those with healthy eye lenses. Studies also show that the level of depletion correlates with the severity of the condition.<sup>6</sup>

Researchers have also found that when ergothioneine is transported into cells, it concentrates in the mitochondria, the tiny but critical powerhouses inside cells that are extremely vulnerable to oxidative stress. Evidence shows that ergothioneine helps neutralize oxidizing compounds before they damage mitochondria.<sup>7</sup>

This power to protect your mitochondria is key to preventing — and in some cases reversing — the awful, debilitating conditions that often strike us from middle age onwards.



**Not only does ergothioneine protect your cells, it also protects the mitochondria — helping to prevent diseases associated with aging.**

Studies have found that *higher* blood levels of ergothioneine are associated with *lower* incidences of:<sup>8,9,10,11,12,13</sup>

- Cardiovascular disease
- Cognitive decline and impairment
- Parkinson's disease
- Crohn's disease
- Frailty
- Death from any cause

Meanwhile, studies are also currently ongoing into the anti-aging benefits of ergothioneine as a way to ward off conditions, such as:

- Joint pain
- Liver and kidney damage
- Diabetes
- Wrinkles
- Immune and brain health
- Cancer

## **Promising Alzheimer's Research Is Emerging**

The most promising recent studies have come from researchers investigating the connection between ergothioneine levels and dementia.

While it's unlikely that any single nutrient is the key to a healthy brain, results have led many to suggest that ergothioneine's ancient cell-protection properties should be part of everyone's Alzheimer's prevention and anti-aging strategy.

Over the past few years, multiple studies have been conducted into the link between the higher consumption of ergothioneine and protection against Alzheimer's and other chronic diseases, as well as its ability to promote greater longevity.

Population studies reveal that countries like Greece, France, Italy, and Spain, which have more ergothioneine in their diets, also have lower incidences of neurodegenerative diseases. Meanwhile, people in the U.S., U.K., Ireland, and Scandinavian countries consume lower amounts of ergothioneine and have a significantly higher rates of conditions like Alzheimer's and Parkinson's.

**Researchers found that in Italy, where the incidence of Alzheimer's is less than half that of the U.S., people ingest over four times the amount of ergothioneine as Americans.<sup>14</sup>**

Meanwhile, a recent study published in the journal *Free Radical Biology & Medicine* suggests that blood levels of ergothioneine could even be used as both a biomarker and a therapy for the two most common forms of dementia — Alzheimer's disease and vascular cognitive impairment.<sup>15</sup>

Scientists from the University of Singapore studied almost 500 patients with either Alzheimer's or vascular dementia. They found that reduced levels of ergothioneine were associated with increased oxidative damage and cellular damage that likely contributed to neurodegeneration and cognitive impairments.

They also found that people over 60 who ate more than two portions of mushrooms weekly — about half a plate — could cut their risk of having mild cognitive impairment by 50%.

The study authors went on to suggest that ergothioneine could be used as a potent treatment and protection against these conditions.

## Get More Ergothioneine In Your Diet

Certain foods including chicken, pork, king crab, and kidney beans contain ergothioneine. But just as in the case of many nutrients, our modern industrial farming practices have almost eliminated ergothioneine in most plants and farmed meats.

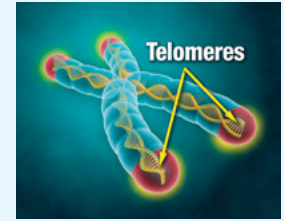
Today, mushrooms contain, by far, the most significant amount of this brain-saving amino acid. In fact, these fungi have the most concentrated dietary source of ergothioneine — as much as several hundred times the next closest competitor.<sup>16</sup>

Unfortunately, mushroom consumption isn't a big part of the American diet.

There was a time when mushrooms were common on the American dinner plate — as was the culture of collecting wild, edible mushrooms from North American forests — but these habits have long disappeared.

## They Protect Your Telomeres, Too

In a study published in the *Journal of Dietary Supplements*, ergothioneine was found to significantly reduce the rate of



telomere shortening and decreased the number of short telomeres in cells exposed to oxidative stress.

You may recall telomeres are the “caps” that protect the ends of your DNA strands.

But with each cellular replication, telomeres grow shorter and shorter... It's like a clock counting down to zero.

The shorter they become, the faster you age and the more vulnerable you are to disease.

Many Americans say they don't care for mushrooms as a rule. But chances are, they've only ever tried one or two varieties. The most common in the U.S. is the button mushroom, which has very little flavor and not much texture. I consider them to be pretty much the white bread of the fungal culinary world.

A standard 3-ounce serving of white button mushrooms — about the amount you'd put on a steak or a mushroom-topped burger — will provide you with just 5 mg of ergothioneine.<sup>17</sup>

But a Japanese study found that the same standard 3-ounce serving of oyster mushroom has the highest ergothioneine content.<sup>18</sup>

Coming in a close second are porcini, shiitake, and maitake mushroom varieties.

Eating these varieties will provide you with about 4 times the amount as white button mushrooms.

And the good news is that levels of ergothioneine do not decrease when the mushrooms are cooked or dried.

In fact, I recommend drying your mushrooms.

It's surprisingly easy, and this simple drying method boosts levels of vitamin D and other nutrients:

- First, find a reliable, local source of fresh organic mushrooms. I buy from my local farmers market.
- Then spread the mushrooms out in the sun on some parchment paper or flat pieces of wood (I don't recommend aluminum trays). Let them sit in the sun.
- Before nightfall, cover them. This prevents getting dew on them.
- Re-expose them to the sun, and repeat the drying process the next day. You can also put them in a food dehydrator to ensure they're thoroughly dried.
- Once they're a bit crispy, use a blender or food processor to make your powder. You may need a fine mesh strainer to collect leftover chunks. Just give them a second run through your processor.
- Store your powder in an air-tight glass container. Keep it away from heat and light.

Once a day, toss a couple tablespoons in your coffee, smoothie, soups, or yogurt. Properly dried mushrooms will last for up to a year.

One of my favorite ways to eat mushrooms is grilling them and then serving them as a side dish along with a good grass-fed steak. Here's a simple recipe to try using ergothioneine-rich mushrooms.

### Ingredients:

- 1.5 pounds of oyster, porcini, and shiitake mushrooms
- 3 Tbsp extra virgin olive oil
- Himalayan salt and freshly ground black pepper
- 3 Tbsp butter
- 1-2 cloves garlic, cut in half
- ¼ cup fresh Italian parsley leaves, finely chopped



### Directions:

1. Prep the mushrooms by gently patting with a clean towel to eliminate moisture and any dirt. Remove any hard stems and separate into bite-sized pieces.
2. Heat butter and oil in a cast iron pan over medium-high heat. Add halved garlic cloves.
3. Season the mushrooms with salt and pepper.
4. Add the porcini mushrooms to the pan and sauté over high heat for 2 to 3 minutes. Add remaining mushrooms and cook for another few minutes, stirring gently.
5. Add chopped parsley and remove from the heat.
6. Serve and enjoy.

**Note:** If the mushrooms don't fit in your pan in one layer, cook them in separate batches.

If eating mushrooms isn't your thing, I recommend L-ergothioneine supplements.

Studies using L-ergothioneine have been carried out safely using up to 30 mg per day. However, you don't need huge quantities. I recommend getting 5 mg per day.

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# Evergreen Plant Has Been Called A “Christmas Miracle” For Its Powerful Anti-Cancer Properties

There are powerful reasons why Big Medicine, Big Pharma, and the FDA object so strongly to you using nutritional and natural remedies...

You see, natural remedies don't make enough money for these corporate and governmental gatekeepers of your health — and they also compete directly with the pharmaceutical cash cow at the heart of our modern medical model.

The global pharmaceutical industry is expected to take in almost **\$1.6 TRILLION** this year. This is an obscene number, given that the vast majority of Big Pharma's drugs are toxic, unnecessary, and come with lists of side effects longer than your arm.<sup>1</sup>

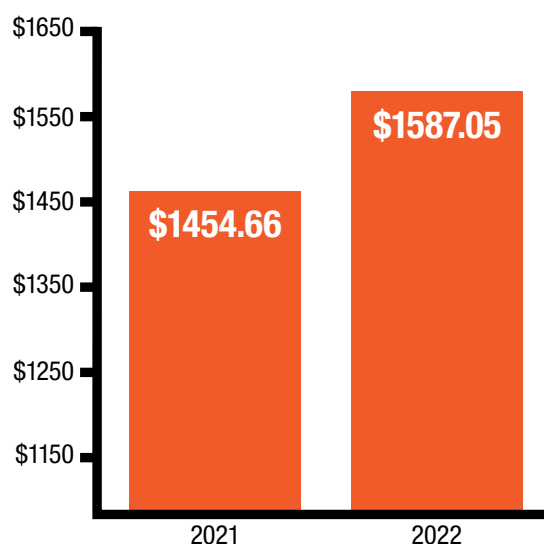
I've been warning my patients for decades that Big Pharma and Big Medicine don't have your best interests at heart.

Modern medicine continues to ignore our interconnection with nature and the medicinal benefits it provides through countless plants, flowers, and trees. It sees your ailments as little packages of symptoms that need to be either drugged or cut out. It has lost sight of root causes. And it has lost sight of you, the patient.

Your ancient ancestors built up an incredible knowledge and expertise of medicinal herbs that stretch back millennia. Most doctors today lack even a basic awareness of the thousands of years of accumulated medical wisdom that exists now only in a few remote, traditional cultures.

Over the last century in America and Europe, so much ancient and traditional wisdom has been thrown away.

**Global Pharma Market**



**Caption:**

Source: Pharmaceuticals Global Market Report 2022  
[www.researchandmarkets.com](http://www.researchandmarkets.com)

I still prescribe many of these ancient herbs — for the simple reason that they're natural, highly effective, and safe, with a lot less side-effects than pharmaceuticals.

My travels to some of the world's most remote communities have confirmed a simple truth...that for every disease there exists a natural, non-toxic, non-drug cure.

Today, I want to talk to you about *Viscum album*, more commonly known as **mistletoe**, the “Christmas kissing plant.”

It may sound strange to talk about this legendary evergreen plant in the middle of summer — but mistletoe provides many more benefits than just inspiration for Christmas-time passion.



It's true mistletoe has long been an ancient symbol of romance, fertility, and vitality — but for thousands of years, ancient European cultures have also prized it for its healing abilities, including powerful anti-cancer properties.

Yet that didn't stop Big Medicine, Big Pharma, the FDA, and their partners in the media declaring a stupid war on this innocent and effective medical plant, whose benefits have now been proven by dozens of peer-reviewed scientific studies.

In this *Confidential Cures* article, you'll learn all about the powerful ancient healing properties of mistletoe, as well as its strong cancer-fighting abilities — despite the best efforts of Big Pharma, Big Medicine, and the media to keep the plant's potent medicinal power under wraps.

## Big Pharma's Anti-Mistletoe Propaganda

For more than half a century, the media have been attacking the healing properties of mistletoe.

Back in 2006, the prestigious *BMJ* declared in a headline: "Mistletoe as a treatment for cancer: Has no proved benefit and can cause harm."

It was the beginning of the latest anti-mistletoe campaign, and media around the globe have been piling in ever since.

The Canadian channel *CBC News* declared: "Don't use mistletoe extracts to fight cancer, doctors advise." In the United States, *CBS News* warned: "Mistletoe: Yes For Kissing, No For Cancer."<sup>2,3</sup>

Many of these media warnings — often pushed by Big Pharma themselves — conflate the medicinal properties of mistletoe extract and directly ingesting its poisonous berries, stems, and leaves, which you should NOT do.

But dating back at least 2000 years to the civilizations of Druids in what is now modern Great Britain, the ancient Greeks, Romans, and Vikings, mistletoe has been used in powerful herbal tonics for multiple ailments, including epilepsy, arthritis, infertility, nervous disorders, and digestive problems.



**Much of mistletoe's tumor-killing power comes from the fact that it is a parasitic plant that steals water, oxygen, and other nutrient resources from its host — in this case, a cancer cell.**

In modern times, European practitioners have prescribed it for decades to treat high blood pressure and as an alternative cancer treatment.

Here in America, the FDA still refuses to accept the healing power of this ancient medicinal herb.

***But claims that mistletoe does not contain anti-cancer properties are simply NOT TRUE and represent little more than Big Pharma propaganda.***

The scientific evidence of mistletoe's power to combat cancer — as well as the real-life stories of those whose tumors vanished after mistletoe treatment — is now overwhelming.

## Plant Power Fights Cancer

Mistletoe was first used in cancer therapy more than 100 years ago. Studies show it works by ramping up your body's immune system to fight the disease more effectively, while destroying cancer cells at the same time.<sup>4,5</sup>

Much of its tumor-killing power is derived from the fact that mistletoe is a parasitic plant that steals water, oxygen, and other nutrient resources from its host.

Back in 2005, the British press reported the story of Englishwoman Nicola Wicksteed, who celebrated what she described as a "Christmas miracle" after beating breast cancer with mistletoe treatment.<sup>6</sup>

Three months after taking mistletoe extract combined with *Carctol* — a combination of eight Ayurvedic herbs — her near 3-inch-wide tumor literally vanished.

And here in the U.S., natural health advocate and author Suzanne Somers announced that she had used mistletoe as an adjunctive therapy to fight breast cancer after a lumpectomy and radiation therapy. Suzanne opted to take a drug called *Iscador*, which is made from mistletoe extracts.



**Actress and natural health advocate Suzanne Somers successfully used a mistletoe extract to fight breast cancer — against the advice of her doctor.**

Although *Iscador* is not approved by the FDA, it remains widely prescribed in Europe.

The primary mistletoe extracts on which most of the studies were based are lectins, which bind to cancer cells, attacking their cell membranes and reducing cell divisions, as well as viscotoxins, which boost your immune system.<sup>7</sup>

A German study, which tracked more than 5,000 cancer patients in Heidelberg over 30 years, found that those with cancer who took the mistletoe extract lived an average of three and a half years longer than others with cancer.<sup>8</sup>

And a study conducted at the University of Adelaide in Australia found that mistletoe extracts were more effective than chemotherapy as a treatment for colon cancer. The study also found that it worked without causing many of the common side effects of chemo — including hair loss, chronic fatigue, and mouth ulcers.

The same study revealed mistletoe extract also reduces the side effects of radiation therapy.

Other studies have shown that mistletoe extract may have similar tumor-killing effects to radiation and extended patient-survivor effects on lung, brain, pancreas, and ovary cancer cells.

And a recent study published in the Swiss journal *Veterinary Sciences* reveals that when combined with the worm treatment *Mebendazole*, mistletoe extract can also reduce the size of brain tumors in dogs.<sup>9</sup>

Current clinical trials on the effects of a new mistletoe extract on tumors, involving 58 participants, are being conducted by scientists at Sidney Kimmel Comprehensive Cancer Center at Johns Hopkins — with results expected later this year.<sup>10</sup>

## Ramp Up Your Anti-Cancer Powers

Mistletoe's low-risk, high-reward reputation is one of the gentlest options available for cancer patients. Most patients do not experience any of the nasty side effects associated with chemotherapy and radiation.

And when used along with conventional treatments, mistletoe can boost the efficacy of treatments like chemotherapy, while making patients feel better, instead of sicker.

### *How do you take it?*

In studies, mistletoe extract is usually injected under the skin by a licensed physician.

Mistletoe extracts are also made into tinctures, and capsules are available in 500-milligram doses — both of which can be purchased online and in some health food stores.

I recommend consulting a physician with knowledge of herbal medicine before buying.

But apart from its anti-cancer properties, the clinical effects of mistletoe therapy have also been shown to include:

- DNA repair after chemo- and radiotherapy
- Improved resistance to infection
- Better sleep
- Less pain

## Win The War On Cancer With Help From Nature

Here at the *Sears Institute for Anti-Aging Medicine*, I've been using natural remedies to help cancer patients for years. Here are five of the most powerful...

**1. Drink This Cancer-Killer In A Cup.** I tell my patients there's a good reason why countries like Japan, China, and Korea have some of the lowest cancer rates in the world. Two words: *green tea*.

In one breakthrough study, researchers from the Arizona Cancer Center found that chemicals in green tea dramatically increase the production of key detoxification enzymes that boost your body's metabolic defense against toxins that can cause cancer.<sup>1</sup>

The study, published by the *American Association for Cancer Research*, proved that *catechins* — a type of natural antioxidant — found in green tea, increase the gene expression of *glutathione S-transferase* (GST) enzymes by as much as 80%.

These powerful GST enzymes then convert toxic carcinogens into non-toxic chemicals, rendering them harmless.

A number of studies also show that *epigallocatechin gallate*, or *EGCG*, an especially potent catechin in green tea, is a powerful weapon against multiple types of cancer — both as a primary prevention and as further prevention after cancer treatment.

Here are just a few of the cancer types, against which green tea has been shown to be highly effective.

- Skin cancer
- Prostate cancer
- Lung cancer
- Colorectal cancer
- Stomach cancer

In many parts of Asia, green tea is consumed as commonly as water. The Arizona Cancer Center found that the anti-cancer effects of green

### European Mistletoe Is Dangerous But The American Plant Is Not

Until recent studies were published, the American mistletoe genus *Phoradendron leucarpum* was widely considered to be dangerous.

Ingestion of small amounts of the berries, leaves, or stems can result in gastrointestinal upset, including pain, nausea, vomiting, and diarrhea.

But is not likely to cause serious poisoning if small amounts are unintentionally swallowed.

tea catechins kick in at between 8 and 16 cups per day. You can also take EGCG supplements. I recommend you get around 1,500 mg a day — split between meals and taken about 30 minutes after eating.

**2. Use Sacha Inchi Oil:** For centuries, this South American nut oil nourished the Incas — turning them into one of the most powerful civilizations on Earth. They made it by pressing the seeds and fleshy fruit of the local pracaxi tree.

Sacha Inchi has the most complete plant source of amino acids. These are the building blocks of the proteins that make your body function. It also has 17 times more omega-3s than salmon.

It contains high levels in alpha linolenic acid (ALA). This molecule not only allows your body to make its own omega-3s, it also has powerful anti-cancer properties.

Studies show that ALA can be highly effective against breast, colon, and prostate cancers.<sup>11,12</sup>

Your body can't make ALA, which means that it's best to get it from a rich food source, like Sacha Inchi oil.

Use it as a salad dressing... a dipping sauce... add it to any meat or fish entrée... put it on top of vegetables. And I recommend that you always use it raw, because heat causes the omega-3s to lose potency.



**3. Cook With Galangal:** This is among the most common cooking spice on the Indonesian island of Bali and in other parts of Asia. But its potent medicinal properties are almost entirely unknown in the West.

Galangal is a root from the same family as ginger. Sometimes, it's called Thai ginger — but its peppery, citrus flavor is unique.

Traditional healers throughout Southeast Asia have used it for hundreds of years as a powerful way to combat multiple diseases.

Modern scientific research now backs up the ancient medicinal powers of galangal. Studies show it not only destroys cancer cells... but prevents them from ever forming in the first place.

Galangal is packed with powerful plant compounds, like antioxidants, flavonoids, and phenolic acids, as well as other cancer-fighting compounds like beta-sitosterol, galangin, and emodin.

Studies show it boosts your immune system and can be highly effective against prostate and colon cancer cells, breast cancer tumors, and leukemia, as well as liver and pancreatic cancer.<sup>13,14,15,16,17</sup>

A study from Thailand showed that galangal is also effective at treating different kinds of throat cancer.<sup>18</sup>

And another study reveals that it inhibits the growth of a type of gut bacteria that's been linked to gastrointestinal cancers.<sup>19</sup>

Cooking with galangal is easy. You can crush the dried root and use it as a spice, or cut up the dried root and add it to your soups and teas.

You can buy galangal in most Asian supermarkets, as well as online. It's also available in capsule form, as a powder, and in tinctures mixed with ginger. If you choose to supplement, I recommend taking 100 mg twice a day.

**4. Kill Cancer Stem Cells With Curcumin.** Multiple peer-reviewed scientific studies from around the world reveal that curcumin — the chemical compound in turmeric — can target 10 separate factors that can lead to cancer.

## Boost Your Nitric Oxide Levels

I've been telling my patients about nitric oxide (NO) for years. This important signaling molecule relaxes the lining in your blood vessels, allowing blood to flow freely. It sends a rush of oxygen through your body.

Laboratory studies link NO to an increase in the programmed death of tumor cells. It has been shown to lower rates of cancer metastases. And studies also show NO makes chemotherapy more effective.

Unfortunately, nitric oxide pills don't exist. You have to boost your levels from certain foods and nutrients that convert to NO in your body.

Look for foods rich in *nitrates*. But don't confuse this with "sodium nitrate" the chemical salt used to preserve meats like bacon and hot dogs.

One of my favorite nitrate sources is beets. When you eat a beet, the nitrates mix with your saliva and mouth bacteria to produce NO.



You can also boost NO levels by taking the amino acid L-arginine. Good food sources of L-arginine include red meat, fish, chicken, beans, chocolate, raisins, nuts, sesame seeds, and sunflower seeds.

You'd have a good shot at preventing cancer by just eliminating one factor... But when you can eliminate 10 of them, you have provided yourself with significant anticancer protection.

Today, the bulk of research on this miracle root centers on cancer. In fact, of the thousands of papers published on curcumin, almost 40% focus on cancer.

A recent study published in the journal *Anticancer Research* showed that curcumin targets and kills cancer stem cells — the young malignant cells that grow into tumors — but leaves healthy stem cells untouched.<sup>20</sup>



Studies have shown that curcumin also:<sup>21</sup>

- Regulates tumor suppressor pathways and starves tumors of vital blood supply
- Triggers programmed cell death in breast cancer cells
- Targets destruction of cancer-cell mitochondria while leaving healthy cells alone
- Halts replication of cancerous cells
- Blocks molecules to prevent tumors from growing and spreading
- Prevents DNA damage

Optimal doses haven't been established for cancer treatment. Clinical trials have used between 500 mg and 8,000 mg per day. I recommend dosages of 1,000 mg to my patients. Look for a curcumin supplement that contains piperine, a black pepper extract that supercharges curcumin's absorbency.

### 5. Eat More Of This Medicinal Mushroom.

The cancer-fighting properties of mushrooms are legendary. But one in particular stands out. I'm talking about *Cordyceps sinensis*.

It's shown a powerful ability to inhibit cancer growth in lung, colon, skin, and liver cells.<sup>22</sup> One recent study found that eating just a tablespoon and a half of mushrooms led to a 45% reduction in cancer risk.<sup>23</sup>

Clinical trials conducted by researchers at Stanford University showed that Cordyceps decreased tumor size in 50 lung cancer patients by 46%.<sup>24</sup> And a Chinese study reported that Cordyceps helps fight the growth and spread of cancer cells.<sup>25</sup>

You can find Cordyceps supplements in capsule, liquid or as a tea. But when choosing a supplement, always check the source.

✓ Shady distributors looking to get rich quick grow Cordyceps in labs. These supplements use different fungal species and have less potency.

✓ Some Cordyceps supplements have been found to be 50 times weaker than natural, wild sources. I advise that you avoid any supplements that say "similar to" on the label.

✓ As a supplement, I recommend wild-harvested Cordyceps from Tibet. Take 2 to 5 grams twice daily for best results.

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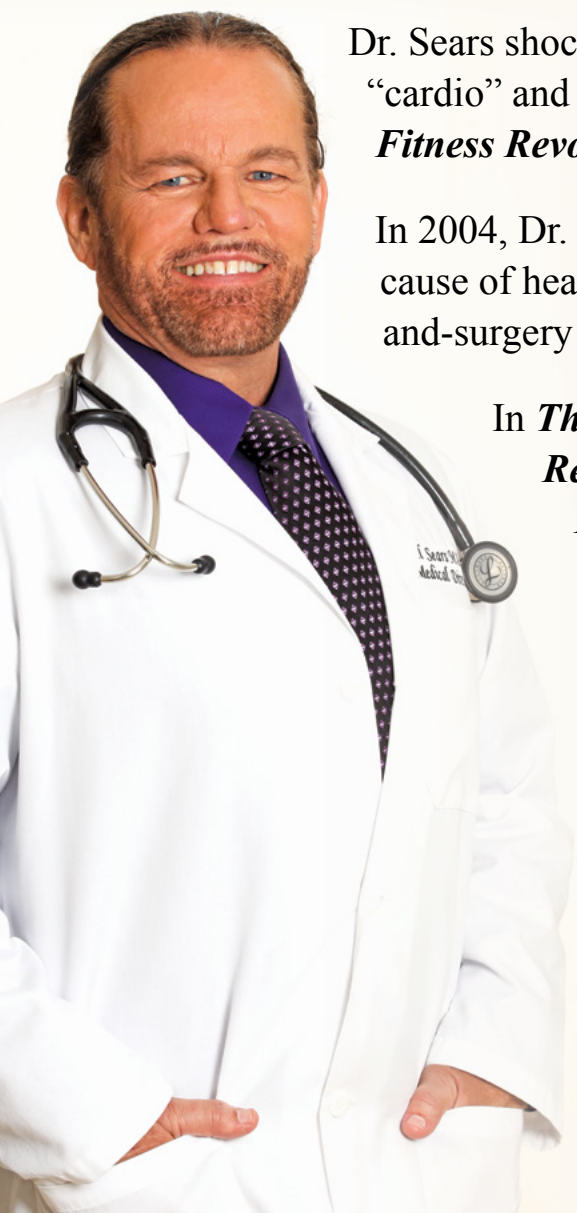
The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.

# Al Sears, MD

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

As a board-certified clinical nutritionist, strength coach, ACE-certified fitness trainer and author, Dr. Sears enjoys a worldwide readership and has appeared on more than 50 national radio programs, ABC News, CNN and ESPN.

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



Dr. Sears shocked the fitness world by revealing the dangers of aerobics, “cardio” and long-distance running in his book, ***PACE: The 12-Minute Fitness Revolution***.

In 2004, Dr. Sears was one of the first doctors to document the true cause of heart disease and expose the misguided and often fatal drugs-and-surgery approach to heart health.

In ***The Ageless Heart Manual: Advanced Strategies to Reverse Heart Disease and Restore Your Heart's Pumping Power***, Dr. Sears outlines the easy-to-follow solution that effectively eliminates your risk of heart disease, high blood pressure and stroke.

An avid lecturer, Dr. Sears regularly speaks at conferences sponsored by the American Academy of Anti-Aging Medicine (A4M), the American College for the Advancement of Medicine (ACAM) and the Age Management Medicine Group (AMMG).