

Dr. Sears'

CONFIDENTIAL CURES

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

February 2023 – Double Issue

Vol. XII Issue 1-2

Dear Friend,

Since the start of the coronavirus outbreak, the so-called health experts in our government along with their cronies in the mainstream media have been spreading dangerous misinformation about Covid...

They continue to push the idea that the only way you can protect yourself is with one of Big Pharma's dangerous drugs.

First it was the crusade to make sure that every man, woman, and child in the U.S. got an untested and unprecedented vaccine...not to mention a second, third, or even a fourth booster!

Then they began to promote a powerful immunosuppressive agent called tocilizumab. This monoclonal antibody is the latest drug fast-tracked by the FDA for use in Covid patients.

Today, I'm joining the growing number of prominent voices who are sounding the alarm over these terrifying and unnecessary drugs

And I'm going to tell you the same thing I tell my patients and my family...

You don't need these dangerous Big Pharma drugs.

With more than 30 years of clinical experience as both a doctor and a researcher, I have discovered that you have all the immune strength you need already inside of you.

And when you support and nourish it, you don't ever need to rely on Big Pharma's drugs.

I've seen the results in my own patients, as well as my family and myself.

You have options — natural and safe options that work.

In this Covid double issue of **Confidential Cures**, I'm sharing these results with you — so you can have all the information you need to make informed decisions regarding your own health care.

In the following six articles, you will discover:

- **What Big Pharma and their partners in the government have tried to hide when it comes to mRNA vaccines.** More importantly, you'll learn how to protect yourself without the need for further "jabs."
- **Why Covid antibodies aren't the "holy grail" of immunity.** It's much more important to activate the powerful immune cells lying dormant inside your body in a state of "immune senescence."
- **The \$1 dollar-a-day solution that stops Covid infection by 99%.** It works as effectively — and more safely — than the latest drug being pushed by Big Pharma.
- **The one-hour therapy that prevents Covid.** Not only does this therapy boost your immunity, it treats the virus if you've come down with it — without the need for drugs or any other intervention.
- **How to purge dangerous spike proteins from your body.** Whether you've had the vaccine, the virus, or both, it's vital to remove these proteins and prevent further damage to your cells.
- **How the "secret" therapy that saved a U.S. president can stop the Covid virus from spreading.** For the past three years, the FDA has tried to stop me from telling you about this life-saving therapy...

I've been using the proven treatments in these articles to help my patients — now they can help you.

To Your Good Health,

Al Sears, MD, CNS

Protect Yourself — And Your Health Freedom — From The Great Covid Propaganda Cover-Up

I've always believed in freedom of information and full transparency — especially when it comes to something as important as your health.

Clearly, the government doesn't agree. And never has this been more apparent than when it comes to Big Government's Covid response — especially when it comes to vaccines.

I believe that the way messenger RNA shots have been foisted upon Americans could be called a massive crime against humanity.

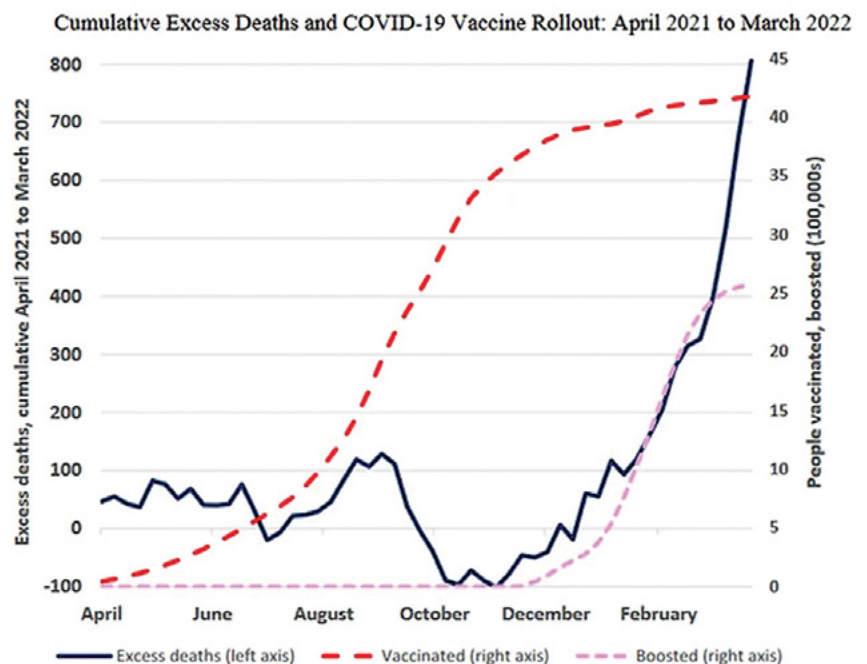
It took more than two years, but we're finally beginning to get the information we deserve.

Under the Freedom of Information Act (FOIA), the Centers for Disease Control was recently forced to release new numbers. The agency fought against handing over this information *for 15 months*.

According to the CDC's own protocol, these newly released statistics should have been made public immediately.

You see, the CDC together with the FDA developed a national early warning system — known as the Vaccine Adverse Event Reporting System (VAERS) — to detect possible safety problems in vaccines licensed in the United States.

The VAERS system should have triggered alerts for death, alerts for injury, and alerts for the percentage of people with side effects.



This chart shows the correlation between the Covid vaccine/booster rollout and death in New Zealand between April 2021 and February 2022. Note that the age groups most likely to use boosters show a significant rise in excess mortality after the booster was rolled out.

These are numbers we should have had access to from the start because they reveal the truth — that about 25% of people who got the Covid messenger RNA vaccine experienced negative side effects.

But the CDC fought hard to keep us from knowing that while they continued to recommend everyone get vaccinated.

Recent revelations outside the U.S. — including Japan, Germany, and Australia — have brought to light an increasing number of health hazards connected with the Covid vaccination.

But the U.S. government and its health gatekeepers have kept them hidden as part of their campaign to get everyone in America vaccinated.

The truth is, you should have been informed about these serious safety issues long before you decided whether or not to get a shot.

Sadly, that couldn't be further from what's happening — even today, nearly two years after the first Covid vaccine was approved by the FDA.

Instead, the government prefers to treat you like a child — or even worse, as if you're incapable of making intelligent and reasoned decisions for yourself.

Don't get me wrong... I'm not against all vaccinations, per se. I just happen to believe that you need all the information available before making decisions as important as whether you and your family get inoculated.

But I am fully against forcing these vaccinations on anyone. It should always be your choice, based on the fullest, most up-to-date information we have available.

The problem is that you have never been given full information. And, the way I see it, that makes what the government is doing pure propaganda.

No government spokesman or CDC official has ever publicly uttered these words in connection with the coronavirus vaccination:

- Myocarditis
- Hepatic vascular thrombosis (obstruction of blood flow from the liver)
- Frontal lobe epilepsy

But these are just a few of the risks you face when you get a Covid vaccination. (More on this in a moment.)

According to recent research by Swiss scientists, heart injury is a serious risk for anyone who gets a Covid shot.¹

Other studies suggest the Covid vaccine may be responsible for multiple cases of death and

“The problem is that you have never been given full information. And, the way I see it, that makes what the government is doing pure propaganda.”

disability that the government, the CDC, and the FDA are simply not telling you about.

In this *Confidential Cures* article, you're going to learn some eye-watering facts about Covid vaccines and booster shots

that vaccination manufacturers — and their partners in our government — have covered up. You're also going to learn what you can do to protect yourself and your loved ones from the latest variants of the coronavirus — without endangering them.

Mounting Evidence Between “Unexplained” Mortality And Big Pharma’s Dangerous New Drugs

In his recent book, *Cause Unknown: The Epidemic of Sudden Deaths in 2021 and 2022*, Edward Dowd, a former fund manager for the global investment giant BlackRock, reveals that Covid shots — not Covid itself — appear to have resulted in higher mortality rates among Americans aged 25-64.

Using data from the U.S. insurance industry, Dowd found that in 2021 the number of “excess deaths” (people we don't expect to die) among the U.S.'s prime working-age population spiked to 40%, compared with 32% in the general population.²

In other words, the healthiest people in America were dying at a higher rate than the rest of the population — specifically when Covid vaccines became available.

Not only is this opposite of what you expect to be the case, it's also a complete reversal of mortality rates during pre-vaccination days — even in 2020, the previous year, when Covid struck but vaccinations had not yet been rolled out.

And it wasn't just the number of deaths that surged — the number of disabilities also spiked at alarming rates.

In the five years before Covid, the monthly disability rate came in between 29 million and 30 million. But after the Covid shots were introduced, the disability trend changed dramatically. In September 2022, for example,

there were 33.2 million disabled Americans — an extra 3.2 million to 4.2 million.

Since May 2021, the overall U.S. population has experienced an 11% increase in disabilities. But the disability rate among working Americans — about 98 million people — climbed by a staggering 26%.

The root causes of this off-the-charts increase in deaths and disability can't be from the Covid virus itself...because we know that Covid isn't a significant cause of death in young people.

What caused this shift from elderly people, who are expected to die, to younger people, who are expected to keep living?

And ask yourself: What never-before-seen factor was introduced into the working age population that caused these people to die or become disabled?

The reality of these statistics points to one culprit only — the Covid vaccination.



Because the government puts Big Pharma ahead of your health, under U.S. law, you have no legal recourse if a vaccine makes you sick.

Ignored German Study Supports My Suspicions

In April 2020, German scientists began compiling a database of autopsies conducted on people who had died as a result of Covid-19. As expected, the vast majority of victims were elderly and died from lung damage and multi-organ failure following a collapse of the immune system.³

But in November last year, researchers published data from the same database — but this time, it included the autopsies of people who had

died AFTER getting vaccinated. And what they discovered was shocking.

They found that 71% of people who had unexpectedly died within 20 days of receiving the Covid vaccine — not including those with pre-existing conditions — had succumbed to what was described as “vaccine injury” — many of whom had developed acute myocarditis, which ultimately resulted in a fatal heart attack.

The median age of death was 58. A few had died after the first shot, but most died after the second. Perhaps most telling was that none had any history of coronary heart disease.

The scientists, based at the highly reputable Institute of Pathology at Heidelberg University Hospital, concluded the deaths were “vaccine-induced.”

While no such research has been carried out in America, the government here has surely noticed the increased mortality rate among the healthiest people in the country.

Yet they remain silent — and the biggest question here is why?

The answer is obvious... Our government's longstanding cozy and corrupt relationship with the pharmaceutical industry.

What Are They Hiding?

As a regular reader, I'm sure you're aware that the FDA is no longer the taxpayer-funded entity it once was.

Instead, the agency in charge of protecting your health is funded by user fees from the very drugmakers and vaccine manufacturers it is supposed to regulate.

So, it's not surprising that government and Big Pharma want to keep all this damaging data to themselves.

Luckily, there are still truth-seekers on our side.

Last year, District Judge Mark T. Pittman denied a staggering request from the FDA to suppress the raw data from vaccine manufacturer Pfizer for the next 75 years!⁴

Instead, the FDA was forced to reveal Pfizer's raw vaccine data — and for the first time gave the public access to the data that supported its Covid-19 vaccine license.

“Pfizer doubled its revenues to \$81.3 billion in 2021 on the back of vaccine sales around the world.”

And while Judge Pittman's ruling marked a victory for transparency, what about the secret data from the other vaccine makers, like AstraZeneca, Moderna, and Johnson & Johnson?

As you might expect, this data didn't exactly paint Pfizer or the FDA in a favorable light.

It revealed details of almost 158,000 adverse events — as well as a list of never-before-mentioned 1,291 possible side effects associated with Pfizer's vaccine — all of which Pfizer and the FDA clearly knew about, but had kept from public scrutiny.

These extremely serious conditions included:⁵

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

Pretty terrifying, isn't it?

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

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

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

3 Key Steps To Protect Your Immune System In The Age Of Covid

As the virus continues to mutate, I recommend a three-pronged approach to preparing your body's defenses against a severe infection, or worse.

Step 1. Use PACE to strengthen your heart, lungs, and immune system: PACE stands for Progressively Accelerating Cardiopulmonary Exertion, and it uses brief but vigorous routines of increasing intensity to help increase the strength and capacity of your lungs, heart, and immune system. That's why I developed it.

PACE builds up your lung power to get more life-giving oxygen flowing throughout your body, especially your heart. More oxygen also means more energy to every organ and organ system in your body, including your immune system.

Researchers at the University of California in San Francisco found that people who did PACE-like exercise had significantly lower levels of stress and significantly healthier immune system cells.⁶

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

You can choose any exercise that will make you stop and pant for breath. Skip rope, swim, cycle, take a long vigorous walk with your dog, or an intense session in the bedroom with your partner.

All you have to do is increase the challenge to your lungs and heart little by little, and then accelerate it. This will give you the extra capacity your lungs need to do the things you want to in your everyday life and protect your body from the ravages of viral infections like Covid variants.

The key is to listen to your body. You should be panting at the end of each exertion period. You should not be taxed and exhausted throughout the whole workout.

If you want to learn some other good PACE exercises, go to my YouTube channel: www.youtube.com/user/AlSearsMD/videos. I have more than 30 different exercises and a complete workout to help you get started.

Step 2. Avoid fake foods: Multiple studies show that processed foods cause enormous damage to your immune system.⁷

I'm talking about foods like breakfast cereals, pizza, chicken nuggets, sodas, chips, packaged baked goods, microwaveable frozen meals, instant soups and sauces, and so much more that sadly makes up the bulk of today's American diet.

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

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

- **Severely restrict ultra-processed foods.** Start by reducing processed carbohydrates. That means avoiding products that contain refined sugars, fructose, and processed grains. Keep grains like wheat, rice, and corn, as well as breakfast cereals, cereal bars, and low-fiber or sweetened foods to a minimum.

Instead, eat plenty of above-ground green, leafy vegetables, onions and garlic, berries, and other fresh fruits, nuts, and seeds. Carbs should never make up any more than 5% or 10% of your total calorie intake. Because your daily needs for carbs is zero.

- **Choose the right fats.** Strictly avoid trans fats and vegetable oils like corn, sunflower, safflower, soy, and canola. Instead, choose fats like olive oil, coconut oil, avocado, butter, ghee, and heavy cream. Remember, eating dietary fat isn't what's making you unhealthy. It's fructose and grains that cause disease and an unhealthy immune response.
- **Eat plenty of protein.** Beef, organ meats, fish, and eggs are your best sources of protein. Eat grass-fed beef and wild-caught fish. Choose eggs from pastured chickens. Other good sources of protein include chicken, turkey, wild-caught salmon, and other cold-water fish. Nuts and seeds such as almonds, peanuts, cashews, and sunflower seeds also have plenty of protein.

Step 3 involves a therapy that is unique to the Sears Institute of Anti-Aging Medicine. It allows you to reactive dormant immune-boosting cells that have fallen into a state of what's called "immune senescence."

Turn the page, and I'll tell you more...

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Covid Antibodies Aren't The Answer...

To Bolster Immunity, Reactivate “Sleeping” Cells

After three years of misinformation, mask mandates, government-enforced lockdowns, and straight-up bullying over vaccines, the CDC finally admitted that the agency in charge of protecting our country's health had no idea what they were doing.

Of course, this admission only reinforces what most Americans already know...

The agency's botched response all came down to politics. It's just further proof that the CDC cares more about the latest poll numbers than your health.

But this too-little, too-late admission also reinforces that when it comes to protecting yourself and your family from a virus — whether it's a cold, the flu, or any other respiratory illness — you need to take control of your own health.

We can't rely on the government of Big Pharma or anyone else to do it for us.

I'm sure you already know this... Self-reliance in trying times is what America is all about.

That means it is up to you to protect and bolster your immune system.

I'm going to tell you the same thing I tell my patients and my family... You don't need the government's bad “advice” or Big Pharma's dangerous drugs.

My clinical experience — as a doctor and a researcher — has proven that you already have all the immune strength you need.

You just have to support and nourish it so you can sidestep the decades of extra immune aging brought on by our toxic world.



In my clinical experience, both as a doctor and a researcher, I've observed that you have all the immune strength you need already inside of you.

A world that's filled with diseases, infections, and threats — including the major threats we face from Big Pharma!

I've put in thousands of hours of research over the years. And I've talked to some of the best and brightest minds in the anti-aging and regenerative medicine field.

I've seen the results in my own patients, my family, and myself.

And now is the time to start. The medical bureaucracy is already pushing you to get a fifth shot in your arm.

But you already have all the immune protection you need inside yourself.

I'm talking about powerful immune cells lying dormant inside of you in a state of "immune senescence."¹

But it's possible to reactivate these immune-boosting cells. Let me explain...

"Antibodies are only one small part of your immune system and far from the most important part."

Despite What You Hear On The News, Antibodies Aren't The Answer

This discussion around antibodies that you see in the news every day is reaching a new level of hype that really misinforms people, as if that were their only option.

If you don't know, antibodies are the proteins your immune system generates if you're infected — they stop the infection from returning.

You can easily get an antibody test. Many researchers call an antibody test the Holy Grail of immunity, but I think they're dead wrong and my results prove otherwise.

They're missing the big picture.

You see, antibodies are only one *small* part of your immune system and far from the most important part. They belong to the circulatory half of your immune system, along with what we call the B cells and the macrophages.

These are the cells that run around and gobble up infective viruses or bacteria.

But they don't run your immune system. They are not the control master switch, they are a secondary system that comes into play when your primary system fails.

So what is the primary system?

Well, in fact, that is the master commander of all your immune operations. It's the brains of the entire project.

This is your built-in immunity for everything.

And the key to building lasting immunity at any age is not about antibodies. They fade.

I'm talking about T cells.

T cells swarm infections, bacteria, viruses, or any pathogens. And then — because they are powerful killers — they destroy anything they see as foreign.

Once they've done that, they transform into a kind of "guru"

for your immune system. They remember all past infections and then coordinate antibodies and other parts of your immune system to rapidly respond to and destroy any infection that returns to your body.

Unfortunately, the strength of these cells declines with age, in some cases by as much as 90%. This is the immune senescence I mentioned earlier.

But these cells — developed from stem cells in your bone marrow — don't die. They're just sleeping. And you can wake them up again.

Big Pharma regards telomere therapy as a direct threat to its multibillion-dollar drug business.

And conventional doctors, as well-meaning as most are, usually just go along with the flawed and self-serving research handed out by drug company reps.

Unfortunately, the biggest loser in all of this is you.

Not only are you being denied the latest life-saving advances in medical science, but you're also being deprived of the opportunity to naturally defend your own body from the ravages of the Covid virus threatening your health.

Sadly, mainstream medicine continues to ignore this connection between your telomeres and your immune system.

But finally, a small group of researchers from Johns Hopkins is starting to understand this link.

In a breakthrough study, they found that people with abnormally short telomeres have immune system cells that resemble those of people who are decades older.²

The researchers also discovered that people with very short telomeres also have immune system cells that age and even die prematurely.

As you know, telomeres are the tiny caps at the end of each strand of DNA that control how your cells age. Simply put, the longer your telomeres are, the younger your cells behave.

Unfortunately, each time a cell divides, a little bit of telomere is eroded. Gradually, telomeres get shorter until the cell is no longer able to renew itself, and it dies.

As that happens, you become more vulnerable to “old age” and the “diseases of aging” — like cancer, heart disease, hypertension, and Alzheimer’s, as well as diabetes, depression, and obesity.

And... at the same time, your immune system weakens, and diseases strike.

If you’re a regular reader, you know that you can activate telomerase to regrow short immune cells.

In a moment, I’ll show you how we are reversing the cellular age of our patients’ immune systems by **20 years and more**.

Regrow Immune Cell Telomeres

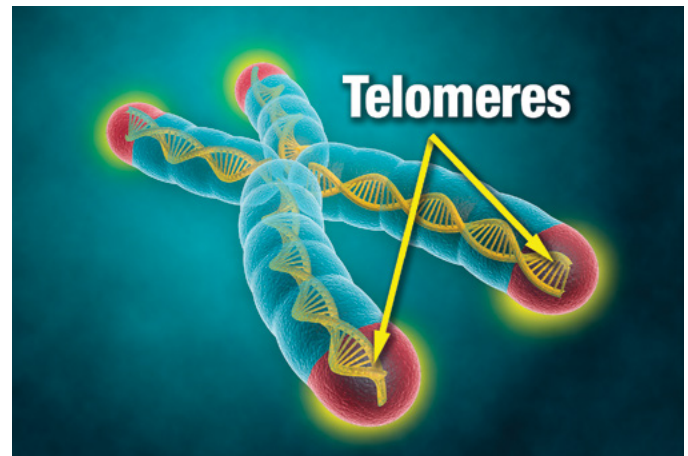
In one of several study trials, researchers tested the effects of a telomerase activator called TA-65 on the immune system’s white blood cells — and the results were truly astonishing.

These white blood cells are a key part of your immune system, helping your body defend against invading viruses and bacteria, as well as chronic diseases like cancer and cardiovascular disease. They include T and B cells, as well as Natural Killer (NK) cells.

The researchers measured the number of white blood cells that looked old and the number that looked young among hundreds of participants in two groups. One group started taking the telomerase activator, while the other group took a placebo.

After three months, the group taking the activator had a much larger number of immune system cells than were typical of people who were **20 years younger**.³

In another study, researchers found that the telomerase activator significantly reduced the number of cells with short telomeres and dramatically boosted immune system strength.⁴



The longer your telomeres are, the younger your cells behave — and the healthier your immune system is.

I was privileged to become the first physician licensed to administer the first telomerase activator in the U.S. At the time, this telomerase activator was the only commercially available treatment shown to lengthen telomeres.

It puts how you age, and how quickly you age, in your own hands. It’s wonderfully empowering.

This completely rewrites the rules on aging.

This puts your immune system back to work to keep your brain, your lungs, your kidney and your heart working as they did when you were younger.

To keep runaway inflammation in check and keep you safe from pathogens, germs, viruses, bacteria, and any other foreign invaders.

This research was so groundbreaking that it won the Nobel Prize. And ever since, it’s launched a new age of medicine.

Today, the power of telomerase to restore super immunity is being studied by Nobel laureates, major universities, and even government agencies like the CDC.

In fact, this agency even said: “T cells from the long telomere group exhibited significantly greater expansion than those from the short telomere group.”⁵

Expansion means that they were able to clone themselves and produce many copies of T cells that are conditioned to respond to a certain invader.

If your T cells encounter something foreign, they divide to create a new army that specializes in killing that new invader.

Researchers at Johns Hopkins did their own telomerase research. They found that immune cells age and die prematurely in people with very short telomeres.⁶

People with longer telomeres had greater immune cell survivability. Those with short telomeres had immune cells that died prematurely.

That's the last thing you would want. At the Sears Institute, I help my patients ramp up their anti-Covid immune defenses with the most powerful telomerase activators ever discovered.

Use The Power Of Telomerase Activation To Increase Your Immunity

In the 20 years since the discovery of telomerase, our knowledge of using telomerase activators has increased considerably.

One of the most powerful telomerase activators comes from the root of a plant called *astragalus membranaceus*.

When UCLA researchers used astragalus, the results were astonishing.

The T cell activation was increased by up to seven-fold as a result of this single intervention.⁷

The T cells appeared younger, acted faster, divided again, and regained their ability to remember germs, viruses, bacteria, and other pathogens and invaders.

And they replaced the loss of immune cells that come with a lifelong exposure to toxins with brand-new, vital replacement cells.

This was a total immune system rewind, and it happened in one week.

In another study, also done by researchers at UCLA, astragalus increased telomerase activity 330% — resulting in a boost of new T cells. In fact, astragalus was the only compound that made a significant impact on the growth of new T cells.

In a third study, researchers at Sloan Kettering gave 100 patients age 63 and older varying doses of the herb, from 10 mg to 50 mg.

They reported fewer cells with shorter telomeres as well as “positive remodeling of the immune system.”⁸

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

Here are two ways you can take it.

- **Use the entire root to make an immune-booster tea or tonic.** As a root, astragalus is best prepared as a decoction. Simply add slices or ground power of the root to 8 ounces of water in a covered pot. Try to keep it at a low simmer for 20 minutes and then strain. Throw in about an inch of ginger and four tablespoons of raw, unfiltered honey to turn it into a tonic.

You can also add astragalus, fresh ginger, cinnamon, cardamom, raisins, dates, carrots, or whatever strikes your fancy to soups or stews. Just throw it all in a pot and let it simmer.

- **Or take it as a supplement.** I recommend taking 500 mg of the concentrated extract three times a day. Or take two to three tablespoons of astragalus root powder daily (about 30-45 grams).

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



A UCLA study found that astragalus significantly impacted growth of new immune cells.

I firmly believe that astragalus is one of the very best immune defenses I can provide my patients. But it's not the only one. I also recommend a series of complimentary immune boosters that combine to form a synergistic effect.

Boost Your Immunity With “Telo-Nutrition”

A number of nutrients also act as telomerase activators. I call this use “Telo-Nutrition.” It's one of the most important — yet largely ignored — areas of immune defense and anti-aging medicine.

1. Activate T cells with vitamin D3. Despite the CDC deniers who said vitamin D couldn't help you beat Covid, your T cells need vitamin D to activate. Researchers at the University of Copenhagen found that without ample vitamin D, your T cells will never begin to mobilize.⁹ Vitamin D deficiency is so common that you'll need to supplement. I suggest getting at least 5,000 IUs. But you'll likely need more. Be sure to get the right form... known as cholecalciferol. And take it with high-fat foods and vitamin K2 to increase absorption.

2. Improve your defenses with camu camu: This South American berry is one of nature's most significant sources of vitamin C. Of course, this nutrient has long been known to play a key role in your body's defense against viral pathogens. Not only does it protect cells and telomeres from free radical damage, but it also acts as a signaling molecule that activates immune system defenders. In one study, researchers also found that cells treated with vitamin C had longer telomeres, reduced secretion of inflammatory cytokines, and improved integrity of the cell nucleus.¹⁰ With 60 times more vitamin C than citrus, camu camu is one of the best sources of this nutrient. I like adding a little dried powder to smoothies or yogurt. Start with one teaspoon a day.

3. Supplement with this mushroom. Cordyceps sinensis is a Tibetan mushroom that only grows on the highest peaks of the Himalayan mountain range. It plays a significant role in strengthening both innate and adaptive immunity. Researchers in South Korea gave cordyceps or a placebo to 79 healthy subjects every day for eight weeks. Before

and after the study, they tested blood samples for natural killer cells. After two months, the group that took the mushroom showed a significant 18% improvement from baseline of NK cells compared to the placebo group.¹¹ NK cells are vital because they hunt down and detect virus-infected cells in the body. You can safely supplement with 2 grams daily.



Cordyceps plays a significant role in strengthening both innate and adaptive immunity.

Join My Next-Gen Bio-Age Analysis To Reverse ALL Markers Of Aging

At the Sears Institute, we are about to launch the next phase of our groundbreaking case study to not only determine the true telomere age of your immune cells but lengthen them.

Since starting this study, the immune age of my patients has reversed by an average of 13 years. That means a 59-year-old now has the immune power of a 46-year-old.

For one patient, his immune age was reversed by 40 years.

When I measure a patient's immune system, I can tell how well they will be able to fight infections of all kinds.

We start by measuring various different biomarkers of aging, including immune biomarkers.

A biomarker tells us how old a particular function of your body is — regardless of chronological age.

Your immune system biomarkers help determine your risk of...

- Chronic disease
- How well do you resist infection, and
- How quickly you age

The truth is, your immune system gives us tell-tale signs of how old your body really is. And it has the most influence on your overall biological age.

I tell my patients if they could only improve one aspect of their health, it should be their immune system.

Once we've determined your baseline measurement, I'll develop a customized treatment plan based on your results.

This will do more than stop your telomeres from shrinking. It will actually lengthen them.

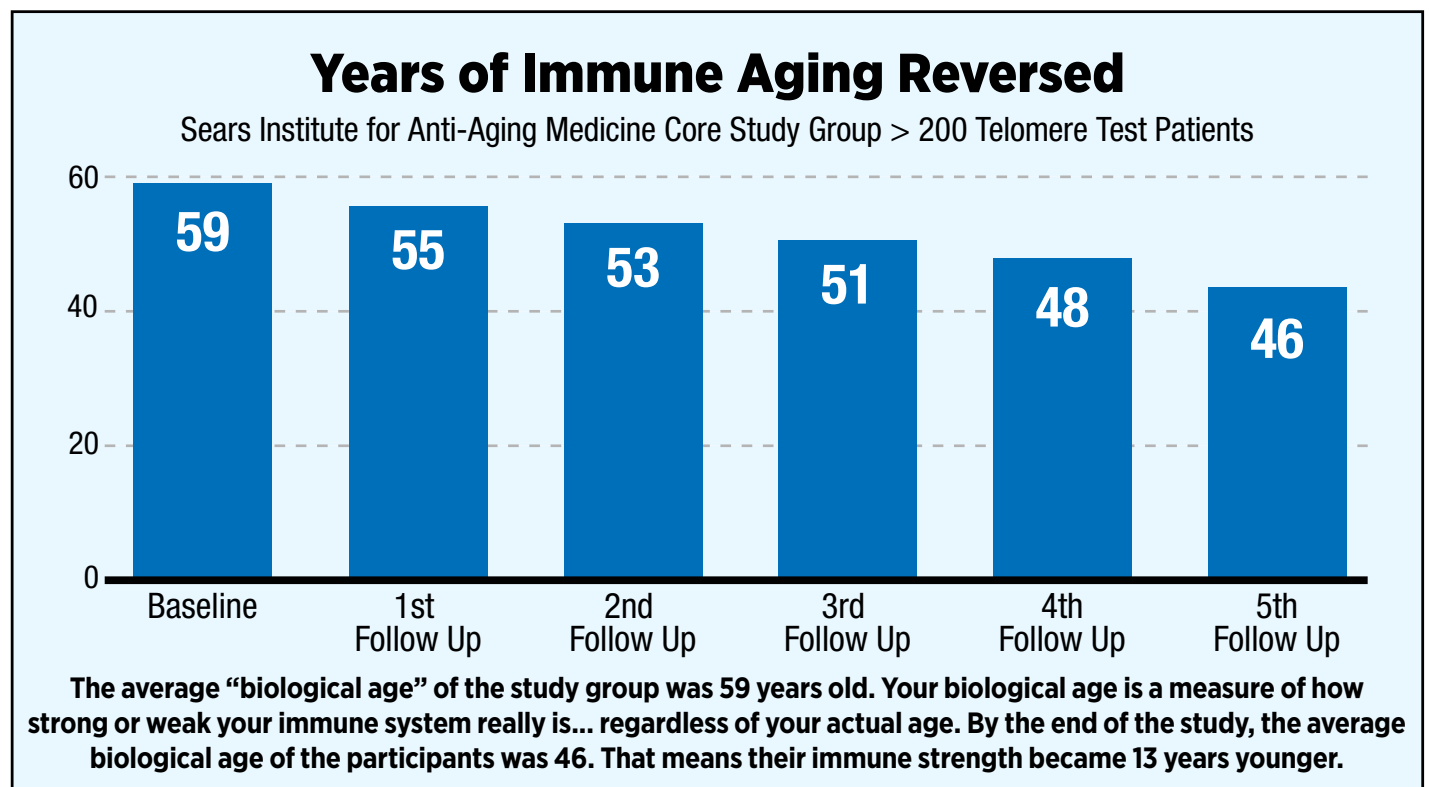
The most powerful thing we do is turn on telomerase, which allows the real anti-aging magic to begin.

If you are ready to turn back the clock on aging — ***and have an immune system that acts decades younger*** — I'd love for you to be a part of my age-reversing case study.

If you're ready to have a healthier immune system, please call and speak to a member of my staff at **561-784-7852** and sign up today.

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Gov't Approves Dangerous, Even Deadly, Covid Drug While Ignoring Proven Solution

Big Pharma is at it again... Pushing the idea that the only way you can protect yourself from Covid is with one of their dangerous drugs.

This time, they're promoting a monoclonal antibody called tocilizumab. It's the latest drug fast tracked by the FDA for use in patients infected with the virus.

Sold under the name Actemra, tocilizumab is a powerful immunosuppressive drug typically prescribed to patients with severe rheumatoid arthritis.

But like many FDA-approved medications, this drug comes with a "black box" warning.

That's the agency's most extreme indication that a drug comes with "serious or life-threatening risks" — in this case for severe, and in some cases, fatal, infections.

In the case of Actemra, we're talking about more than 40,000 adverse events and more than 2,300 deaths.¹

All for a dangerous treatment that doesn't even work — or worse...

Let me explain.

Before the FDA approved Actemra last month, the agency authorized it for emergency use in patients hospitalized with Covid.

During this time, researchers did real-time clinical trials on its effectiveness. The outcome was anything but positive.

In a study published in the *British Medical Journal*, 129 patients with Covid who were receiving supplemental oxygen or had been placed on a ventilator were enrolled in the trial.



The FDA keeps pushing Big Pharma's dangerous drugs like tocilizumab, which studies prove isn't even effective.

The patients, with a mean age of 59, were randomized to receive either standard care, or standard care with the addition of tocilizumab (Actemra). Researchers expected to keep patients enrolled in the study for at least a month.

But, before the trial even ended, the Data Monitoring Committee — a group of external independent experts who assess the progress and safety of a clinical trial — recommended that the study be stopped early because of an increased number of deaths at 15 days in the tocilizumab group.²

- Death occurred in 17% of patients in the tocilizumab group compared to 2% in the standard care group, while
- Adverse events were reported in 43% of tocilizumab patients compared to 34% who didn't get it.

The conclusion of the doctors and researchers running the study:

“In patients with severe or critical Covid-19, tocilizumab plus standard care was not superior to standard care alone in improving clinical outcomes at 15 days, and it might increase mortality.”

This trial backed up an earlier study on 276 Covid patients who received a similar monoclonal antibody also prescribed for rheumatoid arthritis patients.

That study was stopped “because there was no chance it would succeed” and patients “were actually doing worse.”³

This latest drug push comes on the tail of two earlier drug approvals...

One of the drugs from Merck, called Lagevrio, is marketed as an at-home treatment for anyone who develops mild to moderate Covid symptoms.

But there are terrifying consequences to using this drug...

The key ingredient in Lagevrio is a mutagenic antiviral called molnupiravir. It's designed to introduce mutations into the Covid virus' genetic code.

The theory is that these mutations will stop the virus from multiplying.

Like Actemra, molnupiravir also isn't a new drug. It's been around since 2003 when the first prototype was developed by scientists at Emory University.

But the lead chemist on the project abandoned his research after the drug's dangerous side effects and safety issues came to light.

You see, while the drug is supposed to target viral RNA (as if that's not scary enough), it's highly likely that it will cause mutations in human DNA.⁴

These mutations include cancerous tumors and horrific birth defects.

But even more disturbing is that no one knows what the future effects of taking this untested pill will be. The clinical trial done by the

pharmaceutical company was nowhere near long enough to determine what can happen years down the road.

Big Pharma's Pattern Of Putting Patients Last

It brings to mind another drug produced by Merck. Do you remember Vioxx, the painkiller that was deemed safe in early studies and approved by the FDA — despite agency insiders knowing full well that it could conceivably hurt the heart?

It was only years later that a longer-term study found a definite link between Vioxx and heart disease deaths which killed up to 56,000 people and left hundreds of thousands injured.

But that doesn't seem to concern Merck.

Why would it when this Covid drug is predicted to be a \$10 billion cash cow?

In fact, the U.S. government has already purchased more than 3 million doses of Lagevrio.

Today, I'm joining the growing number of prominent voices who are sounding the alarm over these terrifying and unnecessary drugs.

And I'm going to tell you the same thing I tell my patients and my family...

You don't need this dangerous Big Pharma drug. And you never need to go back to masks or social distancing either.

Especially when there is a \$1-a-day solution that can strengthen your immune system — naturally.

Red Wine Nutrient Stop Virus In Its Tracks

I'm talking about quercetin, the plant pigment found in onions, apples, berries, cocoa, and of course, red wine. This powerful antioxidant reduces your susceptibility to viruses and prevents them from multiplying once they've entered your body...⁵

Studies found that quercetin is a powerful immune booster that provides broad-spectrum protection against the common cold as well as a number of other viruses, including the flu, SARS, Ebola, H1N1 — and even Covid-19.



Quercetin, the red wine nutrient, is a powerful immune booster that provides protection against a number of viruses, including Covid and the common cold.

A recent study published in the *International Journal of General Medicine* found that Covid patients given quercetin significantly reduced virus persistence by **76% in the first week**, compared to 9.5% in the standard care group.⁶

Another human study led by the University of Pavia, Italy, involved 120 healthcare workers working in high-exposure settings. For three months, the subjects received either a placebo or a twice daily quercetin supplement. After 12 weeks, the researchers determined that at five months, the participants who got quercetin reduced their risk of infection an incredible 99.8%.⁷

By the end of five months, the researchers reported that supplementing with quercetin is “so significantly effective” that it can even help maintain the health conditions of those working in highly infectious environments like hospitals.

Previous research shows that quercetin’s antiviral capacity works in three ways. Studies show quercetin can help:

- Prevent the virus from infecting cells.
- Reduce the reproduction of cells that are already infected.
- Reduce infected cells resistance to treatment with antiviral medications.

In fact, this natural supplement is so powerful that the U.S. Department of Defense tested it to see if it could protect our soldiers from contracting deadly viral infections.

Military Testing Supports Quercetin Supplements

Following the deadly avian flu outbreak in 2007, the United States Department of Defense tested quercetin to see if it could protect soldiers from contracting deadly viral infections.

They gave study participants a daily dose of 1,000 mg of quercetin (along with vitamin C and niacin to improve bioavailability) or a placebo. They found that after five weeks, those who were given quercetin were significantly less likely to develop a viral infection after putting their bodies under considerable stress for three consecutive days.

Only 5% of the treatment group got sick, compared to 45% of the placebo group.⁸

In a second study by the Defense Advanced Research Projects Agency (DARPA), researchers infected four groups of mice with the H1N1 virus. Two of the groups were put into stressful situations, while the others were not. Half the animals were given quercetin.

Researchers found that after three days, 50% of the control group became ill with H1N1.

Again, only 5% of the quercetin-supplemented group did.⁹

Quercetin Treats Broad Range of Infections — Including the Common Cold

Even the common cold can’t stand up to quercetin...

In 2014, researchers noted that quercetin appears to be “a promising treatment for the common cold,” caused by the rhinovirus, adding that “Quercetin has been shown to reduce viral internalization and replication in vitro, and viral load, lung inflammation and airways hyper-responsiveness in vivo.”¹⁰

A 2016 animal study found quercetin inhibited mouse dengue virus.¹¹ Other studies have confirmed quercetin’s power to inhibit hepatitis infections.¹²

And just last month, researchers found that it protects against pneumococcus, the common cause of pneumonia, meningitis, and middle ear infections.

But viruses aren't the only diseases this antioxidant can protect you from...

Quercetin can help you battle fatigue and daily stress. It shields your brain from the oxidative stress associated with Alzheimer's.¹³ It strengthens blood vessels and lowers blood pressure.¹⁴

And it may lead to prevention and treatment of metabolic diseases like diabetes and obesity.

Virus Protection Is Only The Beginning

Quercetin can help you battle fatigue and daily stress. It shields your brain from the oxidative stress associated with Alzheimer's.¹⁵ It strengthens blood vessels and lowers blood pressure.¹⁶ And it may lead to the prevention and treatment of metabolic diseases like diabetes and obesity.

Here are even more benefits of this nutrient:

- **Lowers inflammation.** As you know, inflammation is the root of most diseases, including heart disease, cancer, Alzheimer's, autoimmune disorders, and arthritis.

Flavonoids like quercetin are powerful anti-inflammatories because they act like antioxidants and stop free radicals. Research shows that high levels of free radicals triggers the genes that cause inflammation — leading to an increased inflammatory response.

But recent studies show that quercetin can reduce this response.

In one study, quercetin reduced markers of inflammation in human cells, including the molecules tumor necrosis factor alpha (TNF α) and interleukin-6 (IL-6).^{17,18}

A second study focused on 50 women with rheumatoid arthritis. After eight weeks, the participants who took 500 mg of quercetin experienced significantly less early-morning stiffness, morning pain, and after-activity pain.¹⁹ They also had reduced markers of inflammation, such as TNF α , compared with those who received a placebo.

“A 2018 study found that quercetin reduced markers of Alzheimer's and improved brain function in early-middle stages of the disease.”

- **Protects against brain disorders.** There is mounting evidence that quercetin offers cognitive benefits, which lowers the risk of degenerative brain diseases like dementia and Alzheimer's.

A 2018 study found that quercetin reduced markers of Alzheimer's and improved brain function in early-middle stages of the disease.

It works by decreasing tau proteins and neurofibrillary tangles — two of the hallmarks of the disorder.²⁰

In a second study, researchers injected Alzheimer's mice with quercetin every two days for three months. By the end of the study, the mice performed much better on learning tests and had reversed several markers of Alzheimer's.²¹

- **Lowers blood sugar.** A 2019 review of studies, published in *Phytotherapy Research*, found taking 500 mg or more of quercetin daily for at least eight weeks reduced blood glucose levels in people with metabolic syndrome, who have an increased risk of developing diabetes.²²

- **Reduces your risk of cancer.** Researchers from Boston University School of Medicine discovered a link between a nutrient-dense diet rich in quercetin and a lowered risk of cancer — especially lung, skin, and pancreatic cancers. But it also helps against cancer cell formation caused by estrogen.²³

It can help protect against lung, skin, pancreatic, prostate, ovarian, endocrine, and cervical cancers.²⁴

- **Aids exercise performance and increase energy.** A review of 11 human studies found that taking quercetin may slightly improve your exercise performance.²⁵

A double-blind clinical study from Pepperdine University in California, with the Amgen cyclist team, showed quercetin provided a 3.1% increase in the athletes' timed trial performance.²⁶

But quercetin isn't just for athletes. A study published in the *International Journal of Sport Nutrition and Exercise Metabolism* found that quercetin taken as a daily supplement improves your endurance even if you don't exercise.²⁷

Use Quercetin To Boost Immunity And Improve Your Defenses

1. Find it in your food sources. I always recommend getting the nutrients you need from your food. The table below lists the foods with the highest levels.

Also high on the list are broccoli, capers, cherries, citrus, leafy green vegetables, raspberries, red grapes, and tomatoes are also good sources. You can get rich sources of quercetin in plants of the allium family, including onions, scallions, chives, leeks, shallots, and garlic.

It's also found in olive oil, tea and even cocoa. Keep in mind that the amount of quercetin in food depends on the conditions that the food is grown in. For example, according to research at University of California, organic tomatoes contain up to 97% more quercetin than conventionally grown tomatoes.²⁸

FOOD	QUERCETIN mg/100 grams
Elderberries	42
Red onions	33
White onions	21
Cranberries	15
Green hot peppers	15
Red apples	4.8
Romaine lettuce	4.5
Pears	4.5

2. Supplement to protect your lungs.

Quercetin is sometimes called the red wine nutrient. But with just 3 mg per 100 mL, you'd have to drink a lot to get the levels you'd need! And it's not easy to get adequate amounts from food alone. So I recommend supplementing. Quercetin is available as a capsule, gummy, powder, and spray.

Whichever form you choose to take, I recommend taking 500 mg twice a day. If you're battling a virus, you can bump that up to 1,200 mg daily.

But there's a special form of quercetin called isoquercetin (quercetin 3-glucoside). Compared to the more common supplemental form, which is quercetin rutinoid, isoquercetin is better absorbed and reaches the bloodstream 10 times faster.

It's also three times as bioavailable. Researchers found that when animals were given pure quercetin or isoquercetin, the animals that got isoquercetin had levels three times higher than the regular quercetin group.

3. Make a tea from this noble plant. My favorite sources of quercetin come from the plants I've found in my travels. Like the buchu I discovered in Africa. This herb is so rich in quercetin that I use it as a natural flu vaccine.

You can get buchu as a powder and a tincture, but I recommend you make buchu tea. Here's the very simple recipe I learned in South Africa:

- Place four teaspoons of dried buchu leaves into two cups of boiling water.
- Let the dried leaves soak in the hot water for about 10 minutes.
- Strain out the leaves.

Add a spoonful of honey or Stevia to sweeten, if you want. Enjoy.

Sip your tea slowly. You should start to feel the benefits after just one cup. Keep the rest in the refrigerator and heat when needed.

Buchu is a strong herb, so start slowly. It may cause gastrointestinal irritation so take it with meals. Also, pregnant or breastfeeding women should avoid buchu.

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One-Hour Lung Protection Is Helping My Patients AVOID Covid

The simple act of breathing constantly exposes your lungs to all kinds of viruses — not to mention bacteria, particles of pollution, and other harmful foreign matter.

And that makes your lungs your most vulnerable organ.

But I'm not just talking about being susceptible to the effects of coronavirus or other respiratory diseases.

Your lungs are your number one predictor of death.

But fortunately, this organ has evolved its own special immune system that you can easily reactivate.

In my practice, we are helping our patients by restoring the strength and lung function they remember from their youth.

And just like my patients, you can also revive your lung power so you can stand up to Covid without fear — and take back your life.

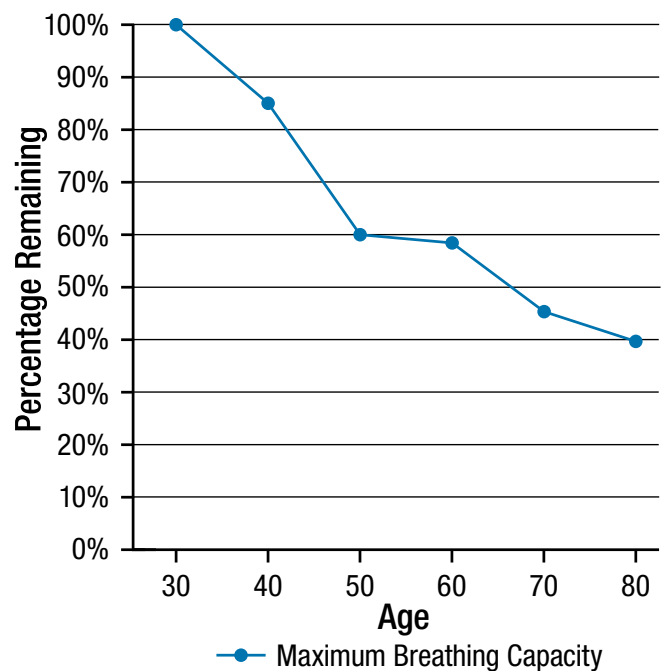
That's important...because any virus — whether it's Covid, the flu, or RSV — can have a devastating effect on your lungs, especially as you age.

Unhealthy lungs also tax your body, making you more vulnerable to invasions of disease-causing pathogens. You see, dangerous viruses and other harmful germs settle much more easily into people whose lungs are impaired.

On top of this, lung function declines as you age, making respiratory diseases a particularly hazard the older you get.

When you breathe, your alveoli — millions of tiny and fragile air sacs at the end of the bronchial

Age-Related Loss of Lung Function



Lung function declines as you age, making respiratory diseases even more hazardous.

tubes deep inside your lungs — stretch to draw in oxygen and transport it into your bloodstream. But when you exhale, your alveoli shrink and this forces carbon dioxide from your body.

Alveoli are critical to the breathing process. But starting around age 50, the elastic fibers around these alveoli can begin to degenerate, impairing their ability to hold air. This eventually results in a phenomenon called “alveolar dead space,” causing a massive decrease in oxygen flowing through your lungs.

It impacts your heart health and the ability of your arteries to pump life-giving blood and oxygen to every part of your body, including your vital organs.

Damaged alveoli are also often the targets of common influenza strains and other viruses — especially among seniors.¹

Pneumonia germs often prey on weak and vulnerable alveoli, causing a buildup of fluid, mucus, and pus in these little air sacs, inflaming them and making it difficult to breathe.

The good news is that the damage to your alveoli can be reversed. In this article, I'll show you how it can be done. But first, let's take a look at why these tiny air sacs are such a critical part of your immune system.

Activate Your Lung's Immune System

Studies show that, like the rest of your body, your lungs operate two interactive protective systems — an adaptive and an innate immune system.

The innate immune system inside your lungs is made up of armies of T cells, B cells and NK cells, like leukocytes, phagocytes, and macrophages.

These cells, which are released by the alveoli and airway epithelial cells, identify foreign invaders, engulf them, and then eat them.

The word, phagocytes, means “devouring cells” in Greek.

The innate immune system also drives adaptive immunity in your lungs. This is a system of leukocytes with a memory component. And they respond to signals from your innate immune system by producing antibodies for specific protein sequences in specific bacteria and viruses that have attacked your lungs before — and then sends out the phagocytes to devour them.

This is why you normally have immunity from colds and flu viruses that settle in your lungs for several weeks after you've recovered.

Recent studies at the University of Michigan also show that your lungs, like your gut, are home to a unique community of “good” bacteria — called the lung microbiome.

“Keeping your lungs healthy is one of the most powerful preventative steps you can take to protect yourself against harmful viruses and germs.”

And they have a direct influence on lung immunity.²

The researchers found that the lung microbiota, like the microbiota in your gut, are healthiest when they contain the highest number and the greatest diversity of microbes.

They also found that not only do environmental factors like smoking and pollution affect the diversity balance of your lung microbiome, but levels of antibiotic use also have a profound impact.

Meanwhile, other studies also show that alveoli have their own specific immune stem, which is regulated by the lung microbiota.³

The problem is that these special immune system functions operate optimally only in healthy lungs.

Studies show that the inflammation in the lungs of smokers, and people with chronic bronchitis and emphysema — both inflammatory diseases of the airways — causes impaired immune responses.⁴

Keeping your lungs healthy is one of the most powerful preventative steps you can take to protect yourself against harmful viruses and germs. It's also the key to restoring your native immunity... the disease-fighting power nature intended for you.

How Big Are Your Lungs?

Lung power is the number one predictor of how long you'll live. How well you breathe determines how long you'll stay active and healthy.

It also determines how vulnerable you are to dangerous respiratory infections — and how quickly you'll recover if you pick up one of these nasty bugs.

In fact, the Buffalo Health Study — an ongoing research project involving 12,000 people in western New York State — found that the stronger your lungs are, the less likely you'll die of any cause.⁵

Yet most mainstream doctors still ignore the vital importance of lung power.

I always recommend that patients with any breathing issues take a straightforward spirometry test and pay careful attention to inspiratory capacity, or IC.

This is one of the best ways to determine the health of your lungs. IC measures the total volume of air you take in during normal breathing activity.

An adult's normal inspiratory capacity is around three liters. But if your IC is lower, your lungs may be holding trapped air because you aren't able to fully exhale. You may have obstructed or restricted airways.

Next time you visit your doctor, you should insist on getting your IC measured as part of a spirometry test.

What Coronavirus Does To Your Lungs

The coronavirus family of just seven viruses — named for their tell-tale spikes, which look like a crown or the sun's corona — has been attacking humans for centuries.

They cause at least a third of all common colds. Two others — SARS and MERS — cause far more severe respiratory diseases. And the seventh virus, the germ behind Covid, can cause even more severe illness.

The spiky structure gives us the best clue as to why this virus is so successful at invading lungs.

All coronaviruses have the same entry method. They use their spikes to stick to protein receptors called ACE2 on the surface of the lung alveoli cells. This is the first step to a lung infection.

Researchers now know that the spikes on the novel SARS-CoV-2 virus sticks more strongly to ACE2 than SARS or MERS.⁶

The virus then uses the ACE2 receptor as a doorway into the cell. Once it's in, the virus replicates and continues to kill the cells it enters throughout the lungs.

By now, a full-blown war has broken out between the virus and your immune system response, causing fever, inflammation, shortness of breath, and severe oxygen deprivation to tissues and organs throughout your body.

The winner of that war depends entirely on the strength of your immune system and the health of your lungs.

Use The #1 Protector Of Lung Health To Beat Disease

My research has found that using HBOT is one of the most effective ways you can build immunity and strengthen your lungs.

HBOT really is just about breathing — except you're getting 100% oxygen under higher pressure (up to 1.5 times) than we normally have in the air.

The treatment has been used for more than a century to treat deep-sea divers with the "bends," or decompression sickness. But doctors soon discovered that it also speeded up wound healing.

One of the earliest uses of HBOT was against the last pandemic to impact America — the Spanish flu of 1918.

Like the coronavirus, death from Spanish flu was mostly the result of a pulmonary infection, oxygen deprivation to the vital organs, and respiratory failure.

The first case of hyperbaric oxygen therapy being used on a patient with Spanish flu was recorded by HBOT pioneer Dr. Orval Cunningham in 1918 in Kansas City.

The patient was said to be "blue," and in terminal decline, when he was brought to the hospital.⁷

After just four days of HBOT, the patient made a complete recovery.

HBOT is also being used today in China to treat severe cases of coronavirus. You see, HBOT allows your lungs to take in more oxygen than would be possible if you were breathing oxygen at normal air pressure.

The higher pressure physically dissolves more oxygen into your red blood cells, boosting oxygen levels.

The ability of hyperbaric oxygen to penetrate inflammatory pulmonary secretions allows adequate oxygen to reach your bloodstream while inhibiting the inflammatory process.

At the same time, HBOT also stimulates the release of stem cells, bolstering your immune system and accelerating the healing process.⁸

A study out of University of Pennsylvania School of Medicine found that after just one HBOT treatment, stem cell concentrations doubled — but after 20 treatments, they increased a staggering 800%.

And another study found HBOT not only reactivates and mobilizes “sleeping” stem cells — these stem cells have a higher concentration of inflammation-regulating proteins that battle and repair cellular damage where it occurs.⁹

That means HBOT can be used both as a treatment for the coronavirus and as a prevention by boosting your immune system and improving the overall health of your lungs.

Here at the Sears Institute for Anti-Aging Medicine, I help my patients to build their immunity and strengthen their lungs using hyperbaric oxygen (HBOT).

It’s one of the most effective treatments against Covid that I can recommend. Here’s why...

As you know, Covid invades your respiratory system and causes acute respiratory distress with complications ranging from loss of lung function to blood clots.

But HBOT oxygenates your blood, boosting immunity by delivering 100% oxygen to the pulmonary system. This highly oxygenated blood then:^{10,11,12,13,14,15}

- Prevents pulmonary inflammation
- Suppresses respiratory secretions
- Increases lung function
- Inhibits the formation of blood clots
- Destroys germs, microbes, and bacteria
- Increases the number of white blood cells in the body
- Improves the ability of white blood cells to seek and destroy invaders

While HBOT is a proven therapy to **prevent** Covid, it’s also a highly effective way for treating the condition if you’ve come down with it. And an increasing number of studies back me up...

In one study, researchers placed 35 Covid patients in an HBOT chamber for one hour a day, for five days. Some of these individuals had oxygen saturation levels that averaged only 70%. Normal levels are between 95% and 100%, indicating these patients were hours from death.

By the end of treatment, every patient had oxygen saturation levels above 94%.

Expand Your Lungpower With Oxygen

HBOT is usually delivered in one of two ways:

- **An HBOT Individual Unit:** This is the way HBOT is most-commonly delivered these days — and the way we do it at my clinic. You lie down in a single-person chamber that looks like a tiny submarine with a glass hood — and just breathe normally. You can watch TV, read, or even take a nap. You’re simply breathing pure oxygen at higher than normal atmospheric pressure.
- **An HBOT chamber for several people:** In a multi-person hyperbaric oxygen room you can sit or lie down. In this setting, you’ll probably get oxygen through a mask over your face or a lightweight, clear hood will be placed over your head.



Studies prove hyperbaric oxygen therapy can treat and prevent Covid as well as improve overall lung function.

Because infection can be transmitted in hyperbaric chamber environments, it’s crucial that treatment is provided only by medical professionals who are trained, experienced, and

equipped to provide HBOT treatment under strict sanitation and control conditions.

If you're interested in HBOT at the **Sears Institute for Anti-Aging Medicine**, please call my staff at **561-784-7852**.

2 More Ways To Easily Improve Lung Function

Protect and enhance your most vulnerable organ with nature's remedies. Here are two you can try today.

1. Try this novel way to protect your lungs.

A new study published in the *Journal of Cellular and Molecular Medicine* found that CBD can reduce — and even reverse — this lung damage by normalizing levels of an inflammation-causing peptide called apelin.

Apelin is made by cells in the blood, brain, heart, fat, and lung tissue. It plays a major role in regulating your blood pressure, while also keeping inflammation down.

When you're infected with coronavirus, your levels of this peptide plummet. But researchers say that even when levels were close to zero in patients with ARDS, treatment with CBD increased apelin blood levels by 20 times — and restored lung function back to normal levels.

The study authors found that using CBD also relaxed cells lining blood vessels, reduced excessive lung inflammation, increased oxygen levels, and repaired damage to the lungs, including scarring and swelling.¹⁶

I recommend using an oral CBD that uses nanotechnology. That will move 1,500% more CBD past your cell membranes.¹⁷ When you're having trouble with your lungs, that's pretty important. Start with a dose of 10 mg and take it with healthy fats to further increase bioavailability. Spray the liquid under your tongue and hold it there for 60 seconds, then swallow.

2. Supplement with NAC. N-acetyl-L-cysteine is a highly effective “precursor” to the antioxidant glutathione, your body's strongest antioxidant. Glutathione is found in every cell in your body. It is a powerful weapon against oxidative stress, inflammation, and free radical damage to tissues — especially in the lungs.

NAC is also a potent antioxidant in its own right — even before it converts to glutathione. Studies show that it also:

- Decreases the production of proinflammatory compounds that cause scarring in lung tissue.¹⁸
- Supports overall pulmonary function
- Reduces excess airway mucus¹⁹
- Inhibits colonization of infectious bacteria and viruses in the lungs.²⁰

I recommend 600 mg per day. After a couple of weeks, you can double your dosage to 600 mg twice a day.

Don't take NAC with food. I suggest first thing in the morning, and again before bed.

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If You Had Covid, The Vaccine, Or Both... You Need To Purge Spike Proteins From Your Body

If you were one of the millions of people who caught Covid naturally or took one of Big Pharma's mRNA vaccines, you may have dangerous spike proteins circulating throughout your body.

But don't panic.

While it's true that both Covid vaccines and infection can cause lasting damage, important — but ignored research — reveals it's possible to purge these lingering invaders from your body.

Of course, the mainstream press continues to promote the idea that these spike proteins are harmless and can't damage your tissues or organs. Experts who disagree are shunned and accused of "anti-vax disinformation."

Like Dr. Aseem Malhotra, author of *A Statin-Free Life — A Revolutionary Life Plan For Tackling Heart Disease Without Statins*.

Dr. Malhotra is one of the world's most esteemed cardiologists. In fact, *The Sunday Times* listed him as one of the 500 most influential people in Britain and one of the top 20 most influential people in science and medicine. This is an honor he shared with physicist Stephen Hawking.

Today though, Dr. Malhotra has been accused of pushing "extreme fringe" views because he dared to change his mind about Covid vaccines. Let me explain...

A couple of years ago, Dr. Malhotra was a vocal supporter of mRNA vaccines. He got both doses in early 2021 and encouraged his family and friends to do the same.

He even went on England's most popular morning television show to promote the benefits.



World-renowned cardiologist Dr. Aseem Malhotra determined there is "a greater risk of serious adverse events from the vaccines than being hospitalized from Covid."

But now Dr. Malhotra is convinced that the shots do more harm than good for the general public. And he wants them to stop being administered altogether.

So what made him change course so drastically? Two things:

First, he heard from an esteemed and well-published colleague who is also a cardiologist. This doctor, who prefers to remain anonymous, told Malhotra about something he'd read in the original Pfizer clinical trial that led to the approval of the vaccine — that there were four cardiac arrests in the vaccine group compared to one in the placebo group. At the time, Dr. Malhotra concluded that while this may have been an anomaly, it had the potential to be a serious problem.

Then a couple months later, his father suffered a fatal heart attack after a booster shot. Malhotra's father was a doctor himself and deputy chair of the British Medical Association. His death was a shock to Malhotra since he'd "always taken great care of himself."

An autopsy commissioned by Malhotra found "no evidence of an actual heart attack." This led him to conclude that there was a "real possibility" the vaccines played a significant role in his father's death.

Malhotra began to do a deep dive into information that was being gathered by the "other side." After reviewing the data, he concluded there was "a greater risk of serious adverse events from the vaccines than being hospitalized from COVID-19... especially in relation to cardiovascular safety."

Additional research turned up even more reasons for doubts. He read a scientific abstract that found a middle-aged patient's risk of having a heart attack increased from 11% to 25% within eight weeks of getting an mRNA vaccine.¹

Then a whistleblower, another cardiologist from a prestigious institution in Britain, told him that he and his team had accidentally discovered coronary imaging studies showing vaccinated versus unvaccinated study participants. The images revealed that the vaccinated patients had a huge increase in inflammation, but the researchers were going to keep the information a secret because it would affect their future funding from Big Pharma.

What The Dangerous Spike Proteins Leave Behind

I talked about vaccine dangers in a previous article. One of the worst dangers may be spike proteins. You see, the still unproven Covid vaccine uses a new drug technology that programs your cells to continuously produce SARS-CoV-2 spike proteins, which is the most dangerous part of the virus.

And these proteins don't just stick around the infection site.²

These harmful proteins have been shown to

circulate throughout your body, causing unknown damage to your cells, tissues, and organs.

In this article, I'll reveal the truth about these spike proteins. But more importantly, I'll show you how you can purge your body and get back to living the way you did before Big Pharma's criminal interference.

When you're infected with Covid, spike proteins create the pathways for the virus to spread. They are found naturally in all Covid variants, but they're also produced in your body when you get a Covid shot.

These aren't like the proteins naturally produced in a healthy body. They rest just outside of the coronavirus that causes Covid and attach to your cell's ACE2 receptors — which help move the good proteins around your body.

When this happens, these receptors become blocked, and this can trigger:

- Autoimmune diseases
- Abnormal bleeding
- Blood clotting

Dr. Robert Malone, who helped invent mRNA vaccines, warned about this right before he was virtually excommunicated from mainstream medicine.

According to the doctor, this kind of vaccine "actively manipulates" the biology of your cells, which can open the blood-brain barrier and cause lasting cell damage.

These days, Dr. Malone's name is routinely dragged through the mud. That's what you get when you cross Big Pharma. But Dr. Malone isn't the only one sounding the alarm on this. Fortunately, researchers around the globe are continuing to fight this important fight.

Researchers Tried To Warn Us

Researchers investigated the impact by cloning the Covid spike protein and delivering it into lab mice. What they saw next shocked them.

Not only did the protein directly attack heart muscle cells, but it also caused heart dysfunction and cardiac inflammation.³

This study was done on animal models, but humans haven't fared much better.

In 2021, researchers conducted a postmortem study on a patient who received the Covid vaccine. Before his death, this patient didn't show any symptoms for Covid. He tested positive for Covid right before he died just four weeks later.

While the autopsy did not connect his death to Covid, researchers did find traces of spike proteins throughout his body.⁴

We were told by so-called experts that the mRNA vaccine would remain at the point of injection to give your immune system a chance to attack a weak enemy. But it's become painfully clear this was never true.

A pharmacokinetics study was conducted by Pfizer as part of the company's vaccine submission process to the PMDA, Japan's version of the FDA. Pharmacokinetics is the study of how a drug is distributed throughout the body. The research determined that spike proteins from the vaccine accumulated in a number of tissues, including the spleen, bone marrow, liver, and adrenal glands.

A second Japanese biodistribution study for the Pfizer vaccine found that mRNA moves from the injection site to the blood, allowing spike proteins to roam freely.⁵

Pfizer Animal Research Study:

mRNA Vaccine Is Distributed To These Organs Within 24 Hours

- Adrenal glands
- Bone marrow (femur)
- Heart
- Injection site
- Kidneys
- Liver
- Lymph node (man)
- Muscle
- Ovaries
- Spleen

And this assault on the body damages our cells in eight major ways.

1. Impairs mitochondria. A 2021 study found that spike proteins disrupt the structure and function of mitochondria in cells. Mitochondria are the energy centers of your cells. This is one reason why spike proteins cause symptoms like brain fog and heart failure.⁶

2. Weakens DNA's ability to repair itself. In an in vitro study published in the journal *Viruses*, researchers in Sweden reported that spike proteins penetrate a cell's nucleus and "inhibit DNA damage repair by impeding key DNA repair protein BRCA1 and 53BP1 recruitment to the damage site."⁷

3. Damages lung cells. A new study published by the *Journal of the American Heart Association* found that the presence of spike proteins in the body cause the pulmonary alveolar cell walls in the lungs to thicken and solidify — leading to a loss of lung function.⁸

4. Damages cardiovascular cells and increases the risk of blood clots. A study published in *Clinical Science* found that spike proteins can bind to CD147 receptors on the surface of the pericardial cells, making them more likely to shed from the surface of the endothelial cells. Spike proteins also stimulate pericardial cells to produce more pro-inflammatory factors that can damage the myocardium and cause blood clots. Additional studies find that spike proteins also reduce nitric oxide production in the endothelium.⁹

5. Harms brain cells. Spike proteins can cross the blood brain barrier in the hippocampus causing cognitive decline and anxiety-like behavior. These neurological symptoms were accompanied by neuronal cell death in the dorsal and ventral hippocampus as well as glial cell activation.¹⁰

A second study found that spike proteins can infiltrate the brain's endothelial cells, which affects their respiratory function. This may lead to the neurological symptoms observed in patients.¹¹

6. Increases inflammation. Spike proteins trigger inflammation by activating your body's

inflammation command center — a molecule called nuclear factor-kappa B (NF-κB). NF-κB is the switch that turns on more than 400 pro-inflammatory genes in your body.

“By inhibiting spike proteins, you can prevent further damage to your cells.”

Covid and vaccine after-effects have compiled a list of natural spike protein inhibitors¹⁴ that will reduce your body’s spike protein load. These inhibitors include:

7. **Suppresses immunity.** According to a 2022 report from *The Lancet*, the spike proteins in Covid boosters can “adversely affect the immune response” and lead to a “decrease in immunity.” The authors concluded that immune function was lower in those who received two doses of the vaccine compared to unvaccinated individuals.¹²

8. **Increases cancer risk.** Spike proteins can cause different degrees of oxidation of the organs, leading to more cells suffering premature death and putting the body in a hyperoxidized state, which may further increase the risk of cancer.¹³

Protect Your ACE2 Receptors

The first step in purging the Covid-related spike proteins in your body is stopping their spread in the first place. Many doctors have already identified a list of naturally-occurring spike protein inhibitors that block the ability of spike proteins to bind to human cells.

One of these is ivermectin, the anti-parasitic treatment I talked about in a previous article.

Approved for humans back in 1987, ivermectin proved invaluable for treating a wide array of infections including scabies, head lice, river blindness, and even more serious conditions such as lymphatic filariasis.

In Covid, ivermectin binds to the ACE2 receptors before coronavirus spike proteins have the chance to — preventing further spread throughout the body.

Angiotensin-converting enzyme-2, or ACE2, receptors are located in cell walls, lung and blood vessel linings, and in platelets. They function as the binding site for spike proteins.

But ivermectin isn’t your only option for blocking these receptors. A group of international doctors and healthcare providers who have experience helping patients recover from both

- **Prunella vulgaris.** Also known as heal-all and woundwort, this herb blocks SARS-CoV-2 virus infection and replication.¹⁵
- **Taraxacum officinale.** Better known as dandelion leaf extract, it blocks the protein interaction of spike S1 to human ACE2 cell surface receptors.¹⁶
- **Emodin.** This compound, isolated from rhubarb, buckthorn, and Japanese knotweed, also blocks the coronavirus spike protein from binding to the ACE2 receptor.¹⁷
- **Azadirachta indica.** This tropical tree is native to India. You may know it as the mosquito repellent neem. According to research from Penn Medicine, extract from the leaves binds to spike proteins and stops them from binding to a host cell. This can reduce the viral entry and spread of Covid by spike proteins.¹⁸

By inhibiting spike proteins, you can prevent further damage to your cells. But in many cases, the damage has already been done. However, even this is reversible.

That’s why, in addition to taking spike protein inhibitors, I recommend giving your body the Covid detox it needs.

2 More Ways To Block Circulating Spike Proteins

We know that spike proteins attach to ACE2 receptors and impair normal function. But simply blocking the damage may not always be enough. Here’s what I recommend to my patients who’ve had Covid or an mRNA vaccine:

1. **Detox spike proteins with curcumin.** This Asian spice is one of the most powerful anti-inflammatories out there. Previous research has shown that curcumin inhibits mediators of the inflammatory response, including cytokines, chemokines, and the NF-κB molecule that activates hundreds of pro-inflammatory genes in your body.

But recently, it's shown strong promise as a detox agent for Covid proteins. A 2022 study reported that curcumin binds to both the ACE2 receptor and receptor-binding domain of the SARS-CoV-2 spike protein. The researchers concluded that of all the phytochemicals they tested, curcumin was the most powerful therapeutic agent against Covid proteins.¹⁹

You can boost curcumin consumption by cooking with turmeric spice. But it's not easy getting enough curcumin from your diet. So I suggest supplementing with 1,000 mg daily. But don't waste your money on curcumin that doesn't work...

You see, your body only absorbs about half the curcumin you take in. Look for a supplement with piperine (an extract from black pepper). Adding 20 mg of piperine can increase the bioavailability of curcumin by 2,000%.

2. Use CBD to block spike proteins. In the last article, I told you how CBD can protect your lungs against damaging inflammation. But that's not the only way it can protect you against Covid...

Researchers at Oregon State University discovered that certain non-intoxicating cannabinoid compounds can bind to the SARS-CoV-2 spike protein. The new study was published in the *Journal of Natural Products*.

The researchers found that two cannabinoid acids commonly found in hemp varieties of cannabis, CBGA and CBDA, can bind to the spike protein of SARS-CoV-2, the virus that causes Covid-19. By binding to the spike protein, the compounds can prevent the virus from entering cells and causing infection, potentially offering new avenues to prevent and treat the disease.²⁰

I've recommended CBD to my patients for more than two years as a novel way to protect their lungs and strengthen their immunity.

A recent study found that CBD can reduce — and even reverse — lung damage by normalizing levels of an inflammation-causing peptide called

apelin. When you're infected with coronavirus, your levels of this peptide plummet. But researchers say that even when levels were close to zero in patients, treatment with CBD increased apelin blood levels by 20 times — and restored lung function to normal.

I recommend starting with 5 mg daily for the first week. But don't be surprised if you don't feel any effects until you reach about 30 mg per dose. Experiment to find out what works best for you.

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“Secret” Therapy That Saved Ronald Reagan Stops Covid Virus From Spreading

In the age of Covid, there is no faster way to purify your body of unwanted viruses, bacteria, and fungi — while at the same time ramp up your immune system — than a 125-year-old therapy “banned” by the FDA.

I’m talking about ozone therapy.

A new peer-reviewed, double-blind study published in the *Marmara Medical Journal* followed 71 patients who’d completed ozone therapy within the last six months.

The researchers concluded that “ozone therapy could be preventive against COVID-19” and should “be considered as an alternative, easy-to-apply, safe, and inexpensive method in the fight against Covid.”¹

This backs up a large meta-analysis published in November 2022 in the journal *Frontiers of Medicine*.

In the study, researchers analyzed four clinical trials and four case-controlled studies with a total of 371 covid-positive patients. They assessed and compared length of hospital stays, ICU admissions, inflammation markers, mortality rates, and more.

While length of hospital stay and ICU admissions weren’t affected, the research team concluded that ozone therapy was “effective significantly” on other measures tested — including mortality.²

Of course, if the FDA had their way, they’d ban me from telling you this... Over the last three years, the agency that’s supposed to be in charge of protecting your health has threatened clinics like mine for offering this therapy to the public.



Ronald Reagan had access to a life-saving therapy that the FDA is trying to keep from you.

But I refuse to let this broken bureaucratic behemoth stop me from telling you the truth.

You see, ozone — a special “energized” kind of oxygen — can help heal almost any condition.

Despite being banned by the FDA back in the 1940s, after more than 60 years of successful use, ozone therapy has saved literally millions of lives in countries where it has become a commonplace medical treatment. It’s been shown to be effective to treat as many as 114 diseases.³

I’ve been using ozone therapy in my clinic to treat a variety of issues.

In countries like Germany, Italy, France, and Canada, ozone therapy has become commonplace in hospitals and clinics to treat:

- Heart disease
- Cancer
- Alzheimer's
- Diabetes
- Autoimmune disorders
- Depression
- Fibromyalgia
- And more

Ozone therapy works because it improves circulation, stimulates stem cell production, and flushes out toxins.

It's by far one of the safest medical therapies ever devised. It's highly effective and free of side effects.

It's also why the late-President Ronald Reagan went to Germany to get ozone therapy for his cancer. He bucked the medical establishment to pave his own path.

And it's a good thing he did. Because if he hadn't, America's beloved 40th president may have died WAY too early.

Instead, he died over a decade later of pneumonia — not cancer — at age 93.

For someone with cancer, ozone can lower inflammation and help remove free radicals.

It can also destroy cancer cells on contact. It works because healthy cells have biochemicals to safely neutralize ozone but cancer cells don't.^{4,5,6}

Just some of the successes of energized oxygen include:

- Destroys viruses, bacteria, fungi, and plaque.⁷ Dentists use it for sterilizing cavities, root canals, and surgical wounds.⁸
- Protects against inflammation, oxidation, neurological diseases, vascular disease, and degenerative diseases like skin lesions and herniated discs.^{9,10}

“Ozone therapy works because it improves circulation, stimulates stem cell production, and flushes out toxins.”

- Treats infected wounds, hepatitis C, circulatory disorders, geriatric conditions, macular degeneration, viral diseases, rheumatism, and arthritis.^{11,12,13}

But if the FDA had their way, ozone therapy would be banned.

You see, for years the FDA has been waging war on ozone therapy calling it unproven and a fraud.

But the real problem is... ozone therapy works TOO well.

Ozone therapy is cheap and safe. The problem the FDA has is that it can't be patented. It could put a big dent in the drug industry's billion-dollar profits.

No wonder the FDA and Big Pharma have been trying to stamp it out for the past 80 years.

It's natural, inexpensive and can't be patented. And it outperforms their expensive drugs. The global pharmaceutical industry is worth \$300 billion a year — and anything that threatens sales is going to draw heat.¹⁴

Of course, that doesn't stop these bureaucrats from accessing ozone therapy for themselves and their loved ones...

Banned for Regular Americans But FDA Officials Use This Therapy To Cure Themselves

While the FDA has banned the ozone therapy in America since the 1940s, highly respectable doctors report treating FDA officials and their families with the very same treatment they banned for Americans.

Here's what Dr. Hans Neiper, the world-renowned German cancer doctor who administers regularly treats patients with ozone therapy had to say:

“You wouldn't believe how many FDA officials or relatives or acquaintances of FDA officials come to see me as patients in Hanover.”

But it even goes beyond that...

Neiper continues to list off some of his patients: “Directors of the American Medical Association, or American Cancer Association, or the presidents of orthodox cancer institutes. That's the fact.”

Yet everyday Americans continue to die from perfectly curable diseases, including diabetes. But this outlaw ozone therapy also treats insulin resistance.

Balance Blood Sugar

Diabetics have circulation problems. Blood flow and oxygen to their limbs is diminished. They have problems with foot wounds and gangrene. Ozone has been used with good results in the treatment of patients with diabetic foot.

But ozone therapy does much more...

You see, oxidative stress has a big role in diabetes.

An imbalance between free radicals and antioxidants can lead to insulin resistance.¹⁵ In other words, there is a close link between oxidative stress and insulin sensitivity.¹⁶ And an increase in antioxidants can improve your insulin sensitivity.

That's where ozone comes in. It activates your antioxidant system. In one study 101 patients with type 2 diabetes and diabetic foot wounds were divided into two groups. One group was treated with ozone therapy. The other was treated with antibiotics.

The results were striking...

After 20 days, the ozone group improved their blood sugar. In fact, their glucose levels returned to normal ranges. They had less oxidative stress. And they had more activated superoxide dismutase (SOD), a powerful antioxidant. Their foot wounds also improved. They had fewer amputations.

The researchers called ozone an “alternative therapy in the treatment of diabetes.”¹⁷

Why Ozone Therapy Works

Ozone is a sweet-smelling, bluish gas that's common in nature. It's what makes the sky blue, and it's why the air smells so good after a thunderstorm.

Unlike the oxygen in the air you breathe, which has the chemical symbol O₂, ozone has an extra oxygen molecule. That gives it the symbol O₃.

Today, medical-grade O₃ is made in special generators. And once this supercharged oxygen gets into your bloodstream, it has the unique power to heal and detoxify.

It naturally destroys disease-causing pathogens like bacteria, fungi, viruses, and many different kinds of cancer cells.

You see, human cells thrive on oxygen. But the pathogens that cause disease can't live in high oxygen concentrations. These anaerobic viruses and bacteria are unable to survive when they're surrounded with this very energetic form of oxygen.^{18,19}

One study published recently in the *Journal of Infectious Diseases and Epidemiology* noted that with ozone therapy, “the world already has a most inexpensive, safe, and likely effective remedy for deadly viral diseases,” like Covid-19.²⁰

It also noted that ozone, which has already been shown to be effective against a number of dangerous germs like Ebola and HIV and has the power to inactivate the coronavirus protein directly by launching an “ozonide attack” on vulnerable signaling chemicals in the virus.

At the same time, ozone supercharges your immune system. It triggers the production of cytokines, key signaling molecules that regulate immunity, inflammation, and the production of immune cells.²¹

This special oxygen also gives you boundless energy. When you have low oxygen, it starves your mitochondria, the tiny power plants inside your cells.

These little cellular furnaces need oxygen to make energy. But when oxygen levels drop, your cellular energy takes a dive. You feel tired and your immune system starts to falter.

Ozone therapy saturates your cells with high-energy oxygen. It helps restore and replenish your mitochondria, making old cells young and healthy again.

Getting ozone therapy is easy, and it's one of the most pleasant medical treatments.

Here at the Sears Institute for Anti-Aging Medicine, I provide ozone therapy to my patients using a technique called *autohemotherapy*. This is a fancy name for the "blood method," and it's the most effective way to get ozone into your body.

Here's what we do:

- First, we make O₃ from O₂ with a special ozone generator machine.
- Then we draw a small amount of the patient's blood.
- Next, we infuse the blood with medical-grade O₃ mixed with O₂.
- Finally, we reintroduce the oxygen-rich blood back into the patient with an IV.

And we recently added a personal ozone sauna to our new oxygen lounge at the Sears Institute. I think it's one of the most pleasant ways to get ozone into your body.

You sit on a chair and your body is "encased" in the personal sauna as the cabinet is closed around you. Your head is not covered so you don't breathe it in. As steam surrounds your body, the humid heat opens the pores on your skin. The ozone penetrates directly into your bloodstream.

This is a powerful detoxifying treatment. Ozone floods your fat and lymph tissue where most of your body's toxins are contained. As you perspire, the toxins are removed and ozone renews your cells.

If you're interested in getting ozone therapy at the **Sears Institute of Anti-Aging**, please call my staff for an appointment at **561-784-7852**.

4 Ways To Use Ozone At Home

Although not as medically effective, there are several ways to harness the power of turbo-charged oxygen at home:

1. **Try ozonated water:** Super-oxygenated water boosts your immune system, and eliminates microbes and toxins in your blood. In addition to drinking ozonated water, you can tap into its healing powers by swabbing it on cuts, rashes, stings, and sunburns.

You can make your own ozone-infused drinking water with a machine called a "cold corona-discharge ozone generator." And be sure you drink it before the ozone breaks down into regular oxygen. Ozonated water is also available in most health food stores and online.

2. **Use ozonated olive oil paste:** This oxygen-infused salve is one of my favorite natural healers. You can rub it on cuts, burns, sores, boils, sunburn, infections, dermatitis, fungal infections and insect bites and stings. It disinfects, sterilizes, and reduces swelling and redness. And it promotes cell growth while reducing scarring.

It's available in health food stores and online, but make sure the product you buy comes from pure, cold-pressed, virgin olive oil.

3. **Breathe it in.** You can also buy an ozonator and set it up in your bedroom so that when you sleep, you're breathing ozonated air all night long.

Simply place the ozonator high up to distribute the ozone better. Ozone has a slight odor that most people don't even notice. But if you find it a bit acrid, all you have to do is turn the ozonator down a bit.

4. **Bathe in it.** Finally, consider getting bubbling ozone for your bath. Most will have either a mat that goes in the tub or a hose with a diffuser at the end of it to ozonate the water.

The ozone works immediately to oxidize dead skin. At the same time, it gives you a huge amount of activated oxygen. And it creates negative ions in the air at a greater rate than air ozonators. This can improve your mood, lower stress, and help you breathe better.

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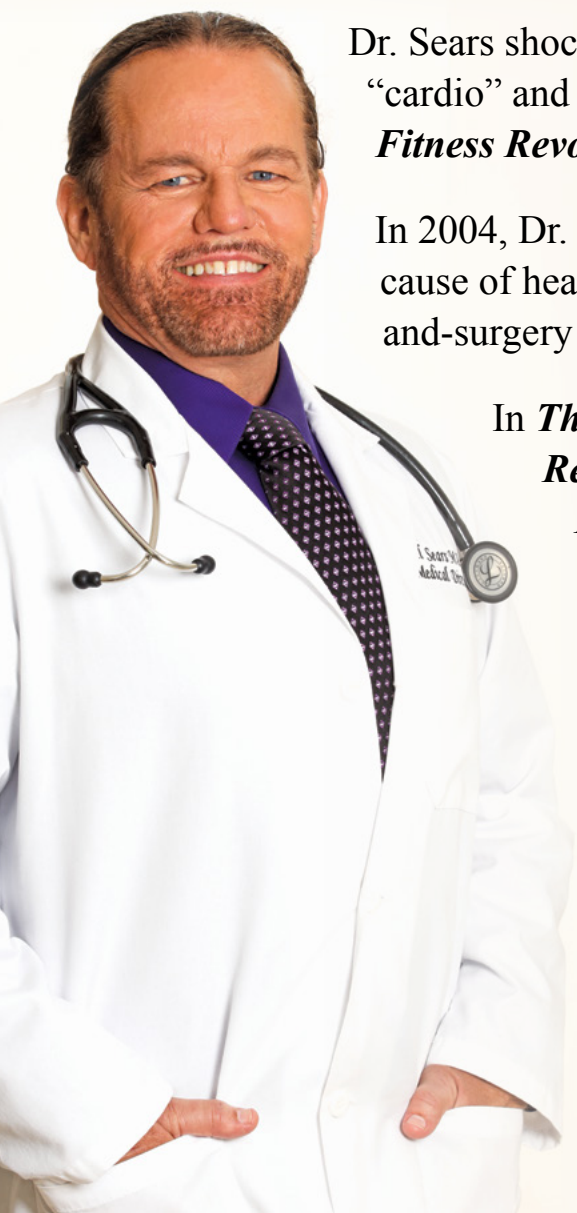
The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.

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).