



Dr. Sears'

CONFIDENTIAL CURES

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

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Dear Friend,

If you were to ask me what is the most important advice I give my patients — and readers like you — my reply would be the same answer I’ve given for almost 35 years.

And for more than three decades, so-called “experts” in the healthcare field ridiculed me for offering this advice.

They even went so far as to call me a quack.

You see, the most important advice I give my patients and readers is to ignore the dietary recommendations provided by the federal government.

The USDA’s “Healthy Eating Plate” is the latest reiteration of their failed food pyramid. This decades-old message to eat a grain- and carb-heavy diet remains a recipe for chronic disease and the highest rates of all-cause mortality the world has ever known.

But as a recent request provided by the Freedom of Information Act (FOIA) uncovered, the corruption between Big Food and the federal government runs even deeper than we thought.

A new study based on these findings reveals a cozy and unscrupulous conspiracy between a powerful lobby group that has wide-ranging influence over government policy on food and the USDA.

This group, which is controlled by former Big Food industry insiders, provides guidance to more than one hundred thousand U.S. dieticians and shapes our national food and nutrition policies.

Yet the level of backroom deals, kickbacks, and quid pro quos exposed by the FOIA is truly mind boggling.

In your March 2023 issue of **Confidential Cures**, you will discover:

- **How a simple Freedom of Information Act request revealed definitive proof that the Federal government has no interest in protecting your well-being.** But I’ll share with you the seven steps you need to take today to take back control of your own health destiny.
- **How the latest backroom “deal” between Big Pharma giant Biogen and the FDA puts your health — and even your life — at risk.** Instead of their latest “breakthrough” drug, I’ll share the 1-hour solution that restores decades of youthful brain power and can *boost your cognitive scores by 27%*.
- **The surprising reasons why colon cancer is on the rise in America.** But more importantly, I’ll show you the simple steps you can take so you never suffer from this dreadful disease that continues to take far too many American lives.

Al Sears, MD, CNS

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Bombshell Report Exposed By Freedom Of Information Act PROVES:

Government's Deadly Food Advice Is Linked To All-Cause Mortality

You should never trust the government with your health. I've been telling this to my patients for years.

And it turns out you shouldn't trust most dietitians either.

Newly released documents reveal that the Academy of Nutrition and Dietetics — a powerful lobby group with wide-ranging influence over government policy on food — has almost no interest in your nutritional health.

Instead, they are focused on lining the pockets of Big Food manufacturers — and themselves.

These findings are part of a recently published, peer-reviewed study led by a team of U.S. and U.K. researchers.

This new study is titled “The Corporate Capture Of The Nutrition Profession In The USA.”¹

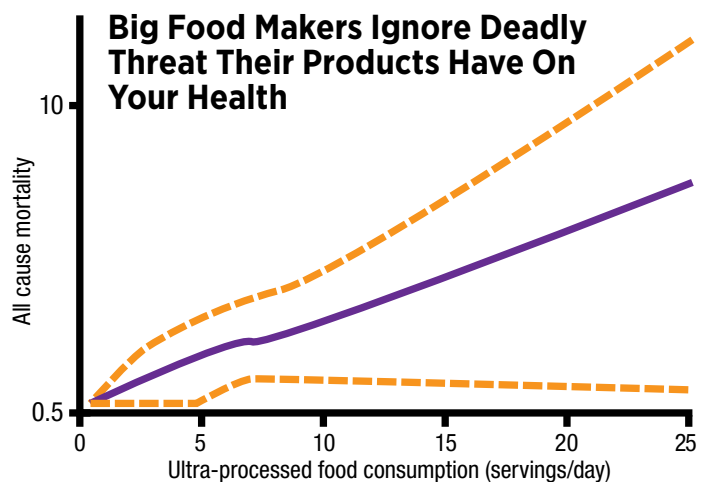
I couldn't make this stuff up if I tried...

The researchers examined a stockpile of financial documents and internal communications obtained through a Freedom of Information Act request.

They were shocked by what they discovered.

It turns out that the cozy and corrupt conspiracy between the Academy, the government, Big Food giants like Kraft, General Mills and Nestle, as well as industry bodies like the Sugar Association, is enough to make even the most trusting person suspicious.

The Academy bills itself as an independent group that lobbies Congress to shape national food and nutrition policy.



New studies prove the strong link between ultra-processed foods and all-cause mortality.

It also provides guidance to more than 110,000 U.S. dietitians.

Yet the group is riddled with industry interests and corruption.

And it's controlled by former industry bosses from companies like Monsanto and its new owner, Bayer.

The level of backroom deals, kickbacks, and quid pro quos between the Academy and Big Food uncovered by the research is simply mind boggling.

Perhaps most blatant of all is the paper trail which reveals that the Academy of Nutrition and Dietetics owns stock and has received millions of dollars in contributions for the shameless promotion of ultra-processed food that for years has been linked to a wide range of chronic health problems.

In this *Confidential Cures* article, you'll learn just how corrupt Big Food and the government really are and why you should never trust them with your health.

I'm also going to show you how you can get these nutritionless, disease-causing fake foods off your dinner table. It's time to take back control of your diet from greedy corporations whose products have nothing to do with your health, but everything do with power and profit.

The Corruption Uncovered Is Mind Boggling

The Academy of Nutrition and Dietetics claims to be an independent voice and “trusted educational resource for consumers.”

But that's a long way from the truth.

The researchers found that the Academy accepted at least \$15 million from corporate contributors between 2011-2017, and more than \$4.5 million in additional funding went to the Academy's foundation.

Among the highest contributors were companies and industry entities including Nestle PepsiCo, Hershey, Kellogg's, General Mills, Conagra, the National Dairy Council, as well as baby formula producer Abbott Nutrition.

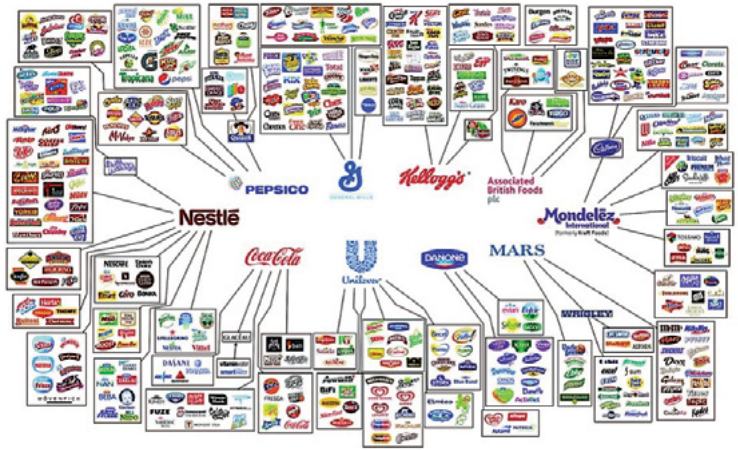
The Academy also received funding from Big Food through sponsorships, which the researchers revealed were just quid pro quos.

In a 2015 email obtained through the Freedom of Information Act, an Academy employee defined sponsorship as:

“When a company pays a fee to the Academy in return for... specific rights and benefits.”

Talk about corruption. To me, that definition sounds more like a bribe.

The email reveals that the Academy was in a two-year, \$300,000 “sponsorship” deal with Abbott at the time. The email went on to describe how the Academy could use its dietitians' influence in pediatricians' offices around the country to push *Pediasure*, one of the Big Pharma company's baby food products.



**It sounds like a conspiracy theory, but it's true:
10 companies control most of the food and drinks
you'll find in the grocery store.**

The researchers also found that the Academy owned Abbott stock at the time of the deal.

The same email described a sponsorship agreement with the National Dairy Council, which would pay \$1.2 million for a package that would fund “support for both the Academy and the Foundation to continue the collaborative work around food, nutrition, and agriculture.”

Other Academy sponsors include Coca-Cola's industry group, and Conagra, which owns brands like Reddi-Wip, Slim Jim, and Banquet.

Documents also showed there were discussions with Subway about how the Academy could “endorse” the fast-food chain's “healthier products.”

And it agreed to allow Kraft to put its “Kid's Eat Right” seal on Kraft Singles packaging. This “seal of approval” suggests an independent source had verified the product's nutritional value. Of course, you know that this processed cheese product, which contains dyes and other chemicals, has extremely poor nutritional value.

After a consumer blowback, the academy denied that the label was an endorsement. But it did up being forced to rescind the stamp.

Meanwhile, about \$4.5 million in corporate funding from processed food giants like General Mills went to an initiative called the “Champions Program.”

This granted funds to hundreds of organizations to support projects that essentially promoted a range of ultra-processed foods as part of a campaign for “healthy eating and active lifestyles for children and their families.”

In terms of your health, these ultra-processed foods are some of the most damaging foods you can eat, and the revelations are just the very tip of a massive corruption iceberg.

Processed Foods Leave Your Body Starving For Real Nutrition

Make no mistake about it, ultra-processed foods — which include breakfast cereals, pizza, chicken nuggets, sodas, chips, and other salty, sweet and savory snacks, packaged baked goods, microwaveable frozen meals, instant soups and sauces, and much more — are loaded with some of the most unhealthy and unnatural ingredients in existence.

Most contain unnaturally high amounts of processed sugars and salt, industrial oils, trans fats, artificial flavors, colors, preservatives, and chemical sweeteners.

Of course, they also contain additives — many of which are banned in other parts of the world — that imitate the texture and taste sensations produced by natural foods.

And the economics of industrial food manufacturing mean you can buy ultra-processed foods cheaper than unprocessed meat, fish, fruit, and vegetables.

And as we’ve just learned, they’re usually marketed as healthy, thanks to the influence of the Academy and their backroom deals with Big Food.

Government diet gurus and even dieticians — especially those who pay attention to the Academy of Nutrition and Dietetics — perpetuate this lie. They end up playing directly into the hands of food processing corporations and their life-shortening products, claiming they are an inevitability of our modern world.

This is unforgivable and plain wrong.

“Make no mistake about it, ultra-processed foods are loaded with some of the most unhealthy and unnatural ingredients in existence.”

A quick look at the U.S. consumption rates for ultra-processed foods is shocking:^{2,3}

- 57.9% of the foods eaten by adults is ultra-processed.
- 67% of the diet of American children and teenagers is ultra-processed.

Even though the government’s Dietary Guidelines recommend limiting added sugars to no more than 10% of daily calories — this is a near-impossible goal with the level of ultra-processed foods now in the typical American diet.

And it’s not just the terrible damage these foods themselves cause.

A steady diet of ultra-processed foods will also leave your body starving for the vitamins, minerals, live enzymes, micronutrients, and healthy fats you need to ward off diseases.

Research shows that the consumption of ultra-processed foods has been linked to an enormous range of chronic health conditions, including diabetes, heart disease, hypertension, Alzheimer’s, macular degeneration, arthritis, cancer, obesity, and much more.

Meanwhile, a large study from the Netherlands, published in *The Lancet* last year, revealed that the closer people live near fast-food outlets, the higher their chances are of developing diabetes and other chronic health problems.⁴

And recent research from scientists from the University of Texas MD Anderson Cancer Center found that people who eat ultra-processed foods on a regular basis have a staggering 49% higher risk of developing lung cancer — even if they’ve never smoked a single cigarette.⁵

The good news is that avoiding these fake foods and switching to a healthy diet is much easier than you might think.

Food Should be Easy

Your primal ancestors knew the secrets of good health instinctively. And over the span of a couple of hundred thousand years, humans evolved to require a certain range of nutrients for our health

to thrive — and ultra-processed foods were never among these ingredients.

Even your grandparent's generation didn't have to contend with the dangers we face every time we walk into the supermarket.

I've been warning my patients away from unnatural, ultra-processed foods for decades. They're the root of almost every modern chronic ailment.

If you want to enjoy the kind of primal health your body was built for — the first step is simply to eat naturally...and avoid processed foods.

Here are three quick and easy changes you can make:

1. **Severely restrict ultra-processed foods.** Start by basically eliminating all processed carbohydrates. That means avoiding products that contain refined sugars, starch, grains, rice, and corn.

Instead, eat plenty of above-ground and green, leafy vegetables, onions and garlic, berries and other fresh fruits, and nuts. Carbs shouldn't make up any more than 5% to 10% of your total calorie intake.

2. **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 fat isn't causing Americans to pack on the pounds. It's the processed sugar and carbohydrates that break down into sugar that is at the heart of our obesity problem.

3. **Eat plenty of protein.** Beef, organ meats, fish, and eggs are your best sources of protein. Eat grass-fed beef and wild-caught fish. Choose eggs from pastured chicken.

Other good sources of protein include pastured chicken, turkey, wild-caught salmon, and other cold-water fish. Nuts and seeds, such as almonds, peanuts, cashews, sunflower, and pumpkin seeds, also have plenty of protein.

“Only 8% of Americans meet the minimum recommended daily allowance of essential nutrients. Note that the RDA is only the minimum you need for your best health.”

Sadly, it's almost impossible to get the nutrients we need today only from food. And that means most people — including the majority of patients I see in my clinic — are essentially undernourished.

Are You Overfed But Malnourished?

Most of us think of malnourishment as something that happens to starving people in Africa or third-world countries, not here in America.

But my research shows that because so much of our calorie content comes from processed foods, most people in the U.S. are overfed yet undernourished.

We live in a world where we eat enough to fill our bellies, but what we eat is so deprived of nutrients our bodies don't get enough to even reach a base of what we need for basic nutrition.

We're full, yet our bodies are starving for the most basic nutrients.

Only 8% of Americans meet the minimum recommended daily allowance of their essential nutrients. It's important to note that the RDA is only the minimum, not the amount of a nutrient you need for your best health.

As nutrition pioneer and Nobel Prize-winning chemist Linus Pauling once said, “Recommended daily allowances only give levels of vitamins and minerals that will prevent death or serious illness from vitamin deficiency. To get real health benefits from vitamins, you need to get more than just the minimal recommended amounts.”

I have taken a quality multivitamin nearly every day for 30 years and you should too. But choose a quality multivitamin. I say this because there are a lot of bad multivitamins out there.

The most popular one in the world — I won't mention the name — is the worst one I've ever found. It's pure junk. It's just chemicals and minimal doses.

Supplement To Overcome Nutritional Deficiencies

But even a high-quality vitamin isn't enough. Here are the supplements I think everyone should take:

- **DHA.** This omega-3 fat can prevent or improve chronic conditions associated with aging, including: heart disease, cancer, Alzheimer's, depression, arthritis, and inflammation. You need between 600 and 1,000 mg of DHA daily. I recommend getting DHA from squid. Sometimes called calamari oil, it contains more DHA than fish oil alone.

- **CoQ10.** This is one of the most important supplements you can take. Benefits of this antioxidant include treating and preventing heart failure and diabetes; protection against certain kinds of cancer; strengthening mitochondria; protecting the brain against oxidative damage; slowing the progression of Alzheimer's and Parkinson's; and protecting lungs and increasing pulmonary function. Take 50 to 100 mg a day of the ubiquinol form. It's eight times more powerful.

- **Vitamin D3.** The sunshine vitamin helps prevent heart disease, autoimmune diseases like MS, depression, diabetes, cancer, and other chronic illness. It also strengthens your bones, boosts immunity, reduces inflammation, and helps with weight loss. I recommend at least 1,000 IUs a day, but it's likely you will need 5,000 IUs or more. Take the form of vitamin D3 called cholecalciferol. It's the same vitamin D3 that your body produces.

- **Vitamin K2.** This vitamin helps skin and bone health, improves brain function, boosts immunity, fights inflammation, and reduces your risk of heart disease. But studies now show that K2 is a powerful stem cell regulator that supercharges mesenchymal bone marrow stem cells. Look for vitamin K2 in the form of menaquinone-7. It's much more bioactive than menaquinone-4. I recommend up to 90 mcg a day taken with your meal.

- **Vitamin C.** Humans used to make this nutrient, but we no longer do. Yet it helps manage high blood pressure, protects your heart, reduces cancer risk, prevents anemia, protects your memory, and boosts immunity. You need at least 5,000 mg a day. Today, we're lucky if we get 200 mg to 300 mg. I recommend you take liposomal-encapsulated vitamin C. Liposomal is a technique that wraps the vitamin C molecule in a thin layer of phospholipid fat to boost absorption 98%.

- **B vitamin complex.** There are typically eight B vitamins in a B-vitamin complex. These vitamins convert nutrients into energy, protect and repair DNA, produce hormones, regulate fat and carbohydrate metabolism, produce red and white blood cells, promote normal brain function, and prevent Alzheimer's, improve immunity, balance blood sugar, lower stroke, and heart disease risk, and protect telomeres. Look for a high-quality B complex.

- **Magnesium.** I call this mineral the "missing link" to good health. It's a potent weapon that prevents — and treats — more than 20 diseases of the modern world. Diseases like high blood pressure, heart disease, depression, Parkinson's, fatigue, osteoporosis, migraines, and thyroid disease. I recommend taking between 600 mg and 1,000 mg a day.

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Big Pharma Giant Abandons Alzheimer's Pill For Another "Miracle" Memory Drug That's Anything But — Instead, I Recommend The...

1-Hour Solution That Boosts Cognitive Scores 27%

Traditional doctors think the best way to treat memory loss is with Big Pharma's latest "breakthrough" drug. And when it's proven not to work — not to mention, dangerous — they simply pull another one out of their pocket...

That's why I'm so concerned about the media buzz surrounding Lecanemab, the latest FDA-approved Alzheimer's drug.

Because I want to be clear: *It is NOT a wonder drug.*

Lecanemab is a pharmaceutical product that in clinical trials resulted in slightly less decline in cases of early Alzheimer's than a placebo. But... it was also associated with a long list of extremely worrying "adverse events," including death.¹

During Phase 3 trials, three people who took Lecanemab died after experiencing brain bleeding.²

The research also showed that around 3% of trial participants who took the drug suffered a side effect called ARIA-E, which involves swelling in the brain. None of the participants who took a placebo got ARIA-E.

Yet the FDA ignored the deaths and dangers, and still fast-tracked the drug, which provides almost no benefit and costs around \$26,500 per year per patient — an outrageous sum.

As I suspected, a little research reveals an extremely lucrative business deal behind Lecanemab — and the FDA are in on it.



Big Pharma giant Biogen hopes to make a killing on its second Alzheimer's drug in two years. The first, Aduhelm, was deemed a dangerous disaster.

Eisai, the Japanese pharma giant, led the development and testing of the drug. And, under the business agreement, American Big Pharma giant Biogen will handle the drug's day-to-day management and marketing.

The two companies will split the profits equally. And they expect to make a killer profit...

By 2031, annual sales of the drug are projected to easily pass the \$2 billion mark.³

Keep in mind that the FDA is no longer the fully taxpayer-funded entity it once was.

For years, the FDA has been funded by user fees from the same drugmakers — like Eisai and Biogen — it's supposed to police.

The FDA has already been accused of a cozy relationship with Big pharma when it comes to Aduhelm, Biogen's Alzheimer's drug that was fast-tracked for approval in 2021.

“The truth is, if you or a loved one is battling Alzheimer's, you're better off without Big Pharma's drugs.”

In the first stage of a two-part study, a team of researchers at Tel Aviv University divided mice that were genetically engineered to have Alzheimer's into two groups.

This drug also carries a high risk of dangerous side effects with absolutely no clinical benefits for patients.

Biogen was ultimately forced to ditch Aduhelm, but only after being severely criticized in a congressional investigation.

The congressional investigation report noted the FDA worked “too closely with Biogen,” to get the drug approved, despite “significant concerns over the limited benefits and side effects.”

Ultimately, the report concluded that the FDA process for drug approval was “rife with irregularities” and that the agency's actions “raise serious concerns about the FDA's lapses in protocol.”

Now the FDA is repeating this scandal with Lecanemab, despite the risk of side effects and even death.

It's further proof that the FDA and Big Pharma don't have your best interests at heart. Profit is what matters most.

In fact, Biogen admitted that they planned to spend several billion dollars — more than two and a-half times what they spend developing the drug — on an aggressive marketing plan to counter expected “pushback” over whether Aduhelm was worth its price.

The truth is, if you or a loved one is battling Alzheimer's, you're better off without Big Pharma's drugs.

Fortunately, alternative Alzheimer's treatments have proven to be far more effective than any Big Pharma drug. Like the oxygen therapy I use with patients at my clinic.

Breakthrough evidence backs up what I've been telling my patients for years...

You can prevent, slow down — and even reverse — Alzheimer's development using hyperbaric oxygen therapy, or HBOT.⁴

Half the mice were given HBOT one hour a day for four weeks, totaling 20 sessions. The control mice received no treatment.

Then the brains of both groups were examined.

The researchers found that *in the untreated mice*:

- Blood vessel diameters shrank, limiting blood flow to the brain
- Existing plaques grew an average of 12% bigger
- The number of amyloid plaques almost doubled.

However, *in the mice treated with HBOT*:

- Existing blood vessel diameters remained open
- New blood vessels formed
- Cerebral blood flow increased
- Existing plaques shrank 40%
- No new amyloid plaques developed
- Both memory and task learning increased

Human Study Is Even More Remarkable

But the results seen in human volunteers were even more incredible.

For the second part of the study, researchers at the Shamir Medical Center studied six patients over 65. All had early-stage Alzheimer's with severe memory loss.

The participants were treated with 60 HBOT sessions once a day over three months. Each session included breathing 100% oxygen at two times the atmospheric pressure.

High-resolution imaging was taken before and after treatment. The scans revealed that HBOT significantly improved cerebral blood flow in several brain areas, including the hippocampus, where memories are processed and retrieved, between 16% and 23%.

Overall cognitive scores also improved, increasing from 102 to 109. And **memory scores jumped a dramatic 27%** — from 86 up to 100.

This breakthrough study demonstrated that HBOT not only helps prevent Alzheimer's disease, but may also reverse the devastating progress of the condition.

Poor blood flow to the brain has long been seen as an early warning sign of Alzheimer's — but there is now strong scientific evidence that it's a root cause.

You see, poor blood flow restricts the delivery of lifegiving oxygen and vital nutrients to your brain.

Researchers from the University of California in San Diego found that when blood flow to the brain gets critically low, it begins a cascade of dangerous biochemical and microvascular events that leads to Alzheimer's disease.⁵

As you learned in the previous lesson, studies now confirm a direct link between the terrifying spike in the number of Alzheimer's cases, chronic inflammation from air pollution, and our inflammatory Western diet.

That's because pollution triggers an immune response in your brain, resulting in chronic neuroinflammation in its micro-circulation systems.

This inhibits blood flow, oxygen, and key nutrients through the complex maze of cerebral arterioles, venules, shunts, and capillaries that fuel the high and continuously changing metabolic demands of your brain.

HBOT treatment boosts oxygen levels in your brain in two ways:

1. **It allows your lungs to take in more oxygen** than would be possible if you were breathing at normal air pressure. The higher pressure physically dissolves more oxygen into your red blood cells, boosting oxygen levels.
2. **HBOT also increases the synthesis of nitric oxide.** This simple natural gas is one of your body's most important signaling chemicals. Its primary function is to send "blood flow signals" that tell your blood vessels to relax.

This allows more oxygen-rich blood to reach your brain. When blood vessels in your brain are inflamed and squeezed, restricting oxygen supply, HBOT opens them up.

But HBOT helps your brain in other ways, as well. You see, traditional convention believes that cognitive decline is triggered by dead brain cells.

But today we know that these cells aren't dead.

They're asleep — and can be woken up once they receive intense doses of oxygen.

High doses of oxygen trigger your body's natural healing process to:

- Trigger the release of your own stem cells. As you know, stem cells power up your immune system and ignite your body's natural healing power.
- Snuff out the fire of inflammation. Oxygen is the mortal enemy of inflammation. It puts out the fire and with it, the inflammatory diseases that drag you down.
- Turn on DNA and genes. Oxygen turns on the genes and DNA linked with growth... the same ones that encourage healing.
- Suffocate deadly diseases. Cancer and many other diseases can only thrive in a low-oxygen setting. Flooding your body with oxygen makes it inhospitable for them to live.
- Encourage the regeneration of tissues, blood vessels, and nerves. Oxygen has long been known for its remarkable regenerative ability.

Let The Brain Healing Begin

Getting hyperbaric oxygen therapy is easy, painless, and effective.

At my clinic, I've been treating Alzheimer's patients with oxygen for several years — and the results have been remarkable.

HBOT can be delivered in two ways — in a multi-person oxygen room or an individual unit. I use an individual chamber at my clinic. You simply climb onto a bed and relax for about an hour. A clear hood is closed over the bed. You can even watch TV or take a nap. Then you just breathe as normal.

If you're interested in scheduling an appointment for HBOT therapy at the Sears Institute for Anti-Aging Medicine, call my staff at 561-784-7852 for details.

5 Nutrients To Protect Against Alzheimer's And Boost Brain Power

Here are five nutrients I recommend to my patients to fight Alzheimer's and make your brain a healthy powerhouse:

1. Acetyl-L-Carnitine (ALC): Multiple studies show that this amino acid can prevent brain aging and slow the progress of existing brain diseases.⁶

ALC promotes brain health by restoring the function of nerve growth factor (NGF), a protein produced in your brain. It controls the growth and maintenance of neurons.

As you get older your levels of NGF go down. Research shows that the decline in NGF leads to a major drop in the way brain cells perform. And the loss of this growth factor can lead to degenerative brain diseases, like Alzheimer's. ALC helps reverse this decline and also promotes the survival and growth of your neurons.^{7,8}

Like NGF, your levels of acetyl-L-carnitine decrease with age, and studies show this can put you at risk for brain degeneration.⁹ But you can take ALC as a supplement.

I recommend at least 500 mg of ALC every day on an empty stomach. Look for a formula with only L-carnitine and not DL-carnitine. The D form is synthetic. Also, liquid ALC is more absorbable than powders and capsules.

2. Docosahexaenoic Acid (DHA): Your brain is 60% fat — and omega-3s make up 40% of that. Omega-3 fats combat brain shrinkage and memory loss.

A specific kind of omega-3 called docosahexaenoic acid (DHA) has been shown to help slow the progression of Alzheimer's disease.¹⁰

One clinical trial showed Alzheimer's patients who took 900 mg of DHA each day experienced almost immediate memory improvement.¹¹

I used to tell patients to boost their omega-3 intake with fish oil. But most fish oils have an

unbalanced omega-3 ratio with far more EPA (the other omega-3 fat) than DHA. That's a problem.

I recommend krill and squid oil to my patients, because these sources are less polluted than fish oil. To keep your brain function strong, take 1,000 mg of DHA daily.

3. Take DMG (Dimethylglycine): Studies show DMG improves cognition in areas like attention, thought construction, sensory and motor speed, as well as memory — and it works by helping your brain to use oxygen better.¹²

Your body naturally produces DMG in small amounts — but as you get older, you often can't produce enough. You see, DMG is a *methyl donor*, one of the most important nutrient classes used to synthesize vitamins, hormones, neurotransmitters, enzymes, DNA, RNA, and antibodies.

You can buy DMG capsules and caplets, but don't waste your money. DMG pills don't work. Instead, use a sublingual (under the tongue) form of DMG at 125 mg per day.

4. Supplement With Vinpocetine: This derivative of the periwinkle plant has been used in Europe as a brain booster for centuries. It increases blood circulation in the brain by zeroing in on your brain's blood vessels, so they deliver oxygen more efficiently.

Since it keeps your brain cells charged up with high oxygen levels, it increases the amount of time your brain can go without fresh oxygen. That means it keeps brain cells from dying.

I recommend 20 mg a day.



Periwinkles are so common in Florida we consider them a weed! But a derivative of the plant is a powerful brain booster.

5. Eat Beets To Boost Nitric Oxide: One of the best ways to boost your body's NO levels is simply by eating beets. When you chew a beet, it mixes with your saliva and bacteria on your tongue, turning it into nitric oxide. And studies show NO is a powerful dementia-fighter. Beets also contain *luteolin*, which research shows can protect brain cells from free radical damage and inflammation.^{13,14}

Researchers at Wake Forest University in California not only proved beets boosted nitric oxide throughout the body, they also observed the powerful effects in the brains of people who drank beet juice.

MRIs revealed that, just hours after drinking the juice, the brains of test subjects were flooded with a steady flow of blood and oxygen.¹⁵

Throw raw chopped beets in salads and stews. But if you prefer not to chew raw beets, here's a simple fresh beet juice recipe you can try. I use this recipe all the time. All it takes is a blender.

Fresh Beetroot and Vegetable Juice Serves 2

Ingredients:

- whole beet
- 1 whole cucumber
- ¼ cup of cilantro
- 1/16th piece of turmeric
- ¼ cup of coconut water
- 1 cup of filtered tap water
- ¼ cup of kale
- ¼ cup of spinach
- ¼ cup of arugula
- 6 stalks of dandelion greens
- 4 baby carrots
- 1 whole lime, peeled
- ½ cup of ice



Directions:

1. Place all the ingredients in a blender.
2. Add ice and blend.

You don't have to follow this recipe to the letter. You can make it to your taste.

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Kirstie And Pelé Didn't Have To Die

Protect Yourself From The Fourth Leading Cause Of Cancer

I was saddened to hear that soccer legend Pelé and “Cheers” star Kirstie Alley both died of colon cancer late last year.

But the wider part of this tragedy is that this kind of cancer is highly preventable and still poorly understood by most doctors.

Mainstream physicians — as well as the media — say that you develop colon cancer because of your age, the genes you inherited from your family, and a high-fat diet.

They couldn't be more wrong.

According to a study by researchers at the University of Texas, as many as 70% of colon cancer cases are preventable through small changes in diet and lifestyle.¹

When colon and rectal cancers are counted together, colorectal is the fourth most common type of cancer in America.

And while mortality rates for colorectal cancer have declined, thanks to early detection techniques, the outlook remains less optimistic if the cancer has spread to other organs or lymph nodes before it's been detected.

At the same time, victims of colorectal cancer are getting younger.

But the truth is colorectal cancer has nothing to do with age and very little to do with your genes or the amount of fat you eat.

Instead, it has everything to do with epigenetics.



If more doctors understood epigenetics, the tragic deaths of Kirstie Alley and soccer legend Pelé from colon cancer could have been prevented.

Epigenetics is the interplay between the world we live in and your epigenome, which sits on top of your DNA and directs which genes get turned on and off.

Studies now reveal that the biggest contributing factors to colorectal cancer are not in the genes you inherited from your parents — but instead in the way your epigenome is influenced by your diet, your lifestyle, and the medications you take.

In this *Confidential Cures* article, you'll learn about the latest scientific research that reveals the surprising truth behind the causes of colorectal cancer, as well as the risks no conventional doctor will ever warn you about.

Most importantly, I'm also going to tell you about the steps you can take to make sure that you never suffer from this dreadful disease.

What Is Epigenetics And How Does It Connect To Colorectal Cancer?

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

Sure, genetics determine the color of your eyes, skin, and hair. But there's a lot they don't determine. Let me explain...

According to Darwinism, your body's fate is decided by evolution and the genes you inherited. But we now know there's much more at play.

It's called your "epigenome." It sits on top of your DNA, directing which genes are expressed — without ever altering the DNA sequences themselves.

This is the part of your genetic material that's not inherited. In fact, your DNA represents only about 15% of the total genetic material you inherit from your parents.

The remaining 85% — your epigenome — is where the real action takes place.

This means that the power of the choices you make plays a major role in deciding which genes in your genetic code are "switched on." This could be the difference between "inheriting" heart disease, Alzheimer's, or cancer as opposed to not.

Now let's look at how your epigenome ties into colon cancer...

The end parts of your gastrointestinal tract — your colon and rectum — are responsible for an enormous range of key biological functions.

The food you consume is mostly digested by the time it reaches the colon. But it still absorbs water, short chain fatty acids from plant fiber, as well as undigested starch, sodium, and chloride. It also compacts waste so it can be eliminated.

Most importantly, your colon is home to your gut microbiome — the community of hundreds

of billions of microscopic bacteria, viruses, and fungi — which performs a vast range of functions that keep you healthy and free of disease.

- It's how your body absorbs vitamins, minerals, and other nutrients.
- It produces B vitamins.
- It helps regulate your mental health, mood, belly fat and, according to some studies, even your sexual potency.²

But most importantly, it plays a key role in your body's defense against disease. It's no coincidence that at least 80% of your immune system lives in your gut lining.³

At the same time, beneficial bacteria called *probiotics* cause dietary fiber to ferment. This produces compounds like the short-chain fatty acid *butyrate*, which nourishes cells in your colon and protects against colorectal cancer.

You see, colorectal cancer strikes when your guts bacteria balance becomes destabilized and your colon stops functioning as intended.

This is epigenetics in motion.

And the reason behind this destabilization is directly related to an unhealthy western diet, the chemicals in the nation's drinking water, and the medications that mainstream doctors prescribe.

Cancer Victims Getting Younger

Colorectal cancer is now becoming a growing menace among younger adults — most likely the result of more obesity, less physical activity, and an unhealthy diet.

According to a 2020 report from the National Cancer Institute, the median age at diagnosis for colorectal cancer has shifted from 72 years of age in the early 2000s to 66 in 2020.

The same report also estimated that almost 18,000 people in the United States, under the age of 50, will be diagnosed with colorectal cancer in 2020.

All of these factors destabilize the microbiome in your gut and have a direct epigenetic impact, affecting the “master switches” that turn on the genes that trigger colorectal adenomas (polyps) and invasive adenocarcinomas that are the hallmarks of virtually all colorectal cancers.⁴

The Biggest Risks Doctors Won't Warn You About

Scientists have now identified the **FOUR** biggest — and the most underappreciated — contributing risk factors to gut destabilization that can tip your microbial imbalance and cause epigenomic switching and, ultimately, colorectal cancer.

These are...

- **Gut inflammation.** This often begins as an imbalance in the gut microbiota, caused by a steady diet of carb-heavy and processed foods, as well as an overuse of antibiotics. Every time you eat these foods or take these meds, you're contributing to chronic inflammation in your gut and upsetting the fragile microbial balance found there.

This inflammation and imbalance results in the loss of protective bacteria and an excess of cancer-promoting bacteria, leading to inflammatory intestinal conditions, like Crohn's disease, ulcerative colitis, and leaky gut syndrome. Unless you do something about it, this imbalance and inflammation can flip your epigenomic switches and lead to colorectal cancer.⁵

- **Antibiotics.** Multiple studies reveal that antibiotics upset the normal balance of intestinal flora. You see, antibiotics have two ways of killing bacteria. They either prevent the reproduction of bacteria, or they kill the bacteria by stopping the mechanism responsible for building their cell walls.

Either way, antibiotics can't distinguish between “good” bacteria and the “bad” ones causing the infection, and result in massive imbalances in your gut microbiome. Each time you take an antibiotic, you kill off good and bad bacteria, upsetting the natural, balance of your body's bacterial populations. These drugs do damage to

your body almost as soon as you swallow the pill and it lands in your digestive tract.

Studies show that antibiotics carry some of the highest risks of gut flora imbalances, epigenomic switching, and colorectal cancer.⁶

- **Clostridioides difficile (C. diff).** This so-called super bug has long been known to cause serious diarrheal infections, but now the latest research reveals that it's also a likely contributor to colorectal cancer.

While *C. diff* is often a normal part of a healthy gut, studies reveal that an out-of-balance gut microbiota can cause a rise in *C. diff* infections and can cause colorectal tumors. The incidence of *C. difficile* infection has increased over the past two decades, and several studies show an association of *C. diff* infection with colorectal tumorigenesis. A study published in 2022 showed that *C. diff* contributed to the development of colorectal cancer in mice.^{7,8,9}

Recent studies also show that strong antibiotics, like cephalosporins, clindamycin, fluoroquinolone, and carbapenem, are major risk factors for *C. diff* infections.

- **Vitamin D Deficiency.** Vitamin D interacts with your epigenome largely by activating vitamin D receptors in cell nuclei. Activation of the vitamin D receptor is estimated to modulate as many as 2,000 genes, many of which are related to inflammation and cellular mutation, which are the initial drivers in all cancers.¹⁰

The conclusions of a large, case-controlled study across 10 European countries found that as vitamin D levels increased, the colorectal cancer risk declined dramatically.¹¹

Colorectal Cancer Is Preventable — Here's What You Can Do

The good news is that all of these major risk factors for colorectal cancer can be dramatically reduced, and studies show that epigenetic switching — which can modify gene expression, but do not alter your DNA itself — can even be reversed.¹²

Here's the protocol I recommend to my patients...

■ **Rebalance Your Gut Microbiota:** The first step toward a healthy gut is to cut carb-heavy grains and processed foods from your diet as much as possible. Grains contain nutrient blockers called lectins, which interfere with digestion and upset the delicate balance of bacteria in your colon.

Instead, focus all your meals around high-quality protein. You should eat a large variety, and plan your meals around which kind of protein you'll be eating. Fruits and vegetables, not grains or treats, should make up the bulk of your carbohydrates. Grass-fed red meat with organic fruit and vegetables is one of the most nutritious and balanced meals you can eat.

Fruits and vegetables also contain real fiber — the kind that encourages the growth of new bacteria populations in your gut. Avoid those so-called “high-fiber” cereal or energy bars, which contain so much sugar, starch, and industrial chemicals that a benefit from any fiber in them is canceled almost immediately.

And eat more mushrooms. All edible mushrooms are good for your gut. Even common white button mushrooms have transformative powers for your gut that are positive and far-reaching. Researchers from Penn State's College of Agricultural Sciences have discovered that these most common of edible fungi are powerful prebiotics. Mushrooms are gobbled up and fermented by good-for-you bacteria in your gut, triggering them to produce more cancer-protective short-chain fatty acids.¹³



Even the most common kinds of edible mushrooms are powerful gut-healthy prebiotics.

■ **Beware Of Antibiotics:** As mentioned above, multiple studies reveal that antibiotics upset the normal balance of intestinal flora. If taken long-term, or too frequently, they are also a major risk factor for C. diff and colorectal cancer.

Thankfully, nature has provided hundreds, if not thousands, of herbal antibiotic alternatives that are safe and can be just as effective. Here are a few good ones:

- **Garlic:** Cultures across the world have long recognized garlic for its preventive and curative powers. Research has found that garlic can be an effective treatment against many forms of bacteria, including Salmonella and Escherichia coli (E. coli). Garlic has also been shown to be effective against drug-resistant tuberculosis bacteria.
- **Honey:** Since the time of Aristotle, honey has been used as an ointment that helps wounds to heal and prevents or draws out infection. A 2011 study reported that the best-known type of honey inhibits approximately 60 kinds of bacteria. It also found that honey successfully treats wounds infected with the MRSA superbug.
- **Curcumin:** This is the main ingredient in the spice turmeric and it's one of the cornerstones of ancient Ayurvedic medicine. More than 6,600 studies prove curcumin beats a long list of modern drugs, including antibacterial ointments that end up doing more harm than good. Curcumin's antibiotic action kills “bad” bacteria to prevent infection. A recent study found that curcumin killed 100% of MRSA within 2 hours. E. Coli was wiped out by 80%.¹⁴ A South Korean study found that curcumin not only killed bacteria on the skin, it also created a barrier that prevented further infection from entering a wound.¹⁵
- **Echinacea purpurea:** Native American and other traditional healers have used this flowering plant for hundreds of years to treat infections and wounds. It contains a complex mix of active substances with antimicrobial, antibiotic and immune system boosting properties.

A study published in the *Journal of Biomedicine and Biotechnology* reveals that Echinacea can kill many different kinds of bacteria, including *Streptococcus pyogenes* — the bacteria behind strep throat, toxic shock syndrome, and the “flesh-eating disease” called necrotizing fasciitis.

■ **Boost Vitamin D Levels:** Multiple studies now reveal a close connection between vitamin D deficiency and colorectal cancer. One recent international study looked at 17 cohorts and almost 6,000 colorectal cancers and found that people with a vitamin D deficiency had a 31% higher risk of colorectal cancer. The lowest colorectal cancer risk was found in people who had the highest vitamin D levels.¹⁶

The best source of vitamin D is sunshine. You don't need more than 20-30 minutes in the sun to get all your vitamin D for the day. But because we spend most of our time inside, you might have to get your vitamin D from other sources.

You can take a supplement of vitamin D3 called cholecalciferol. It's the same vitamin D that your body produces. Just be sure to avoid the synthetic form, vitamin D2, or ergocalciferol, found in most multivitamins. I recommend 2,000 IUs of cholecalciferol daily.

■ **Take Milk Thistle (*Silybum marianum*):** This medicinal plant used by traditional healers for more than 2,000 years contains the flavonoids silibinin and silymarin, which have powerful anti-cancer properties. Milk thistle is most often used as a potent liver detoxifier, but recent studies revealed its ability to prevent chemically induced colon cancer in mice.^{17,18}

Silibinin has also been shown to inhibit colorectal carcinogenesis by reducing new blood vessel growth and inducing cell death of colorectal cancer cells.¹⁹

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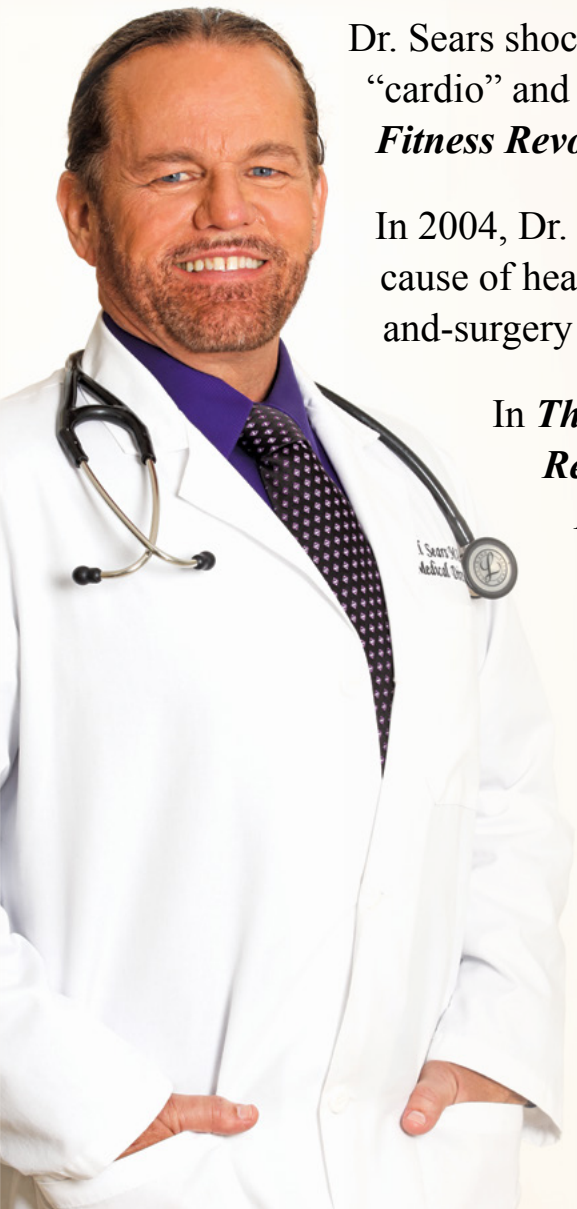
The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.

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).