



Dr. Sears'

CONFIDENTIAL CURES

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

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Dear Friend,

I wonder if you've faced a similar situation that my patient went through...

When he shuffled into my office, he was defeated and out of options. He said,

"My doctor told me I have heart failure and can't be cured."

I come across this a lot in my practice... Doctors who leave their patients feeling hopeless and helpless.

That's because organized medicine believes in giving you a physical exam and doing lab work. Then they give you a diagnosis. And this relieves them from doing anything else. After all, they've told you what's wrong with you.

And you're led to believe that it's all your fault.

If you ask your doctor, like my patient did, "But why am I sick?" they won't give you the reason.

That's beautiful for traditional medicine. It gives them one more patient that needs their system.

I call this the myth of diagnosis.

It tries to turn you into a helpless pawn in a system that's profiting from your misfortune and not helping you figure out how you got there.

And if you ask WHY you have congestive heart failure, like my patient did, and WHY you need to fill their prescription, they say it's because of the diagnosis!

It's a circular reasoning that gets you nowhere. And it sentences you to stay sick and rely on their drugs.

After my patient was diagnosed, he believed he was unfixable... But nothing could be farther from the truth.

In your April issue of **Confidential Cures**, you'll learn that when it comes to your health, you are not a helpless cog in their system. You will discover:

- The breakthrough treatment that can reduce your risk of having and dying from a heart attack by almost 160%. Sadly, conventional medicine and their cohorts at the FDA have conspired to keep this easy and effective treatment away from you.
- How to beat the healthcare crisis that leaves you overmedicated and sicker than ever. I'll share the most effects ways that will help you can relieve your body of the toxic burden traditional medical care leaves it in.
- Why breast cancer rates haven't declined at all in the past decade — despite millions of dollars being raised to combat the disease. Then I'll tell you what you can do today to protect yourself and reduce your cancer risk, naturally.

Al Sears, MD, CNS

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Traditional Treatments Can't Save You, But Stem Cell Breakthrough Reduces Risk Of Dying From Heart Attack By 158%

Today, I want to tell you about a patient who was failed by traditional medicine... And more importantly, why I won't let this happen to you.

This patient shuffled into my office not long ago. After telling me about his condition, he proclaimed: "If this is what it's like to live with heart failure, it's not worth it."

A.G. is in his late 60s. He'd been a college football player back in his youth, and had kept himself in good physical shape until about five years ago when a heart attack struck.

The cardiac arrest had weakened his heart muscle. Now his heart no longer had the strength to pump as much blood as his body needed — and his cardiologist had diagnosed him with congestive heart failure, or CHF.

When he came to see me, he was complaining about the awful aches and pains he suffered courtesy of the barrage of Big Pharma drugs he was taking — diuretics, beta blockers and ACE-inhibitors and, of course, cholesterol-busting statins.

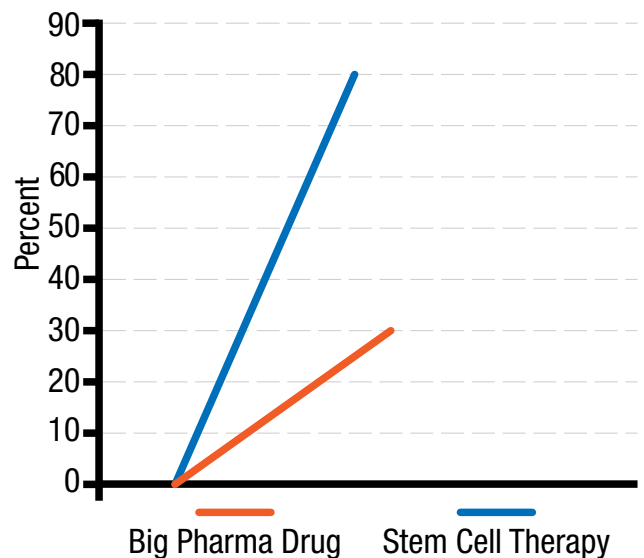
He also suffered fatigue and shortness of breath — he couldn't walk 50 yards without being exhausted — all classic CHF symptoms, which his meds didn't do anything to alleviate.

He had been led to believe his condition was hopeless. But the most tragic part of A.G.'s story is that his cardiologist never told him about the range of treatment alternatives available for people with heart failure — including stem cell therapy, which has now improved the lives of hundreds of people with CHF.

Sadly, Big Pharma drugs are the only options cardiologists offer for heart failure.

This wasn't just a tragedy for A.G. Heart failure is debilitating for an estimated 6.5 million

Stem Cell Therapy Reduced Risk Of Dying From Heart Attack By 158% Compared To Big Pharma Drug



Taking a Big Pharma heart drugs reduced the risk of heart attack mortality by 31%. But stem cell therapy lowered the likelihood of dying from a heart attack by 80%. In other words, stem cell therapy reduced your risk of dying myocardial infarction by 158%.

Americans over the age of 20. It also vastly increases your risk of having a repeat heart attack or stroke, and is also a major killer.^{1,2}

You see, Big Pharma's heart failure drugs don't just make you feel miserable, they also interfere with rehabilitation and they block your ability to ever recover.

Like all heart drugs, A.G.'s meds are designed to poison one particular system in your body to produce a desired effect on another — and to hell with the consequences.

After more than 30 years of helping patients reverse heart failure, I believe all prescription heart drugs are bad. The lists of their side effects are so long, your eyes would glaze over.

But I've also discovered that for every dangerous heart drug, there are safe, proven, and inexpensive alternatives your cardiologist will never tell you about.

Today, in this *Confidential Cures* article, I'm going to introduce you to some of these alternative heart failure therapies — including a new therapy that uses your body's own stem cells. This is nothing short of a medical breakthrough. Most doctors view stem cell therapies as experimental and unproven — but as you'll soon discover, that's not the case at all.

Mainstream Medicine Can't Save Your Broken Heart

Imagine your heart can only pump 15% of the blood it usually does with each beat.

To compensate for this lack of pumping power, it just tries harder and harder. Sadly, the result is not more blood to your body. Instead, blood builds up behind your heart, flooding your lungs, and causing your heart to swell up like a balloon.

With less blood flow to your brain, you get dizzy and confused. Eventually, organs like your lungs, brain, and kidneys stop working from the loss of oxygen-carrying blood.

This is congestive heart failure — and when cardiologists attempt to treat it, they don't have a clue.

A.G.'s case is typical. Doctors prescribed him diuretics, ACE inhibitors, beta blockers, and cholesterol-lowering statin drugs and told him to rest up. They never suggested he exercise regularly and provided no stimulation for his heart. Unsurprisingly, his condition grew worse.

In fact, they did everything the medical text books said. But the beta-blockers and ACE-inhibitors doctors gave him suppressed his heart's natural capacity to beat more firmly, which meant he could never get the benefit of exercise and never recover. The statins stole his heart's pumping power, and also added a new dimension to his misery with a raft of aches and pains.

And by pumping him full of diuretics and other useless drugs — as well as leaving him to vegetate — his doctors simply left A.G. to drown in his own blood.

Luckily, A.G. discovered that the solution to congestive heart failure is increasing cardiac output, not bedrest and drugs — before it was too late.

Stem Cells Are A Gamechanger For Congestive Heart Failure

Studies now show that your body's own stem cells can provide a natural system for healing heart failure.

In a breakthrough study published earlier this year in the prestigious *Journal of the American College of Cardiology*, researchers found that therapy using adult stem cells from bone marrow could dramatically reduce the risk of heart attack and stroke in patients with severe heart failure.³

The study, conducted by the Texas Heart Institute, is believed to be the largest clinical trial of stem cell therapy to date in people with heart failure, and involved almost 600 high-risk patients.

And its results were breathtaking.

The study revealed that a single application of adult stem cells into an inflamed heart, through a catheter, could result in a long-term 58% reduced risk of heart attack or stroke.

Smaller studies showed even more impressive results. According to research compiled by the American Heart Association's own staff and published in the AHA Scientific Sessions 2021:⁴

- Adults with chronic, class II or III heart failure with reduced ejection fraction (HFrEF) who were treated with stem cells experienced a 65% reduction in non-fatal heart attack or stroke events.
- In class II heart failure (HF) patients with high levels of inflammation, heart attack and stroke numbers dropped 79% after stem cell treatment.
- Stem cell treatment reduced death related to cardiovascular issues by 80% among adults with high levels of inflammation and less damaged hearts (class II heart failure).

If A.G. had taken one of Big Pharma's congestive heart failure drugs, his odds of reducing his risk of dying from a heart attack would have been 31%, according to a 2019 study published in the *European Journal of Heart Failure*.

But stem cell therapy, with its impressive 80% reduced risk of preventing heart attack death,

would increase his probability of avoiding a fatal heart attack by 158% — without any side effects.

Now, that's the kind of likelihood I want to present to my patients!

Stem cell therapy works for heart failure because it can regenerate healthy cells and initiate a repair process within the heart. This in turn improves heart function, as well as patients' symptoms and quality of life.

Other clinical trials have already demonstrated the safety and effectiveness of stem cell therapy for low ejection fraction — a critical measure of how much blood the heart's left ventricle pumps with each contraction.

In one meta-analysis of 23 randomized controlled trials, stem cell therapy significantly improved ejection fraction and reduced the risk of heart attack and stroke, compared with standard treatments or placebo.⁵

Meanwhile, in the UK, therapy using patients' own bone marrow stem cells has already moved out of the lab and into the hospital, as part of the “Compassionate Treatment Program” at St Bartholomew's Hospital, in London, which has been ongoing since 2019.

If you're interested in stem cell treatment at the **Sears Institute for Anti-Aging Medicine** in South Florida, just call my staff on **561-784-7852** for details. Or you can visit my website at www.searsinstitute.com.

3 More Steps To Protect Your Heart At Home

Even without stem cells, there are a number of ways to improve — or even reverse — heart failure that mainstream doctors and cardiologists would never dream of recommending.

The good news is that all are drug-free and can be done in the comfort of your own home. I tell my patients to think of them as three easy steps to get your heart pumping properly.

- **STEP 1: Supplement With CoQ10 To Improve Heart Function By Almost 90%**

No one should face heart failure with depleted CoQ10 levels. This nutrient provides the fuel for all the mitochondria — the tiny power plants

Stem Cell Therapy Will One Day Be The Cure For Almost Every Disease

When you're young, your body can bounce back quickly from illness and trauma.

That's because you have plenty of stem cells — the healthy “replacement cells” you're born with. Your body assigns them to replace cells that are damaged, old, or dying.

Through stem cell therapy, healthy stem cells can be harvested from your own body and used to repair and regenerate diseased or dying cells and tissues. I have no doubt that one day stem cells will be used to cure every disease.

These days, stem cell practitioners can extract stem cells easily from your own blood, fat, and bone marrow. In some cases, donor stem cells are used.

Today, this therapy can treat cancer... diabetes... lung disorders... Alzheimer's disease... rheumatoid arthritis... multiple sclerosis... blindness... burns... nerve damage... as well as bone, cartilage, and ligament damage... and even wrinkled skin — to name just a few.

Stem cell therapies also come with much less risk than conventional disease treatments, such as Big Pharma meds or surgeries, and are generally free of nasty side effects.

within each of your cells — in your heart. It's what gives your heart muscles their pumping power. So, the more CoQ10 you get, the more powerful your heart will be.

Studies reveal that when CoQ10 levels are quadrupled in heart failure patients, heart function can improve by a jaw-dropping 88%.

The studies show the higher blood levels of CoQ10 are, the more ejection fraction is improved, along with a range of other remarkable clinical improvements.^{6,7}

Decades of research link low CoQ10 levels with heart disease. In fact, 50% to 75% of patients with any kind of heart disease have low CoQ10.⁸

The biggest destroyer of your natural CoQ10 levels are statin drugs, which can lower levels by as much as 40%, making the heart muscles of heart failure patients weaker than they already are.⁹

But supplementing with CoQ10 brings immediate, lifesaving benefits. Studies reveal daily doses of 450 mg of the ubiquinol form of CoQ10 — which is eight times more powerful than the common ubiquinone form — doubles CoQ10 blood levels to 4.1 mcg/mL. Studies show this has significant benefits for heart failure patients.¹⁰

Some of the best sources of CoQ10 are beef, chicken, and fish. But if you're taking statins or suffer from heart failure, your levels are likely to be dangerously low. So, I recommend a supplement.

I also recommend taking the little-known nutrient pyrroloquinoline quinone, or PQQ. While CoQ10 does a great job of squeezing more power from your mitochondria, it does nothing for the mitochondria you've lost. That's where PQQ, comes in.

PQQ triggers your heart cells to build healthy new mitochondria, which produce more fuel so your heart pumps with more energy. And it protects your mitochondria by neutralizing deadly free radicals.

Good sources of PQQ are kiwi fruit, sweet green peppers, carrots, potatoes, cabbage, sweet potatoes, and bananas. But for heart failure patients, I recommend going straight to a supplement. Take 10 mg of PQQ daily with your CoQ10.

• **STEP 2: Exercise Your Heart Using The Only Way That Works**

I recommend the *PACE* exercise program to all my heart patients. It stands for Progressively Accelerating Cardiopulmonary Exertion and it uses brief but vigorous routines of accelerating intensity to boost the strength of your heart — which is exactly what heart failure patients require, not bedrest.

Studies show *PACE* works up to 18 times better than a traditional cardio workout, like the kind of exercise your doctor might suggest.¹¹

Long-duration aerobic exercise won't protect you from heart disease it won't make you lean it won't even boost your energy levels.

When you do cardio, your intensity is always at a medium level. You're not challenging yourself as much as you think.

And after a few weeks, you stop improving.

Long-duration cardio shrinks your heart's output and restricts your lungs. This is your body's adaptive response to long-duration exercise.

In fact, when you exercise for more than 15 minutes, you use mainly fat for energy. Most people think that's a good thing.

But they're wrong.

Long workouts encourage your body to build and store more fat. It prepares itself for the next exercise session when it will need fat to fuel another long-duration workout.

And you'll never be able to create the reserve capacity in your lungs that gives your body an extra turbo boost when needed.

This is essential. Many activities need extra oxygen and blood flow — climbing stairs, lifting something heavy, or even coping with the daily stress demands. These all require extra energy on demand.

And *PACE* gets 331% more oxygen to your heart.

The really great thing about my *PACE* system is you only need 12 minutes a day. 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.

All you do is increase the challenge to your lungs and heart little by little, and then accelerate it. When you breathe hard, your body is trying to get more oxygen faster. By increasing the intensity of your workouts, your body responds and adapts.

Your lungs and heart get stronger so you can be ready for the next challenge.

I've heard from patients and readers that they don't believe they can work out using my *PACE* principle. They think you need to be in great shape before you can start.

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

You don't have to be an athlete — or even in shape — to start.

The most important thing is to increase your challenge gradually over time. Here's a simple way to get going.

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

Start at a speed and level of intensity you're comfortable with. From there, be sure to progressively increase the intensity over time.

The key is to listen to your body. You should be panting at the end of each exertion period.

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 3: Supplement To Power Up Your Heart's Pumping Power**

To lower your blood pressure and help rebuild your heart's pumping power, I recommend four more potent heart nutrients to raise your HDL levels and energize your heart. If you raise your HDL, you'll never have to worry about lowering your total cholesterol level or your LDL.

Take docosahexaenoic acid (DHA). This omega-3 fatty acid has been proven to raise HDL and is a potent defender from heart failure.¹²

In another study, German researchers discovered that if you take just 1.5 grams of DHA per day for a few weeks, your HDL will shoot up by 7%.¹³ No Big Pharma drug can do that.

DHA also eliminates the need for statins. And it's one of the best ways to treat poor circulation and stabilize your blood pressure. That means you don't need beta-blockers, ACE inhibitors, or diuretics either.

The best food sources of DHA are wild, cold-water fish like pollock, salmon, tuna, trout, and herring. But I also advise supplementing.

Get at least 600 mg of DHA and 60 mg of the EPA form of omega-3 in a combination of squid and krill oil with astaxanthin. Make sure you take them with meals so it can be digested properly.

Add D-ribose. This is a carbohydrate found in every living cell in the body. Without it, cells can't produce energy. And it's essential to the energy levels of the muscle tissue in your heart.

Studies show D-ribose improves the heart's ability to relax. With better relaxation, it has more power to pump blood to the rest of the body.¹⁴

D-ribose is also a wonder tonic for CHF patients. It also improves breathing capacity — a powerful predictor of death in CHF patients.

In one study, 15 CHF patients took D-ribose for just eight weeks. Most of them showed real breathing benefits — more heart-muscle strength and more oxygen intake — even during exercise.¹⁵

You can't get D-ribose from food. You have to supplement.

I advise heart failure patients to take 5 grams of powdered D-ribose three times a day. You can mix it into an 8-ounce glass of water or juice and then drink it all down at breakfast, lunch and dinner.

References

- 1.

Big Pharma Addiction:

85% Of Older Patients Are Prescribed At Least 1 Drug After Each Doctor Visit... But You Can Beat This Healthcare Crisis

The next time you go to your doctor — for either a routine checkup or due to a specific symptom — pay close attention to what happens during your visit.

And be very wary if your doctor decides you need a new medication right off the bat...

Because your prescriptions could be poisoning you.

The average adult in America takes four or more prescriptions every day. And 50% of older Americans take *five or more*.¹

I've had patients come to me taking 11 medications or more.

It all adds up to a dangerous medication overload called polypharmacy. One of my colleagues actually calls it a modern day medical hexing.

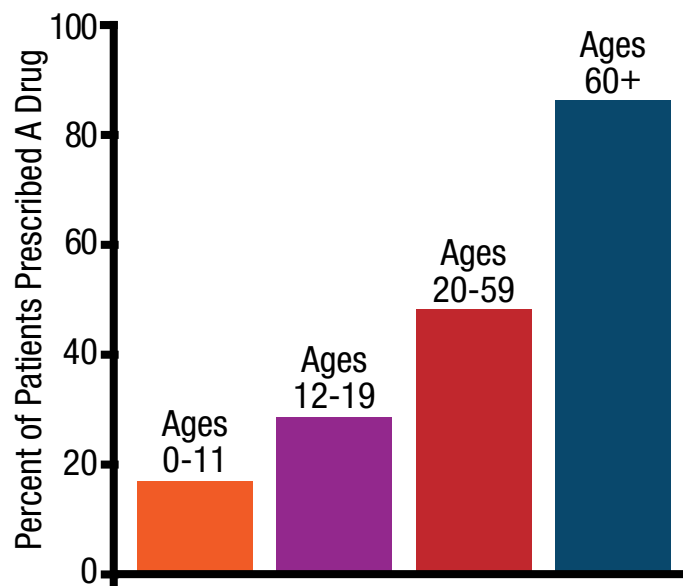
But no matter what name you give it, it's causing a cumulative toxic overload in your body.

In most cases, it starts with a well-meaning doctor who tells you something like, "You'll never get that under control with just diet and exercise alone. I'll need to prescribe something for you."

What they haven't taken into account are all the previous prescriptions their patients are filling. Today, a third of seniors visit at least five different doctors. Most of them are specialists who each prescribe a pill to treat a specific diagnosis.

Those medications quickly add up. And while patients are always being told to take this or that new drug, they are never told to stop taking the old one.

Prescription Drug Recommendations Following Visit To Doctor's Office Tops 85%



85% of patients age 60 and above are prescribed at least one Big Pharma drug after almost every office visit.

Source: Centers for Disease Control, 2019.

A team of Harvard researchers summed it up well in a now landmark study. They reviewed the medical records of more than 6,000 people over the age of 65.

The authors of the study found "*a disturbingly high level of potentially inappropriate prescribing for older people...*"²

I saw this not long ago in one of my own patients.

When Louise first came to see me, she had one of the worst cases of diabetes I've seen at my clinic. She was carrying twice the weight she should have been.

Louise was 57 and as she told me, “I just don’t feel right.”

It was the biggest understatement I’d ever heard.

She was experiencing fatigue, loss of energy, and sleepless nights.

A full body DEXA scan revealed Louise’s inflammation levels were sky-high. She was also taking a long list of medications — including pills for diabetes, high blood pressure, and joint pain.

But none of them were working. In fact, they were making her sicker by the day.

The first thing I did was wean her off these medications and replace them with natural alternatives I’ve successfully used with patients for more than three decades.

I also enrolled her in my PACE program and helped her change her diet.

Within weeks, Louise noticed improvements. In less than two months, her:

- ✓ Insulin production began to stabilize and her blood sugar levels started falling dramatically
- ✓ Blood pressure returned to normal
- ✓ Weight fell to the lowest level it had been in decades
- ✓ Insomnia disappeared and her energy levels soared

Louise was able to stop taking her dangerous diabetes and hypertension drugs, had kicked her opioid habit, and ditched the sleeping and diet pills her former doctor had prescribed.

And a year after I met her, she was 102 pounds lighter and shed 31 pounds lighter and shed 31 inches from her waist.

“It’s amazing,” Louise told me during a recent follow-up visit. “I have the best blood sugar readings ever and I can’t believe what I see when I step on the scale every morning!”

“I feel better than I have in decades and I’m sure my better health journey will continue.”

In a moment, I’ll share the natural alternatives that replaced Louise’s dangerous Big Pharma drugs.

But first, let’s take a closer look at how we got into this mess in the first place...

You Can Kick The Big Pharma Drug Habit

As striking as Louise’s story is, she’s hardly alone. I’ve helped many patients kick the Big Pharma drug habit and reclaim their health.

You see, they’ve all discovered what I’ve known for decades: The real drug epidemic in this country doesn’t have anything to do with illegal party drugs. It’s the Big Pharma drugs authorized by the FDA.

They’ve hijacked our health care system and turned it into a for-profit scam that is actually making you sicker and the fat cats wealthier while costing us all a fortune.

It might surprise you to know that more people die each year from prescription medicine overdoses and lethal side effects from legal drugs than heroin or meth.

As I said earlier, the average American takes four or more prescriptions a day. And 50% of older Americans take *five or more*.

And in the last two decades, Americans have nearly doubled up on the prescription medicines they take — rising from 2.4 billion to 4.5 billion, according to the health research firm IQVIA.³ That doesn’t account for the billions of over-the-counter drugs Americans buy every year.

In fact, 85% of doctor visits result in a patient walking out of the office with a prescription for one of the more than 20,000 FDA-authorized drugs on the market.

But I’m not blaming your doctor.

The truth is our health care system is driven by Big Pharma companies who fund the vast majority of clinical trials of drugs that lead to FDA approvals of those meds. Your doctor is prescribing medicines based on those studies, because Big Pharma and the FDA is saying they work.

Even though there’s a financial interest driving the whole thing.

It's bait-and-switch salesmanship at its worst: They make money by convincing your doctors to prescribe a medicine to you, regardless of whether it works or not. And the studies I've seen show that they don't.

“According to the FDA's own research, about 2.2 million Americans are hurt by prescription drugs and more than 100,000 die from them every year.”

hits the market.⁵ That biased information, in turn, is what most MDs use when deciding how best to treat their patients.⁶

Big Pharma's influence over clinical trials allows drug companies to push on the

What's more, many of these drugs are actually harmful. According to the FDA's own research, about 2.2 million Americans are hurt by prescription drugs and more than 100,000 die from them every year.

That's about 240 Americans daily — the equivalent of a jumbo jet crashing every single day.

Now, keep in mind: These numbers are just scratching the surface.

As a doctor, that makes my blood boil because it's proof the government watchdogs who are supposed to protect our health have become slavering lapdogs for the pharmaceutical industry — which is putting financial interests ahead of your well-being.

There is a better way.

Now you know that I have a different way of treating my patients. I only use conventional medications for acute problems, such as infections, but not for chronic, long-term conditions they fail to treat and cure.

Instead of using Big Pharma's lab-created synthetic drugs, I turn to natural treatments and cures that don't turn your body into a toxic chemical waste dump... without any health benefit.

Big Pharma Controls Information Doctors Need Most

Each year, the National Institutes of Health's (NIH) budget provides less and less money to fund FDA clinical trials that test the safety and effectiveness of drugs, treatments, and therapies.⁴ So, over time, Big Pharma has stepped in to pay for and run the majority of these trials.

As a result, Big Pharma funds a big part of FDA's operations today and wields enormous control over the information the FDA uses to base its decisions on drug approvals and safety reviews after drugs

benefits of a drug and downplay the risks, all in the name of profit. More than 100,000 drug industry sales reps fan out across the country — visiting doctors' offices, providing gifts and meals, sending physicians on expensive all-expenses-paid trips that let them peddle their latest meds and even providing free samples for MDs to hand out to their patients.

It's all part of an outrageous racket like nothing else I've ever seen. It's a classic case of the fox guarding the henhouse.

There's no other industry I know of that has such power. What other for-profit enterprise tells regulators what they can and can't do, in terms of regulating how they can promote, market, study and sell their products and services?

Just imagine the tobacco industry being in charge of studies on the safety of cigarettes, and telling health officials what they can — and can't — do, when it comes to warning people about the dangers of smoking?

To me, Big Pharma's hidden hand in our health care system puts us all at risk of ineffective and even dangerous drugs and therapies.

It wasn't always this way.

Big Pharma's takeover of our health care system started in the 1970s, when funding grants for medical research from the NIH shrank from roughly half of all drug applications to one-third.⁷

Then, in the 1980s, federal bureaucrats slashed university-based medical research funding, pushing academic researchers into the waiting arms of pharmaceutical companies who were only too happy to step into the gap and pony up millions of research dollars.

But all that money — blood money, in truth — came with strings attached. Researchers whose findings suggested new drugs or therapies were worthless or dangerous ran the risk of seeing their funding sources dry up.

What's more, new laws passed in the 1980s allowed nonprofit institutions and their researchers to benefit financially from the discoveries made while conducting federally funded research.

But the biggest transition in our health care was still to come. Over the past three decades, Big Pharma has taken over most of our clinical research. In 1991, academic medical centers — hospitals that train doctors and conduct medical research — received 80% of the money spent to fund clinical trials. But by 2004, the percentage of clinical trials conducted by such institutions had fallen from 80% to just 26%.

This has allowed Big Pharma companies to own and control virtually all the FDA information doctors use when deciding how to treat their patients. Some companies even ghostwrite clinical trial reports for publication in scientific journals, giving the named authors in those papers the ability to merely “suggest” revisions.

Here's the point: The pharmaceutical industry's control over the FDA — and what doctors believe about drugs, vaccines, and other therapeutics — has turned our once-vaunted health care system into a for-profit sick care system that often does more harm than good.

Shocking 3rd Leading Cause Of Death

In the first episode of the TV series *The Resident*, a nurse tells a patient that medical error is the third leading cause of death in the United States after cancer and heart disease.⁸

But she hastens to add: “They don't want us talking about that.”

This unforgettable line is hardly a fictitious claim designed for dramatic purposes. In fact, clinical studies prove that prescription drugs are the third leading cause of death not only in the U.S., but also in Europe.

The problem is accelerating precisely because more and more Americans are taking an ever-growing number of prescription drugs.

And the number of Americans taking multiple medications has grown rapidly over the last two decades. Between 2000 and 2012, the proportion

of adults in the U.S. who were taking five or more medications nearly doubled, from 8.2% to 15%.⁹

Older Americans are particularly vulnerable to medication overload. Today, 42% of adults over the age of 65 take five or more medications, which clearly puts them at greater risk.¹⁰

If nothing is done, medical errors over the next decade are projected to cause 4.6 million hospitalizations of older Americans, 74 million outpatient visits and nearly 150,000 premature deaths.

One reason this is happening: Over the last two decades, prescription drug use has exploded. To keep up, the FDA has been pressured to streamline — I would say shortcut — the approval process to get more drugs to market faster.

To reduce the time needed for drug approvals, the FDA has turned to the drug companies themselves to pay for the research. The agency did so with help from Congress, which passed the Prescription Drug User Fee Act (PDUFA) in 1992 to allow the FDA to collect fees from drug manufacturers to fund the new drug approval process.

These so-called “user fees” now equal nearly one-third — \$920 million — of the FDA's overall budget. They have also made the FDA the fastest drug-approval agency in the world.

This has made a bad situation worse. Now you have government employees and regulators whose jobs are dependent on the drug companies for funding. That makes Big Pharma the Big Boss of the FDA.

The FDA's own scientists even admit to this. David Graham, senior drug safety researcher at the FDA who played a key role in getting 12 drugs removed from the market (including Vioxx), said the FDA is not the watchdog for consumers it should be.

Here's what he said after the FDA made Merck pull Vioxx from the market because of the risk of heart attacks:¹¹

“As currently configured, the FDA is not able to adequately protect the American public. It's

more interested in protecting the interests of industry. It views industry as its client, and the client is someone whose interest you represent. Unfortunately, that is the way the FDA is currently structured.”

It should come as no surprise to anyone that nearly three dozen drugs have been pulled from the market since 1992, after follow-up research found they posed grave dangers.¹²

These have included Vioxx, the acne drug Accutane, cholesterol-lowering statin Baycol, antidiabetic Rezulin, and painkillers Bextra, Darvon and Darvocet, just to name some of the more well-known medications.¹³

By comparison, just eight drugs were withdrawn from the market between the 1950s and 1992.

But withdrawn drugs are just scratching the surface. Countless dangerous — even deadly — drugs remain on the market today. Drugs like statins and powerful NSAID painkillers. And these studies don’t even include drug recalls due to contamination and other manufacturing problems.

What this tells me is that there are forces out there that aren’t working on your behalf. Despite the smart people doing hard work and all the helpful science, not everyone’s incentive is your health.



I recommend that my patients, like Louise who is pictured here, replace their dangerous Big Pharma pills for natural solutions whenever possible.

Natural Alternatives To Big Pharma’s Blockbuster Drugs

I encourage my patients to switch out dangerous Big Pharma pills for natural solutions whenever possible. Here’s what Louise used instead to get her health back on track:

1. Switch metformin for chromium. I’ve been recommending chromium for years as a way to remove excess glucose from the blood and balance blood sugar. Without enough chromium in the body, insulin just doesn’t work properly. Chromium also helps your body process carbohydrates efficiently.

But today, we are in the middle of a chromium pandemic. Nearly 90% of American adults are chromium-deficient.

I recommend supplementing. But you can’t take just any kind of chromium supplement. Some types may actually do more harm than good. Research shows that your chromium supplement needs to include niacin to be effective.

Look for chromium picolinate, the most effective type of chromium backed by over 50 human clinical studies. Take 400 mcg a day.

2. Replace arthritis drugs with frankincense. NSAIDs increase your risk of heart attack and stroke after just one week of consistent use. And the more you use them, the more your risk goes up.¹⁴

Also known as *Boswellia serrata*, this herb has a long history of treating arthritis without side effects. In a large study, researchers followed 440 arthritis patients for six months. They found that frankincense relieved pain as effectively as painkiller drugs. It also significantly improved arthritic knee function.¹⁵

Frankincense contains enzymes that block prostaglandin e2 (PGE2). This hormone-like chemical is produced by the body in response to an injury. It makes blood vessels dilate and expand. This causes the injured area to become swollen and arthritic. By directly attacking PGE2, frankincense stops inflammation before it starts.

Look for a *Boswellia serrata* supplement standardized to at least 65% boswellic acids. I recommend 400 mg three times a day.

3. Ditch blood pressure pills for magnesium.

Diuretics, beta-blockers, ACE inhibitors, and calcium channel blockers have serious side effects. I'm talking about things like edema, dizziness, nose bleeds, rash, and hearing loss. They can lead to cardiac failure, heart attack, depression, colitis, and arthritis pain.

But magnesium is your body's own blood vessel relaxer. I've used it in my practice with great results. It helps balance potassium, sodium, and calcium, all of which affect blood pressure.

In a review of 34 studies covering more than 2,000 patients, researchers found that taking magnesium daily for one month lowered systolic pressure by 2 mmHg and diastolic pressure by 1.8 mmHg.¹⁶

I recommend between 600 mg and 1,000 mg a day. Take it with vitamin B6. It will increase the amount of magnesium that accumulates in your cells.

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Beware “Pink Ribbon Profiteers”

Breast Cancer Rates Haven't Declined In Decades... But You Can Naturally Slash Your Risk Of This Dreaded Disease

You might believe that because breast cancer awareness and fundraising have risen drastically, we're making real progress in curing this dreaded disease.

Yet the American Cancer Society found that in recent years, breast cancer rates have increased by up to 0.5% every year.¹

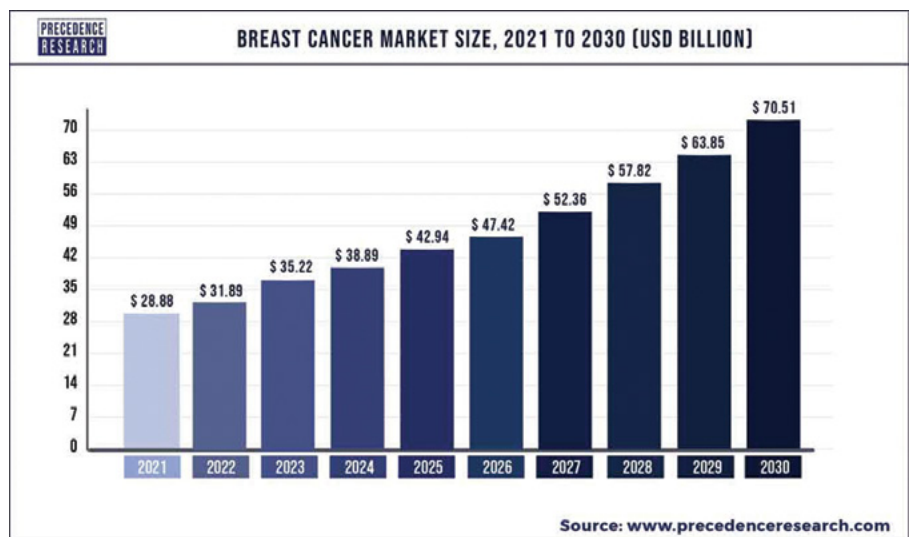
How is that possible when charities like the Susan G. Komen Foundation seem to be working so hard to find a cure?

Each year, hundreds of millions of dollars are raised on the back of the Pink Ribbon campaign to help fund research into breast cancer... and every year, tens of thousands of people die from the disease.

I'm sure you're familiar with the month-long blitz of newspaper, magazine, radio, and TV stories on the perils of breast cancer and the wonders of the latest scientific research — not to mention all the windows and beauty shelves in drug stores and supermarkets awash with pink ribbons and special limited-edition buys...

I'm writing to you today, months ahead of the next Pink Ribbon campaign, to let you know it's all bunk.

Back in 1992, when the Pink Ribbon was officially adopted as the symbol for Breast Cancer Awareness Month, around 44,000 American women and about 500 men died.



The global breast cancer market is forecast to surge by at least 11% between now and 2030.

Those numbers haven't budged AT ALL in the last two decades.²

Sadly, the number of people diagnosed with breast cancer continues to rise and the death toll today has hardly budged since the first Pink Ribbon. It's still the most common cancer among American women and it remains the second leading cause of cancer death.

If you walk down any busy street in America and see eight women, chances are that one of them will develop breast cancer — and some will die.

And because it's so commonly diagnosed, mainstream medicine has built an entire industry around mammograms and expensive breast cancer treatments. Aside from drug side effects,

evidence for the harms of mammography alone — including false-positives, anxiety, and radiation injury — have been available for decades.^{3,4}

The truth is, the only winners in Pink Ribbon campaigns are the giant medical companies that manufacture the mammography and thermography machines, and Big Pharma, which makes lucrative blockbuster breast cancer drugs.

In this **Confidential Cures** article, you'll learn that many potential cures and treatments for breast cancer are ignored and discredited by conventional medicine, because there is more money in managing illness than in curing it. Doctors will tell you the disease is genetic... or it's just bad luck. But I've been helping patients avoid cancer treatments for decades by preventing breast cancer in the first place.

Who Is Profiting From Breast Cancer?

Like so much of modern medicine, the business of diagnosing and treating breast cancer has become an industry — more about money than the prevention of cancer.

Let me run an enormous number past you... \$70.51 billion! That's the projected market value of the global breast cancer market just seven years from now in 2030.⁵

The vast bulk of those billions of dollars that are reaped each year in pink profits are shared among just a handful of about 15 Big Pharma players — including AstraZeneca, Merck, Bristol Myers Squibb, Pfizer, Novartis, Eli Lilly, and GSK.

The exponential profits in the breast cancer industry are driven by three factors:

- More patients than ever are diagnosed with breast cancer
- The enormous increase in the number of diagnostics and treatments available
- And the rising cost of these diagnostics and treatments

Diagnostic machine companies, Big Pharma and other pink profiteers are lining their pockets from this cancer gold mine...

It's not just sales and diagnostics. An estimated \$6 billion is raised every year in the name of breast cancer research. And the money keeps pouring in.

The National Institutes of Health, the nation's top agency for health-related research, allocates around \$765 million to the study of breast cancer, more than double what it commits to any other cancer.

Beware: Mammograms Can Cause Cancer

Conventional medicine, as well as those behind the Pink Ribbon campaign, will tell you a mammogram is the best way to save yourself from breast cancer.

The sad truth is that mammograms are a billion-dollar industry that does much more harm than good.

Here's what I mean:

Back in 1993, the National Cancer Institute (NCI) stopped recommending screenings for women under 50 after finding little evidence of mammograms benefits.

Almost certainly, mammograms do save the lives of a small number of women — and those lives are important. But now, after more than 40 years of routine screenings, we have to ask the most inconvenient question of all...

How many women have been harmed by mammograms to date? Tragically, the answer is millions.

A study in the *New England Journal of Medicine* looked at 32 years of breast cancer data. Its true mammograms increased early detection. But they didn't reduce the rates of advanced breast cancer.⁶

In other words, doctors were finding more cases of "early cancers" that never progressed to advanced cancer.

But they found something else very shocking. Thanks to mammograms, 1.3 million women were over-diagnosed. In just one year, 31% of all so-called breast cancer cases weren't cancer at all.

So the test turned 1.3 million healthy women into patients. And the cancer industry has to love that.

Most of those women received some treatment — from lumpectomies and double mastectomies, to radiation and chemotherapy or hormonal therapy — for cell abnormalities that would never likely progress into an invasive cancer.

These treatments pose their own threats. One study found that receiving radiation treatments for breast cancer increases your risk of heart disease, and others have shown it increases the risk of lung cancer.⁷

Meanwhile, millions more have suffered anxiety and the emotional turmoil of a second battery of tests to investigate what turned out to be a false alarm.

None of these concerns have persuaded mammograph machine makers, like GE Healthcare and Siemens, to stop their aggressive marketing to young women. Industrial giant, Du Pont, which makes most of the film used for mammograms, has even run TV ads boasting its new film “makes it safer to start mammography early.”

More than 24,000 mammography machines have been installed in the U.S. According to the NCI, that’s more than three times the amount needed. These machines perform about 39 million mammograms a year, most of which are routine screenings performed on asymptomatic women.⁸

Breast thermography, which uses high-resolution infrared cameras and sophisticated computer processing to produce a topographic, physiological heat map, has proven to be much better than mammograms at early detection.

A large American study, looking at 37,050 women, found breast thermography identified 56 cancers per 1,000 thermograms. That’s 10 times better than the results of Breast Cancer Detection Demonstration Project studies using mammograms, which identified only 5.6 cancers per 1,000 mammograms.

“Breast thermography has proven to be much better than mammograms at early detection.”

Yet breast thermography also comes with its own concerns. Thermography produces even more false positives than mammograms.⁹

The bottom line is that neither mammography nor thermography can diagnose breast cancer. Both are simply diagnostic tests that show a possible disease process.

Drugmakers Are Breast Cancer’s Biggest Winners

Around 4 million women have a history of breast cancer in America. That statistic includes women who have finished treatment, and the many more who are currently being treated, either as new cases or as those undergoing long-term therapy.¹⁰

Treatment is expensive, largely because it involves an array of Big Pharma meds.

If you do get a breast-cancer diagnoses, you can expect costs up to \$200,000 for treatment. And the rule of thumb is, the more advanced the cancer, the more expensive it is — even with a good insurance policy.¹¹

New breast cancer drugs can cost as much as \$100,000 or more a year. And that’s on top of the important follow-up care that can continue long after treatment — sometimes for the rest of your life.

According to the American Cancer Society, about 300,000 new cases of invasive breast cancer will be diagnosed this year. The good news is that the survival rate for those whose cancer has not spread beyond the breast is 99%.

For the companies clamoring for pink profits amid what has become a breast cancer epidemic, these numbers represent huge market opportunities.

Enhertu, AstraZeneca’s recently approved drug for advanced, inoperable breast cancer, costs around \$2,700 per injection — or almost \$50,000 per year — and is administered every three weeks, possibly for life.

Meanwhile, global sales of hormone-therapy drug Tamoxifen, also made by AstraZeneca and one of the most widely prescribed breast cancer drugs, comes in at around \$700 million annually.

AstraZeneca is also pushing Tamoxifen for breast cancer prevention, so you can expect sales to continue to skyrocket — even as studies reveal long-term use of the drug increases the risk of endometrial cancer.^{12,13,14}

And sales of Roche's blockbuster Herceptin drug — which targets the proteins responsible for a cancer cell's growth and has demonstrated good results in patients with the aggressive HER2-positive breast cancer — generated \$2.1 billion last year. Thanks to the pandemic, this is down from the \$7.1 billion generated in 2019, but the rebound has already begun.

Meanwhile, there are more than a dozen other targeted therapy drugs, hormonal therapy drugs like aromatase inhibitors and estrogen receptor down-regulators, chemotherapy drugs, as well as surgery, radiation therapies and biologic therapies.

The uncomfortable truth is this: In 1991, the year before the first Pink Ribbon campaign was launched, 119 women in America died of breast cancer every day. Today, in spite of all the money poured into research, new drugs, therapies, and diagnostics, that figure is now 110 — a victory no one should be bragging about.

Discover The Real Cause Of Breast Cancer

Mainstream medicine will tell you the underlying cause of breast cancer is unknown — and that the problem is most likely your defective genes.

But having a risk factor doesn't mean you'll get cancer. And having no risk factors doesn't mean you'll be cancer-free either.

The fact is that about 80% of breast cancer is driven by diet. And the modern, American diet is likely the number one risk factor for breast cancer.

The Shanghai Breast Cancer Study revealed that Chinese women who abandoned traditional diets and started eating Western-style processed foods and sugar increased their breast cancer risk by a shocking 60-90%.¹⁵

Research also shows that antioxidants, omega-3 fatty acids, phytosterols, and flavonoids have highly effective cancer-fighting powers. But most of these have been stripped from our diet.¹⁶

Another major factor is estrogen. You're estrogen levels are now higher than at any other time in human history.

That's why you develop cancers in parts of the body with estrogen receptors. These include all gynecological cancers, as well as breast cancer.^{17,18}

Estrogen overload begins at an early age. Just think about how it was during your mother or grandmother's era. At the beginning of the 20th century, you would have got your first menstrual period at the age of 16 or 17, and you would have gone into menopause in your early 40s.

Today, as a result of our increasingly unnatural diet and the barrage of environmental toxins we eat, breathe, and touch every day, menstruation now usually comes at 11 or 12. And girls can expect to have almost 40 years of menstruation ahead of them.

That's a lot more estrogen than Mother Nature intended.

Birth control pills are also a major source of excess estrogen in your body. Until recently, birth control pills contained as much as 150 micrograms of estrogen, compared with the 35-50 micrograms in most contraceptive pills today.

All that extra estrogen overwhelms the estrogen receptors around your body and can lead to breast cancer.¹⁹

Reduce Your Breast Cancer Risk With Luteolin

The breast cancer industry wants you to believe the only option you have is to undergo their therapies.

You see, the cancer industry is making huge profits on the big business of treatment. Many potential cures are ignored and discredited, because there is more money in treating an illness than in curing it.

They refrain from disclosing natural prevention because they won't earn a profit.

I also help my patients minimize their risk of breast and other cancers with simple changes to their diet. One of the most powerful things you can do to reduce your cancer risk is to eat foods rich in luteolin.

Researchers from the University of Missouri found that luteolin protects against breast tumors that are fueled by progesterone.²⁰ It works by reducing the blood vessels that feed cancer cells.

Luteolin also increases the rate of apoptosis or programmed cell death of cancer cells. And it inhibits breast cancer cells from changing into deadly cancer stem cells.

A recent study found that luteolin even reduces the risk of triple-negative breast cancer (TNBC).²¹ These cancers are particularly lethal. TNBC quickly spreads to distant sites in the body. It doesn't respond to most chemo drugs. The only treatments available are highly toxic and not very effective.

Luteolin is an incredibly powerful antioxidant. Besides breast cancer, it has been found effective against leukemia, thyroid, lung, colon, and prostate cancer cells. It also neutralizes the free radicals and inflammation that can lead to cancer.

The best way to get luteolin is through your diet. Here are my top picks for foods and herbs rich in luteolin. Aim to get at least one serving at each meal.

Celery	Celery seed	Dried oregano
Juniper berries	Olive oil	Mint
Fresh thyme	Radicchio	Parsley
Broccoli	Lemons	Peppermint
Artichokes	Peppers	Celeriac
Spinach	Beets	Basil
Rutabagas	Kohlrabi	Kale
Brussels sprouts	Rosemary	Sage

Another unique source of luteolin is propolis.

That's the resin bees use to make their honeycombs. You can find it in most health food stores.

3 More Breast Care Supplements To Take Today

Here are three powerful breast cancer preventions I recommend to my patients...

1. Take more iodine: The real breast cancer crusader isn't pink, it's purple — the color of iodine. And unlike the cancer industry's \$100,000 treatments, iodine costs just a few dollars a day.

Women store iodine in their breasts, because this key element is critical for brain-development in infants. This is nature's way of making sure babies get a good supply of this essential brain mineral through breast milk.

You see, when iodine levels are low, ovaries produce more estrogen.

Cells in the breast contain estrogen receptors. When estrogen hits these receptors, it stimulates cell growth — for both healthy and cancerous cells. When estrogen levels are high, estrogen is more likely to attach to the receptors in cancerous cells and cause them to multiply.

Low iodine also increases the sensitivity of estrogen receptors in breast tissue. Breasts start to take in even more estrogen, which increases the risk of breast cancer further.

Japanese women, who consume about 25 times more iodine than U.S. women, have around a 66% lower rate of breast cancer than Americans.²²

Your body can't make iodine itself, but you can boost your levels with diet.

For higher levels of iodine, I recommend kelp tablets to my patients. Start with 325 mcg per day and increase it slowly. To prevent breast cancer, you can gradually go as high as 3mg-6mg per day.

2. Grab a handful of walnuts: Studies reveal that eating walnuts can reduce your breast cancer risk. Walnuts have almost twice as many antioxidants as other nuts. And they help prevent cancer because they're rich in omega-3s.

You see, omega-3s keep your body's breast cancer genes healthy. And when these genes function normally, they help repair DNA and prevent cancer from developing. Research also

shows that an extract from omega-3-rich walnuts can stop the spread of breast cancer.²³

In one study, researchers gave omega-3 supplements from walnuts to mice bred to have breast cancer. The supplements helped prevent breast cancer. And those that got cancer reduced the size and number of their tumors.²⁴

In another study, just a handful of walnuts (about 2 ounces) a day, delayed the onset of cancerous tumors in mice.²⁵

Walnuts also contain phytosterols. Studies show these nutrients can inhibit tumors from forming in the breast. They can also shrink existing tumors.

And as I've told my patients for years, just a handful of walnuts a day can help keep breast cancer away.

3. Take melatonin to reduce excess estrogen:

You know melatonin is a safe and natural sleep aid. But recent studies show that it also offers powerful protection against reproductive cancers — including breast cancer — because it removes excess estrogen and restores your hormone balance to its natural state.

You see, melatonin has a calming effect on all the cells in your body — as well as several of your reproductive hormones.

Studies show that when melatonin latches onto breast cancer cells, it counteracts the estrogen's tendency to stimulate cell growth — thus slowing the rate at which cancer can multiply.²⁶

Researchers in Spain recently revealed that melatonin blocks estrogen receptors in your body.²⁷

To lower your estrogen levels and your breast cancer risk, I recommend 5 mg daily.

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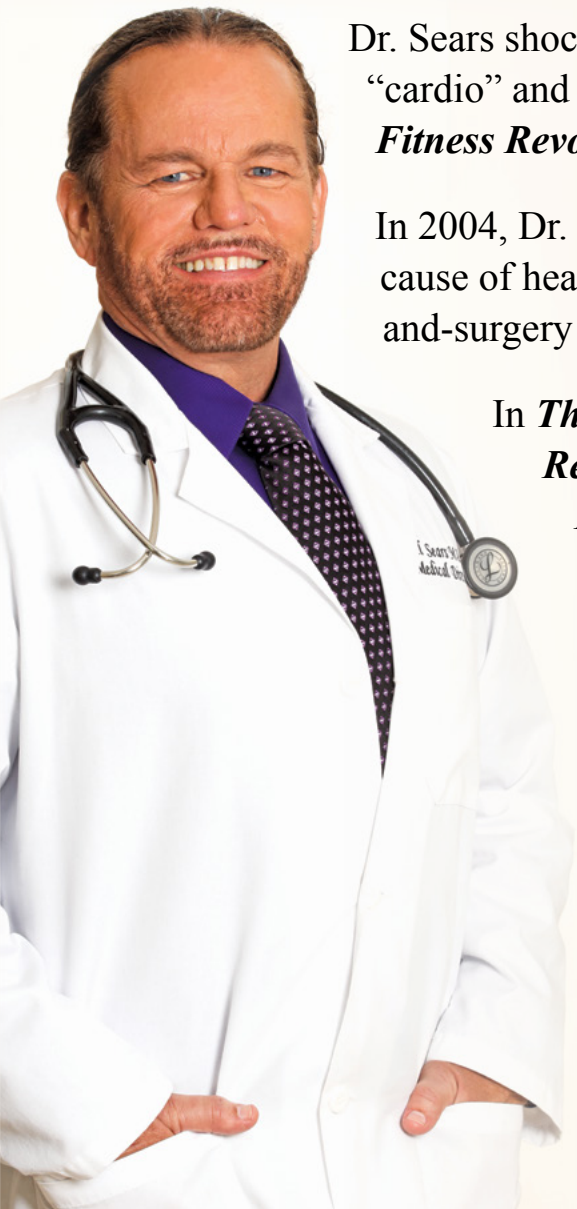
The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.

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).