



Dr. Sears'

CONFIDENTIAL CURES

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

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Dear Friend,

Big Agra is experimenting with your life.

In fact, you and I — and everyone we know — are all guinea pigs in a brand-new experiment we never agreed to take part in.

And it's putting your entire gut microbiome...and every aspect of your health...at risk.

I'm talking about the introduction, by companies like Bayer-Monsanto, of genetically engineered microbes (GE) into millions of acres of American farmland.

The scale of this ongoing experiment is far larger — and far more dangerous — than what we've already seen with Monsanto's existing genetically modified organisms (GMOs).

One application of GE microbes could release **3 trillion genetically modified organisms** every half an acre.

We know that GMO Frankenfoods increase the risk of cancers, kidney disease, obesity, diabetes, allergies, and autoimmune diseases.

But once you plant these GMO crops in genetically modified soil, it's likely to trigger a tsunami of medical conditions that we may not even be aware of for decades.

You see, with the introduction of live, GE microbes into agricultural soil, the health of the human microbiome is also at risk — especially your gut microbiome, which plays a key role in your body's immune response.

But the danger doesn't stop there... According to a recently published report, the genetic modifications inside these microbes will lead to an even larger depletion of minerals, vitamins, and other nutrients through the degradation of soil.

Our health cannot afford this. In the last 60 years or so — since the start of massive Big Agra farming — fruits and vegetables have already lost up to 80% of their nutrient content.

In your February 2024 issue of *Confidential Cures*, you will discover:

- **My seven-step plan to protect yourself and your family from the latest “Franken-food” experiment** you never agreed to be a part of. Inside, you'll find a detailed list of what to look for and what to avoid when it comes to the products you'll put on your dinner plate.
- **How a brain-signaling protein found in a bizarre looking mushroom can help to prevent, fight, and even reverse Alzheimer's disease and dementia.** In one scientific study, it increased Alzheimer's protection up to 33%.
- **My favorite health-enhancing, anti-aging superfoods from the Amazon.** The problem with most superfoods is that they're not “super” enough. I discovered a group of real superstars in the jungles of South America that give your body the nutritional repair and rejuvenation it needs to thrive in our increasingly nutrition-less world.

To Your Good Health,

Al Sears, MD, CNS

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Monster Microbes On Your Dinner Plate?

What You Aren't Being Told About Big Agra's Dangerous And Unprecedented Food Experiment

There has never been a more important time in human history to consume foods that you know to be safe and natural.

Because the threat to your health may get much worse.

I know it may sound dramatic, but I'm writing today to tell you about a new era of genetically engineered "monster" microbes. Big Agra has already started pumping these genetically modified microbes into the soil that grows the food that will end up on your plate.

I know you're concerned about genetically modified organisms (GMO) "Frankenfoods" — but it seems, that was just the beginning.

Big Agra's plan to release live, genetically engineered microbes across millions of acres of American farmland represents an unprecedented open-air genetic experiment that you and I never agreed to take part in.

The plan is to release these monster microbes on a scale far larger than anything we have seen with existing GM crops, and the chances of containing them in specific crop-growing areas is pretty much zero.

That means you and I are being used as modern-day guinea pigs in this experiment, and it's likely to trigger a tsunami of medical conditions — including infertility, tumors, kidney and liver disease, and more — that we may not even be aware of for at least a decade.

The nutritional value of foods grown on these genetically altered soils will be far less than your body needs to thrive... but that's not the only concern.



You and I are modern-day guinea pigs in a giant genetic experiment we never agreed to take part in.

Now add to that an unprecedented expansion in the amounts of hazardous pesticides and herbicides in our food supply — like Roundup and other toxic agrichemicals — as well as massive soil degradation and damage to wildlife, climate, and the overall environment.

The truth is, we have no idea what the extent of the damage will be caused amid this new Franken-foods experiment.

The facts that we do know — the few we're allowed to know — are scary enough and point toward the biggest modern health disaster we have ever seen.

Big Agra's plan is simple — to turn every crop into a massive cash crop, at the expense of your health.

Our Soil Is In Increasing Danger

The Earth's soil is more important than most people realize. It's not only essential for healthy plant growth and human nutrition, but also supports a landscape that is resilient to the impacts of drought, flood, or fire.

Healthy soil also helps regulate the Earth's climate. Did you know our soil stores more carbon than all of the world's forests combined?

Sadly, soil is not renewable and it's now endangered thanks to Big Agra. It takes a staggering 500 years for nature to build less than an inch of living soil — and only seconds to destroy it.¹

You see, nutrient-rich soil is created by the natural ecosystem of wild and diverse plant and animal life — including trillions upon trillions of microbes. Just one handful of healthy soil contains more microbes than there are people on the planet.

These microbes play a fundamental role in agriculture, making phytonutrients available to plants and boosting crop immunity to pests and diseases. In turn, these nutrients are passed on to you as food and are essential to your health.

But these genetically engineered bacteria, viruses, and fungi — known as “biologicals” — are another matter entirely.

Using gene editing technology, Big Agra is engineering microscopic living creatures in the soil, like bacteria and fungi, to then re-introduce them in their altered Frankenstein forms.

Make no mistake about it, Big Agra's plan to introduce these monster bacteria, viruses, and fungi as part of their upscaled industrial-scale farming methods, will have a direct and damaging impact on your food supply and the world we live in.

At least two live genetically engineered (GE) microbes are already being used on millions of acres of U.S. farmland, but hundreds more are coming — and there will be very little government oversight and almost no transparency.

Each microbe application could release as many as three trillion genetically modified biologicals per *half acre of farmland*.²

Big Agra's plan is to enhance the ability of the Earth's natural microbes and turn them into more efficient pest killers. They also aim to use their live GE microbes to generate specific soil nutrients, like nitrogen, at the expense of other key nutrients.

The simple idea is to boost plant growth and make them more resistant to disease and pest infestations, as well as allow them to be grown in soils outside their original habitat.

However, many of the other phytonutrients you evolved to depend on for your health will be “cleansed.” And while your diet and the environment around you have altered, your body still has the same needs.

Big Agra's focus is on singular crops and reaping maximum yield with the least expense. It has nothing to do with nutrition, diversity, or ecological preservation.

How Big Agra's Horrible History Is Harming Your Health

Big Agra already has a terrible track record when it comes to genetic engineering, pesticides, industrial-scale farming, disenfranchising family-scale farmers, and obfuscating the truth — not to mention their impact on human health and the environment.

Its long history includes the manufacturing of the military-grade herbicide Agent Orange, the poisoning of public waterways, PCBs, bovine growth hormones, and DDT insecticides.³

When it comes to **GMO** crops like soy, corn, and wheat, studies show these products and the pesticides with which they're treated are at the root of multiple health problems...despite Big Agra's safety claims.

Nearly all commercially released **GMO seeds and** crops are produced by just three agrichemical companies — Monsanto/Bayer, BASF, and Syngenta, which are also among the biggest players in the creation and application of genetically engineered monster microbes.

Despite decades of promises that their genetically modified products would feed the world and lead to decreased pesticide use, the opposite has turned out to be true.

The use of Monsanto's glyphosate-based weedkiller Round-up has mushroomed since the introduction of glyphosate-resistant GMO crops. Round-up is now the most widely used weedkiller in the world.

It's also worth noting that Bayer and BASF have been busy lobbying the US and European governments to scrap safety rules on new GMO crops — even if they increase pesticide use.⁴

Here's just a small sample of the health concerns surrounding genetically modified crops:

- GMOs cause gluten disorders, including Celiac disease, that impact 18 million Americans.⁵
- DNA From GMO crops can be transferred to humans who eat them.⁶
- Multiple toxins from GMOs have been detected in maternal and fetal blood.⁷
- Genetically modified corn has been linked to rat tumors.⁸
- Glyphosate (Roundup), the pesticide that Monsanto's seeds are genetically engineered to withstand, has been linked to autism, Parkinson's, Alzheimer's, birth defects, and breast cancer cell growth.^{9,10}

If genetically altered microbes are pumped into hundreds of millions of acres of American farmland, all of this is likely to be just the tip of the iceberg.

Big Agra Is Working Hard To Hide The Coming Crisis

Big Agra's control over the development of live GE microbes, and their planned mass release into the environment, raises red flags for your food supply — and also threatens to forever change the world that we live in.

Yet very few barriers are in place to challenge this coming crisis. Current U.S. regulatory controls for live GE microbes in agriculture are already outdated and opaque.

Big Agra and its associated agrichemical corporations can hide almost all details from public view under their "Confidential Business Information" designation.

Once these products are released, there is also no regulatory system in place that allows the public or the government to monitor the extent of their use or their long-term safety.

This is extremely worrying — especially given Big Agra's long and nasty history with pesticides and GMOs over the past half-century.

According to a recent Friends of the Earth report, live GE microbes are able to share genetic material with each other far more easily than crops can, and they can also travel great distances on the wind.

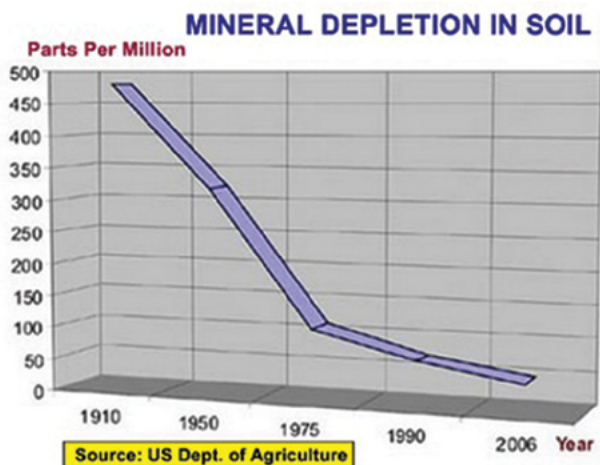
That means the genetic modifications inside these microbes will be able to alter any other plant species they come into contact with... with unforeseen and potentially irreparable consequences.

It's not just Friends of the Earth that have expressed concern. Multiple researchers have warned of a range of genetic mishaps that could occur when living organisms are engineered, including...¹¹

- The creation of more resistant "super pests" and "super weeds."
- The effects of existing pests will be exacerbated through hybridization.
- Harm to non-target plants and animals, including soil organisms, non-pest insects, birds, and other animals that are part of the ecosystem and essential for healthy, natural soil.
- The stimulation of nitrous oxide in the soil.
- The reduction of genetic diversity in plant and animal species.
- The depletion of minerals, vitamins, and other nutrients through the degradation of soil.

At the turn of this century, the *Journal of the American College of Nutrition* published a study comparing the nutrient content of crops in 1999

with 1950 levels. The researchers were shocked to find many vegetables had lost 80% of their nutrient content.¹²



Since the start Big Agra's profit-driven modern farming techniques, dozens of minerals and vitamins that were once abundant in our soil and plants have been depleted.

Today, a quarter of a century later, the situation is even more dire. Mounting evidence from multiple scientific studies reveals that many fruits and vegetables carry less protein, calcium, phosphorus, iron, riboflavin, and vitamin C than ever, as a result of nutrient depletion in soil.

For example, more than 83 million acres of American farmland have been almost entirely cleansed of selenium, an essential mineral and antioxidant used by your body's immune system to naturally ward off cancer, heart disease, and other chronic diseases.¹³

Dozens of other minerals and vitamins that were once abundant in our soil and plants have also been depleted, leaving your body with fewer of the components it needs to mount a defense against disease.

Now, with the introduction of live, GE microbes into agricultural soil, the health of the human microbiome is also at risk — particularly your gut microbiome, which plays a key role in your body's immune response.

You see, live GE microbes intended for crops grown for animal feed to target harmful bacteria in an animal's microbiome, may continue to live and carry out their microbe-killing functions when they end up in your gut.

Shop From A Regenerative Farm

The regulatory system is now set to rapidly greenlight new GE microbes without assessing their potential health and environmental risks.

Big Agra wants you to believe that the thousands of products they offer are safe and healthy. They also want you to believe that these are your only choices.

Fortunately, there are already alternatives...

A small number of farmers across six continents have retained or moved into regenerative agriculture, rebuilding soil organic matter, restoring degraded microbial biodiversity in their soil, and using responsible grazing practices for the animals they raise.

These farmers use no synthetic toxic pesticides, synthetic water-soluble fertilizers, GMOs, destructive tillage systems, confined animal feeding operations, and the clearing of high-value ecosystems.

Of the 900 million arable acres in America, only about 13.5 million acres are farmed regeneratively — but the nutritional difference is astonishing.

A 2022 study of U.S. farming highlighted that food produced in regenerative systems had significantly higher nutritional value than conventional plots. Comparing neighboring farms, the study found that crops produced under regenerative management had up to 34% higher nutritional composition.¹⁴

The same study also analyzed meat products and came to the same conclusion. Beef and pork raised on regenerative farms had much higher levels of omega-3 and alpha-linolenic acid, two essential nutrients for human health and development.

When you choose regenerative, you're getting a product that's the result of farming with the earth, not against it. You're getting a taste of the wild, open pastures and the deep, rich soils that give back to Mother Nature as much as they take.

I recommend finding regenerative farms near you. For a complete list, check out this link: www.regenerativefarmersofamerica.com/regenerative-farm-near-me

Put “Real Food” On Your Plate

Here’s what I recommend for getting corporate greed and its dangerous and nutrition-less products off your dinner table. Of course, as a regular reader, you know my go-to advice is to always eat naturally and avoid processed foods. This should go without saying, but I always recommend eating whole foods, pastured beef, lamb, chicken, and other properly raised, organic foods.

Unless you know the source of the meat, dairy, and vegetables, and the practices of the ranch or farm, the safest foods are USDA-certified-organic foods. If your grocer doesn’t carry them, let them know you’ll shop elsewhere.

But I also recommend that you:

- **Get To Know Your Local Farmer.** It’s important to buy from producers committed to natural and non-GMO farming methods. My simple rule is to shop and buy local, in-season, organic food. Nutrient-rich, properly raised food energizes your body and results in vigor, strength, and long-term health.

Avoid foods with high carbohydrate and starch content as much as possible. These are Big Agra and Big Food’s biggest money makers. They spike your insulin levels and lay the foundations for our modern epidemic of chronic diseases.

- **Search For These Keywords When Shopping.** Next time you’re shopping, keep an eye out for key terms that show your food isn’t coming from Big Agra farm.

- ✓ “Grass-fed and grass-finished” ensures animals ate a natural diet their whole lives and were never “fattened up” with grain.
- ✓ “Organic” signifies avoidance of synthetic pesticides and fertilizers.
- ✓ “Biodynamic” farming goes even further, treating farms as closed, self-nourishing systems.

- **Check The Label And Avoid Soy.** Despite the soy-health hoopla, multiple studies strongly suggest this lucrative GMO corporate cash crop poses serious health risks.

Many soy-based products prevent your body from absorbing essential minerals. Ironically, soy also makes it more difficult for the body to digest protein, the very thing soy was supposed to provide as an alternative to meat protein.

Soy has also been shown to cause cancer in animal studies, and is a known hormone disruptor. (By the way, soy makes its way into most industrial animal feed, which means it’s also making its way to your table.)¹⁵

It’s also high in omega-6 fatty acids — up to 18% of the whole bean. This is the kind of fat we’re supposed to reduce in our diet.

Soy byproducts are everywhere, and they go by many FDA-approved names. Here are the ones to look out for:

- ✓ Vegetable protein
- ✓ Soy protein isolate
- ✓ Soy flour
- ✓ Protein concentrate
- ✓ Textured vegetable protein
- ✓ Vegetable oil
- ✓ Plant sterols

I’m not saying small amounts of this stuff will kill you, but it’s best to be aware of how much you’re consuming, given the potential health hazards. If you find these ingredients on the label, try to find substitutes without them.

- **Look For A “Non-GMO” Label.** This can be tricky because the manufacturers of genetically modified foods are lobbying hard to get “non-GMO” labels banned. But for now, they’re still legal. And, in my opinion, a good sign that these foods are safer.

- **When You Can, Grow Your Own.** Non-GMO seed companies have moved much of their seed production to Europe and Asia, where contamination is less likely. American agribusiness giants have less clout in these countries, and untainted seeds are still available. Homegrown vegetables contain many more nutrients than the corporate variety — and they taste better.

• **If You Can't Buy From A Local Farm, Order Your Food Online.** For a list of farms that only raise grass-fed and finished meat, check out these two websites: American Grassfed, Eat Wild, and A Greener World. To order online, I suggest these sites:

- ✓ **US Wellness Meats.** I know the owner John Woods and I trust his products.
- ✓ **Polyface Farms.** The food from my friend Joel Salatin's farm isn't just healthier, it tastes a heck of a lot better.
- ✓ **Okeechobee Farms.** This farm is not too far from my clinic. They make and deliver the homemade bone broth I offer all my patients.

Another good site is the Weston A. Price Foundation, which has local chapters in most states, and many are connected with buying clubs through which you can easily purchase organic foods, including grass-fed raw dairy products, like milk and butter. Check out www.westonaprice.org/find-local-chapter/

• **Contact Your Representatives In Congress.** I strongly recommend that you let your members of the House and the Senate know you're concerned about this issue and demand that genetically modified microbes be banned until proven safe. To find your representative, click on the links:

- ✓ www.house.gov/representatives/find-your-representative
- ✓ www.senate.gov/senators/senators-contact.htm

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Boost Brain Cell Growth And Reboot Your Aging Memory Compound In “Magic” Lion’s Mane Mushroom Lowers Alzheimer’s Risk By 33%

For years, scientists insisted you couldn’t grow new brain cells — a process known as neurogenesis — as you age.

But that was the old science.

Then researchers discovered that new brain cells *can* grow well into old age, but the process happens at a much slower pace.

Most conventional doctors still believe this — and insist that the loss in cognitive function experienced by many aging adults is just a natural consequence of getting older.

But that’s not true either.

The truth is that the average brain contains about 100 billion brain cells, many of which were formed before birth...

And with the right dietary ingredients, *you can continue to make new brain cells throughout your entire life.*

Today, I’m going to talk to you about a unique mushroom that boosts brain-derived neurotrophic factor, or BDNF.

This signaling protein and nerve growth factor supports the growth, function, and survival of brain cells — and your brain can’t generate new neurons or make new connections between these brain cells without it.^{1,2}

And higher BDNF actively lowers Alzheimer’s risk by 33%.³

That’s huge. Because when I ask my patients what they’re most worried about, Alzheimer’s is usually top of the list. It’s not surprising because



You and I are modern-day guinea pigs in a giant genetic experiment we never agreed to take part in.

losing your memory, your mind, and your sense of self is terrifying — not only for you, but for everyone in your life.

And it’s clear that Americans are facing threats to their memories like never before.

Today, more than 6 million Americans are already living with the cognitive disorder, with that number expected to explode to nearly 13 million by 2050.⁴

Another study predicts that about 40% of adults will experience some form of memory loss by the time they turn 65.⁵

These are frightening statistics. But you can take proactive steps to avoid that fate.

In this *Confidential Cures* article, you will learn how the BDNF in Lion's Mane can prevent, fight, and even reverse Alzheimer's disease and dementia. This simple, safe food can sharpen your thoughts, refresh your memory, and power up your brain.

Cognitive Decline Continues To Increase

As you get older, everything slows down. But it's not due to aging. It's because of a lifetime accumulation of free radicals and inflammation that affect your brain cells and blood flow.

Add to that outside forces that drain your brain, memory thieves like:⁶

- Certain Big Pharma medications
- Pesticides and other common chemicals
- Heavy metals
- Poor nutrition
- Chemotherapy
- Post-viral illnesses (including long Covid)

All of that adds up over time, making it harder for your brain cells to survive and thrive. That's why nature gave us an antidote...one that counteracts everything from free radicals to inflammation to unavoidable threats.

I'm talking about a strange-looking mushroom, one that you may never have heard of. But one that you'll want to make a definite part of your life from now on.

BDNF Helps Restore Your Aging Brain

For more than 2,000 years, *Heridium erinaceus* — better known as Lion's Mane mushroom — has kept people younger, sharper, and more vital. These frilly, cream-colored fungi that resemble a lion's mane have been used by traditional Asian healers for generations to restore and strengthen *qi*, or life force.

Of course, Big Pharma doesn't want me to tell you about this because it'll cut into their profits. But that's never stopped me from bringing you the truth and it never will.

Lion's Mane contains unique active compounds that Big Pharma just can't copy. Luckily, you don't need an expensive copycat drug when you can use the real thing. And this mushroom is nothing short of a miracle when it comes to brain health...

You see, it can spark the production of healthy new brain cells. Breakthrough research has found that Lion's Mane stimulates brain cell creation and growth, replacing old, damaged brain cells and rebooting your brain power.

Two key compounds in the mushroom, hericenones and erinacines, stimulate the production of BDNF — brain-derived neurotrophic factor — a key compound when it comes to avoiding cognitive decline.

BDNF thrives in the hippocampus, the cortex, and the basal forebrain, which are the areas vital for memory, learning, and higher cognitive functions.

It enhances and improves the growth and health of nearly every brain function and type of brain cell, including:

- Synapses – the connections between nerve cells
- Synaptic transmission – how neurons talk to each other
- The formation of the “glial” cells – these act as your brain's immune cells, anchor neurons, and help clean up waste)
- The development of dendrites, your brain cells' “antennae” – these cells receive signals from other parts of the brain and communicate them to the cell body
- Brain cell formation and protection
- Brain cell plasticity – the ability to respond and reorganize based on new information, like remembering the name of someone you met two days ago
- Increasing serotonin and dopamine

BDNF is like oxygen for your brain. It's a vital signaling molecule that stimulates “neural plasticity,” the brain's ability to enhance nerve function in response to new challenges.

BDNF levels naturally decline with age, just as Alzheimer's becomes a major threat. And a shortage of this compound makes it harder for your brain to move memories from short-term to long-term storage.

“Lion's Mane helps regulate and balance your immune system so it knows how to respond properly — instead of under- or overreacting.”

for 12 weeks saw significant improvement in cognitive function and prevented decline into dementia.¹⁴

Boosting memory, cognition, and performance in healthy

adults... Improving clarity, memory, and quality of life in people with Alzheimer's and dementia... Preventing decline and reversing it... These are remarkable brain benefits.

But incredibly, they're just the beginning of what this mushroom can do for you.

Lion's Mane Brings Back “Missing” Memories And Boosts Brain Power

There's plenty of research proving that Lion's Mane can keep your brain clear and sharp, and even restore clarity if things have started getting fuzzy. This science backs up thousands of years of medicinal use from around the world.

First, animal and lab studies proved beyond doubt that Lion's Mane could positively affect Alzheimer's disease. The research shows that giving Lion's Mane to mice with Alzheimer's disease increased their NGF and brain cell production. It also improved their recognition memory, reduced brain inflammation and oxidative stress, and decreased anxiety in mouse with Alzheimer's.^{7,8,9,10}

But where the brain-boosting powers of Lion's Mane really shine is in HUMAN clinical trials...

- A new double-blind pilot study showed that a single dose of Lion's Mane improved performance speed on cognitive tasks. And taking Lion's Mane for 28 days reduced stress levels for the same participants.¹¹
- Adults with cognitive impairment saw substantial improvements on cognitive tests after taking Lion's Mane for just 16 weeks. During this placebo-controlled clinical trial, 87% of patients in the placebo group saw no change...compared to only one of the patients in the Lion's Mane group.¹²
- A study of people with mild Alzheimer's disease showed that taking 1 gram of Lion's Mane daily for 49 weeks significantly improved cognitive test scores and daily living activities.¹³
- A pilot study of healthy older adults found that supplementing with Lion's Mane powder

Your Whole Body Benefits From Lion's Mane

Along with its astonishing brain-boosting powers, Lion's Mane offers additional significant health benefits. There's a reason these mushrooms have been used for generations — they work to promote wellness and vitality no matter how old you are.

Here are just some of the additional health benefits you'll get when you start consuming Lion's Mane:

Reduced inflammation. As you know, inflammation is the root cause of chronic disease. And anything you do to lower it can improve your health — even save your life. According to in vitro studies, Lion's Mane has anti-inflammatory and antioxidant properties.¹⁵ Its antioxidant activity scavenges those free radicals to prevent or diminish damage and reduce inflammation.¹⁶

Stronger, more balanced immunity. Lion's Mane helps regulate and balance your immune system so it knows how to respond properly — instead of under- or overreacting. It improves immune function by increasing appropriate immune cell activity, protecting you against a world of everyday threats.¹⁷ One study showed that Lion's Mane shielded mice that were infected with a lethal dose of salmonella — the mice lived four times longer than expected while also being protected against expected liver damage.¹⁸

Improved depression and anxiety. Lots of factors can contribute to depression and anxiety, and that includes low BDNF levels. By increasing

BDNF, Lion's Mane helps decrease symptoms of these mood disorders, while also improving sleep. One clinical trial found that Lion's Mane improved anxiety by 49% and depression by 36%, along with a 39% improvement in sleep disorders.¹⁹

Reduced risk of heart attack. Lion's Mane helps reduce risk factors for heart disease including...

- Reducing high blood pressure²⁰
- Decreasing dangerous clot formation associated with heart attack and stroke²¹
- Lowering triglycerides²²

Better blood sugar control. Lion's Mane helps lower blood sugar and improve insulin sensitivity, two critical factors for managing diabetes.²³ The mushroom also contains beta-glucans, a special form of fiber that lowers the glycemic index of starchy foods, which helps you avoid blood sugar spikes after eating.²⁴

Protection against cancer. The latest cancer research shows that Lion's Mane:^{25,26}

- Prevents colon cancer from spreading (called metastasis)
- Increases colon cancer cell death by 66%
- Keeps liver cancer cells from growing
- Suppress tumors as well as a common cancer drug (5-fluoruracil) without the toxicity
- Stops stomach cancer cells from multiplying (called proliferation)

Another exciting discovery: Compounds from Lion's Mane, called erinacerins, inhibit a common type of brain tumor called glioma.²⁷

Improved gut health. Lion's Mane helps promote probiotic gut bacteria for a more balanced, healthy gut microbiome. This helps relieve symptoms of conditions like inflammatory bowel disease.²⁸ Lion's Mane also increases the production of short chain fatty acids in the gut, a critical component of overall wellness.²⁹

Lion's Mane mushrooms have been shown to protect against stomach ulcers, which are caused by an overgrowth of the bacteria, *H. pylori* in the

gut. An *in vivo* and *in vitro* study published in the *International Journal of Medicinal Mushrooms* found that Lion's Mane mushrooms inhibit the growth of this bacteria and protect the stomach lining from damage.³⁰

3 Simple Ways You Can Use Lion's Mane to Spark Your Brain And Improve Overall Health

With so much to gain from Lion's Mane, you'll want to add it to your daily routine right away. You have a few choices when it comes to consuming Lion's Mane. You can:

- Eat it as a whole food
- Brew it into a nourishing tea
- Take it as a supplement

Lion's Mane mushrooms are becoming more popular in grocery stores, especially health food stores and farmers' markets.

You can even order kits online to grow your own, taking charge of the full experience. Whichever way — or ways — you decide to incorporate Lion's Mane into your routine, your brain and body will reap the benefits.

1. **Use lion's mane in cooking.** This nutrient-packed mushroom has a delicate meaty texture and a slight seafood flavor when cooked. For the best results, slice off and discard the bottom of the mushroom, then cut the rest into slices.

I like to do a simple sauté, cooking them in ghee over medium heat for two minutes per side. When they're lightly browned, add your favorite seasonings.

You can also add them to a simple stir fry with fresh vegetables or roast them in the oven, lightly coated in olive oil and seasonings, for 15 – 20 minutes at 400 degrees.

2. **Brew lion's mane tea.** You have two options when it comes to making Lion's Mane tea, using whole dried mushrooms or mushroom extract powder.

If you choose to use whole mushroom pieces, steep them in hot water for at least 15 minutes, then strain and drink while still hot.

To use powdered mushroom extract, bring three cups of filtered water to a boil. Add one and a half teaspoons of lion's mane mushroom powder and let simmer for 15-20 minutes. Remove from the heat and let sit for one to two minutes, then strain. Pour into mugs to serve, or store in the fridge for later use.

3. Grow your own. If you're having trouble finding a trusted source for Lion's Mane mushrooms, there's a simple solution: Grow your own, indoors or out. You don't need to be a master gardener with a grass-green thumb to grow these mushrooms.

The easiest way to get started is with a mushroom-growing kit. These take all the guesswork out of your gardening. You'll want to find a warm (60-70 degrees), humid, low-light area to grow your Lion's Mane mushrooms. They tend to grow best on logs, indoors or out.

It can take several weeks before your mushrooms are ready to harvest depending on the type of kit you get.

4. Supplement with lion's mane. Of course, as I tell all my patients and readers, be sure to do all your homework when shopping for supplements. Check where the mushrooms are sourced, and verify they were cultivated in a controlled environment by trained mycologists — scientists who specialize in fungi. I recommend shopping for domestic, farm-raised mushrooms. Look for an organic certification and be sure the produce is non-GMO verified.

You'll want to read the label to find out which parts of the mushroom are included — look for full-spectrum supplements that contain both the fruiting body and the mycelium. You also want to look for high levels of beta-glucans in your supplement.

You can find Lion's Mane supplements in powder and liquid extract forms. When choosing, look for a 1:1 extract which uses hot water to break down the mushroom, rather than 8:1 extracts that use solvents.

Successful clinical trials have used anywhere from 500 mg to 2 grams of Lion's Mane daily. Start at the lower 500 mg dose for at least one

week to see how it affects you, then gradually increase it until you're seeing noticeable improvements. It typically takes three to four weeks for the full benefits to kick in.



Simple Lion's Mane Mushroom Sauté

Ingredients:

- 8 ounces Lion's Mane mushrooms, thickly sliced
- 2 Tbsp ghee
- 2 Tbsp coconut aminos
- 1 Tsp minced garlic
- Himalayan salt, to taste
- Freshly chopped parsley for garnish

Instructions:

1. Add ghee in a skillet over medium-high heat.
2. Once hot, add the sliced mushrooms and cook until browned on both sides. Don't stir the mushrooms while they're cook or they won't caramelize on each side.
3. Add the coconut aminos and garlic and cook for an additional minute until all liquid is absorbed.
4. Garnish with parsley and serve.

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My Favorite Health-Enhancing, Anti-Aging Superfoods From The Amazon

I feel blessed to have the greatest job in the world. For the past 25 years, I've traveled thousands of miles around the world to seek out traditional remedies and novel cures to bring back to my patients — and to you.

I've been to India, Jamaica, the Caribbean, Costa Rica, Australia, and Bali. And I spend three months of each year traveling the African continent.

In fact, that's where I am now... at my home away from home in Uganda. I can't wait to share even more of my discoveries when I return.

But one of my favorite places to go is South America. Especially the Amazon rainforest. The natives here have a rich tradition of natural healing that dates back thousands of years.

The people here are so warm and welcoming and friendly.

Like the Ashaninka Indians in Peru. I met them while trekking through the Amazon jungle. This native tribe is still untouched by human culture.

I was fortunate enough to live with them for a while. They treated me like a member of their family. And with a history going back thousands of years, the Ashaninka have a profound knowledge of the healing herbs of the Amazon.

Then there was the time I lived with the Guarani tribe in Brazil. I drank beer made out of yucca root that native women spit into the ground and let ferment. I ate raw worms and grubs.

It was here in South America where I was introduced to what I consider some of the most important foods in the world.



Natives of the Amazon have a rich tradition of natural healing that dates back thousands of years.

In fact, I consider these the world's real superfoods...

Not like the foods the mainstream media tells you to eat. Most of the time, those “superfoods” just aren't all that super.

In today's world, you need superfoods that don't just replace missing nutrients. You need foods that are potent enough to protect you from chronic disease and make you stronger, more energetic, and more alert. Let me explain...

The source of today's chronic diseases is inflammation.

Inflammation is the body's effort to heal itself. But too much produces all the diseases we associate with aging. It accelerates the aging process.

These conditions were rare for our primal ancestors. And they really weren't all that common just a century ago.

The foods we eat today — even the ones you might think of as “healthy” — are far less nutritious than they were in your grandparents' time.

Even the FDA admits nutrient levels have fallen by 80% in the last 30 years.

Your body just isn't getting what it needs to thrive. Today, you have to search out foods that repair and rebuild your body on a cellular level.

You can start by adding these superfoods to your diet. These anti-aging powerhouses are packed with the vitamins and minerals you need to live your healthiest life possible.

Superfood #1 Sacha Inchi — Ancient Inca Power



For centuries, this South American nut oil fueled the Incas — turning them into one of the most powerful civilizations on Earth.

Foods don't get much super than Sacha Inchi. Oil from the Sacha Inchi nut is nearly 50% omega-3s by volume. That makes it the best plant source of omega-3 in the world.

In fact, it has 17 times more omega-3s than salmon.

Research shows omega-3s can reverse aging. Let me explain...

In a recent study, 106 healthy middle-aged adults were given omega-3 or a placebo. Then researchers tested their telomere length.

As you may know, telomeres are the tiny end caps of your chromosomes. They prevent your DNA from unraveling. But every time a cell divides, its telomeres become just a little shorter. When the telomeres become too short, the DNA unravels, the cell dies, and the body becomes a little bit older.

But in this study, the telomeres of the patients who took the omega-3 didn't just shrink less. They grew longer... helping to reverse aging.¹

The powerful omega-3 in Sacha Inchi is called alpha-linolenic acid (ALA). This kind of omega-3 is easy to digest and fully absorbed by your body.

Its quick response time means it creates direct benefits you can feel right away.

Multiple studies show ALA is an anti-aging powerhouse when it comes to:

- **Heart Health:** Research shows that people who eat diets rich in ALA have a lower risk of heart disease, high blood pressure, cardiac death, and stroke.^{2,3,4} And a study of over 75,000 patients found that those who consumed 1.5 grams of ALA per day had a 46% lower risk of sudden cardiac death than those who consumed less than half a gram per day.⁵
- **Joint Health:** A meta-analysis of 17 randomized, controlled trials assessing the pain-relieving effects of ALA, concluded this special fatty acid has powerful anti-inflammatory and analgesic properties.⁶
- **Bone Health:** High levels of ALA boost calcium absorption and supercharge osteoblasts. This helps build strong bones and reduces your risk of osteoporosis.^{7,8}
- **Cancer:** ALA's antioxidants clear away free radicals before cancer cells can form. And its anti-inflammatory powers prevent tumors from accelerating into full-blown cancer. Studies show it is highly effective against colon, prostate, and breast cancers.^{9,10}

I'm proud to say I was the first to bring Sacha Inchi to the United States. It has a great nutty flavor with no aftertaste. Take 1 tablespoon a day. Or drizzle it over a salad.

Superfood #2 Camu Camu — Amazon Immune Booster



When I visited the Ashaninka Indians in Peru, I saw them eating a yellow-red berry from shrubs that grew along the banks of the Amazon.

The berries were called “camu camu.” The Ashaninka have been using them to improve health for hundreds of years.

The West didn’t catch on to the power of the camu camu until the 1950s. That’s when researchers discovered that this berry is one of the richest sources of vitamin C in the world.

Ounce for ounce, camu camu contains 50 times more vitamin C than an orange. And it contains the entire vitamin C spectrum.

This complete complex fights the free radicals that cause oxidative stress and inflammation, which is the cause of all modern chronic diseases.

That makes vitamin C a powerful cancer fighter.

A recent study found that vitamin C caused oxidative stress in cancer cells and turned off an enzyme cancer cells use to reproduce.¹¹

Another new study published in *The American Journal of Clinical Nutrition* found that those with the lowest blood levels of vitamin C had a 62% higher risk of cancer-related death after a 12- to 16-year-period, compared to those with the highest vitamin C levels.¹²

But the berry’s immune-boosting power goes even further. It protects cells and telomeres from free radical damage and acts as a signaling molecule that activates immune system defenders.

In one study, researchers also found that cells treated with vitamin C had longer telomeres, reduced secretion of inflammatory cytokines, and improved integrity of the cell nucleus.¹³

Camu is mostly sold in powdered form. Look for a product that’s 100% organic and handpicked in the Amazon. I recommend 1 to 2 teaspoons a day. I like to mix it into a smoothie with something sweet, like blueberries or strawberries.

Superfood #3 Cupuaçu — Pharmacy In A Fruit

I’ll never forget the first time I cracked open this super fruit. Here I was in one of the most remote parts of the Amazon, looking for healing herbs to bring back for patients at my clinic.

Instead, I found the “Food of the Gods.”

I couldn’t believe its exotic, sweet smell.

Cupuaçu (pronounced “koop-oo-ah-soo”) has a rich chocolaty-vanilla flavor, with a hint of citrus that South Americans have been using as soothing medicine for centuries. Doctors give patients cupuaçu seeds to chew to relieve stomach pains.



When researchers looked at cupuaçu, they discovered two previously unknown antioxidants called theograndins I and II.

These antioxidants haven’t been found in any other plant on the planet. They work to protect your heart in three ways — by keeping blood vessels and arteries flexible and strong, helping to regulate blood pressure, and increasing circulation.¹⁴

In other words, keeping all key parts of your cardiovascular system working well.

Cupuaçu contains nine other antioxidants. Four of them are glucuronides. These bind to toxins in your liver traps, which are then flushed from your system.

Another is epicatechin, an antioxidant that other members of the chocolate family have. It acts like insulin and helps to lower your blood sugar.

Cupuaçu also has quercetin. In fact, a study by the Arnold School of Public Health at the University of South Carolina showed quercetin can dramatically increase energy and endurance in active, healthy adults.¹⁵

It's not easy to get fresh cupuaçu in the United States. Sometimes you'll see cupuaçu included in various energy drinks, but you don't get the full effect that way.

I recommend cupuaçu powder or a freshly frozen purée. Look for non-GMO single-serve packages with no added sugar. I like to mix the purée with half a cup of fresh pineapple, a banana, and a little water for a sweet smoothie.

Superfood #4 Guarana — The All-Day Energy Booster



I was hiking in the Amazon Rainforest when I was first introduced to a safe and natural super-stimulant that I've been recommending to patients ever since. They tell me it's better than coffee.

I'm talking about guarana, an energy-giving plant named for the Guarani tribe.

Legend has it that the first bush sprang up on a bend on the Amazon River, where two lovers from rival Indian tribes had been struck by lightning.

I don't recommend eating guarana berries because they're quite bitter. But guarana seeds yield a powdered extract. And you can dissolve it into liquid to make a drink that packs a powerful energy punch.

All over Brazil, locals create energy shots by adding guarana to their drinks. Vendors even sell energy shots from kiosks on some city street corners.

It was early morning during that Amazon trek when my guide handed me his canteen. Eighteen hours later, I had covered 15 miles of rugged jungle without feeling tired or worn out. My mind was crystal clear without any foggiess from fatigue.

Here's how it works...

The guarana berry comes from a seed called *Paullina cupana*. Its active compound is guaranine, a member of the caffeine family.

Tired Americans have also been downing a host of energy drinks, most of which get their kick from coffee-like caffeine. But unlike regular caffeine, guaranine is full of healthy fatty acids. This good fat gives guaranine a slow release – which means there are no coffee-like highs or lows.

Instead, its effect gradually increases over a period of hours. But it doesn't pick you up and throw you down like the quick-release caffeine in coffee. There's no crash with this stuff... and you don't get any nervous, jittery energy.

Actually, caffeine is the most widely used drug in the world.

It's a proven mental-performance booster. The studies number in the hundreds. Research published in *Neurology* found that three cups of coffee a day cuts your risk of mental decline by more than 50%.¹⁶

Caffeine also has some powerful antioxidants. In fact, Americans get most of their antioxidants from the caffeine in coffee.

But even as an energy-booster, coffee has a catch. Coffee gives you a short burst of energy but overheats and excites your body. Guaranine is different. It has a cooling action that revitalizes and relaxes. You get all the energy and alertness, but remain calm, cool, and collected.

A team of Brazilian scientists recently studied the effect of guaranine on rats. Guaranine increased their physical activity and their physical endurance under stress, and it also improved their memory.¹⁷

But the benefits of guarana go beyond energy. Recent research shows it can:^{18,19,20,21,22}

- Enhance cognition
- Reduce inflammation
- Target free radicals
- Speeds weight loss and prevents insulin resistance
- Helps slow the growth of cancer cells

You can buy guarana powder in health food stores and on the Internet. Because it's so powerful, you'd be wise to limit your dose to one teaspoon per day, or about 5 mg.

Since the powder is bitter, it's best to mix it into a sweet citrus drink with a strong flavor. I prefer grapefruit or pineapple juice. You can also add it to smoothies or yogurt.

But for the best results, I recommend taking guarana with a dose of choline, usually in the form of choline citrate.

You see, guarana causes your brain to flood with acetylcholine — which, in turn, helps your neurons make faster and clearer connections. Suddenly your mind feels sharper and more focused while your memory becomes clearer.

Superfood #5: Cacao — Food For The Kings

The ancient Mayans were the first to discover the power of cacao beans — the source of dark chocolate.

Cacao beans were considered so nutritious that Mayan kings drank up to 30 cups a day to maintain their vigor and virility.

Healers used cacao to alleviate fever, anemia, poor appetite, mental fatigue, gout, kidney stones, low virility, as well as nervous system and digestive disorders.

Each cacao bean has around 700 compounds — the most of any food on the planet — and it has more flavonoids and antioxidants than green tea.



Its best-known flavonoid is theobromine, which relaxes the muscles in your blood vessels, boosting cardiovascular health. Cacao is also packed with potassium, phosphorus, copper, iron, and zinc, and has high levels of magnesium.

Cacao contains another kind of antioxidant called polyphenols. These naturally occurring compounds can improve insulin resistance and help your body use insulin more efficiently. This in turn helps balance blood sugar levels.²³ A large study of more than 900 people found that those who eat dark chocolate at least once a week had a lower prevalence of diabetes and were at lower risk for diabetes four to five years later.²⁴

A separate study published in the *Journal of the American College of Cardiology* found that cacao significantly lowers blood pressure and improves blood flow in people suffering from type 2 diabetes.²⁵

Cacao in chocolate also has a powerful effect on your brain. It's loaded with tryptophan, the serotonin booster. It increases blood flow to the brain, reducing anxiety, reversing mental fatigue, and even improving math skills.

Studies show cacao can also:^{26,27,28,29}

- Help prevent obesity
- Neutralize free radicals
- Improve digestion
- Protect against cancer

But not all cacao in chocolate is created equally. Always choose dark chocolate with the highest cocoa content for more heart-healthy flavonoids.

Organic, raw cacao is best because it retains much of its nutritional value. It's great for adding to smoothies and yogurt.

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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).

