



Dr. Sears'

CONFIDENTIAL CURES

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

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Dear Friend,

For years, I've been telling you about the cozy collusion going on between the FDA and their friends at Big Pharma.

A collusion that has nothing to do with protecting your health. And everything to do with their ability to put another dollar in their pockets...

It seems like every time an alternative treatment makes headlines because it works so well, pharmaceutical companies sweep in to try and prevent you from using it.

The latest potential supplement to come in the crosshairs of Pharma is the adaptogen ashwagandha.

I've been recommending this herb to patients and readers like you for more than 30 years...because it's so effective.

Not only are there hundreds of peer-reviewed clinic studies touting its benefits, there are thousands of years of proven benefits, especially in traditional Ayurvedic medicine.

But today, the country of Denmark has outlawed ashwagandha based on a tiny, flawed study that reached a conclusion that is unjustified, inconclusive, and just plain wrong.

Instead of being immediately shot down, this ban is spreading... first across the European Union, then potentially into America.

In your January edition of **Confidential Cures**, you'll learn how this ban feeds straight into the hands of Big Pharma.

You'll also learn about all the incredible benefits of ashwagandha and why, at the first hint of a regulatory ban here, you should begin stockpiling this powerful, life-saving medicinal herb.

You will also discover:

1. **The far-reaching benefits of ashwagandha.**
This ancient adaptogen is best known for its ability to reduce stress — up to a staggering 71%, according to studies. But it does so much more...from eliminating pain to lowering your risk of cardiovascular disease and Alzheimer's to improving sexual function. Learn the best way to use it so you can reap its many benefits.
2. **The “miracle mineral” that can put an end to your constipation.** Most people don't like to talk about bathroom issues — and you can bet your doctor has no idea there's a simple, natural solution that can end your misery. A solution that my patient says “literally changed her life.”
3. **The “plant prescription” that can boost immunity and even help conquer Covid.** Discover the potent herb that works in four unique ways to improve your immune system and strengthen your lungs. The latest research shows that this plant is powerful enough to even block Covid droplets from entering the body and infecting your cells.

To Your Good Health,

Al Sears, MD, CNS

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Misguided European Nations Block Access To Ashwagandha

Will FDA Follow Suit And Ban The World's Most Beneficial Adaptogen Supplement?

Your access to one of the most powerful adaptogenic anti-aging herbs I recommend to my patients may soon be blocked...thanks to a single European country that recently slapped a highly questionable ban on the supplement.

I'm talking about ashwagandha, also known as Indian ginseng and winter cherry. If you're a regular reader, you know I'm a big fan of this healing plant.

This herb has now been outlawed in Denmark.

The ban makes no sense to me — or any of my colleagues in alternative medicine.

Ashwagandha has been used safely and effectively for thousands of years in Ayurvedic and traditional Chinese medicine. And I've been prescribing it to patients in my clinic for a wide range of conditions for more than three decades.

Its health benefits include...

- Stress and anxiety relief
- Better sleep
- Lower blood sugar
- A potent treatment for erectile dysfunction (ED) and male infertility
- Arthritis pain relief
- Better blood flow
- Sharpens focus and memory
- It's an ancient cancer therapy
- Boosts your workout performance



Despite being used safely for over 3,000 years, ashwagandha may be banned by the European Union unless misinformation about its safety and efficacy are dispelled. An American ban could soon follow.

But a couple weeks ago, Danish authorities used the European Union's "Rapid Alert System for Food and Feed" — usually applied to food contamination — to flag dozens of products containing ashwagandha. They have already begun ordering recalls and aggressively seizing products that are sold to Danish consumers in health food stores and even online.

Finland, Sweden, Germany, and the rest of Europe are expected to follow Denmark's lead — and America could be next if the ban continues to gather momentum.

But here's the problem...

I've looked at this risk assessment by the Technical University of Denmark (DTU) on which the ban is based — and I found no presentation of any new data, but only a summary of some cherry-picked past experiments. In my view, the study's conclusions are unjustified, inconclusive, and, in some places, just plain wrong.

As William Shakespeare wrote in Hamlet: “Something is rotten in the state of Denmark.”

The study also ignores thousands of years of practice, as well as decades of modern scientific research that has concluded ashwagandha is a safe and highly beneficial herbal remedy for multiple conditions.

In this Confidential Cures article, you'll learn how this ban feeds straight into the hands of Big Pharma. You'll also learn about all the incredible benefits of ashwagandha and why, at the first hint of a regulatory ban here, you should begin stockpiling this powerful, life-saving medicinal herb.

What Are Adaptogens?

I discovered Ashwagandha when I was in India more than 20 years ago, studying Ayurvedic medicine, the world's oldest health system.

Ashwagandha is the root of the *Withania somnifera* plant, an evergreen shrub that grows wild in India, Southeast Asia, the Middle East and parts of Africa. Most ashwagandha products on the market are standardized extracts with “withanolides” and “withaferin.” These are the nutrients that give the herb its incredible power.

Importantly, ashwagandha is a member of an elite group of herbs called adaptogens.

These ancient, non-toxic medicinal herbs — used by shamans and traditional healers for millennia — work to normalize your body and bring about homeostasis, or a state of equilibrium.

Unlike Big Pharma's meds, adaptogens support your body's vital processes, instead of suppressing and inhibiting them to produce a reaction.

Ashwagandha is one of the most powerful adaptogens I've ever discovered — and when taken in the right dosage, it can work wonders.

How Danish Researchers Got It SO Wrong

Back in 2020, the Technical University of Denmark (DTU) Food Institute carried out a risk assessment for the Danish Veterinary and Food Administration and found that consuming ashwagandha could have harmful effects on your health.

That review was flawed in so many ways I barely know where to begin. It was a perfect example of lazy science that cherry-picked a bunch of tiny and obscure studies and ignored the bigger picture to produce a negative and false impression.

The first problem was that the DTU researchers didn't specify how much ashwagandha extract might be harmful — presumably because they didn't bother to look into it.

Instead, they simply provided the blanket statement that ashwagandha could be harmful to your thyroid and sexual function because they were unable to establish a safe lower limit for intake.

That's as ridiculous as advising people not to drink water because they might drown in it.

Secondly, the researchers didn't distinguish between roots, leaves, stem, and berries.

This is a massive omission, because it's been well known for thousands of years in Ayurvedic tradition — and confirmed by modern science — that the leaves, stem, and berries of the *Withania somnifera* plant are much more potent than the root.

Multiple studies reveal that the leaves, stems, and berries contain much higher concentrations of withaferin A, withanone, and alkaloids, compared with the root, and are almost exclusively used topically to treat skin conditions.^{1,2}

Also, in Ayurvedic medicine, the leaves, stems, and berries of Ashwagandha are **rarely recommended**, except for very specific indications, such as birth control or treating certain cancers — yet this wasn't factored into the Danish researchers' assessment.

It turns out that when the researchers tried to figure out the effects of the different active ingredients in different parts of the plant, they limited themselves to looking at a bunch of small studies from various places around Asia. And the small sample groups and testing methods in these studies were so varied, it was utterly impossible to differentiate between the root, leaves, stem, and berries.

“Thousands of years of practice and study have concluded that ashwagandha is a powerhouse with multiple benefits when taken in the correct dosage.”

only two studies conducted on the branded ashwagandha ingredient KSM-66 when, at the time, there were 10 published double-blind studies available — including clinical studies — that demonstrated its safety and efficacy.

The strange thing is that when you look carefully at their assessment, the researchers estimated the content of withaferin to be about 30 times more in the leaf than in the root. But for some reason, they didn't draw any meaningful conclusion from it.

Instead, they falsely concluded that all forms of ashwagandha can harm your thyroid and sexual hormones — which is not the case, unless high dosages are taken and this should never be recommended.

But the worst part of it is that the Danish authorities, as well as other regulatory bodies in Europe, have blindly accepted the DTU report without examining references and conclusions.

It also plays directly into the hands of Big Pharma — because in many cases the mainstream alternatives to ashwagandha drugs are often addictive, have long lists of nasty side effects, and are far more dangerous to your body than this natural herb can ever be... I'm talking about painkillers, statins, blood pressure meds, antidepressants, and more.

There are other faults with the Danish review. DTU did not report in its assessment that the authors of the 2002 animal study — which was among the animal research cited — had concluded themselves that the reason their rats had shown no willingness to mate could have been the result of ashwagandha's sedative properties, nothing to do with changes in testosterone levels.³

In fact, multiple studies draw an opposite conclusion — that ashwagandha increases levels of testosterone, along with other wide-ranging health benefits, at recommended dosages.⁴

I also wondered why DTU chose to reference

DTU simply ignored the available evidence.

How This Ancient Adaptogen Benefits You In Our Modern World

Thousands of years of practice and study have concluded that ashwagandha is a powerhouse with multiple benefits when taken in the correct dosage.

Here in America, the herb has gained the most attention because of its ability to modulate stress and anxiety.

Several studies highlight ashwagandha's ability to help your body deal with physical manifestations of stress and anxiety by inhibiting the release of cortisol, your primary stress hormone, while at the same time restoring homeostasis.^{5,6}

In one study, participants who took 125 mg of ashwagandha extract twice daily (250 mg in total) for 60 days, reduced stress levels by a staggering 71%.⁷

And another study reveals that ashwagandha can also benefit sleep quality. In one randomized study from India, researchers followed 64 people with a history of chronic stress and insomnia. Half the group took ashwagandha. The other half got a placebo.⁸

After two months, the ashwagandha group reduced their cortisol levels by 28%. They also reported that on average they had:

- 44% less stress
- 76% fewer physical symptoms of stress
- 70% less insomnia

But over its millennia of use, ashwagandha has helped treat many other conditions and has been proven to provide dozens of health benefits.

These include:

■ **Pain relief:** I realize that pain can make you desperate for relief. Unfortunately, conventional doctors usually just tell you to pop a few over-the-counter pain pills — usually NSAIDs (non-steroidal anti-inflammatory drugs) — two or three times a day. Sadly, this is a recipe for disaster.

Whether it's backache, migraine, nerve, joint, muscle, or arthritic pain, Big Pharma NSAIDs like acetaminophen, ibuprofen, naproxen, or aspirin, raise your risk of heart, kidney and liver failure, gastrointestinal damage and more.^{9,10,11}

Ashwagandha is a safe, non-addictive, natural, and side-effect-free alternative to relieve pain without interfering with your body's natural responses.

In one recent study, researchers gave 60 arthritis patients ashwagandha or a placebo. After 12 weeks, those taking the herb had significantly less pain, according to three different pain-score tests.¹²

■ **Reduced heart disease, Alzheimer's and more:** Scientists have known for years that a simple, natural gas called Nitric Oxide (NO) can prevent — and even reverse — America's number one killer. NO is one of your body's most important signaling chemicals, and its primary function is to send "blood flow signals" that tell your blood vessels when to relax and expand.

Studies show that ashwagandha helps your body make this vital compound.¹³

Increasing NO lets more blood and oxygen flow to your heart, helping to build and strengthen your heart muscle. NO also helps prevent your arteries from stiffening up and reduces blood pressure. All of this means a lower risk of cardiovascular disease.

Just as NO relaxes the lining of your blood vessels and allows blood to flow freely around your body, studies also show that it does the same thing for your brain.

Researchers from the University of California San Diego found that when blood flow to the brain gets critically low, it can lead to the plaques and tangles that are hallmarks of Alzheimer's disease. And

researchers at the Mayo Clinic found that when NO is increased, plaque size decreases, resulting in memory improvements in patients.^{14,15}

Increased blood flow has also been shown to vastly improve conditions like, erectile dysfunction, type 2 diabetes, inflammatory conditions and even cancer.^{16,17,18,19}

■ **Boosts testosterone levels:** If you're a man, testosterone is made in your testes from cholesterol. Women make smaller amounts in their ovaries. A little testosterone is also made in the adrenal glands that sit just above your kidneys.

Both sexes need testosterone. It's the hormone that makes a man a man. But both men and women need it for strong bones and muscles, a keen mind, positive mood, smooth skin, to control weight, and for maintaining a healthy libido. It also supports protein synthesis as well as red blood cell production.

Testosterone levels in men start falling naturally at 30 and continue falling by about 1-2% per year. But what's not natural are the big testosterone drops of 3% or more, which can occur as a result of all estrogen-mimicking chemicals in our modern world.

Studies show that ashwagandha can significantly increase your testosterone levels. In one stress-related ashwagandha study, researchers found the herb boosted testosterone levels in men.²⁰

Another study testing ashwagandha's effect on muscle strength in men also measured a significant increase in testosterone.²¹

■ **Improves sexual function in women:** Studies also indicate that ashwagandha can benefit women with sexual dysfunction.²²

The study revealed that taking ashwagandha resulted in significant improvements in arousal, lubrication, orgasm and satisfaction, as self-reported by participants.

■ **Boosts your lung power:** More than any other factor, *your lungs determine how long you will live.* A good measure of how well your lungs function is your VO2 max levels. It tells you how much oxygen you can use when you exercise and how much lung power you have.

Lung power typically decreases with age. But it doesn't have to. Scientists recently discovered that *ashwagandha* can boost your VO2 max levels.²³

I recommend my patients take ashwagandha before their workout routine as a way to protect, boost and even restore lung power.

■ **Helps fight cancer:** Several studies over the past decade or so have shown that ashwagandha can boost your body's population of Natural Killer (NK) cells. These are special white blood cells in your immune system that target the cancer cells in tumors, as well as other infected cells.²⁴

One study shows that ashwagandha can boost NK cell's antitumor function against ovarian cancer.²⁵

How To Safely Use The Herb For Maximum Results

When buying ashwagandha supplements, I'm always wary of products that blend root, stem, leaves, and berries — because it's impossible to get the dosage right when it's all mixed in together. Remember that different parts of the plant have different strengths.

Instead, I recommend taking a supplement capsule containing 150 mg to 300 mg of pure root extract twice a day.

Or you can buy dried ashwagandha root powder. Look for a product that's 100% organic with no artificial flavors or colors.

To make a serving of healing ashwagandha tea:

- Boil one cup of water in a saucepan.
- Add one-quarter teaspoon of ashwagandha powder.
- Let the water boil for 10-15 minutes.
- Strain into a cup. Add some fresh lemon juice and a touch of organic honey to taste.

I recommend starting with a quarter teaspoon twice per day then gradually increasing to one level teaspoon twice per day.

Traditionally, ashwagandha is combined with additional Ayurvedic ingredients to make a nighttime drink to counter stress. This is a recipe

I learned when I had the privilege of studying Ayurvedic medicine with traditional Master Healers.

Nighttime Stress-Relieving Moon Milk Recipe



1 serving

Ingredients:

- 1 cup grass-fed whole milk
- ¼ teaspoon ground ashwagandha
- ½ teaspoon ground Ceylon cinnamon
- ½ teaspoon ground turmeric
- 2 pinches ground cardamom
- ⅛ teaspoon ground ginger
- ⅛ teaspoon ground nutmeg
- ⅛ teaspoon teaspoon freshly ground black pepper
- 1 teaspoon ghee (or virgin coconut oil)
- 1 teaspoon organic raw honey

Directions:

1. Bring milk to a simmer in a small saucepan over medium-low heat.
2. Stir in ashwagandha, Ceylon cinnamon, turmeric, cardamom, ginger, nutmeg, and pepper. Stir vigorously to remove clumps. Add ghee (or coconut oil).
3. Reduce heat to low and heat until warmed through, about 10 minutes.

4. Remove from heat and cool slightly. Stir in honey then pour into a mug. Drink while warm, right before bed.

Note: Don't think "more is better." Too much ashwagandha can cause abdominal discomfort, diarrhea, and lethargy.

It's also important to note that the benefits of ashwagandha are not immediate. You'll begin to experience its benefits between two weeks and a month.

And should the FDA begin to consider following Europeans bans, I suggest stockpiling the herb immediately.

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“This Mineral Changed My Life”

It Can Make You Regular Again...And Stave Off 20 Diseases Of The Modern World

One of my staff members, I'll call her S.R. to protect her privacy, stepped into my office to discuss a problem she was having. She said it was “a little embarrassing” to talk about.

Now, S.R. and I are pretty close. She worked for me for more than a decade. Before that, she had been a patient for years.

So I couldn't understand why she was having such a tough time talking about whatever was bothering her.

It turns out she was having trouble doing what she calls “going to the library.”

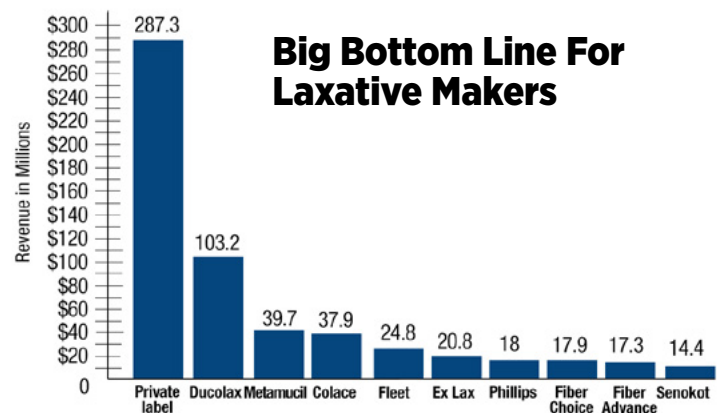
In fact, it had been 10 days since she'd had a bowel movement. S.R. was having a problem with constipation, and she was miserable.

Constipation affects you physically and mentally. And it often goes hand in hand with irritable bowel syndrome (IBS), inflammatory bowel disease (IBD), leaky gut, and colorectal cancer.¹

At the same time, it interferes with your daily living and sense of well-being. S.R. had become accustomed to planning her vacations around her bathroom habits. If she didn't “go” beforehand, she wouldn't go...

For some people, like S.R., the condition can last for days. Meanwhile, you become more anxious as the gas and bloating make you increasingly uncomfortable. And the older you get, the more often it happens, particularly after age 65.

If constipation is not addressed, it can lead to a serious complication called fecal impaction, where the stool gets stuck in the colon. This is a



Constipation medications and so-called cures make big money for Big Pharma

severe condition that can cause illness and even death if it's not treated.

S.R. and I joked to help her get over being uncomfortable with the conversation. But constipation is no laughing matter.

Mainstream medicine usually recommends whole grain fiber and stimulant laxatives to treat constipation — but they couldn't be more wrong.

The good news is that S.R.'s problem was easily fixed — without the need for whole grains or laxatives. Instead, I used a missing mineral that's been a critical part of the human diet throughout our history.

Sadly, mainstream doctors and even many nutritionists are ignorant of the nutrient some medical scientists call the “miracle mineral.”

S.R. will be the first one to tell you that this nutrient “changed her life.” I was more than

happy to hear that her digestive tract was fully functional again.

Today, you'll learn why your risk for constipation increases with age. I'm also going to reveal the "miracle mineral" and show you how you can get more of it into your diet.

Why "Going To The Library" Hits Harder As You Age

Of course, people at every age can experience occasional constipation.

But the incidence of constipation is significantly higher in the elderly. In fact, among older adults, the prevalence of constipation is as much as 70%.²

Constipation increases with age due to many causes, including:

Anatomical changes in the lower gastrointestinal tract. This leads to slower digestion and lower water content of the stool.

Neurodegenerative diseases also negatively affect digestive function. Scientists have determined that at age 65 people have 37% fewer intestinal neurons in the large intestine compared to younger adults.³

These neurons in the gut wall monitor mechanical and chemical conditions in the gut to control the gastrointestinal tract and make sure it's functioning properly.

Another main cause of chronic constipation in the elderly is the result of reduced tone of intestinal muscles — a condition known as intestinal atony. It's brought about by a decrease in the intestinal muscle motor function.

Furthermore, the anal sphincter muscle weakens, and the pelvic floor muscles also decline in strength. Some studies show that the function of pelvic floor muscles deteriorate in more than 50% of the elderly.

The strain of stress. My patients, my staff — in fact, almost everyone I talk to today — all tell me that the stress of modern life is piling up. The impact of stress on your mental health is pretty apparent, but it can affect your physical health just as hard.

You see, your digestive system is deeply linked with your brain. If you're stressed or going through a period of anxiety or depression, you'll be almost certain to strain for a bowel movement. Multiple studies have confirmed that chronic stress is a major contributor to constipation and irritable bowel syndrome.⁴

You see, chronic stress is a modern offshoot of your primitive "fight or flight" response, which diverts blood from your digestive tract and elsewhere to your limbs in anticipation of an urgent reaction.

This affects all aspects of digestion. It can weaken and inflame your entire gastrointestinal tract. It also slows down normal small intestinal transit time, encourages bacterial overgrowth, and weakens the lining of your gut.⁵

The link between medication and constipation. Many medicines can trigger constipation by slowing down stools as they travel through the body.

Antidepressants — including SSRIs like Prozac and sertraline Zoloft as well as tricyclic antidepressants — that treat the nerve endings in the brain also affect nerve endings in the gut.

Opioids, such as OxyContin and Vicodin have a narcotic effect that causes nerves in the gut to "fall asleep." This slows down the movement of stool through the intestine, giving your bowel more time to remove water from your stool, which causes it to harden.

Calcium-channel blockers are drugs designed to lower blood pressure by relaxing the smooth muscles in blood vessels. But they also relax the muscles in the gut which leads to constipation.

Anticholinergics are a class of medications found in many over-the-counter and prescription medications. Some commonly used anticholinergic drug brands include Benadryl, Tylenol PM, Advil PM, Dimetapp, Dramamine, Paxil, Unisom, the opioid pain medication Demerol, and the bladder drug Vesicare.

These medications block the effects of acetylcholine. This chemical messenger not only plays a key role in brain function, but it's the chief

neurotransmitter of the parasympathetic nervous system. Acetylcholine helps contract smooth muscles, dilates blood vessels, and increases bodily secretions. Blocking acetylcholine leads to less movement in the gut and constipation.

Of course, these aren't the only causes of age-related constipation... Additional causes include things like:

- Lack of exercise
- Loss of abdominal strength
- Dehydration
- Colon thickening
- Narrowing of the anal canal
- Hemorrhoids
- Bowel obstructions and perforations
- Avoiding use of public restroom

Do You Have These Symptoms?

Constipation is the world's most common gastrointestinal condition, but it is not a disease.

It's a series of symptoms that mean different things to different people.

In some cases your stools may be hard and difficult to pass; in others, your stools may be painful or do not happen often enough, leading to distressing bouts of bloating and gas.

You may have constipation if:

- ▶ You have bowel movements less than three times a week.
- ▶ Your stools are hard, dry, and in small pieces.
- ▶ You have difficult and painful bowel movements.
- ▶ You have stomach pains.
- ▶ You have ineffective straining to move your bowels.

Enter The “Miracle Mineral”

It doesn't matter whether your constipation is caused by age, high stress, or something else. I've been successfully treating this distressing condition for years with a “miracle mineral.”

I'm talking about the metallic chemical element magnesium.

Most doctors overlook the power of this mineral, and Big Pharma actively tries to discredit it.

Instead, it pushes the idea that only their patented laxatives can provide relief for constipation and other magnesium-deficiency disorders, like insomnia, heart disease, anxiety, and depression.

It is not only “medical establishment” physicians who have ignored the dangers of magnesium deficiency. Many “alternative” healers and nutritionists are just as guilty because magnesium simply hasn't been considered a “sexy” nutrient.

But here's the truth: Magnesium just may be the “missing link” to good health.

It's a potent weapon that prevents — and treats — more than 20 diseases of the modern world. Diseases like high blood pressure, heart disease, depression, Parkinson's, fatigue, osteoporosis, migraines, and thyroid disease.

Your body needs magnesium for more than 300 biochemical reactions in the body. If you don't have enough, your body stops functioning efficiently. Your nervous system slows down. Inflammation runs rampant. Your heart beats erratically...

In fact, people with a magnesium deficiency have a higher risk of dying from ANY cause.⁶

There's not enough room in this letter to give you a complete list of magnesium's health benefits, but here are just a few...^{7,8,9,10}

- Magnesium can prevent — and reverse — insulin resistance and type 2 diabetes.
- It's vital for muscle function and increases energy metabolism.
- It lowers blood pressure more effectively than any drug and keeps your heart healthy.

- It improves sleep quality and duration.
- It's essential for warding off depression, anxiety, and other mental health disorders.
- It keeps your bones strong.
- Vitamin D cannot be activated in your body without magnesium.
- Magnesium extends lifespan by activating telomerase to increase telomere length.
- Protects against Covid.

And here's another startling statistic: About 80% of Americans are magnesium deficient.

Our ancestors got much more magnesium than we do from eating organ meats and plants harvested from mineral-rich soil. But most of us turn our noses up at organ meats these days. And modern farming methods have depleted most of the magnesium in the soil.

In 1914, one medium apple contained 30 mg of magnesium. Today, they have about 5 mg.

Modern Western diets are also loaded with refined grains and sugar. The refining process removes up to 97% of magnesium from grain and 100% from sugar.¹¹

But the problem goes deeper than that...

Not only do sugars and grains prompt your kidneys to excrete magnesium, they actually *consume* nutrients when digested.

For every one molecule of sugar we eat, our bodies use 54 molecules of magnesium to process it!¹² Consider that the average American eats a shocking 19 teaspoons of sugar a day. That adds up to a huge magnesium deficit.

Cultures who have retained their traditional diets get a lot more magnesium than the typical American. The chart on this page really drives the point home.¹³

How Magnesium Helps You "Go To The Library"

When it comes to easing constipation, magnesium works by helping the muscles in your digestive tract contract and relax.

Why I Never Prescribe Laxatives

The first rule of laxatives is that you probably don't need them.

Yet the latest market report reveals that the laxatives market in 2022 was worth \$6.5 billion and it's expected to hit almost \$11 billion by 2030.*

Laxatives cause frequent side effects, including bloating, gas, and abdominal pain.

And while laxatives can work well for occasional constipation — if you suffer from chronic constipation, an overdependence on laxatives will make your bathroom visits dependent on continued laxative use.

Overuse of laxatives can also cause:

- Electrolyte and mineral imbalances
- Severe dehydration
- Internal organ damage
- Increased colon cancer risk

*Global Laxative Market – Industry Trends and Forecast to 2030.
www.databridgemarketresearch.com/reports/global-laxative-market

It's also a great reliever of stress, a common cause of constipation in the first place. That's why I tell my patients that magnesium is "*nature's all-natural, non-addictive tranquilizer.*"

Here at the Sears Institute for Anti-Aging Medicine, I use magnesium against constipation, because it acts as a natural laxative in two ways:

1. It draws water into the gut, adding extra moisture to dehydrated waste matter that's difficult to pass.
2. It helps the smooth muscles of the gastrointestinal tract contract better to move things along.

Magnesium changed S.R.'s life — and it can change yours, too.

3 Steps To Boosting Magnesium Levels

The good news is that it's easy to boost your magnesium levels and get them back to where nature intended.

1. Eat magnesium-rich foods. Despite the overall lack of magnesium in our modern diet, it's still beneficial to eat foods that are rich in magnesium. Almonds, pumpkin seeds, avocado, figs, cocoa, and leafy green vegetables like spinach, Swiss chard and beet greens are good choices.

To make sure you're getting the maximum amount of magnesium from your vegetables, I suggest you steam or sauté them instead of eating them raw. Contrary to what most people believe, cooking certain vegetables is the best way to release their nutrients.



Because it's so hard to get magnesium from the diet, I recommend supplementing using the magnesium-constipation protocol I developed.

2. Take a supplement. Even if you up the magnesium in your diet, it's still hard to get as much as you need just from food. That's why I also recommend magnesium supplements.

Finding the right dosage requires a little trial and error, but it will be worth it. You'll know when you're taking too much — it can lead to diarrhea.

Here's the magnesium-constipation protocol I recommend to my patients:

In the evening, before bed, take 400 mg of magnesium with water (usually two capsules of 200 mg).

The next morning, try to have a normal bowel movement. If you can, it means you have found your "bowel tolerance" dose.

If not, take an additional 200 mg in the morning (another capsule). Wait for the afternoon — or at least let at least four hours pass.

In the afternoon, if you still cannot have a bowel movement and are still backed up, take another 200 mg capsule.

When you have solved your problem, I recommend taking between 400 and 600 mg daily to maintain optimal health.

You can also take powdered magnesium citrate formula. This should also be taken an hour before bedtime. The solution dissolves in water, so it's absorbed by your body much better than capsules or pills are.

Take it with vitamin B6 to increase the amount of magnesium that accumulates in your cells. You should also add vitamins D3 and K2, since these all work synergistically with each another.

3. Try a long soak. Bathing in Epsom salts allows magnesium to be absorbed directly through the skin. A recent study found that bathing in a 1% solution of Epsom salts caused a significant rise in blood plasma magnesium levels.¹⁴

Add 2 cups to warm bath water. Swish to dissolve. The water should feel slightly slimy. Stay in the tub for at least 15 minutes to get the most benefits.

How To Treat Occasional Constipation Naturally

Increasing magnesium will help keep you regular. But if you still experience occasional blockage, I suggest natural remedies. They are gentler than over-the-counter laxatives, and help nourish your digestive tract to produce regular bowel movements.

- **Psyllium husk.** This natural plant fiber is considered both a soluble fiber and a prebiotic.

It's often included in over-the-counter constipation treatments. But these commercial products are filled with artificial colors, flavors, and fillers.

I recommend using 100% natural psyllium husk instead. When combined with water, it swells and produces more bulk, which stimulates the intestines to contract and speed the passage of stool through the digestive tract. Start with 5 grams with a glass of water three times a day.

- **Cascara sagrada.** This bark of the buckthorn tree tones and strengthens the smooth muscles of the colon. This will normalize bowel function. Although recognized as safe and well tolerated, I don't recommend using this stimulant for more than a week.

I suggest supplementing with 100 to 300 mg of dried bark extract.



Cascara sagrada, or “sacred bark,” was used for centuries by Native Americans as a laxative.

- **Slippery Elm bark** — Slippery Elm is a native tree of the Appalachian Mountains. The bark is loaded with fiber and contains mucilage — a gelatinous substance found in plants that helps soothe the intestinal lining.

To make a healing tea, add two to three teaspoons of powder per one-cup serving.

- **Triphala.** Studies show this Ayurvedic gut healing formula reduced constipation, abdominal pain and flatulence and improved the frequency and consistency of bowel movements.¹⁵ It can also repair intestinal holes by tightening your gut wall and rebalancing intestinal mucus. Triphala is made by blending three dried fruits — Indian gooseberry, haritaki, and bibhitaki. I recommend supplementing with 1,000 mg a day. Or, take one dropperful of liquid extract in 2 ounces of water or juice, one to three times daily before food.

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My Proven “Plant Prescription” Boosts Immunity And Even Helps Conquer Covid

Tens of thousands of articles were written last year touting the benefits of CBD. Heck, I wrote at least half a dozen myself.

Even the government’s own internet search engine of papers published in medical journals, PubMed, came up with almost 1,400.

And out of everything that was written, the number-one CBD article from 2022 was regarding a research study that found cannabinoids can prevent Covid from spreading.

It sounds unbelievable. I know. So let me explain...

The study, conducted by Oregon State University researchers, found that certain cannabinoid acids in hemp might be able to prevent SARS-CoV-2 — the coronavirus that causes Covid — from entering human cells.¹

Published in the *Journal of Natural Products*, the researchers analyzed a variety of plant compounds used as supplements.

The researchers found that two compounds in hemp — *cannabigerolic acid* and *cannabidiolic acid* — can bind to the spike protein the virus uses to enter human cells.

Which means it has the potential to block the virus from infecting people.

The research also determined that CBD can induce the expression of interferons — the cell signaling proteins produced by your body as an early response to a viral invasion.

This backs up earlier research done in Canada.

In this study, scientists determined that CBD helps block certain proteins that provide an opening for Covid-19 to enter host cells in the body.²



Breakthrough research has found that two compounds in CBD have the potential to block the virus from infecting people.

Covid-19 has spiky proteins that grab onto ACE2 receptors in healthy human cells, especially in the lungs. These receptors are like a “gateway” that allows the infection inside.

But the researchers discovered that certain strains of hemp might decrease the level of ACE2 gene expression...

In other words, they shut the gate to the virus by blocking Covid-19 droplets from infecting our cells.

Earlier studies found that hemp oil alters gene expression. But the effects of hemp oil on ACE2 expression weren’t known.

So the researchers developed more than 800 new hemp extracts. Using artificial 3D human models, they tested whether the high CBD extract could alter ACE2 expression in Covid-19 tissues.

Given that inflammation is a significant component of viral disease, the researchers also examined the effect of the extracts on ACE2 expression in highly inflamed 3D models.

By the end of the study, they found 13 high-CBD hemp extracts that significantly downregulated the expression of ACE2.³

Reducing virus receptors reduces the chance of a person catching coronavirus. Here's what Dr. Igor Kovalchuk, the lead researcher of the study, said: "A number of [these CBD strains] have reduced the number of receptors by 73%. If they can reduce the number of receptors, there's much less chance of getting infected."

He went on to say... "Our work could have a huge influence. There aren't many drugs that have the potential of reducing infection by 70 to 80%."

A third study found that CBD was able to "stop viral gene expression and reverse many of the effects the virus has on host gene transcription."⁴

CBD Works In Four Ways To Improve Your Immunity

According to current studies, cannabinoids can help boost your immune system and promote better health in four unique ways. For example, CBD can:

1. Increase natural killer cells: Natural killer (NK) cells are critical to your immune system because they destroy virus-infected cells. They also help your body remember foreign invaders so it can respond quickly when it detects an invasion. Studies have shown that CBD increases the activity of NK cells.⁵

2. Target lung inflammation: In one study, CBD reduced inflammation and improved lung function in mice with damaged lungs.⁶ A second study found that CBD can help open up bronchial passages, allowing patients breathe more easily and avoid low blood oxygen levels and other complications.⁷

3. Maintain a healthy gut microbiome: Since 80% of your immune system lives in your gut, it's necessary to keep your gastrointestinal tract in top shape. Excessive inflammation in the gut can lead

to "leaky gut" and an impaired intestinal immune response. Your body counteracts this through the endocannabinoid system.⁸ In human trials, CBD was found to support a healthy intestinal inflammatory response.⁹

4. Alleviate stress to strengthen immunity. Stress and anxiety can weaken immunity. In one study, 10 healthy men were given a single dose of 600 mg of CBD oil. Their resting blood pressure dropped. Then the volunteers took several stress tests to increase blood pressure. But, after just one CBD dose, their blood pressure barely changed.¹⁰

CBD Can Protect Your Lungs

The recovery rate from Covid-19 is about 99.75%. Fortunately, most people who have had it won't have any long-lasting damage.

Unfortunately, in about 5% percent of critical cases, the virus triggers an overreaction of the immune system in what is known as a "cytokine storm."

This leads to inflammation that can damage the walls and lining of the air sacs in your lungs.

The result is acute respiratory distress syndrome — or ARDS.

But there's a novel way you can protect your lungs.

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

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

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

The study authors found that using CBD also:¹¹

- Relaxed cells lining blood vessels
- Reduced excessive lung inflammation
- Increased oxygen levels
- Repaired damage to the lungs, including scarring and swelling

This study backs up an earlier study that found CBD helps open bronchial passes allowing patients with COPD to breathe more easily and avoid low blood oxygen levels.¹²

Protect Your Immunity With The Right Kind Of CBD

When it comes to CBD, you want to get the greatest — and fastest — benefit. And that means increasing its bioavailability.

Like most medications and supplements, it's best to take CBD with a meal because it increases the absorption. And the more CBD you absorb in your bloodstream, the more potent the effect. You know CBD can be taken a lot of different ways: in tinctures, capsules, vaping, balms, edibles and more. Each method has benefits, but some allow for more CBD to be directly absorbed than others.

For example, eating or swallowing CBD requires digestion, which means some of the CBD gets broken down by your liver before circulating into your bloodstream.

Tinctures, on the other hand, get absorbed more quickly into your bloodstream under your tongue.

I've found that an oral spray that uses nanotechnology is the most bioavailable. That's because it's a quicker, more direct route to the bloodstream, and it avoids the liver's "first pass" effect, which lowers CBD bioavailability.

In fact, nanotechnology gets 1,500% more CBD past your cell membranes. When you're having trouble with your lungs, that's pretty important.

To get maximum benefit, spray the liquid under your tongue, hold it without talking for 60 seconds and then swallow.

3 More Ways To Increase Bioavailability

1. Look for an emulsified product.

Some products emulsify their CBD using nanotechnology. This breaks CBD down into even smaller molecules. The smaller and more dispersed the molecules are, the more bioavailable they are, because they pass more easily through cell membranes and into the bloodstream than larger CBD particles.¹⁴

2. **Take it with healthy fats.** CBD is a fat-soluble compound, meaning it dissolves in fats. This breaks CBD down into smaller molecules that are more easily absorbed by the body. One way to increase CBD's bioavailability is to mix it with a healthy high-fat snack or meal. A recent study found that people who took CBD with high-fat foods increased their absorption up to 14 times more than those who took it on an empty stomach.¹⁵

3. **Look for full-spectrum CBD.** Terpenes are fatty oils found in the essential oils of almost all plants. They occur naturally in hemp and are extracted along with CBD and other compounds to create full-spectrum CBD products. These compounds work together and amplify each other's benefits, a synergy known as the "entourage effect." Terpenes increase CBD bioavailability and enhance the therapeutic effects of cannabinoids.

Two More Proven Plant Prescriptions That Increase Immunity

Of course, CBD isn't the only alternative therapy to combat Covid. I've had incredible success at my clinic treating patients with powerful plant therapies the CDC continues to question. These plant prescriptions include:

1. **Use the ancient immune booster I've taken for three decades.** I flew to my home away from home in Uganda earlier this month, during the height of the latest "twin-demic" of Covid and flu. A lot of people have asked me recently if I'm worried about getting sick.

I gave them the same answer gave them... I know my immune strength is strong thanks to an ancient immune boosting herb called astragalus. It's proven to boost the body's natural defense system — and I've been using it for 30 years.

You see, astragalus extract is the key ingredient in a nutritional supplement called TA-65. I was privileged to become the first doctor in the U.S. licensed to administer TA-65. It's a telomerase-activating formula that significantly reverses aging of the immune system.¹⁶

Astragalus gets its power from its remarkable apoptogenic properties.

Adaptogens are a special class of healing herbs, which coax your body to adapt to its stressors — both internal and external. They work to normalize your body and bring about homeostasis, or a state of equilibrium.

Astragalus contains dozens of active, synergistic and supportive components — including immune-boosting *saponins*, antioxidant *flavonoids*, and dozens of anti-inflammatory, oxygen-rich *polysaccharides*.

This super adaptogen heightens the efficiency of virtually every component of your immune system and provides your body with a near-impenetrable defense. It does this by triggering the production of immune system stem cells, flooding your body with young, new immune cells ready to battle against any viral or bacterial invader.



For 30 years, I've protected my immune strength thanks to an ancient immune boosting herb called astragalus.

Just look at some of the research:

- Numerous studies show that astragalus increases production of defender T cells. It also increases the stimulation of high immunoglobulin levels, which boost the ability of immune cells to attach themselves to harmful viruses, and aid in their destruction.¹⁷
- One recent study found that astragalus given orally to 14 healthy volunteers for two months led to a significantly increased *interferon*-inducing ability in the subjects' blood vessels, compared to the control group. This dramatically heightens the virus-fighting power of cells. The researchers also found that two months after the end of therapy, the *interferon*-inducing ability was still significantly higher.¹⁸
- Another study came from the M.D. Anderson Cancer Center where researchers gave astragalus to 19 cancer patients and 15 healthy people. In many cases, it made the cancer patients' immune systems resemble those of the healthy subjects. In fact, the patients who used astragalus doubled their chances of survival.¹⁹

I recommend supplementing with nano astragalus. Made from an astragalus extract called cycloastragenol, this nano technology extract is more easily absorbed, which makes it more effective.

In one study, researchers tested the effects of cycloastragenol on white blood cells — the backbone of your immune system. After just a few months, they found that those taking this form had cells that were typical of people 20 years younger.

I suggest taking 100 mg daily.

2. Use the immune booster good enough for the U.S. army. This powerful polyphenol found in onions, apples, berries, cocoa, red wine — and my favorite, buchu — can reduce your susceptibility to viruses and prevents them from multiplying once they've entered your body.²⁰

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

A recent study published in the *International Journal of General Medicine* found that Covid patients given quercetin significantly reduced virus persistence by 76% in the first week, compared to 9.5% in the standard care group.²¹

Previous research shows that quercetin's antiviral capacity works in three ways. Studies show this immune booster can help prevent the virus from infecting cells and reduce the reproduction of cells that are already infected.

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

They gave study participants a daily dose of 1,000 mg of quercetin (along with vitamin C and niacin to boost quercetin levels and improve bioavailability) or a placebo.

They found that after five weeks, those who were given quercetin were significantly less likely to develop a viral infection after putting their bodies under considerable stress for three consecutive days. Only 5% of the treatment group got sick, compared to 45% of the placebo group.²²

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

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

Again, only 5% of the quercetin-supplemented group did.²³

Sip My Favorite Source Of Quercetin

But one of my favorite sources of quercetin comes from a noble plant I discovered on my travels in Africa. Called buchu, this botanical is so rich in quercetin that I use it as a natural flu remedy.

1. Place four teaspoons of dried buchu leaves into two cups of boiling water.

2. Let the dried leaves soak in hot water for about 10 minutes.
3. Strain out the leaves.
4. Add a spoonful of honey to sweeten.

Because buchu is a strong herb, I recommend taking it with food.



I was introduced to buchu by a traditional African healer named Nakirijja. The herb, which smells like peppermint with an edge, contains antioxidants and bioflavonoids like quercetin as well as vitamins A, B, C, and E.

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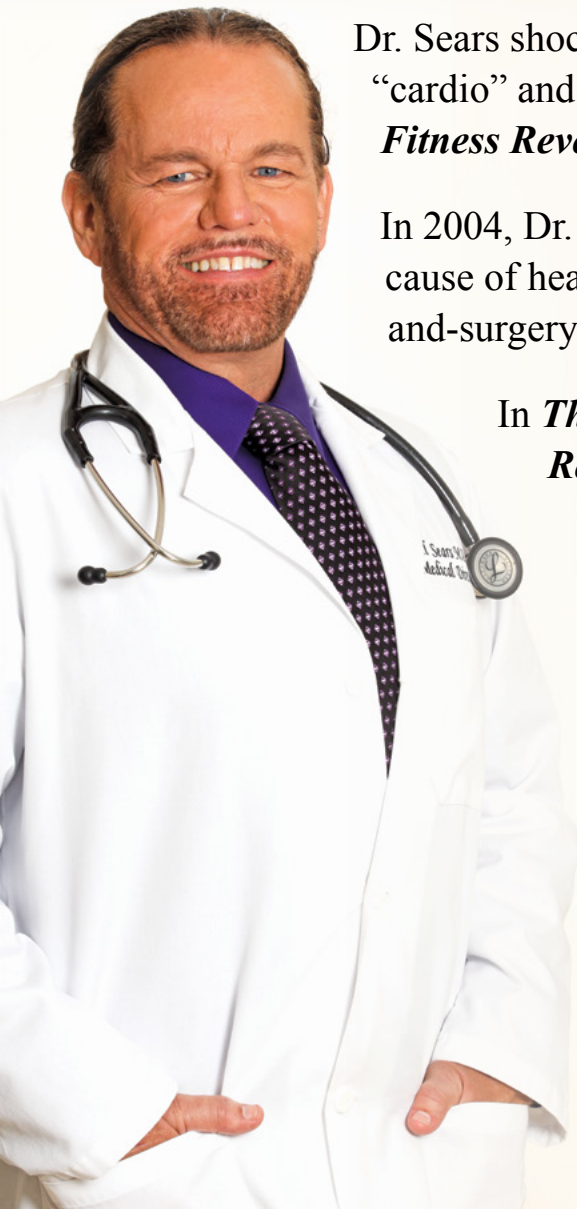
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Al Sears, MD, CNS, is a medical doctor and one of the nation's first board-certified anti-aging physicians.

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).