



Dr. Sears'

CONFIDENTIAL CURES

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

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Dear xxx,

When you think of “flavoring,” you tend to associate it with something that comes from the food it tastes like.

For instance, most people assume that strawberry flavoring comes from squeezing a bunch of strawberries and extracting the flavor from the concentrate.

But nothing could be further from the truth...

That strawberry flavor I mentioned a minute ago is actually made up of 50 different chemicals.

So your mind is tricked into believing you’re eating the flavor of fresh-picked strawberries.

The science that goes into flavor-making is quite advanced. And it’s a closely guarded secret.

An elite group of chemists creates these mind tricks. Companies call them “flavorists,” and they pay them a lot of money.

After all, it’s their science that really drives sales — and keeps the public coming back for more.

Because if something doesn’t taste good, people won’t buy it.

But the science behind processed foods goes much deeper than that...

In a concerted effort to create junk foods — full of inflammatory fats, refined salt and sugars, and impossible-to-pronounce additives — America’s biggest food manufacturers purposefully added chemical ingredients that keep you coming back for more.

It’s kind of like mind control...your whole taste function is “hypnotized” into buying more and more.

And you won’t believe who is behind this food “addiction.”

In your April 2024 edition of *Confidential Cures*, you will learn:

- How the collusion between a handful of the country’s most profitable corporations designed an entire category of Frankenfoods designed to keep you addicted — and feeding their never-ending greed. As we know now, these fake food products are directly responsible for leading to the Big Five chronic diseases. You’ll discover how we got here. But more importantly, you’ll learn how to break this habit once and for all.
- That you can reduce your risk of developing Alzheimer’s by protecting your mitochondria. Game-changing research focusing on a unique protein means we now have the knowledge and ability to prevent this dreadful disease from striking. It also explains the success we’ve seen in the Sears Institute helping patients prevent this deadly disease
- How a simple, safe, and highly effective alternative therapy — developed to cure heart disease — is being used worldwide to treat many other conditions including memory loss, ED, stroke, and more. But despite being FDA approved, traditionally trained doctors in the U.S. continue to ignore its healing potential.

To Your Good Health,

Al Sears, MD, CNS

Also in This Issue...

How Big Tobacco Created – And Profited From – America’s Obesity Epidemic.....	2
Alzheimer’s Alternate Theory: Disease Starts With Damaged Mitochondria.....	8
You Know This “Alternative” Therapy Is A Remedy For Your Heart — But It Cures So Much More.....	12

From Kraft Mac & Cheese To Smart Ones Frozen Meals:

How Big Tobacco Created – And Profited From – America’s Obesity Epidemic

**But I’ll Show You How To Break Free
And Undo The Damage In 5 Easy Steps**

Do you ever start craving your favorite junk food for absolutely no reason? Or find yourself mindlessly snacking when you’re not even hungry?

You know how hard it is to resist certain insulin-spiking foods that score high on the glycemic index — like French fries, potato chips, pasta, and bagels.

But do you know why?

The answer has nothing to do with weak willpower.

And it certainly has nothing to do with the latest nonsense from mainstream medicine about having a “genetic mutation” that makes you crave sweet foods.

The real reason your brain craves junk food is far more disturbing...

Those foods were designed to be dangerously addictive by Big Food companies who know how to make habit-forming products to increase profits.

In a concerted effort to create junk foods — full of inflammatory fats, refined salt and sugars, and impossible-to-pronounce additives — the same corporations that knowingly got a generation hooked on cigarettes engineered the foods Americans are destined to eat in order to increase profits.



**Your favorite comfort foods were intentionally created
to be just as addictive as cigarettes.**

Foods — and I use that term loosely — that are irresistible to most people because they trigger the brain’s reward system, according to a new study published in the journal *Addiction*.

And if you don’t do something about it, you won’t just gain weight.

You’ll leave yourself vulnerable to the Big Five chronic conditions like diabetes, heart disease, obesity, cancer, and autoimmune disease.

But once you know what to look for and how to avoid it, you can turn your health around and stop feeding their never-ending corporate profits. In

this *Confidential Cures* article, I'll show you how we got here. But more importantly, I'll show you the steps you can take to break this habit once and for all.

Big Tobacco Created Addictive Foods

For years, Big Tobacco giants like RJ Reynolds and Phillip Morris hooked people on their products by making cigarettes even more addictive. But once the government moved to regulate the tobacco industry, these companies responded by acquiring major food companies like Kraft, Nabisco, and General Mills.

Between the late 1980s and early 2000s, these companies invented a new category of hyper-palatable foods (HPFs). They're purposely designed to lead to an "artificially rewarding eating experience."

Translation: The food tricks your body and triggers it to want more and more.¹

These corporations took everything they learned from making cigarettes highly addictive and applied it to foods. They stuffed products full of the most addictive ingredients they could create in the lab, including:

- Caffeine
- Processed sugar products
- Unhealthy inflammatory fats
- Sodium
- Starchy carbohydrates from grains

Then they played around with various combinations until they came up with a formula that made them irresistible.

These foods have combinations of ingredients that create effects you don't get when you eat

those ingredients separately. Combinations that don't exist anywhere in nature.

According to a report in the Washington Post: R.J. Reynolds is in the flavor business. And many of the flavors the company created for cigarettes would be useful in food, beverages, and other products...leading to large financial returns.

You see, these ingredients trigger dopamine, a powerful brain neurotransmitter.² Dopamine is your brain's reward chemical, and it makes you feel pleasure. When you eat these dopamine-triggering foods, your body needs to seek out more and more in order to feel that good again.

The foods that Big Tobacco pushed on us are 29% more likely to fall into the HPF addictive foods category. They're 80% more likely to contain more carbs and sodium than similar foods produced by other manufacturers.

And since these corporate fat cats first snuck them into our food supply, ***HPFs are 400% more common today than they were 30 years ago.***³

Research shows that most foods in the US food supply — nearly 70% — fall under an umbrella that includes HPFs, UPFs (ultra-processed foods), and HEDs (high energy density, meaning too many calories).^{4,5}

These addictive foods practically force you to overeat...and still want more. And that can cause some very serious health problems. But once you know what you're up against, you can take proactive steps to break free and protect your health.

Are You Food-Addicted?

You may be thinking that you don't eat too much junk food so you can't be addicted. But it doesn't take much to keep you wanting more.

Healthiest Part Of This Meal Is The Napkin

In the mid-1980s, Big Tobacco company Philip Morris marketed Lunchables to busy moms returning to the workplace.

As one company executive said in an internal memo, the product — designed to be consumed by children — had so much unhealthy fat and sodium, the healthiest part of the meal was the napkin.

Here's a quick quiz with some common signs of food addiction.

- Do you frequently crave specific foods, even when you aren't hungry?
- Do you want more of your favorite processed food, even when you've just finished a meal?
- Do you have trouble controlling how much you eat of certain foods?
- Do you ever give in to cravings and find that you can't stop eating?
- Have you ever eaten a comfort food to the point you start to feel sick?
- Do you ever feel like certain snacks are a guilty secret?
- Have you ever hidden your snacking from other people?

Even if you answer yes to just one or two, HPFs may be dictating more of your diet than you realize. But it's not your fault. HPFs are sneaky...and include a lot more than what we commonly call junk foods.

Of course, you know that Lunchables, a sleeve of Oreos, and a box of mac-and-cheese aren't healthy foods. And many HPFs are easily identifiable as junk food. But there are many that may seem to be better for you — and are even marketed as “good for you” — that set off the same food addiction chain reaction.

So-called “healthy” HPFs include:

- Whole-grain cereals and crackers
- Yogurt
- Sports beverages and electrolyte drinks
- Granola bars
- Whole-wheat breads
- Plant-based “meats” and “milks”
- Canned soups (even if they contain vegetables)
- Frozen meals (even if they contain vegetables)

Humans were never intended to eat these foods. But I'm not blaming you. You've been bombarded with misleading and unsupported claims for decades.

Addictive Foods Spiked Weight Gain and Obesity

It's no surprise that creating high-calorie addictive foods led to massive weight gain among Americans. But you may be surprised by how huge their effect has been.

Back in 1980, only 15% of adults were diagnosed as obese. But since Big Tobacco created HPFs, that number began to skyrocket. By 1994, 23% of adults were obese and by 2000 that figure jumped to 31%.

It just kept growing, and now the obesity level has spiked to 42%. That's nearly 3 times higher than it was before these “foods” entered the chain.

Today, once you add in adults who are obese and overweight, that figure soars to almost 70%.⁶

And it's not just adults.

Research shows that kids are struggling with food addiction and obesity in record numbers. One-fifth of adolescents are addicted to HPFs... at least 25% of kids in this age group are overweight... and more than 12% are obese.⁷ These could be your kids and grandkids, set up for a lifetime of health problems because of corporate greed.

Dozens Of Dire Health Consequences Trace Back

Addictive HPF foods don't just lead to extreme weight gain and obesity. If you don't do something about it, you won't just gain weight. You'll leave yourself vulnerable to what I've labeled Syndrome Zero... This state of chronically high insulin is ground zero for every chronic disease, including:⁸

- Diabetes
- Arthritis
- Heart disease
- Cancer
- Autoimmune diseases
- Liver disease
- Kidney disease
- Depression
- Sleep apnea
- Premature death

But that's not the only way these hyper-palatable foods damage your good health and vitality...

One of their biggest hit jobs: They destroy the gut microbiome, the trillions of bacteria that live in your gut. In a healthy well-balanced gut, beneficial probiotic bacteria greatly outnumber harmful pathogens. Those probiotic bacteria contribute much more than you realize to your wellness... and their nasty pathogen cousins do the exact opposite.

Their high sugar and sodium content can trample your body's ability to regulate blood sugar and blood pressure. And recent research shows that addictive HPFs may increase your risk for cognitive decline and Alzheimer's disease by altering the way your brain cells function.⁹

But you can take back control of your health and your future wellness by refusing to eat these deadly foods and helping your body make some much-needed repairs. I'm not saying it will be easy. But I am going to show you exactly how to do it.

Step 1: Detox Addictive Foods

Cutting hyper-palatable and insulin-raising foods from your diet can be tricky. These foods are purposely created to be addictive. That means you may get hit with some symptoms when you stop eating them — but eliminating them is the crucial first step.

You can't detox from HPFs while they're still part of your diet. So you'll have to quit them cold turkey. You might experience some withdrawal symptoms — after all, you are overcoming an addiction here.

Those symptoms could include ultra-strong cravings... headaches... sadness... irritability... and gastrointestinal distress.

Luckily, these symptoms tend to peak after just two or three days, though milder versions may linger for up to a few weeks. And once those HPF toxins are out of your system for good, you'll start to feel better and better every day.

- In this first phase, you'll want to prioritize whole foods that count as quality calories: meat, poultry, and eggs. Choose grass-fed

or pasture-raised for your proteins. Getting enough protein retrains your brain from “store fat” to “burn fat.” And it rids your brain of its refined sugar addiction.

- You'll also want to drink plenty of water to help move the toxins through your body more quickly. Exercise, especially if you work up a sweat, will also help your body detox properly.
- As always, eat plenty of the right fats. I don't encourage patients to cut back on fat. Instead, eat the right fats like omega-3s fatty acids, coconut oil, butter, and animal fat. Your body needs these good fats to absorb vitamins and nutrients, and they are non-addictive. But do stay away from man-made fats and trans fats. Your body doesn't recognize them as food, and when you eat this kind of fat you never feel full.
- Get plenty of quality sleep during this time, so your body's repair systems have time to work.

Step 2: Avoid High-Fructose Corn Syrup

This is one of the most processed and concentrated forms of sugar on the planet. A Canadian study found that HFCS and cocaine stimulate the same brain circuits.

But in addition to messing with your brain, high-fructose corn syrup causes fat to build up in your liver. This leads to a dangerous condition called nonalcoholic fatty liver disease (NAFLD). Once you cut out corn syrup, your brain's sugar and carb addiction will be easier to break.

In the next phase, you need to take steps to restore your gut microbiome. A healthy balanced gut will help you through the HPF-detoxing process.

Step 3: Repair Your Gut To Restore Health And Vitality

Your gut microbiome plays a huge role in your health and immunity. In fact, your gut contains around 75% of your immune system. So when it's out of whack, you can't be well. HPFs are particularly toxic to the beneficial probiotic bacteria in your gut... but many pathogens love sugar and fat so they thrive on that diet.

Many gut bacteria can actually influence your food choices. That reinforces the addictive quality of HPF. When pathogens want sugar or fat, they make you crave it too.¹⁰ So they can keep you trapped in that unhealthy cycle.

To get things back on track, you have to restore a healthy, diverse thriving population of probiotic bacteria. Once your gut is back in balance, those probiotics will do wonders for your wellness. Research shows that probiotics:^{11,12,13,14,15,16,17,18,19}

- Improve immune function
- Increase nutrient absorption
- Reduce inflammation
- Relieving excessive fatigue
- Improve blood sugar levels and insulin resistance
- Boost cognitive performance
- Promote weight loss and help keep weight off
- Lift depression
- Lower triglycerides

Taking probiotics is the best way to restore your gut microbiome to a healthy balance. But you'll want to make sure you choose the right probiotic.

Look for a probiotic supplement that contains at least 10 billion CFUs (colony forming units) of clinically proven strains like LGG and *Bifidobacterium longum*. And give the probiotic plenty of time to work. You'll start seeing some results in about four weeks, but the full benefits take about 12 weeks to kick in.

A note: If you haven't taken probiotics before, you may experience temporary "die-off" symptoms like diarrhea and bloating. That means the probiotic is working to help crowd out and kill off the bad bacteria.

But you don't have to suffer with those symptoms. Start by taking a half dose daily (just spill out half of the capsule) for the first week or so, then build back up to the full dose.

The probiotic will still be working, it will just kill off the pathogens more slowly so they don't overwhelm your system — especially when it's already been burdened by the HPFs.

Step 4: Eat Low-Glycemic Load Foods

High-glycemic foods — which include all processed foods — are loaded with sugars, starches, and grains that cause hormonal hunger and trigger addictive brain patterns. But low-glycemic load foods — those that don't raise your blood sugar and are also the most nutrient-dense — curb your appetite. Look for foods that fall between 10 and 20 on the glycemic load scale. These include seeds, nuts, wild-caught salmon, grass-fed beef, free-range poultry, eggs, berries and fruits, and vegetables.

Step 5: Add These Five "Repair" Foods To Undo The Damage

A steady junk food diet damages lots of body systems. Your body needs the right supplies to keep its repair squads in full working order. So you'll want to make sure to consume plenty of the most supportive nutrients and healing compounds. And you can find those in these five repair foods.

1. Cruciferous vegetables: Cauliflower, cabbage, broccoli, and kale all belong to the cruciferous vegetable family. These nutrient-dense veggies pack a lot of healing power into every bite. They contain a multitude of plant compounds including glucosinolates, which support your body's detox pathways.²⁰

2. Fermented foods: Along with promoting a healthy gut microbiome, fermented foods help your body heal in important ways. Research shows they have anti-inflammatory, antibacterial, and antioxidant properties. Plus, they appear to also help balance blood sugar and improve circulation.²¹

3. Berries. Every member of the berry family contains a wealth of healing plant compounds. That includes powerful antioxidants, especially important for cleaning up the free radicals and stopping that damage. Berries also help increase blood flow to the kidneys, making it easier for them to clear toxins.²²

4. Garlic and onions: Along with adding flavor to your food, garlic and onions provide a unique set of health benefits. These potent roots

fight cancer, improve cardiovascular health, and promote weight loss while fighting obesity.^{23,24,25}

5. Artichokes: Your liver manages your body's detox system, and artichokes help keep your liver functioning at its best. They're also fully loaded with nutrients, help regulate blood sugar, fight inflammation, improve digestive health, and help lower blood pressure.²⁷

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Big Pharma Caught Flat Footed

Alzheimer's Alternate Theory: Disease Starts With Damaged Mitochondria

New research has revealed the secret to defeating Alzheimer's lies not in Big Pharma's drugs, but deep inside your own body.

This study is unwelcome news to Big Pharma and their shareholders. They have been lining their pockets for years pushing drugs that don't work.

And in many cases, have made things worse for sufferers of this dreadful mind-wasting disease.^{1,2}

The truth is tens of billions of dollars — including more than \$3.7 billion last year³ — have been poured into Alzheimer's research over the past decade — and it has all been pointless.

Government-funded agencies, tax-payer cash, and countless well-meaning charities have helped finance everything from unfounded genetic theories to all sorts of trial drugs, vaccines, cholinesterase inhibitors, and monoclonal antibodies.

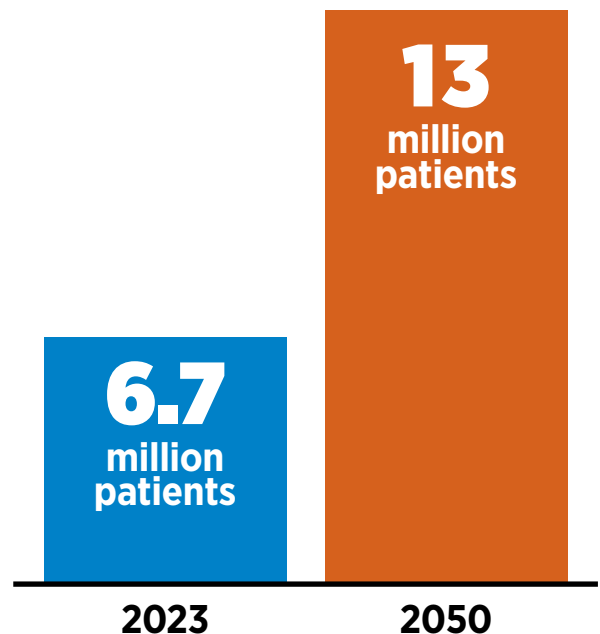
None of them have brought us one step closer to finding a cure or stopping the unprecedented global explosion of Alzheimer's — a genuine epidemic that is now shockingly the sixth leading cause of death in the U.S.

But now a team of Israeli scientists have made an astonishing breakthrough discovery.

Researchers at Ben-Gurion University have confirmed that the root of Alzheimer's lies in your mitochondria, the tiny energy powerhouses found in each one of your cells.^{4,5}

Piggybacking on the growing body of evidence that has linked mitochondrial dysfunction to

Alzheimer's Rates Are Set To Surge In America



Nearly 6.7 million Americans are living with Alzheimer's. That figure is projected to almost double in the next 25 years.

Alzheimer's, the Israeli researchers used mouse models to target a mitochondrial gatekeeper called VDAC1.

This protein controls how these little powerpacks function, as well as the life and death of the cell itself.

The researchers found that the lab mice that produced an excess of VDAC1 in their brain cells suffered mitochondrial and cell death. This

triggered an autoimmune response leading to neuroinflammation.

This neuroinflammation led to the release of neurotoxins that resulted in amyloid plaques and nerve tangles. Of course, these are key characteristics of Alzheimer's disease.

But by targeting VDAC1 with a special molecule that binds to the protein, the researchers prevented the changes that led to mitochondrial dysfunction and Alzheimer's.

This is great news... It means you now have the knowledge and ability to prevent this dreadful disease from ever striking.

It's no wonder my team and I have had such success treating Alzheimer's patients at the Sears Institute for Anti-Aging Medicine.

I've been recommending natural therapies that target the mitochondria for years.

Meanwhile, Big Pharma drug developers have been caught flat footed. Despite the recommendations of the Israeli scientists, there are no current Alzheimer's drug candidates that target mitochondria.

You Don't Need Big Pharma's Dangerous Drugs To Beat Alzheimer's

But the good news is you don't need Big Pharma or their expensive drugs to beat Alzheimer's. A key nutrient for boosting your brain's power comes from PQQ.

A recent discovery sheds new light on how our cells make energy, and how we can influence that process to slow aging and give you more energy throughout your day.

This nutrient — called pyrroloquinoline quinone, or PQQ — has the potential to become an anti-aging powerhouse, and I'm already using it with my own patients to improve daily energy levels.

You see, PQQ is the first nutrient ever discovered that multiplies the number of mitochondria in your cells. Mitochondria are the "power plants" in your cells that generate all of

the energy you use to get through your day.

As you get older, mitochondria become weak and start to disappear. This is the first time we've ever had the opportunity to stimulate the growth of new power producers in your cells. And that's big news.

Still ignored by mainstream medicine, PQQ has also been shown to fight nerve damage, cancer, and even nonalcoholic fatty liver disease, one of the fastest-growing epidemics of the 21st century.

Now the latest research has uncovered the crucial role of this super-nutrient and antioxidant in the prevention — and even the reversal — of age-related brain conditions, like dementia, strokes, Alzheimer's, and Parkinson's.

Today, I'll show you how this new evidence will help your brain power, and your ability to think, recall, plan, and strategize as you get older.

Healthy Brains Need Healthy Mitochondria

As the most energy-hungry organ in your body, your brain cells have the greatest number of mitochondria — more than 2,000 of them in each nerve cell. And healthy brains need well-functioning mitochondria.

But as you grow older, your mitochondria decay, become weaker, and die. They also become fewer in number. This is a major cause of aging and the cause of many neurodegenerative disorders, like Parkinson's and dementia.^{6,7}

Recent clinical studies reveal that your brain is a prime target for mitochondrial decay — more than any other part of your body.⁸ This happens because the high-energy demands of your brain cells — and their constant exposure to large amounts of oxygen — make them vulnerable to damage from free radicals and oxidative stress.⁹

When the damage becomes severe enough, brain cells trigger the destruction of their own mitochondria.¹⁰

Fewer mitochondria in your brain cells mean you lose your capacity to make energy and your mental performance begins to decline.

Ultimately, this sets your brain cells on the path to “cell suicide.” And this loss of cells in brain tissue impacts your mobility, your ability to learn, and your memory, causing all kinds of neurological and brain disorders.¹¹

Putting PQQ To The Rescue

PQQ has a restorative and rejuvenating impact on your brain. And it does this in three important ways...

1. Mitochondria have their own supply of DNA, and if you supply them with this super-nutrient, they start multiplying within each of your cells. PQQ triggers your aging brain cells to grow new mitochondria.

And it is this process of “mitochondrial biogenesis” that halts and reverses cell death and brain degeneration. PQQ is the only nutrient that can do this.

2. PQQ also protects the existing mitochondria in your brain cells by working to mop up free radicals and the oxidative stress damage in brain tissue — the very things that kill mitochondria in the first place.
3. At the same time, PQQ stimulates the production of nerve growth factor (NGF) which triggers the growth of new brain cells and branching of nerve cells.^{12,13} NGF is crucial in repairing damage caused by strokes.

I recommend that my patients get PQQ both from **food sources and supplements** because it is so important for cell health.

Here’s a rundown of common **PQQ-rich foods**, based on a 100-gram (3.5 ounce) serving:

- Natto (fermented soybeans) 6.2 – mcg
- Celery – 6.3
- Parsley – 3.4
- Sweet green peppers – 2.8 mcg
- Papaya – 2.7 mcg
- Kiwi fruit – 2.7 mcg
- Carrots – 1.7 mcg
- Miso – 1.7
- Cabbage – 1.6 mcg
- Sweet potatoes – 1.3 mcg
- Bananas – 1.3 mcg

You should try to get as many of these foods into your diet as possible. But when push comes to shove, you really need to take a good PQQ supplement to ensure you get all the benefits.

For the best results, take your PQQ with CoQ10 — both are key to helping each of your mitochondria remain healthy.

I recommend 20 mg of PQQ daily with a 50 mg supplement of ubiquinol, a far more powerful form of CoQ10 that’s much easier for your body to absorb.

3 More Brain-Boosting Nutrients Your Mitochondria Needs Now

Here are three powerful nutrients I recommend to my patients for keeping their mitochondria firing on all cylinders. The sooner you start taking them, the better.

PQQ’s Benefits — The Brain And Beyond

Over the past few years, PQQ has leaped to the forefront of medical research into anti-aging. It has been shown to:

- Protect nerves from damage and promote the growth of healthy nerves^{18,19}
- Protect brain cells from damage by toxic chemicals and biochemicals^{20,21,22,23}
- Protect the brain from Parkinson’s^{24,25}
- Protect the brain from stroke and stroke damage^{26,27}
- Protect against cancer^{28,29}
- Prevent or delay chronic, low-grade inflammation in cells, often known as “inflammaging”³⁰
- Improve blood sugar control, insulin levels, and insulin sensitivity³¹
- Decreased damaging free radicals in human heart cells by up to 50%³²
- Promote mitophagy, the clearing out of defective mitochondria³³
- Increase lifespan by 30%^{34,35}

1. Acetyl-L-Carnitine (ALC): This amino acid plays a crucial role in making energy in your cells. It transports fatty acids into your mitochondria, where they are burned for fuel. It also carries toxic waste out before it can do any damage.

But, as you age, your carnitine levels drop. That's why you need ALC. Your body converts L-carnitine to ALC. Studies show when your mitochondria slow down, ALC can fire them up again. Studies also show ALC reverses the malfunction in mitochondria as you age.^{14,15}

The best source of L-carnitine is grass-fed red meat. But you can also supplement. I suggest taking at least 500 mg of ALC every day on an empty stomach. Look for a formula with only L-carnitine and not D, L-carnitine. D-carnitine is synthetic.

2. N-Acetyl-Cysteine (NAC): This is another amino acid that's also a powerful antioxidant. NAC helps make glutathione, the body's most powerful antioxidant.

Glutathione is the main line of defense for mitochondria. It helps prevent and repair oxidative damage, thus protecting your mitochondria.^{16,17}

Studies show it also protects your telomeres from oxidative damage.¹⁸ So it throws a one-two anti-aging punch. I advise supplementing with 500 mg per day.

3. Rhodiola Rosea: This tough little yellow flower is native to the arctic mountains of Eastern Siberia and it's a great herb for enhancing mitochondrial energy production.

I've seen the power it has to energize my patients. In just a few months, they are visibly younger and stronger. And they tell me they feel that way, too.

You can find Rhodiola tea in health food stores. Or you can take it in capsule form. It's also called golden root or roseroot.

But make sure you get a formula with enough of the herb's active compounds. Look for an extract standardized to contain at least 3% rosavins and 1% salidroside. That's the same ratio found in the natural root.

I recommend taking 250 mg a day on an empty stomach, preferably in the morning, because rhodiola stimulates your brain.

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You Know This “Alternative” Therapy Is A Remedy For Your Heart — But It Cures So Much More

You may have noticed that conventional medicine has a real problem with change — especially when it comes to better treatments and improved outcomes for patients.

From safe and cutting-edge stem cell therapies and hyperbaric oxygen treatments for conditions as varied as cancer, diabetes, Alzheimer’s, arthritis, blindness, pain management, stroke, brain injuries, and even wrinkled skin, to nutritional supplements that have been proven to ward off dozens of chronic illnesses — dozens of therapies have been ignored or trashed by the mainstream medical establishment.

Today, I want to talk to you about another therapy that — despite being FDA-approved — has been widely rejected by conventional doctors. It’s called enhanced external counterpulsation, or EECP, for short.

Even most cardiologists oppose EECP, which has been shown to work better than the Big Pharma meds and risky, expensive surgeries. Multiple studies reveal that EECP is hands down the safest and most effective reliever of angina chest pain available, and it has been shown to have huge benefits for patients with coronary artery disease and heart failure.

Now researchers have discovered that EECP isn’t just a powerful weapon against heart disease. It’s also highly effective against many other conditions — including:

- Depression
- Diabetic retinopathy



Traditionally trained doctors — backed by government organizations like the CDC — continue to dismiss alternative therapies that are proven to cure chronic diseases.

- Erectile dysfunction
- Long Covid
- Memory loss
- Neuropathy
- Parkinson’s disease
- Saving limbs from amputation
- Stroke
- Vision loss
- And much more

Sadly, if you ask most mainstream doctors how to access EECP, you’re still likely to be told: “Oh, you’re probably not a suitable candidate for that.”

I've heard this from my own patients, many of whom arrived at my clinic because other doctors simply wouldn't listen to them.

In fact, EECP carries almost no risk and its benefits have been widely studied.

And not only has EECP been approved by the FDA in the U.S., but it's also covered by most insurance plans, including Medicare.

In this *Confidential Cures* article, you'll learn exactly how EECP works, how simple and safe the treatment really is, and all about the new research on multiple conditions it can now be used to combat — without the use of Big Pharma meds or undergoing risky and expensive surgeries.

What Is EECP?

EECP is non-invasive. You just lie flat on one of those doctors' examination beds, while inflatable cuffs are placed around your calves, thighs, and buttocks. A machine then inflates and releases them in time with your heartbeat.

That's it. This simple process increases blood flow to the heart and round the body by strengthening circulation.

It works by counterpulsation, which means pumping blood during the heart's rest phase.

The cuffs compress the blood vessels in your lower limbs and push blood toward the heart.

Each wave of increased blood flow is timed to arrive at your heart at the moment the organ relaxes. When your heart pumps again, pressure is released.

This acts as a passive form of vigorous exercise, boosting blood flow and pushing oxygen-rich blood throughout your body more strongly than normal, as if you were exercising.

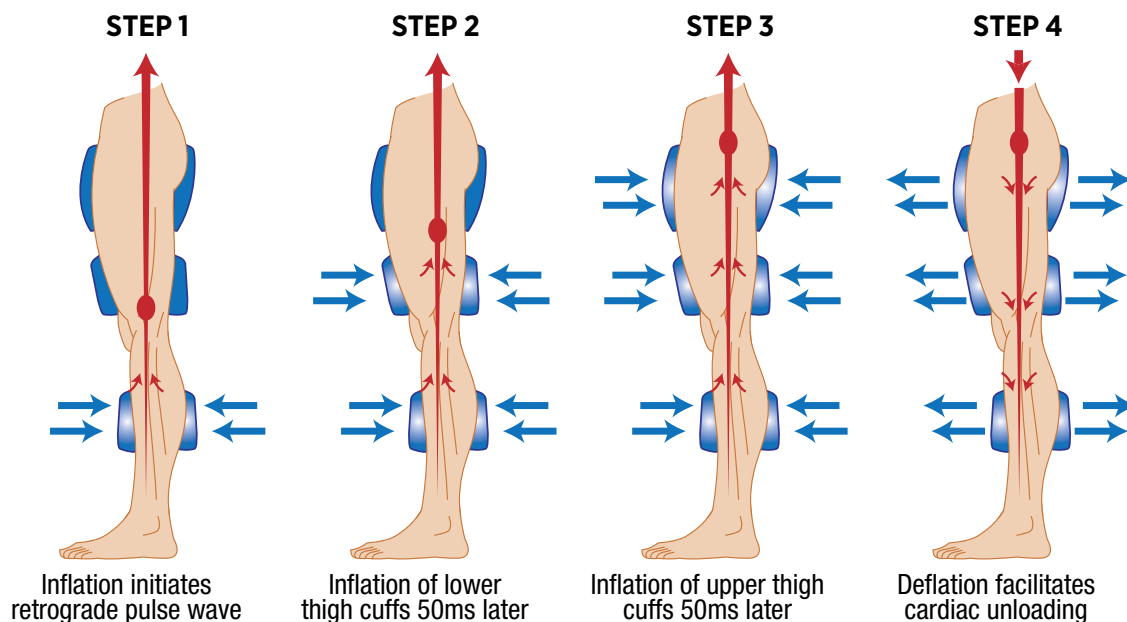
Although EECP was invented in the U.S. back in the 1950s, it was left undeveloped as cardiology and the rest of conventional medicine went down the more lucrative path of drugs and surgery.

But doctors in China took up the challenge. They spent 20 years developing counterpulsation as a non-surgical way to treat coronary heart disease — by getting the timing of these devices just right.

It now provides a powerful and proven way to treat heart disease with fewer drugs and without bypass surgeries, angioplasty procedures or stents.

Perhaps the most remarkable benefit of EECP is its ability to strengthen and repair damaged blood vessels — and also to regrow new ones, called collaterals, which create new pathways in and around the heart without any surgical grafting.

This is why some scientists have hailed EECP as a “natural bypass.”¹



EECP has also literally worked wonders with refractory angina sufferers. In a study involving 1,400 angina patients, 75% had half as many angina attacks after EECP. And in a three-year follow up, 16% no longer had angina at all.²

“High blood sugars and high insulin levels reduce your body’s nitric oxide (NO) levels, which erode and narrow your blood vessels, including those that lead to the penis.”

• **Kidney Disease and Detox:** Multiple studies now reveal EECP to be a powerful preventative weapon against kidney failure, which these days is largely caused by uncontrolled diabetes and high blood pressure.

But that’s not all EECP can do...

EECP Improves — And Even Cures — Dozens Of Conditions

Over the past few years, scientific research into the rejuvenating powers of EECP have advanced in leaps and bounds. Studies show that dozens of conditions can be improved — or even eliminated — with EECP.

You see, when your heart function improves, so too does the rest of your body.

Studies also show that EECP boosts the secretion of nitric oxide, or NO for short, a natural gas that relaxes and opens up the lining (endothelium) of arteries and capillaries and smaller blood vessels. This allows more blood — and therefore oxygen — to flow freely through your body.³

In fact, nitric oxide is so important to your health, some scientists have even dubbed it the “miracle molecule.”⁴

NO not only helps your body create more and wider collaterals around the heart, it does the same for organs and organ systems throughout your body, increasing and improving blood flow even further.

Here are just a few of the conditions that EECP has been shown to improve:

• **Diabetic Eye Conditions:** Many diabetic patients have damaged micro-vessels in their eyes as a result of long-standing high blood glucose levels and neuropathy. This obstructs and causes reduced blood flow to the retina, an essential part of your eye.

EECP has shown to improve blood flow to eyes with damaged vessels, significantly improving and enhancing vision.⁵

Researchers have found that EECP treatment can improve blood flow to the kidneys, as well as kidney function itself by more than 20%. This is largely the result of increased blood flow, which helps your kidneys to better filter waste products and toxins from your blood.

EECP is also shown to increase urine output, which helps to eliminate excess sodium and chloride, and reduce your risk of kidney failure.^{6,7}

• **Brain Disorders:** Most neurological conditions are related to problems with blood flow, often caused by hardened arteries or blockages in the smaller blood vessels. Some of the most common symptoms encountered are memory loss, loss of reflexes or other sensory perceptions.

Studies have shown that EECP treatment can increase the carotid artery blood flow, which supplies the blood to your brain, by almost 20%.

Studies have shown EECP has positive effects on patients with Alzheimer’s, Parkinson’s, stroke, mild cognitive impairment, and other brain disorders.^{8,9}

• **Erectile Dysfunction:** High blood sugars and high insulin levels reduce your body’s nitric oxide (NO) levels, which erode and narrow your blood vessels, including those that lead to the penis. That means that when NO levels are low these vessels don’t open up properly — and blood can’t enter the penis quickly, making it difficult or impossible for it to become erect.

But studies show that men who undergo therapy to boost their NO levels can often completely reverse ED. In one study, blood flow to the penis was shown to almost double after EECP treatment.^{10,11,12}

• **Immune System Problems:** EECP treatment has been shown to boost your immune function, bolstering your body’s ability to fight off foreign

pathogens. The increased blood flow triggered by EECP helps immune cells to move across the body and reach the parts of the body where it's needed.

Along with circulation in blood vessels, EECP also enhances circulation in the lymphatic system, which works to flush toxins out of your body, as well as carrying immune cells. This speeds your body's immune response, bolstering your natural defenses against infection and disease.¹³

- **Boost Stem Cells:** Recent studies also show that EECP boosts progenitor stem cells, which enter the blood stream to replace old cells and repair damaged tissue, while promoting regeneration of the arterial system and organs throughout the body.¹⁴

Increase Health In Under An Hour

I've been so impressed with the scores of clinical papers I've read on EECP, I now offer the treatment to patients at the Sears Institute for Anti-Aging Medicine.

Along with heart disease, EECP is highly effective against many more conditions than those mentioned above. And the best part is that EECP is done as an easy outpatient procedure.

Patients undergo treatment for about an hour a day, five days a week for seven weeks.

Aside from treating medical conditions, my patients also tell me it provides more energy, better endurance, restful sleep, mental clarity, and an overall positive outlook.

The effects of EECP usually last about five years.¹⁵

If you'd like more information on EECP treatment at the Sears Institute for Anti-Aging Medicine here in South Florida, please contact my staff at 561-784-7852.

Note: EECP should not be practiced on pregnant women, or if you suffer from irregular heartbeats or bleeding disorders.

The Easy Exercise Route To Health

EECP is especially powerful if you have a condition that prevents you from undertaking

vigorous physical activity — because this is a treatment that mimics exercise.

But if you are able to exercise, I strongly recommend my PACE exercise program.

This is the anti-aging fitness program I developed 30 years ago. It uses brief but vigorous routines of increasing intensity and is specifically designed to help you:

- Build strength and capacity in your heart and lungs.
- Avoid heart attacks and cardiovascular disease.
- Increase blood flow throughout your body.

Short bursts of intense exercise are what nature intended for your heart and the rest of your body.

Unlike cardio or other aerobic or endurance exercise, PACE causes an adaptive response. This means giving your body a new set of challenges, so it adapts to whatever you're asking it to do.

This allows your heart to boost its ability to pump harder for those times when you need it.

And scientific research agrees. In the Harvard Health Professionals Study, researchers followed more than 7,000 people. They found the key to exercise is not length or endurance. It's intensity. The more energy you exert during exercise, the lower your risk of disease and the better for your body and its systems.¹⁶

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

All you have to do is increase the challenge to your lungs and heart little by little, and then accelerate it.

PACE exercise routines can also be done at any age and in any condition.

One of the easiest ways to begin is start with an exercise you enjoy. Whether that's swimming, running sprints or simply walking. Just remember to keep increasing the challenge... and to rest and recover fully between each period of exertion.

You can choose any exercise that will make you stop and pant for breath. The most important

thing is to increase your challenge gradually over time.

You can even boost your lungpower right in your own neighborhood... or at home.

I have patients in Cincinnati who live near a hill. They practice PACE by walking up the hill as fast as they can. And by now they can run up the hill. He's in his 70s and she's in her late 60s. They say it's changed their lives.

Do you live on a hilly street? Is there a park in your town with a hill? You can follow their PACE workout, too:

1. Start by walking up the hill. Measure your heart rate when you get to the top.
2. The next time you go up the hill, give yourself more of a challenge. If you walked the first time, then "power walk" the next time. Get your arms out in front of you and move your hips when you walk.
3. Take your heart rate again, stop and relax. Get a drink of water.
4. On your third time up the hill, try jogging.

Gradually, over time, you increase your intensity as each move becomes easier.

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

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

If you want to learn some other good PACE exercises, go to my YouTube channel:

www.youtube.com/user/AlSearsMD/videos.

I have more than 30 different exercises and a complete workout to help you get started.

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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).

