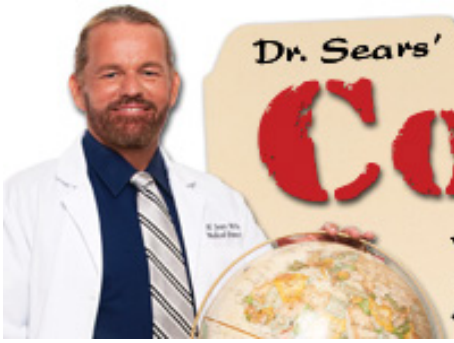


Dr. Sears'
Confidential Cures
Your Guide to Truth and Lies in Medicine from Around the World

March 2024 **Vol. XIII Issue 3**

Dear Friend,

My team and I just returned from a regional conference on longevity.

I was hoping to hear the latest research and information regarding regenerative medicine. Instead, I heard a lot of the same old advice — even among my anti-aging colleagues.

It's frustrating to hear my peers talk about environmentally caused problems – like diabetes, Alzheimer's, and heart disease – without ever mentioning why these chronic diseases are exploding to epidemic proportions in our modern world.

For instance, when you identify the cause, of course there is a lot you can do.

As a *Confidential Cures* reader, you're already aware that rebuilding telomere length is key to fighting disease and increasing longevity. But telomeres are only half of the anti-aging equation.

The other half is your mitochondria, the microscopic energy powerhouses found in each one of your cells.

They are your body's master energy system. They power every function and organ in your body.

New research has discovered mitochondria also hold the secret to preventing — and in some cases reversing — many of the awful conditions that strike us from middle age onwards.

Mitochondrial dysfunction is at the root of multiple health problems, including insulin resistance and diabetes, cognitive decline, osteoarthritis, coronary artery disease, and Parkinson's.

You see, the more energy your mitochondria produce, the more waste products they emit. Over time, this leads to high levels of free radicals and inflammation. And that causes your mitochondria to weaken and misfire.

In the process, some mitochondria die off. Those that remain become weaker. Ultimately, this causes organs and organ systems to fail, and diseases to strike.

But mitochondria dysfunction isn't just a byproduct of aging — it's a source of aging.

As a regular reader, you know I've been at the forefront of restoring the mitochondrial health of my patients using CoQ10 and PQQ. But now we have a new weapon in our arsenal to optimize mitochondrial efficiency.

I'm talking about a key metabolite produced by bacteria in your gut that allows your body to rejuvenate its worn-out mitochondria.

Conventional medicine is lagging way behind the latest research on this game changer for healthy aging.

The latest research proves that it can slow down the aging process — while fighting the diseases "mainstream medicine" associates with age.

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

- **A newly discovered antioxidant-like metabolite that clears away dead or dying mitochondria and boosts mitochondrial health.** Breakthrough research shows increasing this compound boosts heart health... fights frailty... reduces the risk of Alzheimer's... fights diabetes... and acts as an all-around anti-aging therapy.
- **How the war on salt is leading to a worldwide iodine deficiency.** Since 1970, when we were first warned to put down the saltshaker, there has been a steady rise in rates of breast cancer, thyroid disease, cognitive decline, and more. Learn how to safely increase levels to protect your health and longevity.
- **The overlooked micronutrient that is a must-have prostate protector.** But this mineral is so much more. In my practice, I recommend it to patients to boost brain power, strengthen bones, ease arthritis inflammation, and raise testosterone.

To Your Good Health,

Al Sears, MD, CNS

Also in This Issue...

With Protection Against 10 Diseases...

Newly Discovered Game-Changer Could Be Biggest Breakthrough In Anti-Aging Therapy

I find it frustrating when I hear mainstream doctors talk about the "diseases of aging" — like cancer, dementia, heart disease, type 2 diabetes, and even frailty — as if there's nothing you can do about them.

The truth is, there's nothing natural about these conditions.

Today's chronic diseases are a direct result of the unnatural world we live in. You see, we've rendered our environment so that it's foreign and toxic to our bodies.

And it's damaging your mitochondria — what I call the second half of the anti-aging equation.

Many studies have demonstrated that oxidative overload not only causes damage to organs and tissue — resulting in various diseases — it also leaves your poor mitochondria without defense.

Causing them to age before their time.

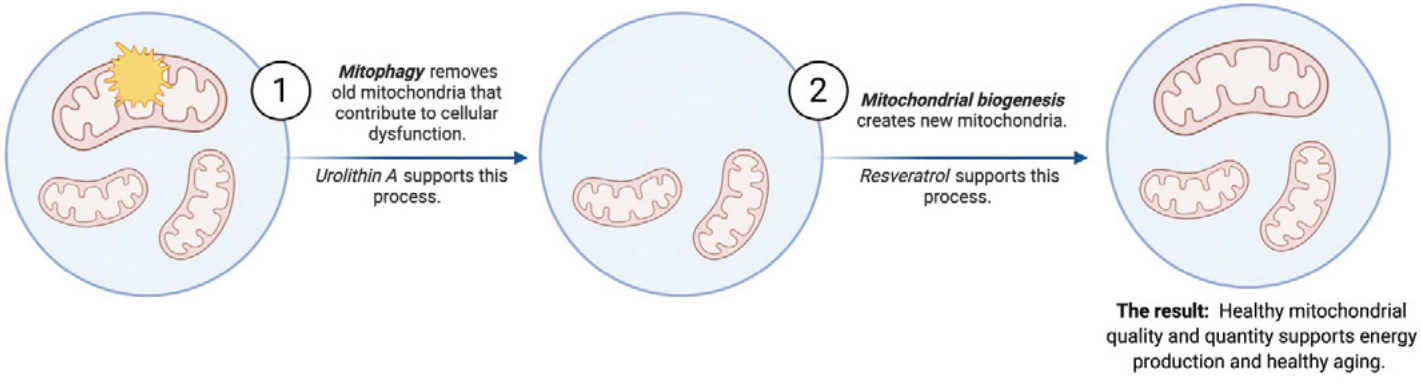
When this happens, down goes your energy production... and down goes your capacity to rejuvenate and repair your body.

And it causes much of the number one complaint of aging among my patients. If you're in that group, you already know what I'm talking about. It's fatigue.

But you have the power to rejuvenate these microscopic energy powerhouses that are found in each one of your cells.

Researchers have now discovered that your mitochondria hold the secret to preventing —

Urolithin A Induces Mitophagy To Increase Mitochondrial Function — And Prevent Diseases Of Aging



and in some cases reversing — these awful debilitating conditions that strike from middle age onwards.

In this *Confidential Cures* article, you'll learn that when you consume certain key foods, your gut microflora produces a metabolite called Urolithin A, or UA, which allows your body to rejuvenate its worn-out mitochondria. Conventional medicine is lagging way behind the latest research on this game changer for healthy aging — but read on to learn more.

Harness The Power Of Your Mitochondria

Mitochondria live inside every human cell. They were first discovered back in the 1890s — but their real power has only just recently begun to be understood.

Your mitochondria make up your body's master energy system. They allow you to see, hear, and feel. They beat your heart, stimulate your sex drive, and they even allow you to think. They are the nanotechnology of your cells — and they power every organ and function in your body.

Each of your cells has at least one of them. The average human cell has 200. But energy-hungry organs have more. Liver cells have about 2,000 mitochondria each. Heart cells have around 5,000, and brain cells — the most power-hungry organ of all — have over 10,000.

When energy systems start to misfire, your body simply can't keep up with all that it needs to do to remain healthy and disease-free.

We already knew that damaged mitochondria can lead to:[1]

- Strokes
- Heart disease
- Cancer
- Coronary artery disease
- Chronic fatigue syndrome
- Fibromyalgia
- And much more

Research has also demonstrated that damaged mitochondria can cause dementia, Alzheimer's, and Parkinson's disease.[2]

So, what happens to these little powerhouses?

It begins with the natural aging process itself. You see, the more energy these cellular engines put out, the more waste they produce. That waste, in the form of free radicals and oxidative assault, causes the mitochondria to misfire.

Over time, your mitochondria start to deplete — some die off, and those that remain become weaker. And so do the cells they inhabit, which grow old and don't function as well as younger cells.[3]

Mitochondria can also be damaged by a variety of environmental toxicants, including air pollutants, heavy metals, endocrine-disrupting compounds, and pesticides.

But mitochondrial decline isn't just a byproduct of aging — it's the source of the aging process itself. Organs and organ systems fail, and diseases begin to strike when your mitochondria begin to fail.

You see, scientists have found faltering mitochondria emit signals that spread malfunction to other cells, disabling healthy mitochondrial activity that can trigger the onset of disease.[4]

The good news is that you can rejuvenate the mitochondria in aging human cells to prevent disease from taking hold.

That's where Urolithin A comes in...

Meet The Disease Fighter Like No Other

Scientists have only recently begun to understand the extraordinary therapeutic effects of this unique molecule.

Multiple studies over the past decade reveal that UA clears away defective mitochondria that signal to mitochondria in neighboring cells to malfunction. This clearing away of malfunctioning mitochondria is known as mitophagy. This clean-up process rejuvenates and extends the life of mitochondria that are failing.

The health benefits include...

• **Fights frailty and improves muscle strength:** Frailty is caused by a combination of muscle loss and cellular slowdown. You see, when your muscles weaken as you age, it's often because your mitochondria aren't working properly.

That's why UA's ability to reboot mitochondria and reverse frailty and muscle loss is such a powerful anti-aging therapy. Studies now confirm that UA can slow and even reverse muscle deterioration and dramatically improve muscle function, strength, and endurance.[5,6]

This is critically important, because the accumulation of useless mitochondria along with frailty as you age, are key risk factors for disability and loss of independence, diseases like pneumonia, Alzheimer's, and congestive heart failure, hospitalization, and mortality.[7,8,9]

• **Combats cancer:** Recent research on the effect of UA on colorectal cancer cells. In one study, researchers exposed colon cancer stem cells from a patient with colorectal cancer to a mixture of either 85% UA or 30% UA. The results revealed that the higher UA concentration mixture was most effective at inhibiting the number and size of colon cancer stem cells.[10]

A study from 2022 also showed the ability of UA to boost your body's tumor-fighting immunity T-cells. And other studies have shown its effectiveness in pancreatic and prostate cancer models.[11,12,13]

• **Protects against Alzheimer's and Parkinson's:** UA also has powerful neuroprotective properties. The connection between UA and its neuroprotective effects against Alzheimer's is already well-established in animal studies — partly because of its effects on mitochondrial dysfunction in brain cells.[14,15]

Research reveals that UA also targets the neurotoxicity behind the characteristic hallmarks of Alzheimer's, like tau tangles and amyloid plaques.[16]

Meanwhile, UA's antioxidant and anti-inflammatory impact neurons have also been shown to be effective against Parkinson's, and for overall brain health.[17]

"Research reveals that UA also targets the neurotoxicity behind the characteristic hallmarks of Alzheimer's"

• **Improves heart health:** UA's mitochondrial function-boosting abilities make it a must for cardioprotection — especially since heart cells are among the most energy-hungry cells in the human body.

Studies show that UA improves both age-related decline in cardiac function, as well as heart failure, by pausing heart-muscle aging and restoring vitality and strength.[18]

• **Improves your gut health:** The diversity and balance of your intestinal microbiome is the main driver for health in the rest of the body. Its multiple key functions include allowing your body to absorb vitamins, minerals, and other nutrients. It helps regulate your mental health, mood, belly fat and even your sexual potency. At least 70% of your immune system lives in your gut lining, and a healthy gut also improves the blood flow by balancing blood vessel constriction and dilation.

Studies show that supplementing with UA dramatically increases the diversity and balance between the microbial colonies in your gut. This improves everything from digestion and your body's defenses to intestinal barrier function to protecting against leaky gut and mental illness.[19]

• **Fights obesity and type 2 diabetes:** Recent research at the University of Nebraska reveals that UA reduces insulin resistance, the condition at the heart of type 2 diabetes, and one of the main hallmarks of obesity. You see, resistance to the cellular actions of insulin impairs your body's ability to inhibit glucose uptake in fat and muscles.[20]

Another study using animal models found that UA exerted anti-obesity effects by triggering the production of heat in fat tissue, activating weight loss and stabilizing glucose and insulin sensitivity. The researchers described UA as a "potent anti-obesity agent."[21]

• **Acts as an all-around anti-aging therapy:** Apart from disease prevention benefits and the extra energy, strength, and endurance it provides, UA provides a raft of other anti-aging benefits.

Its ability to rejuvenate and re-energize aging mitochondria and clear out those that have already died are powerful anti-aging weapons. In one animal study, researchers found UA extended the lifespan of mice by 19%. And in several other studies, UA up-regulated collagen synthesis pathways in human skin biopsies and led to a decrease in wrinkle depth on facial wrinkles.[22,23]

Up Your UA Game With Pomegranates

Urolithin A is a metabolite that's formed by your gut microbiome when you digest specific types of plant antioxidants called ellagitannins.

These bioactive polyphenols, which have long been known to have anti-inflammatory and anti-cancer effects, are found in just a handful of fruits, nuts, and seeds.[24]

The fruit with the most potent levels of ellagitannins by a long shot is the pomegranate, which has a higher concentration of ellagitannins than any other fruit.

Pomegranates contain a unique ellagitannin, called punicalagin, which is not absorbed intact into the bloodstream, but is digested and metabolized into urolithins by your gut microflora.

Researchers in Switzerland first identified digested punicalagin from pomegranates back in 2016, as a source of UA and a rejuvenator of mitochondria.[25]

Pomegranates, which already have a reputation for being a "superfood," because of their ability to lower blood pressure and strengthen bones are great either in their whole fruit or juice form.

Pomegranates are the best source of Urolithin A precursors. Clinical studies show UA rejuvenates mitochondria and extends your health and life span.

You can also buy pomegranate extract as a supplement. It's available online and in most health food stores.

Other rich sources of ellagitannins include:

- Raspberries
- Arctic brambles
- Blackberries
- Strawberries
- Walnuts
- Almonds
- Oak-aged wines

The problem is that not everyone has the right mix of microflora in their gut to produce enough UA. That's why I always recommend my patients take UA supplements along with an ellagitannins-rich diet.

Studies show that UA supplements are safe and that seniors who take them perform better in physical endurance tests.[26]

You can buy UA supplements in pill and powder form, which can be mixed into a breakfast yogurt, smoothies, or water.

I recommend taking 1,000 mg per day.

Four More Ways To Boost Your Mitochondria

If you keep mitochondria healthy, your body will have all the energy it will ever need to stay strong and healthy**.** Here's what I recommend to my patients:

1. Take my favorite supplement, CoQ10: This super nutrient is key to delaying or preventing mitochondrial depletion. Its power begins with its antioxidant properties, which protect your mitochondria against free radical damage. But more than this, CoQ10 is a high-octane fuel, and your mitochondria need it to produce the energy they run on.

Every cell in your body uses CoQ10 to get energy from your mitochondria. It sparks them to make extra energy.

If you don't get CoQ10 through dietary sources like liver, or from supplements, your energy levels

will fall, and your organs will function below par. Cholesterol-busting statins also drastically reduce CoQ10 levels.

But a CoQ10 supplement can yield immediate benefits. I recommend that everyone take 30 mg of CoQ10 daily**.** If you're over 60, double that to 60 mg. But if you're suffering from a chronic condition, increase the dose to at least 100 mg a day.

And make sure it's the ubiquinol form of CoQ10, which is the most potent.

2. Protect your mitochondria with PQQ: While CoQ10 does an amazing job of squeezing more power out of your remaining mitochondria, it does nothing for the mitochondria you've already lost. That's where the little-known nutrient, pyrroloquinoline quinone, or PQQ, comes in.

PQQ triggers your cells to build healthy new mitochondria, producing more fuel, so your cell systems work more energetically and more efficiently. At the same time, PQQ also protects your mitochondria, by neutralizing free radicals that damage and kill your mitochondria.

Good sources of PQQ are kiwi fruit, sweet green peppers, carrots, potatoes, cabbage, sweet potatoes and bananas.

You can also take a supplement. I recommend 10 mg of PQQ daily with your CoQ10.

3. Don't forget this energy-increasing amino acid: Acetyl-L-Carnitine (ALC) plays a crucial role in making energy in your cells. It transports fatty acids into the mitochondria, where they are burned for fuel. It also carries toxic waste out before it can do damage.

But as you age, carnitine levels in your tissues drop. That's why you need acetyl-L-carnitine. 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.[27]

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-carnitine, as D-carnitine is synthetic.

Take the antioxidant builder, 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.

Studies show it also protects your telomeres from oxidative damage. So, it throws a one-two anti-aging punch. I advise supplementing with 500 mg per day.[28]

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Another Victim Of The War On Salt...

Iodine Deficiency And The Breast Cancer Connection

When most people think of iodine, they think about salt — and cutting it out of their diet based on doctor's orders.

But this mineral is vital for every part of the body. And the war on salt has led to a severe iodine deficiency around the world.

In fact, rates of iodine deficiency are now reaching epidemic levels.

It's just another example of how we're altering our natural environment to the detriment of our health...

Since the 1970s, when we were first told to stop eating salt, dietary iodine intakes have plummeted by more than 50%.[1]

And once Big Agra took over the family farm, mineral levels — including iodine — were stripped from our food.

Today, nearly 45% of normal, "healthy" adults worldwide may no longer consume enough iodine.[2]

This is especially harmful to women because this under-appreciated nutrient protects against both thyroid disease and breast cancer.

Almost 27 million women in America suffer from thyroid dysfunction — and the chances are their doctors aren't telling them it could be a precursor to breast cancer.

A further 13 million are believed to have a thyroid disorder, but haven't been diagnosed yet.[3]

I'm not saying this to scare you, but to let you know that hyper- and hypothyroidism can be prevented — and so can a woman's risk of breast cancer.

In a minute, I'm going to tell you how this key nutrient can reduce the risk of both. But first, let me tell you how we got here.

10 Symptoms Of An Iodine Deficiency

You may be low in iodine if you have:

1. Fatigue
2. Weakness
3. Weight gain
4. Slow heartbeat
5. Cold hands and feet
6. Difficulty concentrating and memory loss
7. Dry skin
8. Hair loss
9. Constipation
10. Neck swelling

Mainstream medicine continues to disregard the connection between thyroid disorders and breast cancer — calling it "inconclusive."

But I've seen the link myself with patients at my **Sears Institute for Anti-Aging Medicine**. And I'm not alone. This uncommon connection was first discovered almost 250 years ago.

In an effort to get to the bottom of an 18th-century cancer epidemic in the Austrian city of Graz, the monarch Empress Maria Theresa passed a law that mandated autopsies on all hospital deaths in the city.

They discovered many of the deceased also suffered from hypothyroidism.

And in a study in 1976, data collected from 26,546 autopsies done in Graz between 1944 and 1958 revealed a link between hypothyroidism and a breast cancer rate that was 10 times higher than the U.S. rate.[4]

In a large meta-analysis, researchers looked at 28 related studies and discovered "significant evidence of an increased risk of breast cancer in patients with autoimmune thyroiditis."

Most recently, a study in the *European Journal of Endocrinology* concluded that women with overactive thyroids, or hyperthyroidism, have an 11% increased risk of breast cancer.[5]

"The Japanese consume approximately 13 mg of iodine a day. That's about 25 times more iodine than the average American."

You see, a lot of iodine is concentrated in breast tissue. And when a woman doesn't have enough, she can develop fibrocystic breast disease. Up to 93% of American women have it. This is when the breasts become painful with nodules and cysts.

The longer a woman has this disease, the higher her potential for breast cancer. Here's how it happens...

When iodine levels are low, the ovaries produce more estrogen. When estrogen hits receptors in the breast cells, it stimulates growth — for both healthy and cancerous cells.

In other words, when estrogen levels are high, estrogen is more likely to attach to the receptors in cancerous cells. It makes them multiply.

Low iodine also increases the sensitivity of receptors in breast tissue. Breasts start to take in even more estrogen, which increases the risk of breast cancer even further.[6]

We know that breast tissue low in iodine is more likely to show pre-cancerous changes. And animal studies show that iodine could reverse those changes.

Later studies show that iodine works at the DNA level. In the lab, researchers applied an iodine solution to breast cancer cells as a form of gene regulation. That's the process of switching certain genes on or off. The iodine turned on 29 genes and turned off 14 genes.

Those gene changes led to the death of the cancer cells.[7]

How The War On Salt Caused A World-Wide Iodine Deficiency

Iodine is a trace mineral, and you don't need much. But it's tough to get it from your diet these days.

Trace minerals used to be easy to find in your water and soil and, therefore, in your food supply... until modern industry and commercial farming made them scarce.

Most fruits and vegetables these days are grown in nutrient-depleted soil that lacks iodine.

And more and more people have stopped using iodized table salt in or on their food.

Since 1970, the government has urged us to put down the saltshaker.

As a regular reader, you know I've never been a fan of iodized salt — it's bleached and full of chemicals. There are much better ways to get iodine — but by reducing our salt intake, people have cut back on their only source of iodine.

In fact, over the past 45 years, Americans have slashed their iodine levels in half.[8] And that has quadrupled their rates of iodine deficiency.[9]

There is increasing evidence to suggest that iodine deficiency may be the key to helping prevent thyroid dysfunction and breast cancer.

Compelling evidence comes from looking at the Japanese diet.

You see, the Japanese consume approximately 13 mg of iodine a day. That's about 25 times more iodine than the average American.[10]

And Japanese women also have a 66% lower rate of breast cancer than American women.[11]

But here's the clincher. When Japanese women move to the U.S. and begin eating the typical American diet, their breast cancer rates shoot up to American levels.

Iodine Protects More Than Just The Breasts

There is no question about it: Iodine is critical for breast health. And increasing levels would be beneficial for this reason alone. But iodine does so much more.

Earlier, I told you that iodine is essential to healthy thyroid function. Your thyroid gland uses it to make thyroid hormones. An iodine deficiency limits the ability of the thyroid to make hormones, leading to a thyroid disorder.

Iodine is also responsible for your metabolic process and the smooth functioning of your immune system.

Low levels may lead to weakness, brain fog, and insomnia.

You're not alone if you weren't aware of how important iodine is for almost every part of your body. And when you're short on iodine, a lot of things can go wrong:

• **Heart:** Too little iodine can lead to an abnormally low heart rate, leaving you weak, dizzy, and tired. A recent study found that low levels are associated with an increased prevalence of coronary artery disease.[12]

• **Memory loss:** Thyroid hormones are necessary for brain development. Since an iodine deficiency causes a lack of these hormones, the result is difficulty with memory and learning new things. A recent study found the hippocampus was smaller in people with low levels of thyroid hormones.[13] The hippocampus is the part of the brain that affects memory.

• **Osteoporosis:** A new study found that postmenopausal women with osteoporosis had significantly lower levels of iodine.[14]

• **Ovaries:** Iodine is concentrated in the ovaries. Women who lack iodine develop cysts. The greater the deficiency, the more cysts. It can also lead to a disease called polycystic ovarian disease.

• **Neck:** Swelling in the neck due to an enlarged thyroid is a common sign of an iodine deficiency. When the thyroid doesn't have enough iodine, it tries to absorb more from the blood. This causes the thyroid to become enlarged, making the neck appear swollen.

• **Eyes:** Tear glands in your eyes contain large amounts of iodine. Lack of iodine can cause dry eyes.

• **Weight gain:** Low iodine levels slow your metabolism and allow food to be stored as fat, rather than burned as energy. The result is unexpected weight gain.

Living In A Toxic World Means We Need More Iodine Than Our Ancestors

Even if you are getting plenty of iodine, your body may not be able to use it.

In today's toxic world, you need even more iodine than our ancestors. One big reason is the airline industry, which developed a chemical called perchlorate for rocket fuel.

This toxic substance is now in the groundwater, soil, and food supply throughout the U.S.

Perchlorate binds to receptors inside your cells that are meant for iodine. It blocks your ability to absorb and use the iodine from your food.

Chlorine and fluoride in your drinking water also block iodine. So does bromine in your flour, bread, and bakery products. All of these chemicals crowd the iodine out of your body.

Americans in general are woefully deficient in iodine and this has almost certainly contributed to the U.S.'s increased rates of breast cancer.

In a recent study, researchers determined that the "acceptable safe concentration" of perchlorate in our drinking water is 10 times less than what was previously thought.[15] The findings from the new study strongly suggest that this environmental pollutant is more hazardous than previously thought.

Yet, despite this finding, the U.S. Environmental Protection Agency (EPA) ruled not to restrict the amount of perchlorate that can be allowed in drinking water until they revisit the proposal in 2027.[16]

Mercury Overload Depletes Iodine and Leads to Deficiency

In today's toxic world, we need even more iodine than our ancestors did.

A major reason is the amount of mercury in our environment.

This heavy metal has contaminated so much more than our fish.

It's in vaccines, dental fillings, fungicides and even the air we breathe.

Mercury competes with iodine in your cells by binding to iodine receptors.

Before long, mercury pushes iodine completely out of these cells. The result is an iodine deficiency.

Include A Variety Of Iodine Sources In Your Diet

The daily recommendation for iodine is a paltry 150 mcg per day. That's nowhere near enough. You can go as high as 3,000 mcg to 6,000 mcg a day. Because your body can't make iodine, you have to get it from external sources.

1. **It's always best to get nutrients from food.** Kombu seaweed is your best source. But the amount of iodine can vary depending on the type, where it comes from, and how it is prepared.

These are the top six foods I rely on for iodine:

Food	Serving	Iodine (mcg)
Seaweed (kombu)	1 sheet	2,984 mcg
Seaweed (nori, used in sushi)	10 grams	232 mcg
Cod	3 ounces	100
Whole milk (grass-fed)	8 ounces	100-170
Shrimp (wild-caught)	3 ounces	35 mcg
Eggs (pastured)	1 large	24 mcg

2. **Supplement for ideal dosing.** It's not always easy to get enough nutrients from food. This is what I suggest:

- Start with 300 micrograms (mcg) per day and increase it slowly.
- Gradually go as high as 3,000 to 6,000 micrograms (3 mg to 6 mg) per day to treat fibrocystic breast disease or prevent breast cancer.
- Look for iodine tablets. But make sure you're getting the right kind. Breast tissue needs iodine — that's a molecule that consists of two iodide molecules. The iodide form is what your thyroid uses. But you need both. I recommend Iodoral tablets. They contain 5 mg of iodine and 7.5 mg of potassium iodide.
- Or choose a liquid supplement. Lugol solution is a liquid form of the same combination. The typical dose is one (6.25 mg) or two drops per day.

3. **Always include this nutrient.** If you do take iodine tablets, make sure you also get enough selenium.

Your body needs it to use iodine efficiently. Taking too much iodine without selenium can lead to goiter and other thyroid problems.

If you're getting your iodine from seaweed — you're all set since seaweed is rich in selenium. But if you're taking iodine supplements, I recommend adding at least 200 mcg of selenium a day.

I usually suggest fresh, freeze-dried, or aged garlic to my patients. It contains a bioactive form of selenium. Start with one capsule or clove and slowly increase to three capsules or cloves after each meal.

Or eat two Brazil nuts every day. Each has around 100 mcg of selenium.

4. **Then add guggul (*commiphora mukul*).** This gum resin extract from the sap from the Indian myrrh tree has powerful compounds called guggulsterone. Studies show these compounds significantly increase the amount of iodine the thyroid absorbs.

Guggul is available as tablets, capsules, powders, and liquid extracts. Look for a supplement standardized to at least 6% guggulsterone. I recommend a dose of 300 to 400 mg of guggul two to three times a day for a cycle of about six weeks.

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American Urological Association Pushes Poisonous Prostate Drugs...

But Overlooked Space Mineral Reduces Cancer Risk 64% While Offering Whole-Body Protection

Even if you consider yourself a healthy eater, your prostate still probably isn't getting the nutrients it needs to thrive.

Thanks to industrial farming and modern processing techniques, the food you eat has been stripped of the nourishment that helped keep the prostates of your ancestors healthy and virile.

The result of this modern nutrient deficiency is that your prostate has become damaged and diseased.

At the Sears Institute for Anti-aging Medicine, I've been using natural and inexpensive ways to repair and reverse my patients' poor prostate health — and even prevent prostate cancer.

And I've found one of the best solutions is an overlooked micronutrient you'll never hear about from traditionally trained physicians.

I'm talking about the rare mineral boron.

Boron arrived on our planet billions of years ago via cosmic dust and meteor fragments. On Earth, it exists only in compound form.

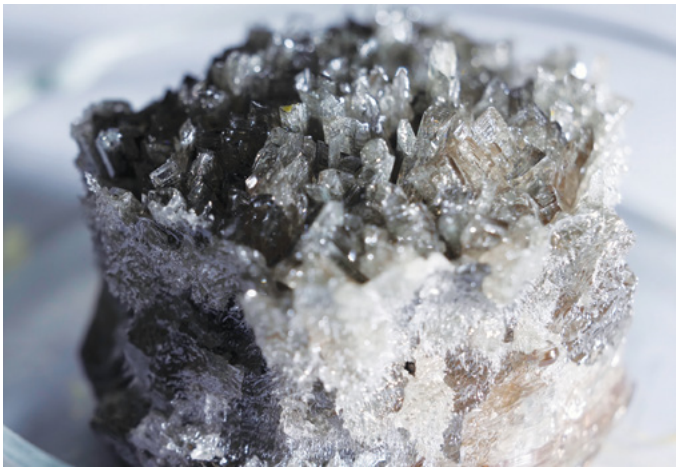
Pure boron has been found only in meteorites. But this element is utterly essential to your health.

In the past, your ancestors got nutritional boron through their diet.

But today, industrial farming methods, mineral-depleted soils, and fertilizers that block plants from absorbing boron all limit the amount you can get from the food you eat.

As a result, most American men only get 10% of what they need. And that's nowhere near enough to protect your prostate.

But this overlooked mineral does more than eliminate prostate problems.



Compelling evidence shows that boron plays a vital role in protecting men against prostate cancer.

The latest research shows that boron plays a crucial role in your body's metabolism. And it's key to the growth and maintenance of your bones.

It's also essential for:

- Improving brain function and memory
- Strengthening bone density
- Improving joint health
- Reducing inflammation
- Maintaining healthy testosterone levels

More on these protections in a moment. First, I want to share why I warn my patients to avoid Big Pharma prostate pills and only recommend clinically proven, natural alternatives.

AUA Accepts Big Pharma Money To Promote Their Drugs

When I reviewed the latest guidelines on treating an enlarged prostate from the American Urological Association,[1] I wasn't surprised...

But I was angry.

The AUA's misguided guideline flat-out says that natural prostate supplements are worthless. But they wholeheartedly recommend toxic, killer prostate drugs like anticholinergics.

"Today, 50% of American men over the age of 50 have an enlarged prostate. By 80, that number jumps to 90%"

These Big Pharma pills have injured almost 11,000 people — some fatally.[2]

And in many more cases, they continue to cause serious side effects like dementia, hallucinations, memory problems, confusion, and delirium.[3]

But here's an even more confounding fact: In fact, the majority of these drugs actually cause more urinary problems.

Men with prostate problems — like enlarged prostate and urinary issues — come to my clinic all the time. They're confused about all the conflicting information out there...

And a well-publicized recommendation like the one I just read from the AUA only adds to their confusion.

I tell them about the powerful research behind my favorite herbs, minerals, and nutrients for men's health.

You might wonder why the country's official urology organization would be so biased. And off-base.

As I mentioned before, when it comes to Big Pharma's drugs, the answer lies just below the surface. Here's a hint: Follow the money.

The manufacturers that make these dangerous drugs — Pfizer, Janssen, Astellas, and more — give millions of dollars to organizations like the AUA every single year.[4]

Here are a few examples of the pay-to-play that goes on in the pharmaceutical industry...

Recently, the AUA announced a $3 million endowment from Astellas. That's the Japanese maker of Myrbetriq. This drug has a reported 17,000 adverse effects, seriously harmed almost 4,000 people, and killed 146 people to date.

Big Pharma giant, Janssen, is also in the AUA's good graces. It got an award from the AUA in 2017. But its bladder drug Ditropan seriously injured 728 people; 38 of them fatally.

A decade ago, the global drug company Allergan won an award from the AUA. But its Flomax drug has such serious side effects that the Journal of the American Medical Association called on the FDA to put its most serious Black Box warning label on this drug.

But the FDA has done nothing over the last 15 years.

When you see stats like these, it makes it easy to understand why I don't recommend these dangerous drugs. And recommend natural supplements, like boron, instead.

Your Body's Ultimate Armor Against Prostate Cancer

There is compelling evidence that shows boron can play a vital role in protecting men against deadly prostate cancer.[5,6,7]

As they age, a man's risk for prostate cancer soars. Today, 50% of American men over the age of 50 have an enlarged prostate. By 80, that number jumps to 90%.[8]

The official term for an enlarged prostate is "benign prostatic hyperplasia," but there's nothing benign about the prostrate issues affecting men today. Six out of every 10 American men over the age of 65 have prostate cancer.[9] And that makes it America's second-leading cause of cancer in men.

The problem is that your swollen prostate releases prostate-specific antigen, or PSA. For years, it was believed this chemical only marked the presence of prostate cancer, but recent research shows that it's also a cause.[10]

In other words, as your prostate swells, your risk of prostate cancer increases.

The good news is that prostate cancer moves slowly and rarely kills — at least not as prostate cancer. Let me explain...

An enlarged or cancerous prostate keeps you running to the bathroom...with little result. And it also destroys your sex life.

The real danger, though, lies in the risk that the cancer spreads to the bone of the spine, pelvis, skull, or femur. And that's where 80% of prostate cancers move to.

But boron has been proven to eliminate these problems.

One study found that boosting boron levels lowers your risk of prostate cancer by an incredible 64%.[11]

But boron does more than protect your prostate. It can also reverse the damage of an enlarged prostate. In one study reported in the Proceedings of the American Association of Cancer Research, prostate tumors treated with boron were reduced by up to 38% and their PSA levels plummeted by almost 89%.[12]

Its impact is impressive:

- Boron seeks out and kills prostate cancer cells, leaving the healthy ones unharmed[13]
- It disrupts the protein building blocks needed to build the cancer cells,[14] and
- It speeds up cancer-cell death[15]

When it comes to your prostate, boron is your ultimate armor. And I've recommended it for almost a decade.

But when I went back to my research, I noticed something amazing. As powerful as boron has been proven to be, study after study reveals that I've been underselling it.

Because **boron does so much more than promote good prostate health**. This mineral supports everything from bone mass to hormone balance...for both men and women.

Today, I'm convinced that every man, woman, and child should include this mineral in their diet and supplement plan. It's absolutely essential.

Improve Brain Power And Memory

I consider boron to be a "brain food" for its ability to boost focus, concentration, and short-term memory.

On the other hand, low levels lead to reduced mental alertness, trouble learning and retaining information, and impaired executive brain function.[16,17]

In a study published in the journal *Environmental Health Perspectives*, researchers compared the impact of low boron intake in healthy adults to those with a higher boron intake. The team noted "significant increases in brain activity" in the group that consumed more boron.[18]

The results showed improvements in performance on various cognitive and psychomotor tests in the group that took more boron. This included better response times, motor skills, hand-eye coordination, and attention.

Most importantly, they noted an increase in both short- and long-term memory.

Strengthen Bones

Boron is a boon for bone health in a variety of ways. Most notably, it has been shown to support the building blocks that make up strong bones. This includes calcium, vitamin D, magnesium, and estrogen.

In a 2018 study, boron supplementation was found to improve bone density and prevent bone loss and disease by helping calcium — the main mineral involved in bone mineralization — get absorbed directly into the bones, where it helps prevent porous and weak bones from developing.[19]

Another crucial mineral for bone health is magnesium. Almost 60% of the magnesium present in your body is found in the bone, where it helps to improve the metabolism of calcium. Boron has been found to significantly boost the absorption of magnesium and its accumulation in bone.

Boron preserves the stores of both calcium and magnesium by reducing the loss of these minerals in urine.

Vitamin D is also essential for strong bones. Studies in humans have shown that supplementing with boron significantly improves the serum levels of vitamin D as much as 20% in less than two months.[20]

On the flip side, being boron deficient damages bone health, and results in:[21]

- Decreased bone volume fraction, a measure of bone strength
- Decreased thickness of the bone's spongy inner layer
- Decreased maximum force needed to break the femur

Ease Arthritis And Suppress Inflammation

Observational studies have shown that in areas of the world where boron intake is deficient, the number of people who develop arthritis is significantly higher — up to 70% — than in areas where boron intake is greater.[22]

Another study found that boron can reduce the pain associated with severe osteoarthritis. For the study, 71% of patients who took 6 mg of boron daily reported less pain from movement. Only 10% given a placebo experienced any improvement.[23]

In a review published in the journal Integrative Medicine, researchers determined that higher boron intake — 3 mg to 10 mg daily — helped lower the risk of developing osteoarthritis by up to 60%.[24]

Additional research shows people with lower boron concentrations in their bones and synovia, a fluid that reduces joint friction, experience higher rates of arthritis than those with higher levels.[25]

Lower serum levels of boron have also been shown in patients suffering from rheumatoid arthritis (RA).[26] Low levels were linked with higher levels of rheumatoid factor, the antibody that causes destruction of the joints in RA.

Boron also plays an important role in suppressing chronic inflammation. When consumed, boron can reduce inflammatory markers known as cytokines — small proteins that play a role in cell signaling. Boron also targets hs-CRP and TNF-a — two specific cytokines associated with obesity, breast cancer, insulin resistance, heart disease, and even depression.

Improve Glucose Metabolism To Fight Diabetes

Studies have shown that boron can play a beneficial role in controlling and preventing diabetes. Research shows that it helps to improve glucose metabolism and insulin sensitivity.

In a month-long animal study, researchers found that supplementing with boron decreased leptin, insulin, and glucose levels — and helped the animals lose weight.[27]

it can help with the metabolism of carbohydrates and the production of insulin from the pancreas to help stabilize blood sugar levels.

As I mentioned earlier, boron helps your body absorb and use magnesium more effectively. Magnesium is critical to how your body metabolizes carbohydrates. And a magnesium deficiency can make insulin resistance worse. As a result, increasing boron helps boost your metabolism and improve your blood glucose levels.

Raise Testosterone Safely

The latest research backs up observations I've made in my clinic: Boron also increases your bioavailability of testosterone.

Low testosterone makes it harder to burn fat and maintain a healthy metabolism — and it eviscerates sexual health. In more serious cases, low testosterone can lead to infertility and erectile dysfunction.

But boron has been shown to reverse the damage.

A recent study gave 13 men 6 mg of boron for two months. And at the end of the trial, their free testosterone levels had increased by 29.5%.[28]

Another study found after only one week of boron supplementation, men in the study group saw their:[29]

- Free testosterone levels increase by 28%
- Free estrogen levels decrease by 39%

Free testosterone is essential for sex-related functions in the body. Boron supplementation

also allowed more free testosterone to bind with proteins in the blood.[30]

Easy Ways To Get More Boron In Your Diet

I recommend getting 6 mg of boron daily. Yet, most adults in the United States get less than one milligram of boron a day from food. Here's what I tell my patients...

1. Get more from these foods: I always recommend that you get minerals like boron from your diet. Start with organic foods that have the highest levels:

- Avocados – ½ cup serving, 1.07 mg
- Prune juice – 1 cup, 1.43 mg
- Apple juice, organic – 1 cup, 0.45 mg
- Apricots, dried – ½ cup serving, 2.10 mg
- Apples – 1 medium size, 0.66 mg
- Peach – 1 medium, 0.8 mg
- Natural, no-sugar peanut butter – 1 Tbsp, 0.26 mg
- Raisins – ¾ cup, 3 mg
- Dates – ½ cup, 1.08 mg

2. Take the right kind of supplement. Even if you ate a variety of these foods every day, it's still tough to get enough boron. To hit the 6 mg a day mark, you'd have to eat almost six apples. That's why I recommend supplementing. Look for a form of boron called calcium fructoborate. This natural complex of calcium, fructose, and boron has a chemical structure that's almost identical to what you find in nature. This novel form is not only safe and well tolerated, but is much more bioavailable than other commercial forms of boron.

3.Enjoy it in a smoothie. A great way to get the boron you need is in a smoothie. Here's a simple recipe using foods with the most of this mineral:

Ingredients:

- 1 ripe avocado, peeled, pitted, and cubed
- 2 small apples, cored and diced
- 2 cups apple juice
- 1 cup cold filtered water
- 2 Tbsp natural peanut butter

Directions:

1. Place all of the ingredients in a blender and blend on medium speed until smooth, about 60 seconds.
2. Divide the smoothie between 2 glasses and serve right away.

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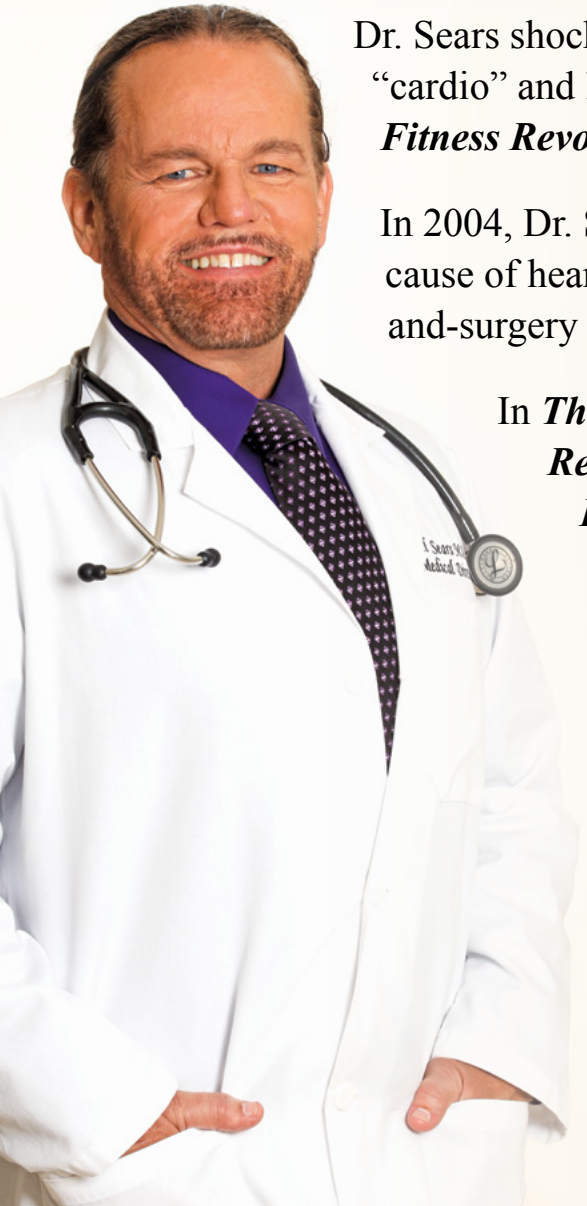
Al Sears, MD

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).