



Dr. Sears'

CONFIDENTIAL CURES

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

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Dear Reader,

You have the right to freedom of information and full transparency — especially when it comes to something as important as your health.

And never has this been more apparent than Big Government's Covid response — especially when it comes to vaccines.

In the last few years, numerous studies have found that these mRNA vaccines are responsible for millions of cases of death and disability.

Of course, the government, the CDC, and the media aren't telling you this. They're continuing to gaslight you and the rest of the American public.

But it's not working anymore...

More and more Americans have now been "red-pilled," and the veil has been removed.

What do I mean by that?

They see that they've been deceived and lied to for the last four years.

Most of my patients are resentful and angry. And they've concluded that something needs to be done — so that nothing like this ever happens again.

We need to get back a responsible medical and governmental system — before another million people needlessly die.

Tragically, the CDC, the media, and probably your own doctor keep pushing the agenda that the only way to keep Covid at bay is to keep getting vaccinated. In other words, the more shots you get, the safer you'll be.

But research is finally proving that it's just not true. In fact, a brand-new study by researchers at the Cleveland Clinic has revealed the opposite is true.

The research proved that if you received more than one dose of a Covid vaccine you were *more likely* to contract the virus.

Despite these findings, the CDC continues to recommend Covid vaccines for virtually all individuals six months and older.

And if you do contact Covid, they also push the idea that the only way to protect yourself is with a Big Pharma drug.

Like the anti-viral pill Paxlovid.

The government, the press, and drug maker Pfizer insist you need this drug to stop the virus from making you sick. But nothing could be further from the truth...

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

1. That instead of helping you recover more quickly from the virus, Paxlovid is actually a Covid super-spreader. I'll share what's behind the push to get every American to take this unproven drug. But even more importantly, I'll share the safe, natural — and effective — antiviral protocol we use at the Sears Institute to protect our patients.
2. How statins turned Covid from a common cold into a global pandemic. Covid mortality in the U.S. has far exceeded the worldwide numbers. But this is no surprise when you consider more Americans take a statin than anyone else. Learn the startling connection between the two — and what you can do to protect yourself.
3. That since the push of the Covid vaccine, cases of nerve-wracking tinnitus have doubled around the world. The mainstream medicine machine claims there's no cure for this devastating condition and nothing you can do. But that's false. Learn how to treat tinnitus with my five-step plan to end the agony.

To Your Good Health,

Al Sears, MD, CNS

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Paxlovid Turns Patients Into Covid Super-Spreaders

In Fact...The Only Study Touting This “Lifesaving” Drug Was Funded By Its Big Pharma Maker

It's been more than a year since the FDA lifted its Covid-19 public health emergency declaration.

But Big Pharma is still finding ways to cash in — in some cases by telling you downright lies and even keeping the virus in circulation.

If that sounds like some kind of crazy conspiracy theory to you, think again.

Just take a look at Paxlovid, the blockbuster anti-Covid medication made by Pharma giant Pfizer. It has been proclaimed a lifesaving wonder drug.

I can assure you it's not.

More than anything, the hype around Paxlovid — now the most widely used Covid drug in America — should be seen just another dangerous Big Pharma deception.

Let me explain...

For a few Covid-19 patients, the Paxlovid pill can be helpful — despite not being anchored in a lot of scientific evidence. A small number of studies have suggested it can reduce the risk of severe disease from SARS-CoV-2 infections — which to some extent is good news.

But there's also a grave danger...

You see, a slew of recent studies also reveals that Paxlovid can cause the coronavirus to mutate in ways that make it less susceptible to drug treatments.¹

This not only sheds light on the dangerous adaptability of the virus, but also makes me worry that more potent variants will emerge, and that they'll be resistant to any efforts to stamp it out.



Even Dr. Anthony Fauci admitted he got sicker with worse symptoms after taking Paxlovid.

That could create an even bigger pandemic than we had last time.

The hype around Paxlovid has made America over-reliant on this Big Pharma concoction that's not nearly as effective as Pfizer and the mainstream media — including the *New York Times* — have claimed it is.

It also comes with nasty side effects and is ludicrously expensive.

Not that Pfizer cares. The pharma behemoth pulled in an incredible \$18 billion from the federal government for Paxlovid — more than America has ever spent for any pill in one year — and when the feds stopped buying it, the company then hiked the price for a five-day treatment course from \$530 to a staggering \$1,390.

Last year, Pfizer reported that Paxlovid brought in \$18.9 billion. Between the vaccine and the Paxlovid pills, Pfizer had its best revenues ever last year, raking in more than \$100 billion.

While revenues have tapered off a little due to the overall decline in Covid infections — the lasting effect of Paxlovid-driven coronavirus mutations remains real.²

At the same time, evidence has emerged that Paxlovid actually helps spread the coronavirus.

How Paxlovid Got So Big

Some studies show that Paxlovid — a concoction that combines the two anti-viral medications, nirmatrelvir and ritonavir — has a “modest association” with reduced risk of serious Covid complications. So how did it suddenly become a “lifesaving” wonder drug with a guarantee of effectiveness?

Big Pharma’s unchecked claims that Paxlovid is a game-changer are easy to make when the media are on board — even when there’s a lack of evidence.

CNN called Paxlovid “lifesaving,” while others described it as “underused” and a “powerful tool.” In the *New York Times*, the narrative escalated to Paxlovid being “stunningly effective in preventing severe illness and death.”

These are all very bold claims — but reality tells a different story.

Let’s take a look...

Paxlovid works by lowering the amount of coronavirus in the body — and it’s only effective on people who are already at higher risk of severe illness or have underlying health conditions.

While Pfizer’s initial studies showcased the drug’s potential benefits, most studies made the lukewarm observation that Paxlovid is merely “associated with a decreased risk” of hospitalization or death due to Covid-19. No study called it a “life-saver.”³

But this careful phrasing, which is typical of scientific caution, was then waltzed through the media landscape, where it was exaggerated and sugar-coated beyond all recognition.

The *New York Times* article also made the ridiculous claim that doctors who do not embrace Paxlovid put thousands of people at risk of dying. So, the skepticism of doctors like me over

this drug is the same as killing people? What outrageous nonsense!

As evidence for Paxlovid’s wonder drug abilities, the *Times* cited an observational study that wasn’t even peer-reviewed. And a note right at the top of that research paper stated the study “should *not* be used to guide clinical practice.”

It turns out that the only randomized trial evidence that Paxlovid is “stunningly effective,” or “lifesaving,” comes from one 2022 study published in the *New England Journal of Medicine*.

And that study was funded and run by none other than Pfizer itself.⁴

A more cautious review by the respected Cochrane Group — ignored by Pfizer and the media — found that Paxlovid “may” — as in, “may or may not” — prevent deaths and/or hospitalizations, based on what it described as “low certainty” evidence.⁵

According to an investigation by journalist and doctor Matt Bivens, the Pfizer-run study was the only positive result for Paxlovid — against at least 17 others that are either negative, ongoing or in limbo.⁶

The evidence for the effectiveness of Paxlovid appears scattershot, at best...and all of this hype looks like little more than dangerous Big Pharma exaggeration and opportunistic profiteering.

The Danger No One Is Talking About

Never mind the lack of evidence that Paxlovid is effective...or the “lifesaving” propaganda... or the side effects that include so-called “Paxlovid mouth” that makes everything taste terrible... or the diarrhea or high blood pressure it can cause... there’s an even bigger problem.

In one recent study of Paxlovid published in *Annals of Internal Medicine*, researchers at Mass General Brigham used serial viral culture testing to investigate the rebound phenomenon — when a Covid illness resolves, but then returns.⁷

The study found that a jaw-dropping 21% of those treated with Paxlovid “rebounded” — and when they did, they kept shedding *replication-competent* viral particles for a full two weeks after their treatment, often without symptoms.

Meanwhile, those patients who recovered from a Covid illness without taking Paxlovid, rarely rebounded — but those that did shed infected particles for just three days.

This should have been a serious red flag, but neither Pfizer nor the media mentioned it. Yet the evidence suggests that around a fifth of people taking Paxlovid wander around for two more weeks after recovery without symptoms but are still shedding the virus.

In other words, Paxlovid has turned them into Covid super-spreaders!

Protect Yourself With An Impenetrable Shield

Hands down, the best way to protect yourself from a serious bout of Covid-19 is to boost your body's defenses — and that means bulletproofing your immune system.

The problem is your immune system weakens as you age. That's another reason why seniors are more at risk of serious illness from viruses like the coronavirus.

The good news is that rebuilding a weakened immune system is simple and easy.

Diet is always your body's first line of defense. The typical processed American diet — loaded with carbs, sugar, unnatural fats, chemical toxins, and other nutrition-less ingredients — is a serious problem for your immune system.

A large number of micronutrients — including vitamins A, C, D, E, K, B2, B6, and B12, folic acid (B9), iron, selenium, and zinc — are essential for what's known as your body's "immune-competence."⁸

Deficiencies in any of these nutrients will weaken your defenses. That's why I recommend what I call my homestyle immune booster.

Ramp Up Your Immunity With Healing Bone Broth

One of the best ways to boost your body's levels of these key micronutrients — and your immune system — is good old-fashioned bone broth with loads of vegetables and herbs.



I try to keep the freezer at the Sears Institute stocked with homemade bone broth, but it's not easy.

Bone broth is especially rich in iron, vitamins A and K, fatty acids, selenium, and zinc.

And when you throw in vegetables like carrots, peas, onions, and celery, you're getting high doses of healing nutrients. This is nature's multivitamin.

Bone broth is also rich in collagen and gelatin. This is a powerful team for protecting and supporting gut health — which is key to your immune system.

My grandmother always used to make a large pot of healing bone broth in her kitchen.

I'm such a big believer in the health-improving benefits of homemade bone broth that I have it specially made for my clinic from a 100% grass-fed farm up the road.

It's a big hit. And no matter how much I order, it's never enough!

It's based on what I remember from my grandmother. And the key ingredient is nutrient-rich bone marrow.

There's a reason humans have been harvesting bone marrow for thousands of years. It powers up your immunity like nothing else.

And this is something that our ancient humans intrinsically knew. Our hunter-gatherer ancestors would take otherwise indigestible animal parts like bones, hooves, and knuckles and boil them down into a broth they could drink.

That was one way they could extract the marrow and share it with the tribe.

Sadly, our modern culture has largely vilified bone marrow since the 1950s. That's when Ancel Keys wrongly tried to convince us that fat was deadly and led to heart disease. Since then, bone marrow has been considered "junk food."

That shows you how divorced from reality our medical establishment has become...

After all, bone marrow is a rich factory of life-giving biological factors like red blood cells, most white blood cells, and two forms of stem cells.

In fact, bone marrow is such a rich source of nutrients, it's one of the foods that allowed our ancient ancestors to evolve into the modern humans we are today. Our big brains are the result of consuming bone marrow and organ meat.

Today, we have decades of research that proves that simmering animal bones into a rich broth not only nourishes your body, it can help protect you from outside pathogens.

And I know that the recipe we use at the Sears Clinic is powerful nutrition. When I first developed it, I had some of the broth sent to a laboratory in Illinois to be evaluated. Their independent analysis showed that this recipe is high in CoQ10, beneficial fatty acids, and other immune-enhancing nutrients.

4 Ways Bone Broth Boosts Immunity

This healing broth helps protect your immunity in four distinct ways.

It helps to:

1. **Reduce inflammation:** Bone broth contains several inflammation-reducing compounds that heal your gut. Since 80% of our immune system is directly linked to the health of our gut and our gut lining, a healthy gut means a better ability to fight infection. This in large part is due to the glycosaminoglycans (or GAGs). They help to restore the intestinal lining. They also play a role in maintaining collagen and elastin content between tissue fibers.

2. **Clear your respiratory system** One notable study showed that bone broth diminishes the presence of white blood cells associated with inflammation in the upper respiratory system. This encourages a more effective immune response and helps symptoms clear up more quickly.

3. **Allow you to breathe more easily:** Bone broth contains two powerful amino acids. The first, cysteine, effectively breaks down mucus to help clear out passageways so you can breathe more easily. Another amino acid called glycine increases the production of immune cells to reduce inflammatory responses that may damage your lungs.

4. **Boost immune cells:** Another compound in bone broth known as mucopolysaccharides has been shown to increase the function of B and T cells. These are two of your body's most important immune system cells.



I spent hours recreating my grandmother's bone broth. I think she would be proud.

Activate Your Immunity With Bone Broth

This is the bone broth I created based on my grandmother's recipe. It's been updated to include even more immune-enhancing ingredients.

Ingredients:

- 2 pounds of grass-fed beef or lamb bones
- 2 pounds of pastured chicken bones
- 3 celery stalks, chopped
- 1 medium onion, quartered
- 3 carrots, chopped
- 6 garlic cloves
- 1 tsp each of parsley, thyme, sage, rosemary, and Pau D'Arco
- ½ cup of shiitake mushrooms
- 1 tsp turmeric
- 1 tsp ashwagandha
- 1 Tbsp whole peppercorns
- 4 Tbsp apple cider vinegar
- 2 bay leaves
- Pink Himalayan sea salt to taste
- 10 pints of cold water

Directions:

1. Preheat your oven to 450 degrees F. Place the beef and lamb bones in a single layer on a baking sheet and roast them for 30 minutes. Add the celery, onions, carrots, and garlic, and roast for another 10 minutes.
2. Place all ingredients in a large stock pot and cover with water.
3. Bring to a boil and then reduce to a simmer.
4. Skim off any impurities that rise to the top. Add water to keep the level just above the bones.
5. Simmer for 15 to 24 hours. Then, turn up the heat just a bit for the final simmer-down. This will concentrate the nutrients. Turn down the heat and let simmer for another hour or two.
6. Remove from heat and allow to cool slightly.

7. Discard solids and strain the remainder through a colander. Allow to cool before pouring the broth into glass jars and sealing. Leave an inch at the top for a layer of fat to form.

Add These 3 Time-Tested Medicinal Plants To Your Immunity Arsenal

I also recommend that you boost your immune system with EXTRA defensive power by supplementing with these three time-tested medicinal plants:

1. Ramp up your anti-Covid defenses with astragalus. Dismissed for decades by mainstream doctors as folk medicine, astragalus has been used for thousands of years by traditional medicine practitioners.

Recent studies reveal that Astragalus has especially powerful anti-covid effects — thanks to immune-boosting saponins, antioxidants and dozens of anti-inflammatory polysaccharides.⁹

Other studies confirm that the herb's anti-viral and anti-bacterial effects are the result of its wide-ranging and powerful impact on the immune system.

These include increased production of T cells, as well as the stimulation of high immunoglobulin levels, which boost the ability of immune cells to attach themselves to harmful bacteria and viruses — like the coronavirus — and aid in their destruction.¹⁰

You can take astragalus in a variety of forms, including dried root, powdered root, pills, capsules, tinctures and extracts.

- **Use the root to make an immune-booster tea or tonic:** The traditional Chinese method of taking astragalus is to make a tea — and you can drink a cup once per day for its immune system benefits.

As a root, astragalus is best prepared as a decoction. Simply add one tablespoon or a few strips of the root to 8 ounces of water in a covered pot. Don't let the water boil. Try to keep it at a low simmer for 20 minutes and then strain. Throw in about an inch of ginger and four tablespoons of raw unfiltered honey to turn it into a tonic.

You can find slices of dried astragalus root at Chinese groceries or online. The powdered form is also available at some health-food stores.

- **Make a congee:** This is a nutritive medium used by traditional herbalists and it's made with rice, in which medicinal herbs are steeped and carried into the body. You can add fresh ginger, cinnamon, cardamom, raisins, dates, carrots or whatever strikes your fancy. Just throw it all in a pot and let it simmer.
- **Take a supplement:** I recommend taking 500 mg of the concentrated extract three times a day. Or take two to three tablespoons of astragalus root powder daily (about 30-45 grams).

2. Supplement with this South American herb. Anamu contains many active compounds that protect your body against bacterial, viral, fungal, and yeast infections. One of its most powerful components is a rare chemical compound called dibenzyltrisulphide, which studies have revealed to be a potent stimulator of your body's "T helper cells." Their job is to give other immune cells an extra boost by releasing T cell cytokines that supercharge your body's immune responses.

Anamu capsules are available at most health food stores. I suggest taking 500 to 1,000 mg per day in divided doses.

3. Try the Amazon plant that fortifies immunity. Named after its hook-like horns, cat's claw is a woody vine that's native to the Amazon rainforest. Studies suggest that cat's claw stimulates T cells to boost the immune system. You can find it in health food stores.

Look for a supplement made from the inner bark and take 500 mg per day.

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Statins Turned Covid From A Common Cold Into A Killer —

But You Can Take Back Your Health And Your Life

I've been fighting modern medicine's dangerous war on cholesterol for decades. I never believed it was a good idea to declare war on one of your body's most vital substances.

It has made me an outlaw in the eyes of conventional doctors and the medical establishment, but I believe I've saved countless lives by standing my ground.

You see, cholesterol is essential for a healthy life. It enables your liver to synthesize acids, hormones and vitamins that are essential to your life and happiness. Your brain is made of it, as well as your sex and adrenal hormones.

And your body can't make vitamin D without it — which means it also plays a key role in your immune system...

And now evidence has emerged that the decades-long effort to lower the cholesterol levels of hundreds of millions of people may have transformed what could — and should — have been just a nuisance common cold into the global Covid pandemic.

Between March 2020 and April 2024, the novel coronavirus pathogen SARS-CoV 2 — the virus that causes Covid — took the lives of more than 7 million people worldwide, the vast majority of them with compromised immune systems.

Many were the old and infirm in nursing homes or suffering from compromising conditions like obesity, diabetes, COPD, asthma, or multiple chronic illnesses.

By far the largest number of Covid cases and deaths occurred in the United States. And



After analyzing more than 68,000 deaths, researchers determined that low cholesterol increases the risk of dying from respiratory diseases — including Covid.

hundreds of thousands of these victims were also taking cholesterol-busting statin drugs.

It's no coincidence that Big Pharma's statins, recommended by the American Heart Association as well as almost every doctor in the country, are among the most commonly prescribed meds.

By 2019, the year before the pandemic began, statins were a \$10 billion market, and more than 92 million Americans — that's 35% of the U.S. population — mostly adults over the age of 50, were taking these drugs.¹

The truth is, you don't need statins. I know that may sound jarring, but cholesterol doesn't cause heart disease. Multiple studies prove it — including the landmark Framingham Heart Study, which found no link between high cholesterol and raised heart disease risk.

Only Big Pharma needs statins because they generate billions of dollars in revenue.

What Exactly Is Cholesterol — And Why Do You Need It?

Cholesterol is a waxy, fat-like molecule that's made in your liver and also consumed through the foods you eat.

The whole world has been terrified into thinking that high cholesterol means you have one foot in the grave. It couldn't be further from the truth.

Your cholesterol levels are supposed to be high — despite the highly profitable war Big Agra, mainstream medicine and the pharmaceutical companies have waged against it in their failed effort to fight heart disease.

Contrary to what you may have heard, there's no such thing as "good" or "bad" cholesterol. Cardiologists like to throw these terms around, but it's extremely misleading.

For a start, HDL isn't cholesterol, let alone good. And neither is LDL cholesterol, let alone a bad one. Cholesterol is cholesterol. Let me explain...

Because cholesterol isn't water-soluble, it has to travel through your bloodstream in little packages called lipoproteins — low-density lipoproteins, or LDL, and high-density lipoproteins, or HDL. (There are three other lipoproteins, by the way, chylomicrons, VLDL and IDL).

LDL is present in plaque build-up in your arteries. That's why it's called "bad" cholesterol. Cardiologists like to measure your "bad" cholesterol to assess your risk of heart disease.

But they couldn't be more off-target.

Just look at the famous Framingham Heart Study, which has been ongoing since the 1940s... it's the largest heart study ever conducted in the history of the human species. And it couldn't link cholesterol with heart attack risk.²

Cholesterol is the part of your body that gives life its gusto:

- Your brain is made of it
- Your sex and adrenal hormones are made of it
- Your body can't digest fat without it
- Your cell walls are made of it

“Contrary to what you may have heard, there's no such thing as “good” or “bad” cholesterol. Cardiologists like to throw these terms around, but it's extremely misleading.”

Cholesterol also protects every nerve in your body, so you can move quickly and react fast. It's essential for remaining vibrant and independent throughout your life.

Many studies also confirm what I've been telling my patients

for years — low cholesterol is worse for you than high cholesterol.

For instance, in 19 large studies of more than 68,000 deaths analyzed by researchers at the University of Minnesota, low cholesterol was found to increase your risk of dying respiratory diseases — which Covid is...³

This shouldn't be surprising, given the role cholesterol plays in sustaining your immune system. Your immune system thrives on vitamin D — and vitamin D can't be made without cholesterol.

The (Statin) Numbers Don't Lie

In 2019, the year before the pandemic took hold, the level of U.S. and global statin consumption had reached extraordinary peaks.

It was the culmination of billions of marketing dollars spent over four decades to push the false idea that high cholesterol levels raise the risk of heart disease — despite evidence that the opposite is true.

If you doubt this, you should consider the fact that the attack on cholesterol levels has done nothing to curb the plague of heart disease in the developed world. It's still the biggest killer in the U.S. and accounts for more than 21% of all deaths.⁴

Nonetheless, the statin business was — and remains — a lucrative gravy train for Big Pharma giants like AstraZeneca, Pfizer, Aurobindo Pharma, Amgen, GSK, Novartis AG, and Abbott.

Over the past 40 or 50 years, America has become a drug-soaked culture. More than 65% of U.S. adults take pharmaceuticals, and half of all American seniors take four or more prescription drugs.^{5,6}

Statin drugs sit on top of this pharmaceutical gold mine. In 2019, the statin industry was worth \$10 billion and is projected to hit more than \$22 billion by 2030.⁷

It would be naïve to deny the influence of statins over the medical industry and their impact on the vulnerability of millions of people who take them.

It should be no surprise that Covid mortality in the United States far exceeded the numbers worldwide, especially when you know that Americans also take far more statins than any other population.

You see statins have a direct impact on your immune system. Let me explain...

Statins Made America Vulnerable To A Pandemic

Statin drugs work by inhibiting the enzyme HMG CoA reductase, which is necessary to form cholesterol. Without this enzyme, your liver cannot produce cholesterol.

That's a major problem for your immune system — because cholesterol is essential for forming the vitamin D molecule.

Your body makes vitamin D when sunlight strikes your skin — but without cholesterol in your skin cells, this biological process is impossible.

That means when you lower your cholesterol levels with statins, you are impeding your body's ability to synthesize vitamin D, a vital component of the cells that form your immune system.

Multiple studies show that vitamin D plays a central role as an immune system modulator. It influences the activity of your immune system's white cells, like T and B lymphocytes, monocytes, and macrophages that help your body fight infections and cancer.^{8,9}

Scientists at Creighton University School of Medicine in Nebraska, discovered that high doses of vitamin D have the power to prevent 17 types of cancer by a staggering 77%.¹⁰

And more than 100 studies now confirm vitamin D's role against Covid and other infectious illnesses—in both treatment and prevention.¹¹

The results were clear: people with higher blood levels of vitamin D and those who supplemented vitamin D were able to defeat Covid much more easily — fewer hospitalizations and deaths — than those who were deficient in vitamin D.

Rebuild Your Anti-Covid Defenses

You may have heard about the new coronavirus variants called “FLiRT,” which are circulating the globe and already growing dominant in the United States.

While cases and deaths from Covid are on the decline, some experts worry these variants may cause a summer surge.

FLiRT variants have more mutations on their spike proteins, and scientists believe these could make it extremely difficult for any compromised immune system to defend itself.

If ever there were a time to bolster your immune system, it's now.

My first piece of advice to all patients who come to my clinic is firm: “*Stop taking statins immediately. If you have any left, throw them in the trash.*”

You don't need them to reduce your risk of heart disease and you certainly don't want them to lower your immune response at the start of a potentially new Covid wave.

Instead, begin boosting your vitamin D levels right away. Here are three key strategies...

1. Bask in the sunlight: You don't have to live in the tropics to get enough sunshine and recharge your vitamin D. Get out and catch some rays at least a few times per week — if not every day. This is the best way for your body to obtain vitamin D.

Your body is wired to get all of its vitamin D needs from sunshine. Just 15 or 20 minutes a day in the midday sun will produce about 10,000 international units (IUs).

The trick is not to burn, which can cause damage to your DNA. It's only when you overdo sun exposure repeatedly that it plays a role in skin cancers. Consistent, moderate exposure to the sun is extremely unlikely to cause cancer.

The two factors that govern sun exposure are skin type and sun strength.

Here's an easy guide to how long you should spend in the sun:

- **If you have fair, freckled skin** you are at far higher risk of sunburn — so you need to be cautious — but you make vitamin D3 much more quickly than people with darker skin pigmentation. Aim for 10-15 minutes of sun in the morning or in the late afternoon during summer. During the winter months, get out for a further 10-15 minutes in late afternoon. This is especially important if you live in northern latitudes, where the sun is less intense.
- **If you have light brown skin** — a group that includes American Indians, Hispanics, Mediterraneans, and Asians — you can aim for 30 minutes of sun each day in the summer and a little longer during the winter season.
- **If your skin pigmentation is very dark** — a group that includes African-Americans and dark-skinned Asians — you are walking around with the equivalent of SPF 8-15 sunscreen. Although you're unlikely to burn, you are at a much higher risk of vitamin D deficiency. Aim for 40 minutes to an hour during summer and longer during winter.

2. Take a good-quality vitamin D supplement:

Make sure the vitamin D supplement you take is vitamin D3, also called *cholecalciferol*. It's the same vitamin D3 your body produces. Just be sure to avoid the synthetic form of vitamin D2 in most multivitamins, because it is less potent and less absorbable.

I recommend at least 2,000 IUs a day from a good supplement — and taken preferably in the morning. That leaves you plenty of room for you to get additional vitamin D from other sources like the sun and your diet. But if you're fighting disease, you'll need more. You should always avoid taking vitamin D supplements at night. That's because it's inversely related to melatonin, your sleep hormone, and it may keep you awake.

Also, you want your vitamin D3 supplement to include vitamin K2, which helps activate and improve absorption of vitamin D3.

3. Eat foods rich in vitamin D: Next to sunlight, cod liver oil is the most concentrated natural source of this, disease-preventing vitamin. Just one tablespoon of cod liver oil contains nearly 1,400 IUs of vitamin D.

Cod liver oil also offers several other health benefits. It's a rich source of vitamin A and it contains the super-nutrient CoQ10. It's also one of the best sources of omega-3 essential fatty acids.

Taking regular fish oil isn't the same as taking cod liver oil. Although fish does have omega-3s, it doesn't contain vitamin D.

And since cod liver oil is whole-food based and easily digested, you can take it any time of day — though many people prefer a spoonful in the morning as it helps with energy regulation throughout the day.

Fortunately, you have a choice of many cod liver oil supplements that no longer have the fishy taste — like it did when your mother tried to give it to you. I recommend two 1,000 mg soft gels per day, which is roughly the equivalent of a spoonful of fresh oil.

Additional rich food sources of vitamin D include:

- Salmon
- Herring
- Mackerel
- Tuna
- Sardines
- Anchovies
- Egg yolks
- Grass-fed beef
- Whole milk
- Cheese
- Shrimp
- Oyster

Many of these foods are also a good source of cholesterol.

Check out the chart on the next page:

Calorie Source	Cholesterol per 100 g	Vitamin D per 100 g
Cod liver oil	510mg	10,000 IU to 25,555 IU
Eggs	424 mg	49 IU
Butter	218 mg	56 IU
Grass-fed beef	77 mg	6 IU
Herring	12.9 mg	680 IU
Oysters	54 mg	642 IU
Sardines	142 mg	480 IU
Mackerel	95 mg	450 IU
Salmon	87 mg	320 IU
Shrimp	173 mg	172 IU

3 Ways To Raise Healthy Cholesterol (And Lower Bad Triglycerides)

A pretty good HDL level is about 45. And we want your triglycerides to be below 150, normally. But if you can get your triglycerides down to 100, and your HDL up to 50, then it doesn't matter what your total cholesterol is. There is no risk.

In my case, I actually had my HDL at twice my triglycerides. Here's how I got my triglycerides down to 50 and my HDL up to 105. And you can, too:

1. Eat a whole bunch of garlic. Decades worth of studies prove garlic significantly lowers triglycerides while raising HDL. With so much evidence, you'd think modern medicine would stop ignoring garlic's benefits and start recommending at least two cloves a day.

I ate even more. I put it in my omelet for breakfast. I used garlic and olive oil dressing on a chicken salad or fish salad I would have for lunch most days. In the evening I would use garlic in a side dish like stir-fry vegetables.

And you know the odor that garlic produces? Your body tends to handle it better with time. It comes from the sulfur, but your body gets better at processing it. I only noticed a garlic odor at the beginning and after a few days it went away.

2. Take 2 grams of niacin every day. Niacin can raise HDL by 15 to 35 percent. This makes niacin, a simple B vitamin, more effective than any cholesterol drug ever invented.

3. Supplement with this old-fashioned oil. Cod liver oil is a great way to increase both vitamin D and HDL, while lowering triglycerides. I recommend one tablespoon a day.

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Tinnitus Cases Have DOUBLED Since The Covid Vaccine

But My 5-Step Plan Can Relieve This Nerve-Wracking Condition

If you're suffering from tinnitus, I'm pretty sure doctors and ENT specialists have told you something like...

"I'm afraid you're just going to have to live with it" or "It's just age-related hearing loss."

My patients tell me that they hear things that no one else can hear. Along with a constant ringing or pulsing, some report sounds of water dripping or air hissing.

Some describe the noises in their ears as a never-ending high-pitched whining sound.

It's a nerve-wracking and unbearable condition.

Cases of tinnitus are on the rise. And if your diagnosis started within the past five years, it could have been triggered by the Covid vaccine.

Complaints have been pouring in. And the CDC is well aware of them. But this Pharma-friendly agency continues to claim that there's no connection between increasing cases of tinnitus and the Covid vaccine.

The mainstream medicine machine also claims there's no cure... That there's nothing you can do to get rid of it.

But that's simply not true.

What Exactly Is Tinnitus?

Tinnitus, the constant ringing, thundering, whooshing, or whistling in the ears, is aggravating and nerve-racking.

It robs you of sleep. It shatters your focus and concentration. And it drowns out your hearing, because of all the background noise in your head.



The CDC is more worried about “undermining consumer confidence in the vaccine” than protecting our hearing.

Mainstream medicine hasn't a clue when it comes to dealing with it. They'll tell you tinnitus is just age-related hearing loss or the result of a traumatic injury.

And the mainstream solution is usually a prescription for anti-depressants or tranquilizers to numb your mind. Or they might recommend a hearing aid that masks the uncomfortable sounds of tinnitus.

Doctors aren't entirely sure what causes tinnitus, but there's often inflammation, oxidative stress, and blood flow issues involved.

Over the years, surveys estimate that between 10% to 20% of adults deal with tinnitus. But those

numbers have been increasing for the past five years.

And if you look at the data, there's an obvious reason why.

Tinnitus Cases On The Rise Since The Covid Vaccine

Ever since the Covid-19 vaccine began making the rounds, reports of tinnitus have been increasing around the world. Whether it started the same day or within a month of getting the shot, people have rushed to their doctors reporting this new and life-changing condition.

Consider this: Back in 2014, tinnitus hit about 11% of people in the U.S.¹

Fast forward 10 years...

Today, around 26% of Americans are suffering from tinnitus.² It's more than doubled since the Covid vaccine was pushed on an unsuspecting public.

And medical practices are reporting increases in tinnitus complaints since the vaccine first came out.³ And the vaccine adverse event reporting system (VAERS) shows an increase in tinnitus cases linked to Covid shots.⁴

Covid shots — from all manufacturers — have been linked to increased inflammation and oxidative stress⁵ — two factors that can play a role in tinnitus. The vaccine also causes thicker blood,⁶ which can decrease blood flow, especially in the tiny blood vessels that go to your inner ears.

It's clear as day that the Covid vaccine is causing a dramatic increase in tinnitus. Even if the CDC keeps denying it.

CDC Denies Link Despite Worldwide Evidence

Even though there's evidence supporting the connection between the vaccine and tinnitus, the CDC continues to deny it. They're more worried about "undermining consumer confidence in the vaccine" than protecting our hearing.

"In 2024, 11% of Americans suffered from tinnitus. Since the introduction of the Covid vaccine, that number has soared to 26%."

More than 16,000 people reported new cases of tinnitus to the CDC after getting the vaccine. And while some research⁷ states that less than 1% of people got tinnitus right after the vaccination, that's more than 100,000 Americans.

The European Medicines Agency (EMA) concluded back in 2022 that the Covid vaccine can cause tinnitus. They even added it to the vaccine's side effect list.

Still, the CDC flat-out denies the connection. And their cronies in the medical community have come up with this ridiculous defense:

Sure, people may be getting tinnitus after the Covid shot. But many more people got it after receiving vaccines for flu and pneumonia. That doesn't mean the COVID vaccine won't cause tinnitus. Just that other vaccines raise the risk even more.

And vaccines aren't the only Big Medicine tinnitus trigger...

Watch Out! These Drugs Trigger Tinnitus

Turns out there are a lot of Big Pharma drugs — more than 100 — that can trigger tinnitus. In some cases, stopping the drug will stop those phantom noises.

The most common are analgesic drugs. These pain relievers are available by prescription and over the counter. Examples of analgesic painkillers include nonsteroidal anti-inflammatories like Advil, Aleve, and Motrin... the acetaminophen in Tylenol, Excedrin, and NyQuil... and old-fashioned aspirin.

But it's not just painkillers that damage your ears. Blood pressure medications like ACE inhibitors, beta-blockers, cancer drugs, and certain antibiotics can cause or worsen tinnitus.

Anti-anxiety medications and antidepressants — Big Medicine's "solution" to treat the symptoms — are known to actually *increase* the ringing in the ears.

If you're suffering from tinnitus that won't go away (or you just don't want to get it), avoid these tinnitus-causing drugs whenever possible:

NSAIDs (nonsteroidal anti-inflammatory drugs) like aspirin, ibuprofen, naproxen, and celecoxib ⁸	Acetaminophen ⁸
Aminoglycoside antibiotics like gentamycin, neomycin, and streptomycin ⁹	Macrolide antibiotics including erythromycin and azithromycin (Z-pak) ¹⁰
Loop diuretics such as Lasix and Demodex ¹¹	SSRI antidepressants including Prozac and Zoloft ¹²
Benzodiazepines such as Xanax and Valium ¹³	Blood pressure drugs including beta blockers and ACE inhibitors ^{14,15}
Proton pump inhibitors (PPIs) like Prilosec and Protonix ¹⁶	Certain cancer medications like cisplatin and carboplatin (effects may be permanent) ¹⁷

If you're taking any of these medications regularly, especially in high doses, talk to your doctor about possible alternatives that don't trigger tinnitus.

Conventional Medicine Tells You There's No Cure

Conventional medicine doesn't have real answers. But that doesn't mean they won't try to rope you into expensive tests or prescribe useless drugs.

They'll tell you there's no cure for tinnitus, but they try to convince you that hearing aids or sound machines will make it better. Or they'll tell you that you just need to learn how to live with it.¹⁸

They may prescribe antidepressants or anti-anxiety medications to "help you deal with" the problem. But those drugs won't do anything for tinnitus... and they might just make it worse.

Their approach is just plain wrong. Because there's a lot you can do to get rid of that frustrating buzzing, ringing, and pulsing for good.

Use My 5-Step Protocol To Relieve Tinnitus

If you want to turn down the volume on your tinnitus, you have to deal with inflammation, oxidative stress, and blood flow. That gives you a wide range of safe, effective treatments that you can use without fear of Pharma side effects.

In my practice, I've found that a four-part plan drastically decreases tinnitus...and even turns off that phantom noise for good:

1. Stop taking tinnitus-causing medications
2. Increase tinnitus-conquering nutrients
3. Add in proven botanicals
4. Improve *qi* flow with acupuncture
5. Restore oxygen saturation with hyperbaric oxygen therapy (HBOT)

Step 1. Ditch your ear-damaging pain relievers.

Taking an NSAID for the occasional aches and pain typically isn't a problem. But if you find yourself reaching for one of these pills regularly, consider replacing it with a natural alternative.

- **Tulsi (holy basil).** This powerful adaptogen reduces inflammation. It also contains ursolic acid, which inhibits the production of the inflammatory COX-2 enzyme. I recommend taking 150 mg three times a day.
- **Indian frankincense.** Indian Frankincense, also known as Boswellia, "significantly increases" both pain threshold and pain tolerance. Researchers even recommend it as a treatment for osteoarthritis. I suggest 400 mg three times a day.
- **White willow bark.** This plant contains *salicin*, the same compound found in aspirin. Studies show it relieves arthritis pain as well as lower back pain.¹⁹ I recommend 240 mg per day.

Step 2. Increase These Nutrients

Nature provides the perfect nutrients to combat inflammation, oxidative stress, and poor circulation. That's exactly what you need to quiet tinnitus. Prioritizing foods that contain these nutrients or getting them through supplements will help your body heal and repair.

Make sure to include these in your diet every day:

- **Omega-3 fatty acids.** Omega-3 fatty acids work like a triple threat against tinnitus. They combat inflammation,²⁰ provide antioxidant protection,²¹ and help thin your blood for improved circulation.²² This makes it a perfect antidote to problems created by the Covid vaccine. A 12-week clinical trial showed that taking two grams of omega-3s daily improved tinnitus symptoms for older adults.²³

Good food sources of omega-3 include wild-caught, high-fat fish like mackerel, wild salmon, lake trout, and herring. Also, you can eat plenty of raw nuts and seeds. Walnuts, almonds, and pumpkin seeds are some of my favorites.

I recommend getting 600 to 1,000 mg of DHA from squid oil. Sometimes called calamari oil, it contains more DHA than fish and squid oil combined. But be sure your oil comes from squid that live in the pure water off the South American coast.

- **B vitamins.** Not getting enough B vitamins can trigger tinnitus and increase symptoms. Vitamin B12 deficiency has been proven to increase your risk of tinnitus.²⁴ Low intake of vitamins B2 (riboflavin) and B3 (niacin) are directly linked with tinnitus and hearing issues.²⁵ And not getting enough folic acid can lead to hearing loss.²⁶

B vitamins help reduce inflammation, prevent oxidative stress, and maintain healthy blood flow. I recommend taking a high-quality B complex that contains the full range of essential B vitamins.

Step 3. Add Proven Botanicals

Plants and herbs provide powerful anti-inflammatory and antioxidant activity. They've been reducing and reversing tinnitus for centuries,

ages before pharmaceuticals were even ideas. And they work without causing dozens of harmful side effects. I've found these two to be the most effective for combating tinnitus.

- **Ginkgo biloba.** Ginkgo biloba is an extract from the leaf of a tree native to China that dates back 270 million years.

More than 40 clinical studies show that ginkgo eases tinnitus. One German study of tinnitus sufferers shows that ginkgo reduces ringing. Another review of studies states that taking ginkgo for one to three months provides significantly greater reduction and speedier relief.^{27,28}

A 2023 clinical trial found that taking ginkgo biloba along with antioxidants reduced tinnitus symptoms by up to 36% in just 14 weeks.²⁹

I recommend 80 mg three times a day.



A new study found that ginkgo biloba and antioxidants reduced tinnitus symptoms nearly 40%.

- **Cordyceps sinensis.** Research shows this medicinal mushroom activates the genes that increase oxygen delivery to cells.

In one study, researchers found that cordyceps sinensis boosted cellular oxygen absorption by up to 40%.³⁰ Additional research found that patients treated with cordyceps reported significant improvement in tinnitus symptoms.³¹

A number of cordyceps supplements combine different species, so it's important to look for a supplement that says cordyceps sinensis. I recommend up to 1 gram twice per day by capsule.

- **Vinpocetine.** If your tinnitus was caused by exposure to loud noises, I recommend you use the brain-booster vinpocetine for relief. It's widely used in Europe and Japan, but doctors in America just don't know much about it.

In one study, tinnitus disappeared in half of those who took it within one week of trauma. But even if you don't take it right away, it can lessen the severity. Despite the time lapse since the trauma, 66% saw a significant decrease.

I recommend 20 mg a day.³²

Step 4. Try Acupuncture

Acupuncture restores the flow of *qi*, or life force, through your body by inserting small, thin needles into points along the *qi* pathways, called meridians. Traditional Chinese Medicine (TCM) takes a whole-body approach to healing, unblocking and unlocking *qi* to help your body heal itself. TCM recognizes five possible disruptions as possible causes for tinnitus, and acupuncture treatment is based on the underlying cause.

Studies show that acupuncture can turn down the volume on tinnitus.

One clinical trial found that acupuncture reduced phantom noise by more than 43% within 15 sessions.³³ And a 2023 meta-analysis of 34 randomized, controlled clinical trials that included 3,086 patients found that acupuncture significantly reduced tinnitus symptom severity and improved quality of life.³⁴

Step 5. Get Hyperbaric Oxygen Therapy

Oxygen loss in the cochlea part of the ear can cause tinnitus. So getting more oxygen there can help repair the damage and stop the constant buzzing, ringing, and roaring. The best way to do that is with hyperbaric oxygen therapy (HBOT).

The idea is simple: With HBOT you breathe in higher levels of oxygen, up to 2.5 times the regular sea level pressure. That floods your whole bloodstream with pure fresh oxygen, boosting up your oxygen content 20 times higher than normal.

HBOT helps deliver oxygen to areas of poor blood flow...like your ears. The cochlea, an inner cavity in your ear responsible for hearing and

interpreting sounds, is especially vulnerable to poor blood flow.

Increasing blood flow can make all the difference when you're suffering from tinnitus.

With HBOT treatments, oxygen in the cochlea increases up to 460%. It's been shown to stay up to 60% above normal even one hour after the treatment.³⁵



A review of more than 7,500 case studies found that HBOT reduced the intensity of tinnitus by half in 70% of patients.

HBOT is most effective in reducing hearing loss and tinnitus in the first three months following the loss or trauma. Here's what the science shows:

- An overview of studies from Germany shows HBOT is effective in 50% of cases in reducing hearing loss by 20 decibels or more. About 11% have a full recovery.
- The same study looked at 7,766 patients with tinnitus. HBOT reduced the intensity of tinnitus by 50% in about 70% of the cases treated within three months. About 30% of patients had their tinnitus completely resolved. After three months, 30% of patients still had a 50% improvement in the intensity of their tinnitus.³⁶
- Another study treated 30 patients with HBOT within 48 hours of sudden hearing loss. More than 83% of the patients had 25% to 50% or more improvement in their hearing.³⁷
- A clinical study found that HBOT combined with 120 mg ginkgo biloba delivered

substantial tinnitus relief within just six weeks. Of the patients getting this treatment, 5% saw tinnitus disappear completely, 36% had significant symptom relief, and 42% enjoyed overall improvement in their tinnitus symptoms.³⁸

At my clinic, I have a specially designed room with a hyperbaric oxygen chamber.

HBOT sessions are comfortable. You lie down in the chamber and breathe in 100% oxygen into your lungs and absorb it through your skin. A typical session lasts 45 minutes to two hours. Treatments are repeated, depending on the condition, anywhere from five to 40 times.

And there are no negative side effects. You may notice some increased pressure in your ears. It feels like a flight landing. But there's no other discomfort.

I've successfully used HBOT therapy at the **Sears Institute for Anti-Aging Medicine** for years. If you would like more information about this therapy, please contact my staff at **561-784-7852**.

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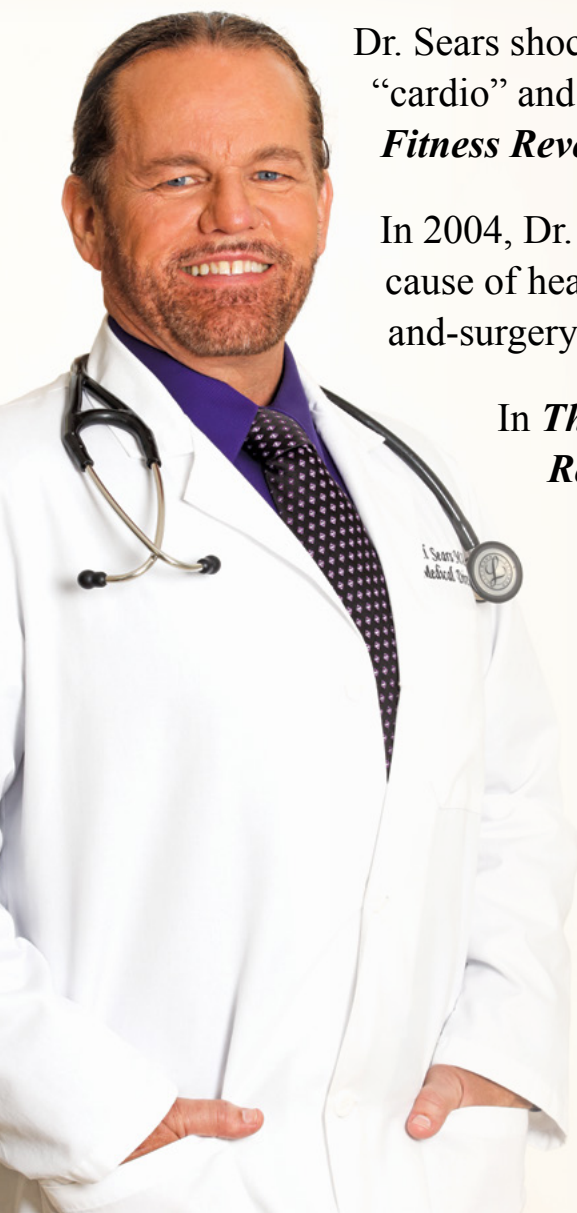
The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.

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

As a board-certified clinical nutritionist, strength coach, ACE-certified fitness trainer and author, Dr. Sears enjoys a worldwide readership and has appeared on more than 50 national radio programs, ABC News, CNN and ESPN.

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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.

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