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Dear Friend,

Aging is inevitable. But have you noticed that some very elderly people never miss a thing?

A lot of my patients fall into this category.

I've worked with many centenarians at the Sears Institute for Anti- Aging Medicine who remain quick-witted, with keen memories and focus.

You can be one of these people, too.

Because despite the doom and gloom dogma being doled out by conventional medicine, most types of cognitive decline — even Alzheimer's and dementia — can be prevented.

In many cases, it can even be reversed if it's caught early enough.

At the Sears Institute for Anti-Aging, I've helped hundreds of people bring back "missing" memories using cutting-edge therapies, including next-generation transcranial infrared light therapy.

It's a technological breakthrough that does what NONE of Big Pharma's failed drugs can do. And — unlike the pharmaceutical industry's dangerous and deadly new drugs — all of these benefits come with no side effects.

Human clinical trials showed jaw-dropping results. People with Alzheimer's disease and dementia were recovering memories and brain function.

In one recent study, researchers determined that using this therapy for less than 30 minutes a day brought dramatic improvements for dementia patients.

The study participants saw an overall improvement in cognition, including learning and recall, attention, and task switching.

It works by stimulating energy production in your brain cells... increasing brain blood flow and oxygen availability... reducing inflammatory compounds like COX-2... improving mitochondrial function...

and clearing away beta-amyloid plaques, a key hallmark of Alzheimer's disease.

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

- **How to bring back memories so-called experts say are lost to Alzheimer's** and dementia. Discover the painless, drug-free therapy that delivers the healing power of infrared light to targeted brain areas. In addition to restoring memory, this therapy treats more than a dozen brain-related conditions, including Parkinson's, depression, stroke, and hearing loss.
- **The Syndrome Zero therapy that saved my patient's life.** My patient had a classic case of "broken metabolism." This condition — with its connection to Syndrome Zero — is killing more people than any other health problem on Earth. At the Sears Institute, my team and I have developed a unique protocol to get to the root cause of this devastating disorder — and stop it in its tracks.
- **An easy way to protect yourself from the biggest cause of preventable blindness.** Age-related macular degeneration is a devastating condition that destroys your quality of life and robs you of your independence. Discover the breakthrough treatment that is bringing back hope to thousands, as well as the key nutrients that will protect your eyesight for life.

To Your Good Health,

Al Sears, MD, CNS

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Big Pharma Continues To Push The “Big Memory Loss Lie” But Memories Lost To Dementia CAN Be Recovered With Next-Gen Therapy

Big Pharma, the FDA, and traditionally trained doctors — what I call the medical industrial complex — all claim that memory loss is permanent and irreversible.

Of course, that doesn't stop them from peddling expensive drugs to Alzheimer's and dementia patients and their families.

But the truth is, their dangerous drugs don't work in any meaningful way for people struggling with those devastating diseases.¹

To keep their useless drugs on the market, they lower your expectations with false facts. They say lost memories are gone forever and that's there's no way to recover them.

That's just not true.

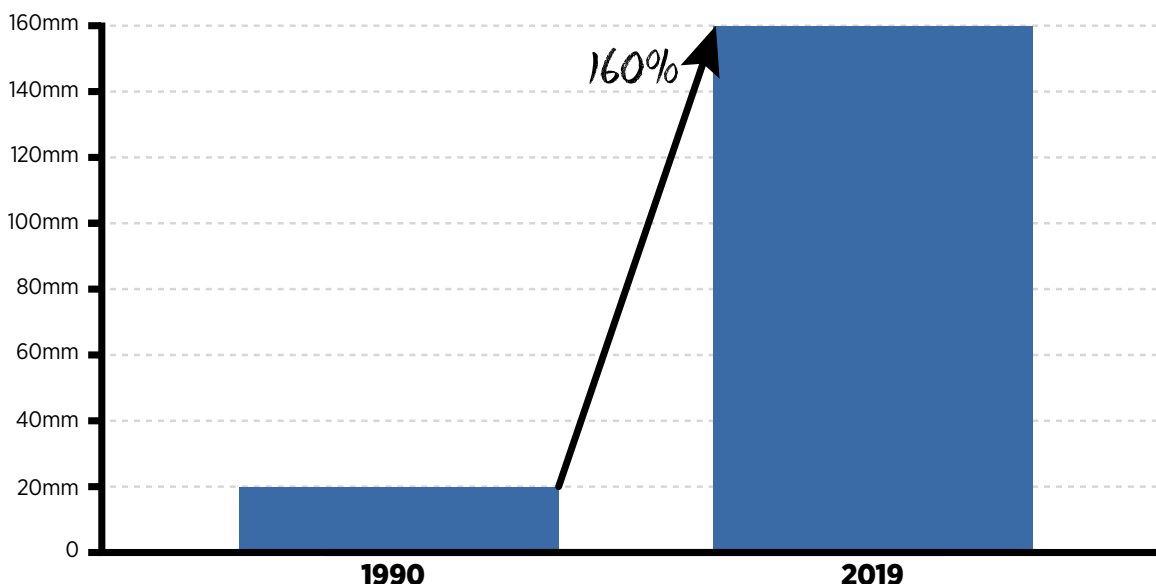
A scientifically proven way to restore memory, boost brain power, and improve both mood and motor skills exists right now. And it can make a meaningful difference for anyone suffering from Alzheimer's disease or dementia.

In a moment, I'll share a technological breakthrough that can reverse the signs and symptoms of this brain-stealing disease. But first, let's look at what this devastating condition is doing to millions of Americans right now.

Alzheimer's Robs You Of Yourself

It's one of the greatest fears of aging: Being struck with a disease that steals your memories, your mind, and everything special about you. And, unfortunately, Alzheimer's disease and

**Global Epidemic of Alzheimer's Has Skyrocketed
in Just the Last Two Decades**



Between 1990 and 2019, the prevalence of Alzheimer's disease and other dementias globally skyrocketed by 160%.

dementia causes much more than memory loss.

Other life-altering signs and symptoms include:

- Poor judgement and bad decision-making
- Wandering off and getting lost
- Inability to complete everyday tasks like getting dressed or preparing meals
- Misplacing cherished and important items
- Personality changes
- Mood swings and agitation
- Increased anxiety
- Forgetting dates or how to tell time
- Building confusion
- Shifted sleeping patterns, staying awake at night and sleeping during the day
- Inability to recognize family, friends, and even yourself
- Forgetting to eat or take medication

All of these can take a huge toll on quality of life for patients and caregivers. And, unfortunately, without effective treatment it only gets worse every day.

The effects are alarming — and so are the numbers.

Alzheimer's and dementia destroy millions of lives every year. Right now, around 6 million Americans are living with Alzheimer's. That number is expected to more than double by 2050, to more than 13 million.

Then there's the other side of the Alzheimer's equation: More than 11 million Americans provide unpaid care for their loved ones.²

When they desperately seek help from the doctor, both patients and caregivers get offered useless, expensive drugs that offer no meaningful improvement in real life terms.

Big Pharma puts no other options on the table, and they have no treatment that prevents constant deterioration. They haven't made any safe and effective discoveries in a century. But that doesn't

“Around 6 million Americans are living with Alzheimer's. That number is expected to more than double by 2050, to more than 13 million.”

stop them from prioritizing profits over patient care and continuing to offer their useless pills.

As for the doctors, most of their knowledge starts and stops with Big Pharma. They don't know about or acknowledge alternative treatments, even with overwhelming evidence of real-world success. Because there are honest-to-God solutions that can restore memory, focus, and cognition...and return patients to their true selves.

Next-Gen Technological Breakthrough Does What Drugs Can't

It sounds a little like science fiction: Using light and laser therapy to restore memories, sharpen focus, and soothe moods.

But the infrared cranial laser helmet can do all of that and more. Technically, it's called transcranial photobiomodulation, or tPBM.

It's backed by decades of scientific studies including wildly successful human clinical trials. Where people suffering from Alzheimer's disease or dementia regained lost abilities and recovered lost memories after just a few months of using this laser light therapy. And that's not all...

This safe, effective technology delivers obvious benefits for patients... and caregivers. Unlike available prescription drugs that potentially let patients remember four items on a list instead of three, tPBM brings real quality of life improvements such as:

- Improved memory, recognition, and recall
- Sharper, clearer thinking
- Better sleep
- Less anxiety
- Reduced aggression
- Increased focus
- Improved motor skills, like getting dressed and using a fork
- Better self-control
- Less wandering

With successes like these, it's no wonder Big Pharma doesn't want the news getting out. A safe, effective, side-effect free way to restore precious memories, sense of self, and peace of mind could cut a huge chunk out of their drug profits.

Especially because their drugs don't work...but tPBM does.

How Transcranial Photobiomodulation Works

We know the factors that contribute to Alzheimer's disease and dementia, issues that attack and damage brain cells so they can't do their jobs the right way anymore. But clear out those obstacles, repair those cells, and everything starts working properly again.

Transcranial photobiomodulation delivers the healing power of red light to targeted brain areas. It looks sort of like a bike helmet, but it's lined with hundreds of special diodes that give off red light. Those specific light waves pass through your skull — similar to how ultrasound can see through your abdomen — and provide therapy for your brain. tPBM sessions usually last 30 minutes or less. There's no pain, no heat, no discomfort with this treatment. All you'll feel are the benefits.

So how can red light fix your brain?^{3,4,5}

- It stimulates energy production in your brain cells.
- It increases and improves brain blood flow and oxygen availability.
- It improves the brain's antioxidant capacity for fighting free radicals.
- It reduces inflammatory compounds like COX-2.
- It stops reduces beta amyloid plaques, proteins that cause Alzheimer's.
- It boosts brain cell growth and activity — even sparking new brain cell creation.

Those restorative actions deliver the real-world benefits you'll see when you try tPBM. And there are plenty of studies to prove it.

Scientific Studies Prove tPBM Works

Even though tPBM sounds like future-based science fiction, it's been around for decades. And scientific studies go all the way back to the beginning. The initial research used animals, and the results were incredible. So researchers quickly moved to test this life-changing therapy in people.

The human clinical trials showed equally jaw-dropping results. People with Alzheimer's and dementia were *recovering* memories and brain function ... something Big Pharma and their medical flunkies claimed was impossible.

Here's a quick look at just a few of those trial results.

A 2021 clinical trial⁶ found that using tPBM for six minutes twice a day brought dramatic improvements for dementia patients. The subjects saw overall improvement in cognition including learning and recall, attention, and task switching. The patients also enjoyed sounder sleep, brighter moods, boosted energy, and less anxiety within three weeks of starting tPBM.



In a recent study, patients who used tPBM therapy had rapid improvement in memory performance.

Another clinical study showed significant changes in self-regulation, planning tasks, immediate recall, attention, and clock drawing for Alzheimer's patients using tPBM.⁷ In this trial, the subjects had six-minute tPBM sessions daily for 28 days. In that short time, the patients also became more alert and less anxious.

A recent pilot study⁸ found that after just 12 weeks of tPBM, caregivers reported significant improvements such as:

- Increased mobility
- Decreased incontinence
- Improved sleep
- Reduced anxiety
- Fewer angry outbursts
- Less wandering

And all of that's on top of clearer thinking, better memory, and more independence doing simple tasks. In just 12 weeks, with no negative side effects.

Right now, tPBM is being put to the test in eight clinical trials for Alzheimer's, nine for dementia, and nine for cognitive impairment. And that's just the ongoing studies to learn how effective tPBM is for memory-related issues...

tPBM Treats So Much More Than Memory Loss

The healing red light used in tPBM triggers several beneficial actions, from fighting inflammation to revitalizing brain cells. And those actions have many applications. That allows tPBM to treat more than a dozen brain-related conditions including:^{9,10,11,12,13,14,15,16,17,18,19,20}

- Parkinson's disease
- Traumatic brain injuries
- PTSD (post-traumatic stress disorder)
- Major depressive disorder (MDD)
- Fibromyalgia
- Stroke
- Seizures

- Insomnia
- Brain fog secondary to Covid-19
- Lyme disease
- Hearing loss and tinnitus
- Age-related macular degeneration

What's more, you can benefit from tPBM even if there's nothing wrong with your health right now. You see, it can take years, decades even, of oxidative stress, inflammation, and other damaging issues to cause noticeable problems.

But that doesn't mean they aren't already brewing in the background.

You can start defending your brain now against the constant assaults of modern life. Blue light from your computer... noise pollution... air pollution... viruses... stress. Your brain is constantly bombarded and over a lifetime all that builds up unless you take proactive steps to neutralize the damage.

Restore Your Memories And Protect Your Brain

You can take proactive steps right now to stay sharp, clear, and YOU. By taking care of your brain now, you can avoid the ravages of Alzheimer's and dementia. Start your "brain protection plan" now for light-speed thinking, instant recall, steadier moods, and better sleep.

Step 1: Get This Simple Scan To Save Your Brain. When you know where your brain lands on the path toward cognitive decline, you can make defensive changes before problems start. Alzheimer's and dementia begin decades before symptoms first show up. But a simple bone density scan (DEXA) offers clues to your risk of dementia. Signs of abdominal aortic calcification can double your risk of developing Alzheimer's or dementia. Knowing that years in advance gives you the chance to take proactive steps to dodge the disease.

Step 2: Try tPBM With The Weber LED Infrared Laser Helmet. New research shows that even healthy adults can boost brain power by using tPBM.²¹ In this pilot study, adults over age 45 used the device for just six minutes twice a day

and saw significant improvements in:

- Motor skills
- Memory performance
- Processing speed

Multiple brain benefits with no negative side effects! There's no downside here. You have nothing to lose... and a lot of brain power to gain by giving tPBM a try.

Step 3: Take Brain-Saving Nutrients To Boost Brain Health. Your brain works 24/7 and uses a lot of resources. If you don't replenish those supplies, your brain can't function fully on all cylinders. Five nutrients that specifically boost brain power and enhance brain function include:

- **CoQ10.** Coenzyme Q10 (CoQ10) supplies fuel to the mini powerplants — called mitochondria — inside your brain cells.²² With a full supply of energy, brain cells can communicate faster for quick thinking and recall.

CoQ10 also delivers antioxidant protection and fights free radical damage to brain cells. Research shows that CoQ10 stops the process of brain cell breakdown that can lead to Alzheimer's and dementia.²³

I recommend supplementing with at least 50 mg of ubiquinol, a more bioavailable form of CoQ10, daily.

- **PQQ.** Pyrroloquinoline quinone (PQQ) sparks the production of more mitochondria in your brain cells — and more power plants means more energy for your brain. PQQ also boosts blood flow in the brain and provides antioxidant protection to brain cells.

A 12-week trial involving 41 elderly subjects showed that supplementing with PQQ preserved brain function and prevented decline, especially relating to memory and attention.²⁴ I recommend taking 20 mg of PQQ every day.

- **CDP-choline.** CDP-choline, also called citicoline, repairs brain cells and helps produce a crucial neurotransmitter called acetylcholine.²⁵ Your brain can't function without enough acetylcholine, and unfortunately levels can plummet as you get older. That leads to memory

loss and cognitive decline. Highly bioavailable CDP-choline quickly restores acetylcholine reserves.

Studies show that CDP-choline consistently improves brain function in people with cognitive impairment.²⁶ A clinical trial found that taking 1,000 mg of CDP-choline every day for 12 weeks improved cognitive performance in patients with Alzheimer's.²⁷

I suggest supplementing with 1,000 to 2,000 mg of CDP-choline daily.

- **DHA.** Docosahexaenoic acid (DHA) provides structure for your brain tissue. When this healthy fat detects free radical damage, it immediately produces a protective compound called NPD1 (neuroprotection 1). This defensive compound fights oxidative stress and inflammation to stop memory-stealing harm from taking place.²⁸

DHA can also decrease beta amyloid plaques and prevent them from killing brain cells, which can help prevent dementia.²⁹

For the strongest brain protection, take 600 to 1,000 mg of DHA daily.

- **Phosphatidylserine (PS).** This is crucial for healthy brain cells and communication between them. Your brain cannot function without it.³⁰ You need this nutrient to create short-term memories, convert to long-term memory, and retrieve memories. It's also involved in learning, problem-solving, and language.

One study found that Alzheimer's patients who took supplements containing 100 mg of PS three times daily saw significant improvements in mood, memory, cognition, and daily functioning.³¹

I recommend getting 100 mg of PS three times a day.

Step 4: Add brain-boosting botanicals to your daily routine. Nature provides a wealth of healing herbs and spices, including many proven to improve brain function and fight against cognitive decline and memory loss. I believe in your brain's power to restore itself... and these botanicals can help it win the battle against a lifetime of oxidative stress and inflammation.

- **Korean red ginseng** is used traditionally to protect your nervous system, especially your brain. Healers have used it for centuries to restore memory, reduce anxiety, and fight depression.

Recent scientific research shows its effectiveness in treating Alzheimer's. In a 12-week clinical trial, 61 Alzheimer's patients received either Korean red ginseng or a placebo... and the difference was dramatic.³² The patients in the ginseng group saw significant improvements in cognitive performance and memory. Effective doses used in studies range from 3 to 9 grams daily, split into three doses.

I recommend starting with 1 gram, three times daily.



Red ginseng has been shown in studies to significantly improve memory and cognitive performance.

- **Curcumin**, the key compound in golden turmeric, delivers dozens of health benefits — especially to your brain.

An 18-month clinical trial found that healthy older adults who took 90 mg of curcumin twice daily had improved mood, attention, and memory.³³ The researchers learned that curcumin was able to reduce plaque accumulation in the brain, leading to these positive results. Other research shows that curcumin's antioxidant, anti-inflammatory, and anti-plaque activity help prevent and treat Alzheimer's.³⁴ Studies have used doses ranging from 1 to 8 grams daily.

I recommend taking 3,000 mg of bioavailable curcumin with piperine every day.

- **Ginkgo biloba** helps increase brain blood flow, decrease inflammation, and fight damaging free radicals. This ancient plant has been used for generations by traditional healers to boost brain function and improve circulation.

One study pitted ginkgo biloba against Alzheimer's drug donepezil and found that the herb brought significant brain benefits with none of the adverse effects caused by the drug.³⁵ And a 24-week clinical trial of patients with Alzheimer's or dementia found that 240 mg once daily significantly improved cognitive function and the ability to perform tasks.³⁶

I suggest taking 240 mg of ginkgo biloba daily.

- **Ashwagandha**, a staple of Ayurvedic medicine, has been used for thousands of years to treat dozens of conditions including cognitive decline and memory loss.

Recent research shows that taking 300 mg of ashwagandha daily for 90 days improves memory, sleep, and focus as well as reducing stress in healthy adults.³⁷ A 2022 clinical trial found that even a single 400 mg dose of ashwagandha delivered improvements in working memory... reaction time... mental fatigue... executive function... attention.³⁸

I recommend taking 300 to 500 mg of ashwagandha daily.

- **Bacopa**. This is another prized Ayurvedic herb that has shown amazing promise as an Alzheimer's treatment and preventive. This plant contains powerful compounds called bacosides that have strong brain-protecting properties.

In one clinical trial,³⁹ researchers learned that twelve weeks of supplementing with 300 mg of this bacopa extract significantly improved brain processing speed and the ability to transform short-term into long-term memory. Another study⁴⁰ that included older adults showed that taking 300 mg of bacopa daily for 12 weeks improved recall memory, depression and anxiety, and selective attention skills.

I recommend taking 150 mg of bacopa twice daily.

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Syndrome Zero Therapy Saved His Life...

My Patient Told Me: “I’m Tired of Being Treated, I Want to Be Cured”

We are living through the worst epidemic the world has ever known — by a factor of a hundred or even a thousand. Nothing like this has ever hit us before.

And if we carry on at this rate, in a hundred or so years, every man, woman, and child on the planet will have some form of diabetes. That’s how big this issue is.

It’s what some people call metabolic syndrome, which is an extension of the different types of diabetes that exist.

But it’s so much more than that.

Almost everyone today has a broken metabolism and it’s getting worse fast. It is unquestionably the biggest problem on earth. And it’s currently killing more people than any other health problem on the planet. It dwarfs any other epidemic in history, by far.

The solution is getting control over your insulin.

You see, insulin hypersecretion and insulin resistance result in a condition that I have named Syndrome Zero.

And it is the root cause of diabetes, cancer, heart disease, obesity, autoimmune disorders, arthritis, cancer, kidney disease, depression, and behavioral issues, and accelerated aging.

In fact, everything that has gone wrong in the modern world can be related to this root cause.

Today, I want to tell you about a patient of mine who suffered from Syndrome Zero. But he doesn’t anymore. Yet, what he went through is representative of so many of my patients and readers. Here’s his story:



My patient had a classic case of Syndrome Zero. After undergoing my protocol, he said, “If I didn’t have this therapy — this cure — I wouldn’t be here today.”

After driving 12 hours through the night from Alabama to Florida, one of my *Confidential Cures* subscribers walked into my office and sat in the chair down across from me. He had read about the work we were doing at the Sears Institute, and he was desperate to be cured.

He pointed to the lady sitting next to him.

“Dr. Sears,” he said. “This is Pearl. I fell in love with this woman from the moment I saw her. That was 18 years ago... And I want to live with her for a lot more years.”

But he was worried that his deteriorating health would cut short the rest of their lives together.

When I first met 75-year-old Leonard Atkinson, he was suffering from insulin resistance, elevated glucose levels, chronic inflammation, and high blood pressure.

He was also 70 pounds overweight and tired all the time. He barely got out of his easy chair and he knew he was missing out on the things he

loved most — like climbing on his tractor and turning the ground for his vegetable garden.

But getting around was hard. His left foot had been partially amputated and he could only walk by leaning heavily on his cane.

Leonard had been diagnosed with diabetes 25 years earlier. But it was apparent that he had a classic case of Syndrome Zero.

When I first met Leonard, he was seeing two physicians — and following their advice to the letter. But like a lot of patients in his position, Leonard was getting the wrong medical advice...

And it sent his A1C levels soaring.

Every time his blood sugar levels got out of whack, his doctor increased his insulin. And the more insulin he took, the more weight he gained.

I see this happen all the time in my Syndrome Zero patients. Leonard even had his own way of describing it — he felt like he was riding a rollercoaster while on a merry-go-round in the middle surrounded by a Ferris wheel!

But the worst part was his doctors told him he'd never be cured. Luckily, Leonard refused to believe this and took the drive down to my clinic.

I started Leonard on my Syndrome Zero protocol that afternoon. More on this ground breaking protocol in a moment. First, let me explain what Syndrome Zero is.

Understanding Syndrome Zero

Syndrome Zero is a product of our environment. It has nothing to do with your genes. You were made perfect. But the world we live in today is not.

Everything from the polluted air you breathe, the water you drink, the products you use, and especially the food you eat has created this pandemic.

Our food today is not natural. It's overloaded with starches and grains. In America, grains make up almost 70% of our calories. Our once simple, natural diet has morphed into one filled with a massive overload of carbohydrates and starches. Our bodies weren't designed to handle this.

"Dr. Sears prescribes what God has always provided.

"If everyone knew what I learned from him, we wouldn't be building hospitals.

"We'd be cured of all diseases."

— Leonard Atkinson

The body reacts by massively overproducing insulin. Eventually, these chronic insulin spikes cause insulin resistance in your cells, which then causes widespread oxidation and inflammation.

Over the course of decades, insulin hijacks your metabolism. You stop burning fat for energy and shunt every calorie toward fat deposition.

Any time you eat starches, your pancreas secretes insulin. And the more insulin you produce the more your body inappropriately converts starches into fat.

This overwhelms your body's natural ability to produce cellular energy and fight virtually every disease...

Do You Have Syndrome Zero?

We typically think of insulin as the hormone that regulates blood sugar levels. But there's more to it.

One of the main purposes of insulin is to move glucose from your food into your cells to make energy. But because insulin is also a storage hormone, these chronic insulin spikes make your body act as though it were starving. So it starts to convert the glucose into triglycerides.

In other words, insulin makes your body make more fat.

So if you're finding it hard to lose weight, your body is probably overwhelmed with too much insulin. And you are not alone.

Two out of three Americans are now overweight. More than 2 billion adults worldwide are now considered obese. This problem is only going to get worse.

But Syndrome Zero is so much more than obesity. And there are more scientific ways to identify it. I've been diagnosing this monstrous disease in my clinic for more than a decade now. And every year, I see more and more patients with Syndrome Zero.

"More than 420 million people worldwide have diabetes and more than 500 million have prediabetes... and the numbers keep skyrocketing every year."

I start by running blood and saliva tests. Then I determine a patient's body composition with a DEXA scan, followed by a fasting glucose/insulin intolerance test. These tests will show increased:

- Blood insulin
- Blood triglycerides
- Body fat (adipose tissue)
- Blood homocysteine (oxidation)

These are the results I look at when diagnosing Syndrome Zero. I've seen it over and over again. And the numbers continue to grow.

Everything They Told You About Diabetes is Wrong

More than 420 million people worldwide have diabetes and more than 500 million have prediabetes. That's almost a billion people on the planet — and the numbers keep skyrocketing every year. In the U.S., more than 40 million people have diabetes.¹

In the next 30 years, I predict there will be a 900% increase in the number of people who will have diabetes. And Big Pharma's drugs have done NOTHING to stop this global epidemic — because they do nothing to address the real problem.

You see, most doctors think excess glucose is at the root of the problem. But they have it all WRONG.

The excess production of insulin — not glucose — is at the root of Syndrome Zero and diabetes. High blood sugar is just a symptom.

For decades mainstream medicine has blamed your genes for diabetes. But there is nothing wrong with your genes. The problem is how your genes interact with our modern world to boost insulin levels.

Insulin is supposed to carry glucose into your cells to make energy. But with the flood of starches and carbs in our modern grain-heavy diet, your pancreas has to work overtime to produce more insulin. Too much overwhelms the insulin receptors in your cells.

This is how you become insulin resistant. Glucose can't get into your cells. Instead, it builds up in your blood and you eventually become a type 2 diabetic.

Mainstream doctors just don't get it. Both mainstream medicine and the pharmaceutical industry are focused almost entirely on lowering blood sugar levels with potentially dangerous medications, like metformin.

They both refuse to recognize that the explosive rise in diabetes over the past few decades, as well as a constellation of other modern chronic diseases, is the result of Syndrome Zero.

Big Pharma made \$74 billion last year from its global prediabetes and diabetes treatments — and none of them have prevented the incidence of these conditions, let alone Syndrome Zero, from spreading.

In fact, Big Pharma and mainstream medicine regard the overproduction of insulin as a rare and separate issue.

It has a number of treatment drugs which inhibit pancreatic secretion of insulin. But they also stimulate glucose release from the liver and elevate blood glucose levels, making them useless for Syndrome Zero treatment.

Beta cells are the cells responsible for storing and releasing insulin. We're born with all the beta cells we need... and then some. Plus our body produces new ones to replace the old. However, as you get older, everything changes. Your body stops generating new beta cells.

And that's when the glucose overload kicks in.

The food we eat... the surgery drinks... the toxic environment full of pollutants... It all wreaks havoc on your body releasing oxidative stress that weakens and kills your beta cells.

Plus, the massive overload of glucose in your bloodstream weakens your cells' ability to respond to insulin.

This means your beta cells have to work overtime, producing more and more. This exhausts and eventually destroys these insulin-creating cells.

With no replacements, your body is drained of the ability to produce the insulin it needs. This is how you get runaway blood sugar.

And blood sugar is just the beginning...

The failure of your body's insulin response system — the underlying root of Syndrome Zero — directly causes a cluster of serious health concerns, including

- Diabetes
- Cancer
- Heart disease
- Obesity
- Autoimmune disorders
- Arthritis
- Cancer
- Kidney disease
- Depression and behavioral issues
- Accelerated aging

Saving Lives With My Syndrome Zero Protocol

The Syndrome Zero protocol that saved Leonard's life includes stem cell therapy, HBOT, detox, IV laser therapy, Myers' cocktail, and intermittent fasting. We put him on a low-glycemic load diet. And he got supplements make up for his substrate dietary deficiencies.

After only four months, Leonard was well on his way to being cured.

Today, he has lost over 40 pounds. He feels more energized than he has in years. He's also walking more easily and threw away his cane.

Not only is Leonard off three of his four medications, but his lab work improved considerably.

Within weeks, his high blood sugar levels dropped dramatically... His inflammation levels are way down... He lowered his triglycerides and raised his HDL... And his blood pressure is back to normal.

Leonard stopped his downward spiral of Syndrome Zero symptoms in its tracks.

A big part of Leonard's success was the stem cell therapy we provided. Since we started using stem cell therapy at the clinic, I've found that it's the biggest-ever advance in regenerative medicine.

It's creating a whole new field of medicine, and it will soon affect every other specialty.

Why is it so powerful? Because it's centuries ahead of drug therapy and stem cells are already present inside of you to repair whatever ails you.

As Leonard said to me, it's what God gave us to fix something when it goes wrong.

Stem cell therapy has the power to target the root cause of your blood sugar concerns. Because the hidden cause of diseases like diabetes isn't in your blood sugar, it's in your cells. Here's what the science is saying about stem cell therapy:

In a breakthrough study published earlier this year in *Cell Discovery*, researchers achieved the world's first successful cure for type 2 diabetes using stem cell therapy.² The 59-year-old patient had a 25-year history of type 2 diabetes. After undergoing stem cell treatment, she was insulin free within 11 weeks.

Follow-up examinations conducted over a prolonged period revealed restored pancreatic function, with the patient no longer requiring insulin or oral medications.

Additionally, normal kidney function was maintained, suggesting a long-term cure for type 2 diabetes.

This backs up earlier research.

In an animal study at Stanford University, researchers reversed diabetes completely in mice using stem cell technology. The therapy kept blood sugar healthy for the equivalent of 10 human years.³

The procedure was so successful that even the lead scientist admits he was surprised.

In another study, researchers at Northwestern University treated patients using their own stem cells. The results were amazing. Nearly 87% of patients saw their body's ability to produce insulin completely restored.⁴

And five years later, tests showed they maintained healthy levels of insulin and blood sugar. And all with just a single one-time dose!

If you're interested in learning about the stem cell procedures I offer at the Sears Institute for Anti-Aging Medicine, please call my staff at **561-784-7852**.

Meanwhile, there are ways you can boost your stem cell production and right in the comfort of your home.

Normalize Blood Sugar With Stem Cell Boosters

These two stem cell boosters work at the cellular level to return blood sugar levels back to normal.

1. Banish High Blood Sugar With Cerasee. This warty green fruit is called bitter melon, gourd, or cucumber. I first learned about it from my friend Ivey Harris in Jamaica. Ivey is a seventh-generation traditional Maroon healer. But scientific studies prove cerasee's value in treating blood sugar problems.

For example, two studies show cerasee could play a key role in helping to balance insulin in your body and help lower A1C.^{5,6} And another study on diabetic patients found that it is more effective than Big Pharma's blockbuster diabetes drug Avandia.⁷

Take 500 mg to 1,000 mg three times a day after meals.

2. Control Insulin Sensitivity With Chromium: Ignored by most doctors, this metallic trace element allows your body to utilize insulin properly — instead of triggering your

body to make and store more fat. It has also been proven to reduce blood sugar levels by getting glucose out of your bloodstream and into your cells for energy. And clinical studies show it lowers high blood pressure directly related to high blood sugar.

Chromium naturally occurs in foods like fruits, meats, cheeses and vegetables. Yet nearly 90% of American adults are chromium deficient. If you prefer chromium supplements, look for those that are the most bioavailable chromium.

I recommend a 400 mcg chromium polynicotinate supplement with patients, to be taken once a day and always with meals for best absorption.

3. Take The "Sugar Destroyer." For more than 2,000 years, people in India used *Gymnema sylvestre* to control blood sugar. The herb is also called "gurmar," which means "destroyer of sugar" in Hindi.

In one study, 22 patients struggling to maintain normal blood sugar levels took *Gymnema sylvestre* daily for 18 to 20 months.⁸ By the end of the study, 100% of the patients showed excellent blood sugar levels!

I recommend supplementing with 100 mg daily.

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Save Yourself From America's Biggest Cause Of Preventable Blindness

If you're like most Americans, you've been conditioned to expect your vision to deteriorate at some point.

And while it's possible for your eyes to change with age, vision loss is not an inevitable part of getting older.

Including the leading cause of vision loss in America — age-related macular degeneration (AMD).

This is a devastating condition that destroys your quality of life. You lose your ability to read, play sports, drive — and even recognize the faces of loved ones.

But worst of all is the loss of independence that inevitably comes with an age-related macular degeneration (AMD) diagnosis.

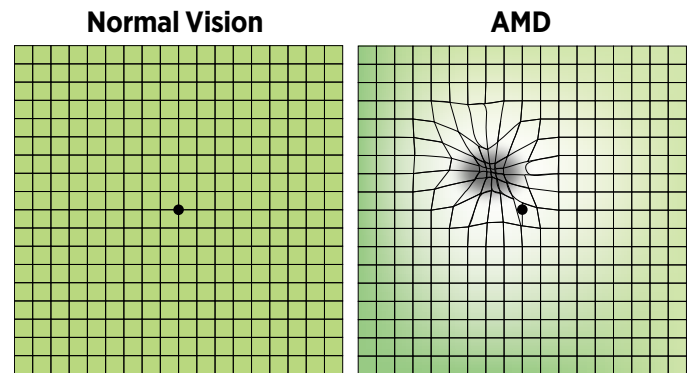
AMD sufferers also tend to enter care homes significantly earlier than those without the disorder.

When doctors talk about preventing AMD, they'll tell you to stay out of the sun, lower your cholesterol, and eat a low-fat diet.

As a regular reader, you know how awful this advice is!

I help my patients prevent AMD safely. In a moment, I'll tell you about a breakthrough stem cell therapy for AMD, as well as its ignored connection to Alzheimer's disease.

I'll also show you how to replenish key nutrients that will protect the quality of your vision for the rest of your life. But first, let's look at the root cause of this debilitating condition.



Distorted view... The grid on the left represents normal vision, but on the right you can see how the same grid is viewed if you suffer from “wet” AMD.

What Exactly Is AMD?

Your macula, the small area at the very back of your retina, is essential for important tasks like reading, driving, and even facial recognition. It's densely packed with photoreceptors, which react to light and send electrical nerve impulses via the optic nerve to your brain.

Age-related macular degeneration occurs when your macula becomes damaged by age and other factors, blurring and distorting your central vision.

There are two types of AMD — dry and wet.

The “dry” version of occurs when tiny deposits of fat and protein accumulate in the macula. As the number and size of these deposits increase over years, things begin to look blurry in the center of your field of vision. Colors lose their vibrancy. Often, straight lines start to appear wavy.

One of my patients recently became concerned while driving, after noticing that all the telephone poles had distinctive “kinks” in the middle. She was later diagnosed with dry AMD.

Eventually, it becomes difficult to see objects at long distance. As the disease progresses, the blurriness often turns into blind spots. Face recognition disappears. And eventually whole areas of vision go away.

Even more worrying, dry AMD can also progress into the much more aggressive “wet” AMD. This is when blood vessels grow abnormally and leak fluid into the macula.

And it’s no coincidence that AMD and Alzheimer’s are closely linked.

Both are impacted by our modern toxic environment. Neither are natural parts of aging, despite what most doctors will tell you — except that they usually strike after 60, after a lifetime of accumulating toxins in your body.

Both also have deep roots in our insulin-spiking, grain-dominated modern diet.

Both conditions are plagued by toxic beta-amyloid proteins, which disrupt communication among neurons, resulting in loss of function and cell death in Alzheimer’s patients. In AMD, these toxic proteins cause the death of the retinal photoreceptors, the light-sensing cells called rods and cones, in your macula.

This is caused by the loss of another population of cells, called the retinal pigment epithelial (RPE) cells, which support your rods and cones.

In one recent study, scientists at the Maxine Dunitz Neurosurgical Institute at Cedars-Sinai in Los Angeles found nearly 500% more beta-amyloid deposits in the macula of Alzheimer’s patients than in those without the condition.¹

Most doctors have no idea about the connection between AMD and Alzheimer’s, even though your macula presses right up against the brain and is regarded by many scientists as an outgrowth of the brain itself.

“Sadly, you won’t hear about the connection between AMD and the right kind of nutrition from your ophthalmologist or other eye care specialist. They remain beholden to pharma behemoths...”

In Alzheimer’s, a major cause of the condition is that your glial cells — the waste disposal crew in your brain — fails to clear away protein collections like beta-amyloid plaques. When you have AMD, your RPE cells — the garbage trucks of your retina — fail to remove the toxic beta-

amyloid byproducts in your retina as it performs its light-sensing functions.

That’s why I now regard AMD as “Alzheimer’s of the eyes.”

Doctors Still Don’t Get The Link Between Nutrition And Your Eyes

Sadly, you won’t hear about the connection between AMD and the right kind of nutrition from your ophthalmologist or other eye care specialist. They remain beholden to pharma behemoths such as Novartis, Bayer, and others that have made a fortune by pushing their injectable and hugely expensive eye treatments, like Lucentis and Eylea.

Not only do they compete and squabble with each other in this \$11 billion a year market, but they also form cartels and claim their drugs are the only products available that can successfully treat AMD.

But it’s simply not true.

At the same time, they also try to squeeze out much less expensive treatments that do pretty much the same thing.

For example, a much less costly drug called Avastin, which is commonly used to treat cancer but is also just as effective as Lucentis and Eylea for treating AMD, has been available for years. Avastin is more than 35 times less expensive than Lucentis and Eylea.

In September 2020, the French Competition Authority slapped a near-\$500 million fine on Novartis, Roche, and Genentech for abusing their dominant position in the French market for the treatment of AMD. According to European authorities, Big Pharma also falsely disparaged the effectiveness of Avastin.

In the UK, a court struck down a legal action after Novartis and Bayer sued a number of local medical authorities and ruled that Avastin is “undeniably equally effective, and much less expensive” than Lucentis and Eylea for treating AMD.

Meanwhile, here in America, Big Pharma continues to push their expensive drugs on AMD sufferers — even though the National Institutes of Health concluded more than a decade ago that Avastin is just as effective as its more expensive counterparts.

Here at the Sears Institute for Anti-Aging Medicine, I don’t prescribe any of these Big Pharma drugs. Aside from the unpleasantness of getting medication injected directly into your eyes, these treatments are anti-angiogenic drugs, which work by inhibiting the growth of new blood vessels and plugging up leaky blood vessels, a hallmark characteristic of many AMD sufferers.

Anti-angiogenic drugs also come with a long list of dangerous side effects, including fatigue, diarrhea, hypothyroidism, bleeding complications, and heart failure.

But the biggest scam of all is that ophthalmologists will never tell you about natural alternatives for treating AMD, that not only prevent the condition but can even reverse it.

A New Kind Of Stem Cell Therapy

The latest research advances into AMD mark an extraordinary breakthrough in the field of regenerative medicine.

In one trial, doctors at Moorfields Eye Hospital in the UK used a new kind of stem cell therapy to successfully reverse blindness in two patients — a man in his 80s and a woman in her 60s. Both suffered from the wet form of AMD.

The findings, published in the journal, *Nature Biotechnology*, revealed that the research team grew stem cells into the kind of cells found in the retinal pigment epithelium.²

These newly grown macular cells were then attached to a plastic scaffold “patch,” which was then inserted into the patients’ eyes — entirely

replacing the diseased macular cells, along with all the toxins that had accumulated over decades.

And the results were astonishing...

Before the vision-restoring procedures, both patients were unable to read, even with glasses. A year later, the first patient’s reading speed jumped from 1.7 words per minute to 83 words per minute. And the second patient had improved from 0 words per minute to 48 words per minute.

Even more exciting... Moorfields’ doctors believe their revolutionary stem cell treatment could be ready for widespread public use within the next few years.

Stem cells are already used to combat other eye diseases, like glaucoma, diabetic retinopathy, and cataracts. And they are far more natural and effective than any conventional medical treatment, which usually means a combination of laser therapy and Big Pharma drugs like Lucentis and Eylea.

Meanwhile, scientists at University of Southern California’s Roski Eye Institute have also discovered another potential AMD cure with stem cells.

Like the doctors at Moorfields, the USC researchers used stem cells to build a retinal implant designed to mimic the RPE, which breaks down as AMD progresses. Then they inserted them into the eyes of four patients with dry AMD.³

A few months later, the researchers noticed the patients’ retinas had changed shape. That’s because the diminished RPE layer at the back of the retina was growing back, thanks to the growth of the implanted stem cells into new RPE cells.

As part of a clinical trial in 2022, a patient at NIH Clinical Center in Bethesda, Maryland, became the first American to receive therapy using his own stem cells to treat and reverse dry AMD.⁴

3 Easy Steps To Easily Protect Your Vision Today

Hands down, the biggest impact you can make in protecting your eyes from damage is to be specific about the food you eat and the supplements you take. Studies now show that progress of AMD can be slowed by taking certain key nutrients.⁵

At the Sears Institute for Anti-Aging Medicine, I teach my patients three easy steps you can take at home to prevent and dramatically slow the progress of both types of AMD. I've been recommending them to my patients for years.

Step #1: Replenish Your Eyes' Most Important Nutrients

The two most important nutrients for eye health have been vastly depleted in our modern diet. I'm talking about lutein and zeaxanthin. I call them the dynamic duo of eye health — and they are key to AMD prevention and treatment.

Of all the carotenoids you might consume, your macula collects only these two. And their concentration in your retina is so high your eyes can't function without them.

Studies show that eating foods rich in lutein and zeaxanthin can increase the RPE density in the macula... and therefore lower your risk of macular degeneration.

Meanwhile, a Harvard study found that test subjects with the lowest levels of lutein and zeaxanthin accumulation in the outer retina were significantly more likely to suffer from AMD than those with higher levels of these compounds. And the difference in risk between those having the highest and lowest levels was found to be a stunning 75%.⁶

Your body can't make these nutrients. So you have to get them from food. And boosting your intake of lutein and zeaxanthin is easy.

Here are a few suggestions...

To load up on lutein and zeaxanthin, pick up some dark, leafy organic vegetables, like spinach, kale, collards, and Swiss chard.

You should also eat pastured eggs. The yolk provides another natural source of lutein.

And add some color to your meals. Pick a few orange peppers, zucchini and squash. Toss in a few kiwis. All contain zeaxanthin.

I also recommend upping your intake of meso-zeaxanthin. This is a yellow carotenoid produced from lutein in the eye and is also found in small amounts in certain foods. Studies show that

individuals with AMD typically have 30% less meso-zeaxanthin in their macula compared to those with healthy eyes.^{7,8}

The progression of AMD can also be delayed or prevented by taking supplements with a specific high-dose formulation of antioxidants, such as vitamins C and E, as well as zinc, and copper.

Here are the daily dosages I recommend:

- 3000 mg of vitamin C
(take 1,000 mg 3 times a day)
- 400 IUs of vitamin E
- 20 mg of lutein
- 2 mg of zeaxanthin
- 10mg of meso-zeaxanthin
- 80 mg of zinc
- 2 mg of copper

Step #2: Add these 3 ingredients for more AMD protection.

1. **Saffron.** Clinical studies show that saffron, derived from the crocus flower, improves vision in various eye conditions, including age-related macular degeneration and diabetic retinopathy.⁹

Thanks to its anti-inflammatory, antioxidant, and neuroprotective properties, saffron helps preserve vision by preventing cell death. One clinical study showed that long-term use (around 14 months) of 20 mg daily of saffron not only sustained but increased retinal sensitivity and significantly improved visual sharpness.¹⁰



Thanks to its anti-inflammatory and neuroprotective properties, saffron preserves vision by preventing cell death.

2. **DHA.** A 2022 meta-analysis focused on patients with wet AMD. It reviewed data from five studies conducted in Japan, the United States, and Europe, involving over 12,000 patients.¹¹

The results revealed that high consumption of DHA fatty acids significantly lowered the risk of this aggressive type of macular degeneration. Patients with the highest intake experienced a remarkable 49% reduction in risk compared to those with the lowest intake.

The best food sources of DHA are grass-fed meat and organs, wild-caught fish like salmon, lake trout, and herring, and pastured eggs. But I also advise supplementing. I recommend getting at least 600 mg of DHA from a combination of squid and krill oil.

3. **Astaxanthin:** This reddish carotenoid found in marine algae and some seafood protects retinal cells from physical and oxidative stress.¹²

It has been shown to shield eye cells from UV damage and inflammation by inhibiting the activation of nuclear factor-kappa B (NF-kB). Research shows astaxanthin can prevent damage from wet AMD, diabetic retinopathy and glaucoma.¹³

I recommend wild-caught food sources, such as salmon, shrimp, and crawfish. But you should also supplement with up to 50 mg of astaxanthin daily. I advise my patients to look for a supplement derived from *Haematococcus pluvialis* algae.

Step #3: Cut the carbs.

Poor nutrition in general is one of the main causes of AMD. Researchers at Tufts University discovered that people who ate a diet with a high-glycemic-index score — foods packed with most carbohydrates and starches — faced a greater risk of developing macular degeneration.¹⁴

And subjects with the highest dietary glycemic index had a 40% increased risk for developing AMD, compared with those with the lowest glycemic score.

The secret is to follow a primal diet. Calories from fat and protein won't spike your insulin.

Look for grass-fed beef and dairy products, wild-caught cold-water fish, and poultry and eggs from pastured animals. Choose healthy fats like olive oil, butter, and coconut oil.

I also recommend that carbohydrates should comprise no more than 20% of your diet, but preferably less.

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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.

NOTES:

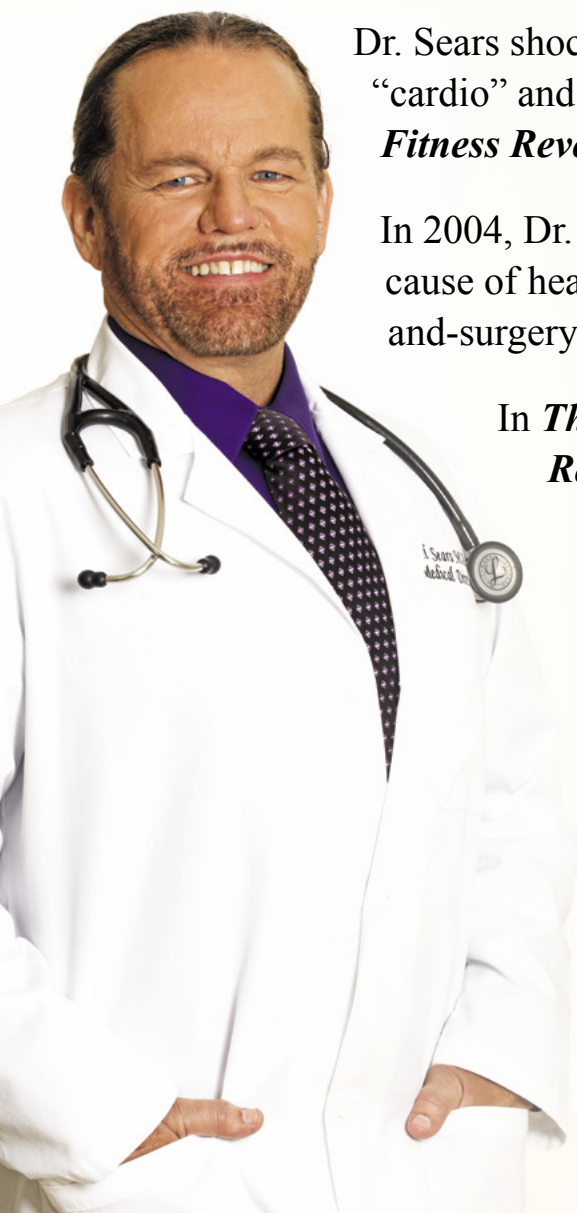
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Al Sears, MD

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).