

September 2024

Vol. XIII Issue 9

Dear Friend,

My patients are beating diabetes naturally — without insulin injections or dangerous Big Pharma drugs. Let me tell you about one of them...

About 10 years ago, Ken was diagnosed with type 2 diabetes, dangerously high blood pressure, and out-of-control blood sugar.

He was 50 years old and taking 10 prescriptions a day. His kidneys were failing him, and he was on the short list for a kidney donation.

He was dying.

When I first met Ken, he shuffled into my office. Every step left him breathless.

I asked him what he was eating.

He told me he'd been following the "expert" advice dished out by mainstream doctors. He'd eliminated fats and was eating a plant-based diet chock full of whole grains.

Ken thought he was doing everything right. But in fact, he was doing the very *opposite* of what he needed to do.

I told my patient I'd help him beat his diabetes if he followed the protocol I recommend to almost all the patients I see in my practice. The foundation of this cure starts with diet.

Within one week, Ken had more energy than he'd had in years. He wasn't shuffling anymore when I saw him.

In less than two weeks, his blood glucose fell 15%, his blood pressure was significantly lower, and his kidney function improved.

Today, we know you can reverse diabetes naturally. But Big Pharma and Big Food aren't interested in a cure. Last year alone, the global diabetes drug market was worth more than \$66 billion.

And it's expected to DOUBLE by 2034.

That's why doctors like me — who treat diabetic patients naturally — are becoming medical outlaws. We're a threat to Big Profits.

The program Ken followed was life-changing. But it's not difficult. It's something you can start today.

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

- **How Big Food created the global diabetes epidemic** and how it continues to profit as the world gets sicker. You'll also learn how to follow a blueprint that your ancient ancestors left that can trigger the hidden mechanisms in your body to prevent — and reverse — type 2 diabetes.

- **That even though he now *admits* that face masks and social distancing don't work**, Dr. Anthony Fauci continues to recommend both for the American public. I'll show you the research that proves why my patients will never go back to these dark days. More importantly, I'll tell you how you can protect yourself from all viral threats without resorting to unnatural — and even dangerous — measures.

- **The missing mineral pumps that pumps the brakes on cellular aging.** Sadly, most doctors never test for deficiency. Instead, the pharmaceutical industry recommends dangerous drugs that promise to give you a few more years of life... but at what cost?

To Your Good Health,

Al Sears, MD, CNS

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How Doctors Like Me Are Becoming Medical Outlaws

Big Food Declared War On MDs Who Dare To Reverse Diabetes Naturally

Every day, millions of people around the world battle type 2 diabetes. You or a loved one may be one of them.

As you know, Big Food and Big Pharma don't have the slightest interest in curing this chronic scourge that now affects more than half a billion people worldwide.

And those frightening numbers are projected to more than double to 1.3 billion over the next few decades.¹

Diabetes cases are expected to surge to 1.3 BILLION by 2050 — but Big Food and Big Pharma have no interest curing the disease.

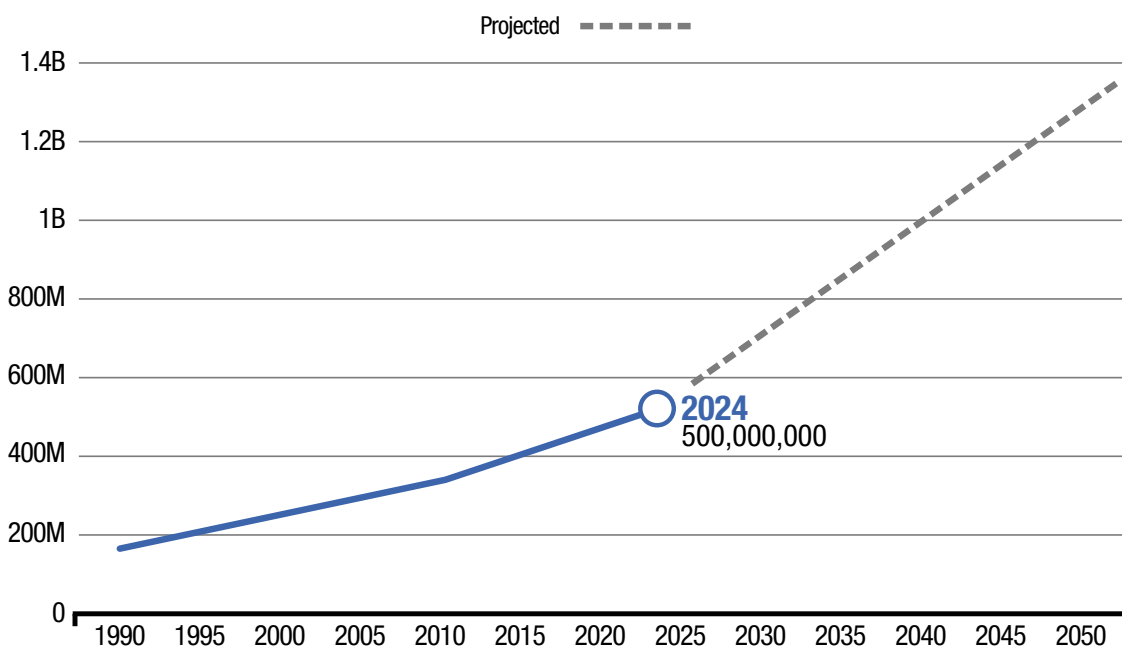
Meanwhile, doctors like me have been turned into medical outlaws for telling patients that we can not only prevent type 2 diabetes, but cure it.

And I'm not alone. Several Australian doctors recently faced a backlash from the Big Food industry for successfully helping patients reverse type 2 diabetes through diet alone.

I'll tell you more about that in a minute. But first let me tell you that similar pressure is happening right here in the United States.

It's no surprise that Big Pharma or Big Food aren't interested in curing diabetes. Last year alone, the global diabetes drug market was worth more than \$66 billion.

Global Diabetes Cases Rising — Set For Faster Increase



Diabetes cases are expected to surge to 1.3 BILLION by 2050 — but Big Food and Big Pharma have no interest curing the disease.

And it's projected to surge to \$132.36 billion by 2034.²

But these Big Pharma meds will never cure the disease. They only manage the disease — and that's just how they want it to stay.

Big Food's profits rely on the sugar and additives that are at the root of the global diabetes crisis in the first place.

Meanwhile, food industry lobby groups have successfully targeted the FDA and Congress, and now diabetes-causing foods are stocked on every shelf, in every supermarket, in every town in America — and the world.

In this article, you'll learn how Big Food has created the global diabetes epidemic and how it continues to profit as the world gets sicker.

You'll also learn how to follow a blueprint that your ancient ancestors left that can trigger the hidden mechanisms in your body to prevent — and reverse — type 2 diabetes.

Doctors Penalized For Advising Patients To Eat Full-Fat Foods

Over the past year, at least seven physicians in Australia have been placed in the crosshairs and reported to their local medical boards for helping patients beat diabetes with diet.

That may sound shocking, but it's true. I've faced the same threats in the past.

These doctors committed no crime except to advise patients to reduce their sugar intake and consume more whole foods like eggs, cheese, and full-fat yogurt.

One doctor told a television interviewer that he was "reported" on more than one occasion for advising patients to reduce sugar and "inappropriately" reversing another patient's diabetes.³

He also said he's been accused of inflicting a "horrendously dangerous intervention" on diabetic patients with this protocol. And he has email evidence that Big Food wants physicians like himself to be stopped from helping diabetics overcome their illness.

"These doctors committed no crime except to advise patients to reduce their sugar intake and consume more whole foods like eggs, cheese, and full-fat yogurt."

As if telling patients to eat less sugar and more fat and protein is somehow a threat to their health!

It turns out that since he had in fact reversed his patients' type 2 diabetes, their change of diet was exactly what they needed to start healing.

Meanwhile, another Australian doctor was reported for suggesting his diabetic patients spend more time exercising at the gym, because it directly benefits the pancreas by reducing blood sugar levels.

These are terrible crimes in the eyes of Big Food and Big Pharma!

Big Agra And Big Food Started The Blood Sugar Nightmare

For most of the 19th and 20th centuries — and probably for thousands of years before that — the incidence of diabetes around the world was constant. But then things took a massive turn for the worse in the 1980s.

By the year 2030, one in every 10 people on the planet is expected to have full-blown type 2 diabetes.⁴

What changed?

Enter Big Agra and Big Food, and the explosion in wheat and sugar consumption — as well as the more recent addition of toxic and nearly nutritionless ultra processed foods.⁵

Wheat consumption in America alone has increased by a staggering 26 pounds since the 1970s to about 133 pounds per person a year — the equivalent of around 200 loaves.⁶

Globally, wheat is Big Agra's most-planted cash crop. Around 215 million hectares — an area the size of Greenland — of wheat are grown and harvested every year, generating more than \$50 billion a year for Big Agra — before it's even processed into the food supply.⁷

Meanwhile, the consumption of sugar, another cash crop, has also skyrocketed. Just look at the chart on page 1 of this article. The average American now consumes around a 170 pounds

of refined sugars each year, compared with just 4 pounds 100 years ago.

Whether it's in sandwiches, pizzas, pasta, toast, breakfast cereals, Oreo cookies or even granola bars in the name of health, wheat and sugar now dominate the western diet.

According to the CDC, the average weight for men in 1960 was 166.3 pounds, compared with 195.7 in 2014. That's almost 30 more pounds spread over every adult male.

The result is sky-high blood sugars, insulin resistance, obesity and a worldwide diabetes epidemic.

Over the past few decades all these sugary, carb-laden concoctions now fall under the category of ultra-processed foods (UPFs). To make matters worse, this means they're packed with even more unnatural refined starches and sugars, and come from industrialized, pesticide-contaminated, genetically modified crops grown on land that's been stripped of nutritional value.

Most UPF products also usually include artificial flavorings, aromas, colorings, emulsifiers, preservatives, and other additives that increase shelf life and profit margins for Big Agra and Big Food — but reduce human life.

Multiple studies directly link UPFs to a significantly increased chance of developing type 2 diabetes, as well as a host of other conditions, including cardiovascular diseases and mental health disorders.⁸

Most doctors respond to diabetes by first telling you that you have something broken inside — a genetic defect. Then they'll tell you that treating the disease is all about controlling your surging blood-sugar levels.

Like my Australian counterparts, I've been reversing diabetes for decades by attacking the true source of the disease — not blood sugar, but insulin resistance.

But you can prevent and reverse diabetes by using the same natural techniques that kept your primal ancestors free of this dreadful condition.

Let me explain...

Diabetes Is A Modern Epidemic, But Not A Modern Disease

Your ancient ancestors never suffered from diabetes. Their bodies knew instinctively how to avoid this scourge, and they even had built-in mechanisms for reversing it if it did happen...

You see, although type 2 diabetes is a modern epidemic, it's not a modern disease.

It's no surprise then that the first mention of the disease appears among the medical texts of the first large-scale farming empires — like ancient Egypt, India, and Greece, all of which were utterly dependent on their grain crops — as far back as 1552 BC.

But before the rise of the first ancient agricultural societies, diabetes was unknown — and most likely didn't even exist.

That's because, plain and simple, type 2 diabetes is caused by the excess of insulin-spiking carbohydrates and starches in our nutrition-less, grain-based modern diet. It has wrecked our metabolism and made our bodies act in ways nature never intended.

You don't get type 2 diabetes from the diet and lifestyle of a hunter-gatherer. And you don't get it from the genes that you inherited from your relatives either, as many mainstream doctors still believe.

The good news is that your body has the inborn blueprint you inherited from your hunter-gatherer ancestors to be strong, smart and disease-free — and that includes freedom from diabetes.

You see, diabetes is your body's response to not following those ancient guidelines.

Heal Diabetes With Ancient Wisdom

I use three natural strategies that modern medicine rarely even considers, to help patients with type 2 diabetes.

You can immediately begin to normalize your insulin levels by reducing your sugar and carbohydrate intake. It's the first step to defeating diabetes, despite what Big Food and the Australian medical boards claim.

But there's a lot more you can do...

Strategy #1. Eat Full-Fat Yogurt (And Other Probiotics): The Australian doctors were right to recommend yogurt to their diabetic patients.

You see, multiple studies now confirm that diabetes starts in your gut — and one of the best ways to improve your gut health is with full-fat yogurt.

Studies show that your gut microbiome — the complex community of trillions of microflora that live in your gut and support your health — also plays a key role in the pathology of type 2 diabetes, as well as defending against it.⁹

Your health depends on mass populations of bacteria living together in balanced harmony, or “bacterial homeostasis.” But when you have an imbalance in your gut — a condition called dysbiosis, where bad microbes thrive, and beneficial ones die — diseases like type 2 diabetes can strike.

Probiotics like full-fat yogurt help redress that balance. The problem is, not all yogurts are created equal.

Most yogurts on supermarket shelves are packed with added sugar. These are more likely to contribute to the development of diabetes, rather than reduce your risk of getting it.

Studies show that live bacterial colonies in yogurt will survive the perils of traveling through your stomach acid to reach your gut.

While I always tell my patients to repopulate their gut bacteria to rebuild a healthy microbiome, I never recommend sweetened yogurts and only a few of the so-called “natural” yogurts are worth considering.

Organic unsweetened Greek or “Greek-style” yogurts will have the highest number of bacterial colonies, along with unsweetened kefir products. Both options have around twice as many active cultures as most yogurts.

You can also try coconut yogurt, which is a non-dairy alternative fermented with live cultures of healthy-gut bacteria, but it contains much less protein than its dairy-based cousin.

Another good option for repopulating your gut with good bacteria is to take probiotic supplements — but make sure you choose ones that can make it through the acid in your digestive tract.

Always check for gut survivability. The manufacturer should be using some form of “acid proof” technology that protects the organisms from your stomach acid.

After a “loading dose” of once a day, most brands can be taken every two or three days thereafter. But don't lapse. Keep feeding your microbiome what it needs.



Full-fat yogurt — recommended by “outlaw” doctors — rebalances diabetes-causing gut bacteria.

Strategy #2. Feed Yourself Fat First: Fat is so important that if your body senses you're starving, it does everything it can to preserve your fat stores.

This goes against everything we've been told for 50 years. In fact, the diet “dictocrats” did everything they could to ban natural fat from your food because they still say it causes heart attacks and other disease. Nothing could be further from the truth.

Following a meal that's high in animal fats and super low in grains and other carbohydrates is as close to the diet of your primal ancestors as you can get.

Fat stabilizes your appetite by triggering the satiety hormones in the hippocampus region of the brain, which makes you feel full.

You feel it in other ways, too. Fat provides long-burning, consistent energy that carbohydrates from wheat and other grains just can't match.

And there are no starches to trigger the extreme insulin response. Because your body doesn't have starches to burn for energy, you burn fat instead.

In the beginning you may notice a little fatigue, brain fog, weakness, low libido, or bad breath. That should clear up in a week or two as your body adjusts to burning fat instead of carbohydrates. Soon your energy and mental sharpness will surge.

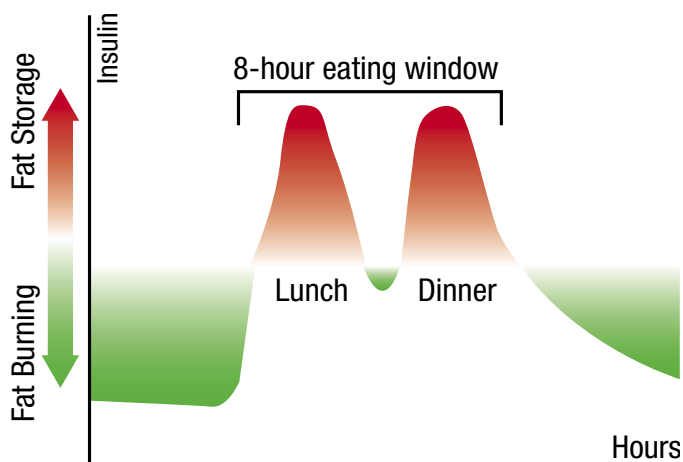
Make sure the fats you choose come from grass-fed cows, pastured pigs, and wild-caught fish.

Add fats like olive oil, coconut oil, avocado, butter, ghee, and heavy cream.

I also recommend MCT (medium chain triglycerides) oil derived from sources like coconut oil, and palm kernel oil. Your liver converts MCT directly to ketones, which are quickly converted into fuel for your body.

Many people think eating fat gives them the green light to eat any kind of fat they want. But even though fat is generally good for you, there are certain fats you have to avoid, including trans fats, omega-6 fats, polyunsaturated fatty acids (PUFA), and any fat from a factory farm-raised animal.

INTERMITTENT FASTING GIVES YOU A FULL 8-HOUR EATING BLOCK EVERY DAY



Red peaks reflect 10 a.m., 2 p.m. and 6 p.m. with green fields reflecting fasting times.

Once your body is accustomed to fasting for 16 hours, you can then fast a full day once a month.

Strategy #3. Mimic The “Feast Or Famine” Of Our Ancestors. For tens of thousands of years, our hunter-gatherer ancestors lived in a world where food was not guaranteed. And their cycle of feast or famine ensured their blood sugar and insulin were never chronically high.

Today I recommend what's known as intermittent fasting. The research is pretty conclusive on its benefits...

Intermittent fasting helps improve glucose regulation, increases stress resistance, and suppresses inflammation.

It also helps cells to activate an important process called autophagy. This is where the body cleans house and recycles worn out components of damaged cells.

One study of 16 healthy people found “alternate day fasting” for 22 days helped them lose 2.5% of their initial weight and 4% of their fat mass. This came with a 57% decrease in insulin levels.¹⁰

Two recent studies showed reversed insulin dependence for patients with prediabetes or Type 2 diabetes when using an intermittent fasting plan.^{11,12}

Weight loss and less insulin dependence are just two of the benefits of intermittent fasting.

In addition, fasting helps:^{12,14,15,16,17,18,19}

- Lower your hemoglobin A1c levels
- Increase your energy
- Help your body produce more growth hormone
- Increase longevity
- Improve blood pressure
- Reduce inflammation
- Boost mental clarity

I recommend that my patients start with a safe, simple regimen that calls for an 8-hour eating window each day, followed by a 16-hour fast.

Here's how it works:

1. Start your day with a 10 a.m. breakfast
2. Lunch at your regular time
3. Finish your dinner by 6 p.m.
4. Your body gets no additional food from 6 p.m. until 10 a.m. the next morning.

When your body gets used to the 16-hour fast, you can move up to the 24-hour mark. Make sure to drink plenty of water to hydrate and flush out toxins.

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Anthony Fauci Admits Face Masks And Distancing Don't Work... But Still Continues To Recommend Both My Patients Say “Never Again” And Are Protecting Themselves With PROVEN Alternative Therapies

As we approach the start of the fall season, Dr. Anthony Fauci declared he wants Americans to start wearing a face mask again and avoid public places. *Just like he is.*

The former director of the National Institute of Allergy and Infectious Diseases made this statement just days after getting Covid for the third time...

Despite being boosted six times.

I can't think of a stronger argument for improving your natural immunity than that. More on this in a moment.

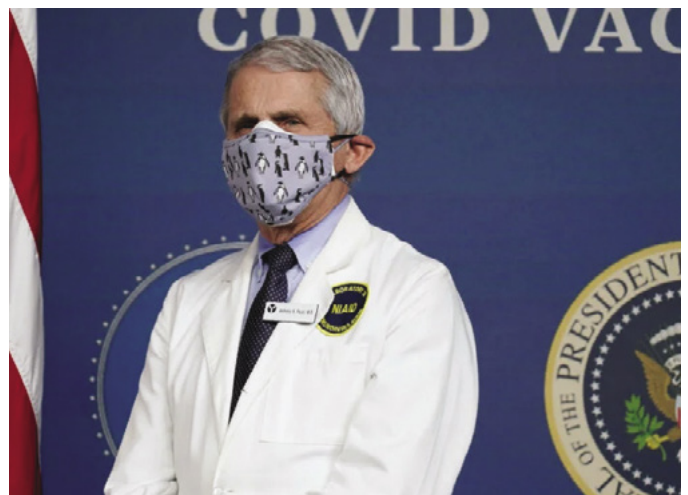
It's true that Covid is making a bit of a comeback. Just like we see a surge of colds and flu this time of year, we can expect the same with this virus.

But it doesn't mean you or your loved ones need to hide behind a mask. Because wearing a mask does nothing to prevent the spread of Covid.

In fact, the damaging effects of wearing a mask have been well-established in the last couple of years.

One study which was quietly re-shared by the National Institutes of Health — the same agency Dr. Fauci worked for — found that wearing a N95 facial mask may expose the wearer to dangerous levels of toxic chemicals.¹

This type of mask has been described as the “gold standard” when it comes to Covid protection.



Former Covid czar Dr. Anthony Fauci wants every American to mask up again — even though it's been proven to be ineffective, and even dangerous.

In the study, which was published in the journal *Ecotoxicology and Environmental Safety*, researchers from Jeonbuk National University in South Korea looked at two types of disposable medical-grade masks, as well as several reusable cotton masks.

The study found that the chemicals released by these masks dramatically exceeded the recommended safety limit of toxic volatile organic compounds (TVOCs).

Inhaling TVOCs has been linked to health issues like headaches and nausea, while prolonged and repeated exposure has been linked to organ damage and even cancer.

The masks had up to 4,808 cubic meters of TVOCs per microgram, which is about 4.8 parts per million. That's more than **8 times** the recommended limit.

In the article, the study authors wrote: "It is clear that particular attention must be paid to the VOCs associated with the use of [medical] masks their effects on human health."

A second study published in the *International Journal of Environmental Research and Public Health* found that the social distancing Dr. Fauci recommends causes "depression, generalized anxiety, acute stress, and intrusive thoughts."²

But here's what's really troubling: **Dr. Fauci knows wearing masks and social distancing don't work.**

In testimony before Congress a few months ago, the doctor admitted he never saw any studies or data that supports mask wearing.

When it comes to the 6-foot social distancing mandate, he says it "sort of just appeared." And that he doesn't "recall" how it all came about.

Yet, both became the de facto law of the land.

When it comes to so-called "protection measures" like this, my patients have told me: Never again.

And they've asked for my help in strengthening their immune defense system.

I'll tell you the same thing I tell them...

You don't have to put on a mask or distance yourself from others. You can protect yourself and your loved ones...safely, naturally, and effectively.

At the Sears Institute for Anti-Aging Medicine, I've been protecting my patients from a variety of viruses for decades — long before Covid became front page news — using a variety of natural therapies, and no vaccines.

CDC Continues The Big Lie About Covid Vaccines

I'm sure you've heard the latest warnings from the CDC and World Health Organization. The agencies declared that the virus is making a dangerous comeback — and the only way to protect yourself is to keep getting vaccinated.

In other words, the more shots you get, the safer you'll be.

But a landmark study conducted by scientists at the Cleveland Clinic has revealed the opposite is true. The researchers discovered that if you receive more than one dose of a Covid vaccine...

You are more likely to contract the virus!

According to the study, the more vaccine doses you get, the greater your risk...

- 1.5 times higher for those with two doses
- 1.95 times higher for those with three doses
- 2.5 times higher for those with more than three doses

Despite these findings, the CDC continues to recommend Covid vaccines for virtually everyone age 6 months and older.

One thing is certainly clear...

These latest findings add to the mounting evidence that the current vaccines don't work like Big Pharma and the CDC claim.

The Cleveland researchers concluded that while the vaccines offer some short-term protection, they are also likely "increase the risk of future infection."

And even after adjusting for various factors, such as age and health, the increased risk remains consistent.

The problem appears to be that taking multiple vaccine doses leads to "antibody-dependent enhancement."

In other words, your immune system's response becomes skewed towards older virus strains, making it less effective against newer strains.

But that's not the biggest issue with these vaccines.

Undeniable Evidence Between Big Pharma's Dangerous Vaccine And "Unexplained" Deaths

In his recent book, *Cause Unknown: The Epidemic of Sudden Deaths in 2021 and 2022*, Edward Dowd who is recognized as an expert

in fraud and interpreting statistics revealed that Covid shots — and not Covid itself — appear to have resulted in higher mortality rates among Americans aged 25-64.

Using data from the U.S. insurance industry, Dowd found that in 2021 the number of “excess deaths” (people we don’t expect to die) among the U.S.’s prime working-age population spiked to 40%, compared with 32% in the general population.³

In other words, the healthiest people in America were dying at a higher rate than the rest of the population — specifically when Covid vaccines became available.

Not only is this opposite of what you expect to be the case, it’s also a complete reversal of mortality rates during pre-vaccination days — even in 2020, the previous year, when Covid struck but vaccinations had not yet been rolled out.

And it wasn’t just the number of deaths that surged — the number of disabilities also spiked at alarming rates.

In the five years before Covid, the monthly disability rate came in between 29 million and 30 million. But after the Covid shots were introduced, the disability trend changed dramatically. In September 2022, for example, there were 33.2 million disabled Americans — an extra 3.2 million to 4.2 million.

Since May 2021, the overall U.S. population has experienced an 11% increase in disabilities. But the disability rate among working Americans — about 98 million people — climbed by a staggering 26%.

The root causes of this off-the-charts increase in deaths and disability can’t be from the Covid virus itself...because we know that Covid isn’t a significant cause of death in young people.

What caused this shift from elderly people, who are expected to die, to younger people, who are expected to keep living?

And ask yourself: What never-before-seen factor was introduced into the working age population that caused these people to die or become disabled?

The reality of these statistics points to one culprit only — the Covid vaccination.

Overlooked Study Supports My Suspicions

In April 2020, German scientists began compiling a database of autopsies conducted on people who had died as a result of Covid-19. As expected, the vast majority of victims were elderly and died from lung damage and multi-organ failure following a collapse of the immune system.⁴

Then in 2023, researchers released figures from the same database.

But this time, it included the autopsies of people who had died AFTER getting vaccinated. And what they discovered was shocking.

They found that 71% of people who had unexpectedly died within 20 days of receiving the Covid vaccine — not including those with preexisting conditions — had succumbed to what was described as “vaccine injury” — many of whom had developed acute myocarditis, which ultimately resulted in a fatal heart attack.

The median age of death was 58. A few had died after the first shot, but most died after the second. Perhaps most telling was that none had any history of coronary heart disease.

The scientists, based at the highly reputable Institute of Pathology at Heidelberg University Hospital, concluded the deaths were “vaccine induced.”

While no such research has been carried out in America, the government here has surely noticed the increased mortality rate among the healthiest people in the country.

Yet they remain silent — and the biggest question here is why?

The answer is obvious... Our government’s longstanding cozy and corrupt relationship with the pharmaceutical industry.

And Covid was big business for Big Pharma.

Pfizer made a record-breaking \$100 billion in 2022 thanks to its vaccine, boosters, and the

anti-viral pill Paxlovid.⁵ But a year later, revenues dropped by a staggering 42%.⁶

While Americans are still concerned about protecting their health, vaccination rates have decreased dramatically. And Big Pharma is looking for its next big pandemic.

“As Covid becomes more mainstream, pharmaceutical companies are looking for the next big pandemic. And they’re counting on their cronies in the federal government to help them out.”

No one can say if that will ever happen.

This is why I always tell my patients that the best defense against all Covid variants is to build up your immune system into an impenetrable shield against all forms of infection.

Big Pharma Is Looking For The Next Big Pandemic

As Covid becomes more mainstream, pharmaceutical companies are looking for the next big pandemic. And they’re counting on their cronies in the federal government to help them out.

Like this announcement from the former director of the CDC Robert Redfield...

In an interview he gave not long ago, Redfield used his platform to announce that a bird flu pandemic will happen.

And that it’s “just a matter of time” when that will be.⁷

But his dire warnings didn’t stop there. He went on to say that bird flu has a “significant mortality” when it enters humans compared to Covid.

It’s just the latest scare tactic from the powers that be. Tactics that will continue to make Big Pharma even richer...

You see, last month, the government quietly awarded \$176 million to Moderna to advance the development of its mRNA bird flu vaccine.⁸ Because according to them, a vaccine is your only protection.

Of course, we know that’s just not true.

So far, there have only been 13 cases of bird flu in the U.S. And one fatal case in Mexico. Your current chances of getting the bird flu are exceedingly remote. You have a better chance of being struck by lightning or winning the lottery.

You see, in order for the media’s doomsday predictions to come true, the virus would have to mutate before it could go from person to person.

I’m Helping My Patients PREVENT Covid With 1-Hour Technology

The simple act of breathing constantly exposes your lungs to all kinds of viruses, bacteria, particles of pollution, and other harmful foreign matter.

And that means this overlooked organ has evolved its own special immune system to protect itself.

Studies show that, like the rest of your body, your lungs operate two interactive protective systems — an adaptive and an innate immune system.

The innate immune system in your lungs is made up of armies of T cells, B cells, and NK cells, like leukocytes, phagocytes, and macrophages.

These cells, which are released by the alveoli and airway epithelial cells, identify foreign invaders, engulf them, and then eat them. The word phagocytes means “devouring cells” in Greek.

The innate immune system also drives adaptive immunity in your lungs. This is a system of leukocytes with a memory component. And they respond to signals from your innate immune system by producing antibodies for specific protein sequences in specific bacteria and viruses that have attacked your lungs before — and then send out the phagocytes to devour them.

This is why you normally have immunity from colds and flu viruses that settle in your lungs for several weeks after you’ve recovered.

Recent studies at the University of Michigan also show that your lungs, like your gut, are home to a unique community of “good” bacteria — called the lung microbiome. And they have a direct influence on lung immunity.⁹

The researchers found that the lung microbiota, like the microbiota in your gut, is healthiest when they contain the highest number and the greatest diversity of microbes.

They also found that not only do environmental factors like smoking and pollution affect the diversity balance of your lung microbiome, but levels of antibiotic use also have a profound impact.

Meanwhile, other studies also show that alveoli have their own specific immune stem, which is regulated by the lung microbiota.¹⁰

The problem is that these special immune system functions operate optimally only in healthy lungs.

Studies show that the inflammation in the lungs of smokers and people with chronic bronchitis and emphysema — both inflammatory diseases of the airways — causes impaired immune responses.¹¹

Keeping your lungs healthy is one of the most powerful preventative steps you can take to protect yourself against harmful viruses and germs. It's also the key to restoring your native immunity... the disease-fighting power nature intended for you.

Here at the Sears Institute for Anti-Aging Medicine, I help my patients to build their immunity and strengthen their lungs using hyperbaric oxygen (HBOT).



Studies prove hyperbaric oxygen therapy can treat and prevent Covid as well as improve overall lung function.

It's one of the most effective treatments against Covid that I can recommend. Here's why...

As you know, Covid invades your respiratory system and causes acute respiratory distress with complications ranging from loss of lung function to blood clots. But HBOT oxygenates your blood, boosting immunity by delivering 100% oxygen to the pulmonary system. This highly oxygenated blood then:^{12,13,14,15,16,17}

- Prevents pulmonary inflammation
- Suppresses respiratory secretions
- Increases lung function
- Inhibits the formation of blood clots
- Destroys germs, microbes, and bacteria
- Increases the number of white blood cells in the body
- Improves the ability of white blood cells to seek and destroy invaders

While HBOT is a proven therapy to **prevent** Covid, it's also a highly effective way of treating the condition if you've come down with it. And an increasing number of studies back me up...

In one study, researchers placed 35 Covid patients in an HBOT chamber for one hour a day for five days. Some of these individuals had oxygen saturation levels that averaged only 70%. Normal levels are between 95% and 100%, indicating these patients were hours from death.

By the end of treatment, every patient had oxygen saturation levels above 94%.

Add The Best Immune-Boosting Supplement I Know Of...

In addition to HBOT, I recommend supplementing with the best immune system booster against all kinds of cold viruses.

I'm talking about the medicinal herb astragalus.

And if you've already had multiple vaccines, I also recommend taking this herb to rebuild your immune system's strength.

Dismissed for decades by American doctors as folk medicine, astragalus has been used for thousands of years by traditional healers.

Recent studies reveal that astragalus has especially powerful anti-Covid effects — thanks to:¹⁸

- Immune-boosting saponins
- Antioxidant flavonoids, and
- Dozens of anti-inflammatory oxygen-rich polysaccharides

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 defender 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 behind Covid — and aid in their destruction.¹⁹

It heightens the efficiency of virtually every component of your immune system and provides your body with a near-impenetrable defense.

Astragalus is available in a variety of forms, including dried root, powdered root, capsules and extracts. Here are three ways I suggest taking astragalus:

1. Use The Root To Make An Immune-Booster Tea: The traditional method of taking of astragalus is to make a tea. Simply add one tablespoon 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.

2. 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.

3. Try Nano Astragalus: Made from an astragalus extract called cycloastragenol, this nano technology extract is more easily absorbed, which makes it more effective. In one study, researchers tested the effects of cycloastragenol on white blood cells — the backbone of your immune system. After just a few months, they

found that those taking this form had cells that were typical of people 20 years younger. I suggest taking 100 mg daily.



Drinking a cup or two of astragalus tea is an easy and safe way to boost your natural immunity.

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Missing Mineral Pumps The Brakes On Your Cellular Countdown Clock

But Most Doctors Never Test For Deficiency

Big Pharma is at it again. Luring you into their drug pipeline with promises of “new anti-aging pills” that can help you live longer.

But what they really care about is recycling old drugs by slapping on a fresh coat of paint and repurposing them in trendy, new ways.

Like rebranding the old diabetes drug acarbose and the organ anti-rejection pill rapamycin as the latest “longevity solution.”

Of course, they gloss right over all the dangerous side effects with unproven promises of keeping you alive longer.

Acarbose is an alpha-glucosidase inhibitor. Complications connected with the drug include severe constipation or bloody diarrhea, unusual bleeding from the nose, mouth, vagina, or rectum, bruising, and liver problems.

Rapamycin is even more dangerous. This drug works to control cellular growth by suppressing your immune system. It's FDA approved for people who undergo organ transplants.

This drug is necessary to keep patients from rejecting a donated organ. But it's a dangerous way to promote longevity.

The FDA even slapped a “black box” on it. That's the agency's most extreme warning for drugs that come with “serious or life-threatening risks” — like infections, pneumonia, and cancer.

When it comes to longevity, I tell my patients that my focus is on improving health span. You see, I've always had an idea that deep down, living *longer* isn't what people want.

Black Box Warning Medications



Big Pharma's latest anti-aging pill comes with a “black box” warning. That's the FDA's most extreme caution for drugs with serious risks.

As long as they're mobile and independent, and still have a sharp mind, most people accept that nature has given us a pretty good lifespan.

And that's what my patients often tell me. They want a better quality of life, not more years.

That's why I have always been about anti-aging. Extending life is a noble goal — and one that I help my patients pursue. But I also want to help you live better NOW.

As a regular reader, you know you don't need Big Pharma's dangerous drugs to increase and improve your health span or increase your life span.

What you need is nature's own anti-aging miracle — a mineral that delivers healthy, safe longevity.

I'm talking about selenium. It defeats the enemies of health and youth, so you can live younger longer naturally.

Here's the problem though: Almost no one gets enough selenium. Officially, at least a billion — *with a B* — people have a selenium deficiency.¹

In fact, you're probably dealing with a selenium deficiency right now... but your doctor mistook the symptoms for something else.

Selenium Deficiency Often Mistaken For “Normal” Aging

You can't get enough selenium from food alone anymore. That's true even if you eat a healthy, varied diet. And you can thank Big Agra for that.

With their harsh pesticides, synthetic fertilizers, and single-crop strategies, massive commercial farms have stripped the nutrients from the soil.

No nutrients in the soil means no nutrients in the food.

If you have low selenium levels, you probably won't know it. In fact, unless you have a severe disease-causing deficiency, most doctors wouldn't even think to test you.

I'm not surprised, but I am disappointed. After all, even slightly low levels of selenium can cause specific symptoms, including:

- Fatigue
- Brain fog
- Depression
- Hair loss
- Weakened immunity
- Muscle weakness

Sound familiar?

We know low selenium causes symptoms. But most doctors just chalk it up to “normal” signs of aging. Or worse, they mistake it for a different chronic issue — usually thyroid insufficiency.

And then they treat it the wrong way. You get stuck taking drugs that you don't need and won't help. Big Pharma wins again.

If you're dealing with any of these symptoms, ask for a selenium level test. A simple blood draw could give you the real answer to why you're feeling old, weak, and tired.

But selenium has another vital role in your health span and longevity. It slows down your biological clock.

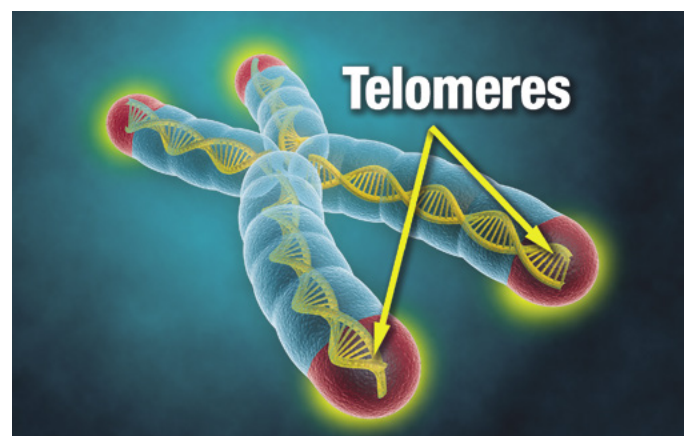
Selenium Pumps The Brakes On Your Biological Clock

Of course we have to age — there's no way to stop time. But you don't have to *feel* old. That's all a function of biology. And you can tweak your cells to keep them young and vital for as long as possible.

Every chromosome in your body has what I call a “cellular timer.” That timer — known as a telomere — determines how long that cell will stay alive and healthy.

A telomere acts like a molecular clock that counts down a cell's lifespan by progressively shortening with each cell division until it reaches a critical point where the cell can no longer replicate and dies off.

As you age, more of your cells have shorter telomeres. So your cells, tissues, and organs stop refreshing themselves, making you feel older and slower.



Oxidative Stress And Inflammation Speed Telomere Shortening. Telomeres are highly vulnerable to damage. Two of the biggest threats include oxidative stress brought on by free radicals and chronic inflammation. Both of those can increase dramatically as you age.

You know that oxidative stress and inflammation play a part in most of the diseases of aging. Here's why: They shorten your telomeres, which speeds up cellular aging. Telomere shortening can lead to cellular senescence and apoptosis,

"Increasing telomere length helps fight disease and aging. By making your telomeres longer and keeping them that way, you'll experience a rebirth of youthful vitality."

deficiency. Breakthrough research in the last decade has shown that selenium can activate telomerase and increase telomere length.

Breakthrough research recently proved it.⁵ In the study, researchers followed 3,194 middle-aged and older adults.

Short Telomeres Directly Linked To Death and Disease. The shorter your telomeres, the weaker and older your body will be – no matter how old you actually are. Short telomeres speed up the debilitating effects of aging. And they drastically increase your risk of age-related diseases from Alzheimer's to cancer...and death.²

Studies show that short telomeres have been linked to a:^{3,4}

- 625% increased risk of a major cardiovascular event
- 318% increased risk of death from heart disease
- 854% increased risk of death from infectious disease

The solution is obvious. Increasing telomere length helps fight disease and aging. By making your telomeres longer and keeping them that way, you'll experience a rebirth of youthful vitality. I've seen incredible results in my patients: sharper memory, plenty of energy, healthy hearts, and more. And just like them, you can live younger longer by protecting your telomeres.

Telomerase Resets Your Cell Timer. Telomerase is an enzyme that rebuilds the telomere and stops them from getting shorter. It can even reset them by adding back previously lost length. Telomerase also helps stabilize and restore DNA so your cells can keep dividing to create perfect copies.

In doing so, telomerase slows down cellular aging like a literal fountain of youth for your cells. Younger cells mean a younger, more vital, more energetic life for you no matter what the calendar says.

Today we know we have the power to slow down — and reverse — aging by reversing a selenium

They found that for every 20 micrograms increase in dietary selenium intake, telomere length increased by 0.42%. The association was even more pronounced in females and non-obese participants.

Additional studies found:^{6,7,8}

- A significant association between selenium intake and telomere length in female hypertension patients.
- Participants who took a combination of selenium and coenzyme Q10 had longer telomeres than those who took a placebo.
- Selenium's antioxidant properties may protect against heavy metal-induced telomere shortening.

Selenium doesn't get a fraction of the attention it deserves. In addition to increasing telomere length, it has dozens of critical functions and disease-preventing capabilities.⁹

This Super Mineral Also Reverses Aging On A Biological Level

But its real superpower is reversing aging on a biological level.¹⁰ And it does that in seven important ways.

1. **Building Selenoproteins:** Selenium combines with amino acids to form healing molecules called selenoproteins. They play a variety of roles in the body, including preventing the accumulation of reactive oxygen species (ROS).¹¹

2. **Antioxidant Protection:** Selenium delivers powerful antioxidant protection against cell-and telomere-damaging free radicals.¹²

3. **Anti-inflammatory Action:** Selenium shuts down chronic inflammation and stops unnecessary inflammation activation.¹³

4. Cellular DNA Protection And DNA

Synthesis: Selenium keeps your cellular DNA perfect by reducing the frequency of mistakes and increasing DNA repair capabilities.¹⁴

5. Protecting Against Infection: Your immune system needs selenium to defeat infections.¹⁵ Low selenium levels make you more vulnerable to viral and bacterial infections and lead to increased symptom severity and longer recovery times.¹⁶

6. Boosting Immune System Function:

Selenium helps activate immune cells and prompts your immune system to produce more of the right kind of immune cells when they're needed.¹⁷

7. Heavy Metal Detoxification. Selenium can interact directly with heavy metals like mercury, cadmium, and arsenic, and excrete them from the body.¹⁸

Selenium Protects Against Chronic Diseases

In addition to increasing telomerase to lengthen telomeres, selenium has dozens of critical functions and disease-preventing capabilities, including:

Defends Against Certain Kinds Of Cancer.

Selenium deficiency is associated with a higher risk of cancer. And increasing levels can help reduce your risk of cancers such as prostate, breast, lung, colon, and liver cancer. There is evidence that it may also help slow down existing cancer progression and tumor growth.^{19,20}

Boosts Blood Flow To Help Improve Heart

Health. Low selenium has been directly connected with coronary heart disease, heart attack, and stroke. Higher selenium levels reduce your risk of heart disease and cardiac-related death by fighting inflammation, increasing blood flow, and protecting against plaque buildup.

Protects The Thyroid By Regulating

Hormones. Selenium activates thyroid hormones when you need them and deactivates them when you don't.²¹ In fact, your thyroid has the highest proportional concentration of selenium in your whole body. Even mild selenium deficiency can cause overactive or underactive thyroid and contribute to autoimmune thyroid disease.

Increases Brainpower And Improves Mood.

This mineral helps ward off depression and anxiety. It's also been shown to reverse age-related cognitive decline, promote new brain cell creation, and restore memory loss. A 2019 meta-analysis compared brain tissue selenium levels between Alzheimer's patients with those without Alzheimer's. It found that the Alzheimer's patients had significantly lower selenium in their brains as compared to those without Alzheimer's.²²

A second meta-analysis showed that Alzheimer's patients are strongly associated with lower selenium concentrations compared to healthy people.²³

You can see why I recommend selenium for all of my patients who want to turn back their cellular clocks and live younger longer.

Sadly, vital nutrients like selenium have been obliterated from our modern food supply.

Big Agra Has Stripped Our Modern Food Supply Of Selenium

Two million years ago, our hunger-gatherer ancestors got all the selenium they needed by eating organ meats, like liver, heart and even brains. And 12,000 years ago, our forebears got plenty of selenium from the first crops early farmers grew.

Today, 90% of nutritional minerals have been stripped from the soil.

It began when those early farmers first tilled the soil. Then they tilled it again...and again.

The problem is, when land is constantly recultivated, crop yields become more disappointing...and increasingly deficient in nutrients.

It takes a staggering 500 years for nature to build less than an inch of living soil — and only seconds to destroy it.

It's why today's fruits and vegetables — including "organic" produce — contain only a fraction of the nutrients the first crops had.

Of course, Big Agra's pesticides and chemical fertilizers have made this problem much worse.

The devastating affect this had on early farming communities is revealed in ancient bone fossils. Archaeological studies show that within just a few generations those first farmers grew sickly, weak and even shorter, compared with the bones of hunter-gatherers.

That's the effect of nutritional genocide. Today, with the rise of Big Agra, that same devastation has spread across the globe. Most of us are puny weaklings compared to our primal ancestors.

As mentioned, Big Agra has continued, on an industrial scale, what those early farmers began — planting and replanting the same land, stripping nutrients from the soil season after season.

You see, nutrient-rich soil is created by the natural ecosystem of wild and diverse plant life.

Big Agra has the opposite effect. Its focus is on singular crops (monocultures) and reaping maximum yield with the least expense. It has nothing to do with nutrition or biodiversity. Big Agra's industrial farming methods have just about "cleansed" the earth of the crucial plant compounds you evolved to depend on for your health.

Big Agra's biggest cash crop does the most damage of all...

Researchers at the University of Tokyo found repeated planting of soy almost completely eliminates selenium content in soil wherever it's planted.²⁴



Big Agra has stripped vital minerals like selenium from the soil.

That means in America alone, nearly 84 million acres of land have been stripped of selenium.

But while your diet and the environment around you have altered, your body still has the same biological and metabolic needs.

Increase Selenium For Healthier Longevity

Longer telomeres... a stronger heart... faster thinking... a healthy thyroid... and cancer protection.

You can see why I recommend selenium for all my patients who want to turn back their cellular clocks and live younger, longer.

Here's what I tell them:

1. **Start With Your Diet.** As I said earlier, it's hard to get enough selenium from food alone, thanks to industrial agriculture. But it's still an excellent place to start building your selenium stores.

Foods with naturally high selenium content include Brazil nuts, sunflower seeds, grass-fed beef liver, oysters, wild-caught cod, halibut, and sardines, full-fat cottage cheese, pastured eggs, and shiitake mushrooms.

2. **Then, Take The Right Supplement.** When it comes to selenium supplements, you want to make sure you choose the proper form and take the right amount.

Selenium is a mineral — a metal. This can be tough for your body to absorb in their inorganic form. That's why you'll want to avoid any supplement using the selenite form, such as sodium selenite.

Instead, look for organic forms your body can easily process, such as selenomethionine or selenocysteine. I suggest supplementing with between 100 to 200 micrograms daily.

3. **Add Some Zinc.** To get the most from selenium, you'll want to make sure you're getting enough of its companion nutrients: Vitamin E and Zinc.

Vitamin E increases selenium's antioxidant potential. Together these two nutrients work

even harder to prevent cellular damage and keep telomeres long.²⁵

Zinc also boosts the effectiveness of selenium, especially when it comes to cellular protection. The two minerals team up to repair DNA²⁶ and protect cellular health and integrity.

Don't Take Too Much Selenium

No matter which form of selenium you choose, don't consume more than 400 micrograms daily, including from food sources. Excess selenium can cause serious – even deadly – consequences. If your nails turn brittle or you experience new sudden hair loss, you're taking too much selenium.

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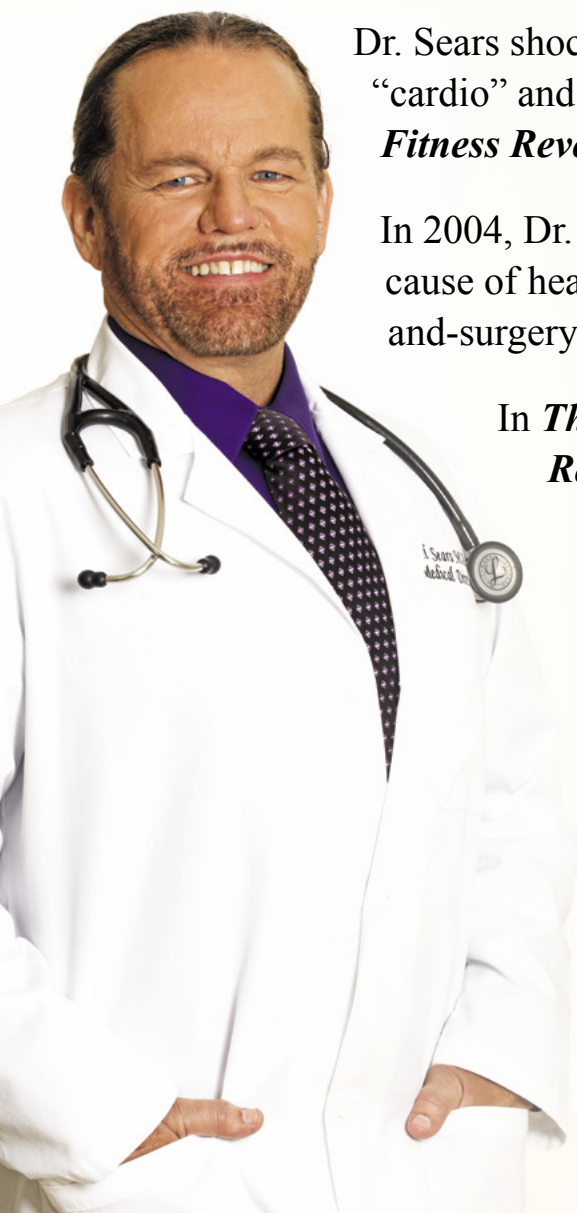
The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.

Al Sears, MD

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

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

In 2010, Dr. Sears unveiled his proven anti-aging strategies in ***Reset Your Biological Clock***. As the first U.S. doctor licensed to administer a groundbreaking DNA therapy that activates the gene that regulates telomerase, Dr. Sears made history by bringing telomere biology to the general public.



Dr. Sears shocked the fitness world by revealing the dangers of aerobics, “cardio” and long-distance running in his book, ***PACE: The 12-Minute Fitness Revolution***.

In 2004, Dr. Sears was one of the first doctors to document the true cause of heart disease and expose the misguided and often fatal drugs-and-surgery approach to heart health.

In ***The Ageless Heart Manual: Advanced Strategies to Reverse Heart Disease and Restore Your Heart's Pumping Power***, Dr. Sears outlines the easy-to-follow solution that effectively eliminates your risk of heart disease, high blood pressure and stroke.

An avid lecturer, Dr. Sears regularly speaks at conferences sponsored by the American Academy of Anti-Aging Medicine (A4M), the American College for the Advancement of Medicine (ACAM) and the Age Management Medicine Group (AMMG).