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Dear Friend,

It's one of the most overlooked root causes of Alzheimer's today...

I'm talking about the silent starvation of your brain.

You see, the food you are eating — and more importantly, the nutrients you're NOT getting — are setting the stage for cognitive decline.

But there's good news: Your body still remembers what true nourishment looks like.

Alzheimer's is a recent phenomenon.

Our ancient ancestors never had this problem. But today, there is a major factor that is having a devastating impact on our health...

I call it a substrate deficiency in the foods we eat.

The Standard American Diet leaves most of us overwhelmingly deficient in the key nutrients our brains need for normal functioning.

That leaves your brain vulnerable to all the poisons from our modern toxic world.

Because you're missing the building blocks that are keys to defending yourself.

To build a normal, healthy, and active brain — *and maintain that brain* — you require certain key nutrients.

Like fuel for your car, these nutrients are what your brain was built to run on so it can thrive.

The problem is, we're no longer getting these key nutrients in sufficient amounts from our diet.

One of the nutrients is a unique brain fuel that has been proven, in numerous scientific studies, to stop Alzheimer's in its tracks.

In your June 2025 issue of *Confidential Cures*, you will discover:

- **The healthy fat you'll never hear about from your doctor.** Thousands of people worldwide have reversed the symptoms of cognitive decline, restored mental clarity, and regained their lives — all thanks to the ketone-generating power of this super-fat. Yet traditionally trained doctors as well as most nutritionists continue to warn their patients *not* to eat it. Find out how patients are curing their Alzheimer's by adding this fuel to their diets.
- **How you can cut your risk of Alzheimer's in HALF.** Recent breakthrough research has uncovered why some patients have brains that remain active and vital well into their 80s, 90s, and beyond. These "super-agers" have retained high levels of a signaling protein and growth factor that supports the growth, function, and survival of brain cells. Find out how you can increase levels through diet and supplements.
- **How the consumption of one of the world's most popular cooking ingredients** ramps up chronic inflammation and dramatically increases your risk of developing some of the most aggressive and deadly kinds of cancer there is. But its damaging effects go even further — and are linked to heart attack... insulin resistance... mitochondrial damage... and more. Find out the quick swap that will slash your risk of these chronic diseases.

To Your Good Health,

Al Sears, MD, CNS

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Your Brain Isn't Broken — It's Starving For This Fat

Today I want to tell you about an Alzheimer's patient who reversed the disease without Big Pharma's dangerous drugs.

For 12 years, T.P. had been suffering from younger-onset advanced Alzheimer's. Doctors told him his condition was "genetic" and "irreversible."

His medications failed at slowing down his disease. In fact, one of the drugs made his Alzheimer's worse.

T.P. knew time was running out. So he enrolled in a study sponsored by the National Institutes of Health.¹

Before starting his treatment, T.P. took a test for cognitive function called the Mini-Mental State Examination. He scored low — 12 out of 30 — indicating severe dementia.

Ten weeks later, after taking what I call a "memory-restoring miracle," T.P. took the test again.

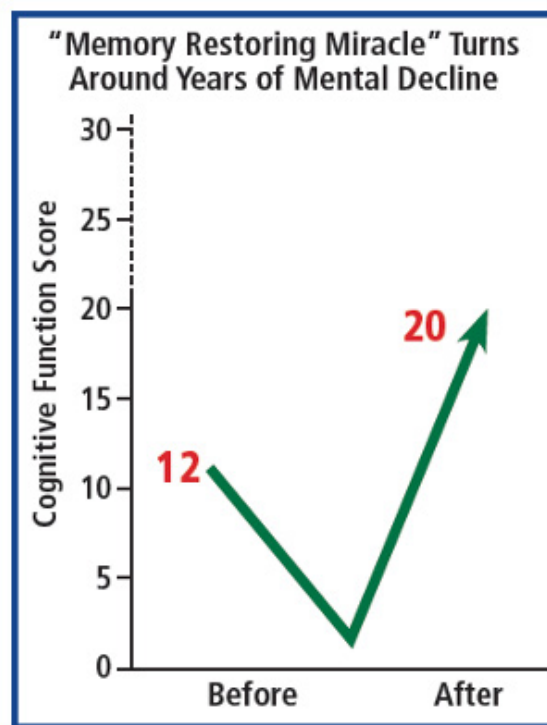
He scored an amazing 8 points higher, for a score of 20. While that still put him in the "mild dementia" category, it was a drastic improvement.

A person with Alzheimer's typically DECLINES two to four points each year.

The researchers also noted a "rapid improvement in T.P.'s personality, mood, and tremor."

For two years, T.P. stayed practically cured of Alzheimer's. Then everything changed...

A follow-up study put T.P. back on a Big Pharma Alzheimer's drug. After one month, his old symptoms came roaring back.



T.P.'s cognitive tests were going downhill. But after taking a memory-restoring oil once a day, his results jumped an incredible 8 points in 10 weeks.

Once again, T.P. ditched the drug and went back on the "memory restoring miracle." And this time he was back to his revived self in just three hours.

What turned things around was a special kind of fuel — the kind of fuel your brain really wants. The kind it thrives on.

And it comes from one simple, overlooked oil.

The Brain Fuel That Stops Alzheimer's In Its Tracks

Your brain makes up only about 2% of your body weight, but it consumes around 20% of your energy. That's usually in the form of glucose.

But there's a problem. As you age, your brain becomes less efficient at using glucose. This is why memories fade... your focus weakens... and things can spiral into full-blown dementia.

But there's a backup fuel system that's been overlooked by mainstream medicine — and it's far more efficient than glucose, especially in aging brains.

I'm talking about ketones — biochemicals that are produced in your liver when your body breaks down fat — that can then be used for energy instead of glucose.

It's the reason that ketogenic diets help people burn pounds of dangerous, unwanted fat and boost energy levels in people with chronic fatigue.

Multiple studies also reveal that high-fat diets can significantly improve the mental state and cognitive function of people with Alzheimer's.²

Some people can find a full-fat diet hard to maintain. Others are just not suited to it.

But there's a much better — faster and more reliable — way to flood your brain with ketones. It's called MCT oil.

What Exactly Is MCT Oil?

Chances are high you won't hear about MCT oil from your doctor. That's a real tragedy.

MCT stands for medium-chain triglycerides. They are a type of fat found naturally in coconut oil, palm oil, and some dairy products.

But as a supplement, MCT oil is a concentrated extract, providing pure, targeted fuel for your body and brain — and it's what turned T.P.'s brain and life around.

You see, what makes medium-chain triglycerides so special is how your body handles them.

Unlike long-chain fats, which have to go through a long digestive process, MCTs go directly to your liver, where they are rapidly converted into ketones.

These ketones then travel through your bloodstream and deliver instant energy — especially to your brain.³

And here's the best part: Unlike glucose, your brain's ability to use ketones doesn't decline with age.

In fact, studies show that even Alzheimer's patients — whose brains can no longer use glucose effectively — still use ketones without a hitch.⁴

This means MCT oil can literally bypass the damaged energy pathways in a diseased brain — and bring it back to life.

The Proof Is In The Gray Matter

This isn't theory or wishful thinking. The brain-boosting power of MCT oils has been proven—in labs, clinics, and most importantly, in real people.

Thousands have reversed the symptoms of cognitive decline, restored mental clarity, and even recovered speech and personality — all thanks to the ketone-generating power of MCT oils.

Let me show you some of the research.

• **A 90-Minute Brain Boost — Proven In Clinical Trials.** In one of the most talked-about studies, researchers gave a single dose of MCTs to 20 older adults with mild cognitive impairment. This is often a precursor to Alzheimer's.^{5,6}

Within just 90 minutes, those who received MCTs had higher ketone levels — and they scored significantly better on memory recall tests than the control group.

After a single serving.

Now imagine what your life will be like when you make this part of your daily routine.

• **Reversing Alzheimer's — The Newport Case.** Perhaps the most famous success story comes from Dr. Mary Newport, a physician whose husband was diagnosed with early-onset Alzheimer's while in his 50s.⁷

Steve was declining rapidly. Before long, he was unable to dress himself, recognize loved ones, or even speak full sentences.

After researching alternative therapies, Dr. Newport came across studies showing that ketones could serve as an alternate brain fuel in Alzheimer's patients. So she began giving her husband MCT-rich coconut oil twice daily.

In just a few weeks, Steve began making eye contact again. He could hold conversations. He started laughing at jokes. And his memory and cognition test scores improved — dramatically.

Dr. Newport documented his clock-drawing tests — once incomprehensible scribbles, now full circles with correct hands and numbers.

That's not just better memory. That's real neuro-regeneration.

Last year, Dr. Newport published a follow-up report in the journal *Medical Research Archives*.

In the study, she looked at the results of 288 patients with Alzheimer's, dementia, Parkinson's with dementia, mild cognitive impairment, and other diagnosed or subjective memory impairments.⁸

After taking MCT oil, an incredible **89% of the patients reported improvement** in areas including:

- Memory
- Cognition
- Recall
- Social behavior
- Mood
- Speech
- Conversation



Within weeks of using MCT-rich coconut oil twice a day, researcher Dr. Mary Newport's husband dramatically improved his memory and cognition test scores.

• **PET Scans Don't Lie — Ketones Work When Glucose Doesn't.** One of the most remarkable things about MCTs is how they can bypass damaged pathways in the brain.

With Alzheimer's, brain cells lose the ability to use glucose effectively. But PET scan studies show that even in advanced Alzheimer's, the brain continues to absorb and use ketones normally.^{9,10,11}

In other words, when glucose fuel fails, ketones take over — and keep the lights on.

This is a critical discovery. It means that ketone-based nutrition — especially from MCTs — have the power to halt or even reverse a cerebral energy crisis in a degenerating brain.

• **Long-Term Benefits — Better Brain Volume, Focus, And Mood.** Research also shows that ketones may help preserve brain volume — a key marker of healthy brain aging.

In a study of older adults who followed a ketogenic protocol with MCT support, MRI scans revealed a slower rate of brain atrophy compared with controls. These participants also reported better focus, fewer depressive symptoms, and improved executive function — which included skills like planning, decision-making, and attention span.¹²

One double-blind study showed that MCT supplementation improved cognitive function for six months — with sustained benefits that correlated directly with blood ketone levels.¹³

In other words, more ketones equal increased brain power. It's that simple.

Your Brain Isn't Broken — It's Starving

As an anti-aging doctor, I find that the real proof for the power of MCT oil doesn't come from PET scans or published peer-reviewed data in science journals.

It comes from people like T.P and husbands like Steve. And from the hundreds of patients I've worked with, who have rediscovered their sharpness, personality, and independence — sometimes within weeks.

When I see a 78-year-old patient suddenly remember her grandchildren's names again... or when a former executive starts managing his own finances after being written off as "demented"... that's proof.

All of it points to one truth — your brain isn't broken. It's starving.

And MCT oil is the fuel it craves.

Add MCT And Your Brain Will Thank You

When your brain runs on ketones instead of glucose, you begin to think more clearly. Your memory sharpens. Brain fog lifts.

That's because ketones are cleaner, more efficient, and more protective than glucose.

You see, your brain cells — called neurons — are incredibly energy-hungry. They fire thousands of times per second, constantly relaying signals that control your thoughts, memories, emotions, and even your physical coordination.

To keep up with this demand, your brain needs a steady supply of fuel. Let me show you what I mean...

Most of us have been running on glucose (carbohydrates/sugar) our entire lives. But here's the dirty secret Big Agra, Big Pharma, and mainstream medicine don't want you to know...

Glucose is not the idea fuel for your body or your brain.

When your brain uses glucose, it generates a lot of metabolic waste — free radicals and inflammatory byproducts that damage your neurons. It's like running your car on cheap gasoline full of grit. It'll go, sure — but eventually, the engine gets damaged, wears down and breaks down.

Ketones, on the other hand, are the equivalent of premium octane fuel.

When your body burns fat — especially MCT fats — it produces ketones like beta-hydroxybutyrate (BHB). These ketones glide past the blood-brain barrier and slip straight into your mitochondria, the little power plants inside every

cell in your body — including the neurons in your brain.

And here's the amazing part... Studies show that ketones produce an astonishing 27% more energy per unit than glucose — with significantly less oxidative stress.¹⁴

Like a car engine, that means a cleaner burn with more horsepower and less wear and tear.

But it gets better. Just check out what else ketones can do for your brain:

1. Enhance Mitochondrial Function. Your mitochondria are responsible for generating adenosine triphosphate, or ATP, a biochemical nutrient that powers everything your body does — including brain function.

As you age, mitochondrial efficiency declines. Damage accumulates. And as your mitochondria starts to fail, ATP production also declines and you get symptoms like brain fog, depression, fatigue, and eventually neurodegeneration.

But ketones—especially from MCT oil—stimulate the creation of new mitochondria (a process called mitochondrial biogenesis). They also protect existing mitochondria from oxidative stress and help clean up damaged cells via autophagy, your body's built-in detox mechanism.¹⁵

You see, MCT oil doesn't just provide the mitochondria in your brain with more energy, it also improves the efficiency and health of your energy production system itself.

2. Reduce Brain Inflammation. Chronic inflammation is one of the leading causes of neurodegenerative disease. It's what chokes off your neurons, disrupts communication between brain cells, and leads to cognitive decline.

One of the key benefits of ketones is their anti-inflammatory power. They directly inhibit a protein complex called the NLRP3 inflammasome, which triggers inflammatory cascades in your brain.¹⁶

By switching from glucose to ketones, your brain stops producing so many inflammatory byproducts—and can begin the healing process.

3. Stabilize Brain Chemistry.

Your brain is incredibly sensitive to blood sugar swings. When glucose levels spike and crash, it throws your neurotransmitters out of balance — leading to mood swings, anxiety, and even depression.¹⁷

But ketones provide steady, stable fuel — no crashes, no mental roller coasters.

Studies show that ketones help stabilize glutamate and GABA, two neurotransmitters responsible for mood, calm, and focus.¹⁸

At the same time, ketones are also protective against depression, anxiety, and cognitive burnout.

MCTs Aren't Just For Your Brain

While I first began recommending MCT oils for brain health and Alzheimer's prevention, I quickly realized the benefits go far beyond the brain.

MCT oils are almost entirely made from caprylic and capric acid, which studies show can help manage epilepsy and autism. MCT oils have also been shown to reduce high blood sugar levels and can cool chronic inflammation.¹⁹

But these are just the tip of the iceberg. The list of health benefits from MCT oils is long. Here are just a few of them...

- **Ignite Rapid Fat Loss.** MCTs supercharge your metabolism by boost thermogenesis — your body's fat-burning engine.

MCTs trigger a process called “mitochondrial uncoupling.” When this occurs, the typical pathway of ATP production (using oxygen and glucose) is short-circuited and many of the calories you need to make that energy are lost.

That means mitochondrial uncoupling works as a kind of caloric bypass. The more it occurs, the greater your metabolic rate. So, no matter how many calories you consume, your cells will turn unneeded calories into energy, instead of fat.

Studies also show that MCT oil suppresses appetite. People taking it lose more body fat than those who consume olive oil, despite a similar level of calories.^{20,21}

MCTs are quickly absorbed and converted to ketones within minutes, delivering more energy, less inflammation, and faster recovery.”

- **Boost Physical Performance.**

Whether you're walking the dog, doing yard work, or dominating on the tennis court, MCTs will give your muscles more strength and increase your stamina.

Unlike long-chain fats, which take time to digest, or sugars, which spike and crash, MCTs deliver rapid, sustained energy — and they do it without the insulin rollercoaster.

Studies show that athletes who consume MCTs produce lower levels of lactate (the compound that makes your muscles burn), improving endurance and reducing fatigue.²²

But you don't have to be an athlete to benefit from the powerful performance-boosting effects of MCT oil.

MCTs are quickly absorbed and converted to ketones within minutes, delivering more energy, less inflammation, and faster recovery.

- **Support A Healthy Gut.** Your gut is a control center for your immune system, mood, brain, and energy levels. If your gut isn't healthy, you won't be either.

Modern diets, stress, and toxins destroy the delicate balance of your gut microbiome. But MCT helps nourish the good bugs, kill the bad ones, and rebuild your gut lining from the inside out.

Studies show that MCTs have powerful antimicrobial properties. They fight off bad bacteria, fungi (like candida), and even parasites.²³

Multiple studies reveal that MCTs also help feed and support the growth of beneficial bacteria, like *Lactobacillus* and *Bifidobacterium* — essential for nutrient absorption, immune signaling, and even serotonin production.²⁴

- **Protect Your Heart.** When I tell my patients that MCT oil is one of the best-kept secrets for heart health, they're often surprised. After all, we've been told for decades to fear saturated fats.

But the science is clear — and the truth is finally coming out...

MCTs are not the enemy of your heart. They're one of its most powerful allies.

Unlike the myths you've heard about saturated fat, MCTs can improve your cholesterol profile.

Studies show they raise HDL ("good" cholesterol) and reduce triglycerides — two key markers of cardiovascular health.²⁵

And since inflammation is the root cause of heart disease, the anti-inflammatory effects of MCTs offer another layer of protection.²⁶

Boost Your Brain Power And Your Health With MCT

These special oils are almost entirely made from caprylic (C8) and capric acid (C10). MCTs can easily be incorporated into your daily routine. Here's what I suggest:

1. **Know What You're Taking.** Be sure to choose a high-quality brand that contains mostly C8 (caprylic acid) and C10 (capric acid). These are the most potent and effective MCTs for brain health. If a product's label doesn't specify what you're getting, I'd find one that does.

Avoid MCT powders with artificial additives or sweeteners and stay away from brands that are diluted with long-chain fats or low-grade oils.

2. **Start Slowly.** Take ½ teaspoon with food to begin. Then gradually increase your intake over time to avoid potential stomach upset. Aim for a maximum of 4-7 tablespoons daily, spread out throughout the day.
3. **Add It To Food.** MCT oil is tasteless and odorless, making it a great option for adding to food and drink. I use it to make mayonnaise and salad dressings, and I also add it to my morning coffee.

Here's an easy recipe you can use starting today:

Ingredients:

- 8-ounces freshly brewed black coffee
- 1 tablespoon grass-fed, unsalted butter or coconut oil
- 1 to 2 teaspoons MCT oil, or to taste

Directions:

1. Combine the ingredients in a blender.
2. Mix for about 30 seconds, or until you see a thick head of foam.
3. Serve immediately.

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Reignite Your Brain's Natural Repair Molecule With This Bright Red Berry

Increase Levels To Cut Your Risk Of Alzheimer's In HALF

For decades, scientists insisted that it was impossible for your brain to form new neurons — especially in the part of the brain responsible for learning and memory.

But they were wrong.

Today, thanks to a breakthrough study done in 1998 — that's less than 30 years ago! — we now know that not only is it possible to form new brain cells through a process known as neurogenesis...

But you can also help your existing neurons grow bigger and become more active.¹

Sadly, most conventional doctors still insist that forgetfulness, mental fatigue, and fuzzy thinking are just “a normal part of aging.” That's the usual response from mainstream medicine.

But it's just not true.

You can easily activate neurogenesis to eliminate brain fog and to stop — and even reverse — memory loss. More on that in a moment.

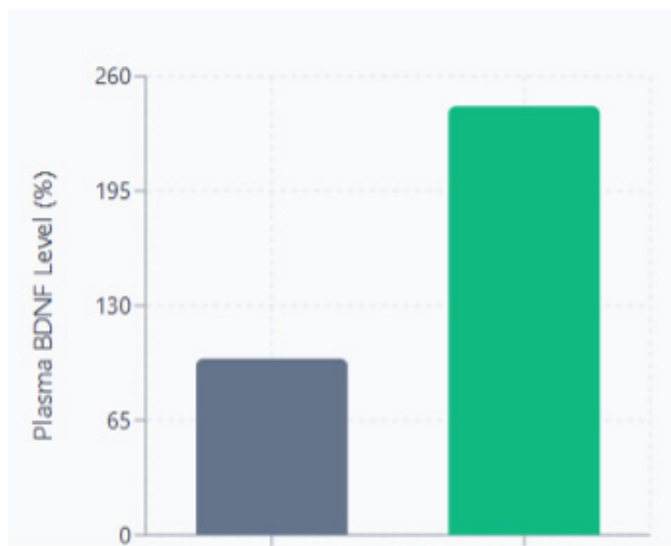
First, let's talk about how you can easily activate neurogenesis and reboot your brain's neurons.

What We Can Learn From “Super-Agers”

An exciting new study is shedding light on how a group of “super-agers” are keeping their brains active and strong.

“Super-ager” is a term for someone whose brain is aging at a rate that's much slower than average.

In a study published in *The Journal of Neuroscience*, scientists found that neurons in the



This berry plays a crucial role in neurogenesis — the process of generating new neurons in the brain that are responsible for learning and memory.

area of the brain responsible for memory were noticeably larger in super-agers compared to their peers.²

In fact, the super-agers had larger neurons than some individuals who were 20 to 30 years younger!

The researchers examined neurons located in the entorhinal cortex. That's the area of the brain whose functions include memory.

The super-agers, who were 80 and older, were compared to cognitively average individuals and those with early-stage Alzheimer's.

In addition to being large and healthy, the neurons found in the superagers' brains were relatively free of tau tangles, one of the classic hallmarks of cognitive decline.

Turns out these superagers had turbocharged their brain's production of brain-derived neurotrophic factor, or BDNF.

This signaling protein and growth factor supports the growth, function, and survival of brain cells — and your brain can't generate new neurons or make new connections between these brain cells without it.³

It's like a "growth hormone" for your brain.

It increases the creation and growth of nearly every type of neuron. It also increases the lifespan of existing neurons.⁴

One study showed that people with the highest levels of BDNF develop dementia 50% less often than people with lower levels.⁵

Low Levels Of BDNF Lead To So-Called "Senior Moments"

You see, these "senior moments" are not symptoms of aging. They're symptoms of low levels of the brain chemical BDNF, short for brain-derived neurotrophic factor.

BDNF is a signaling protein and growth factor that supports the growth, function, and survival of brain cells. Your brain can't generate new neurons or make new connections between them without it.⁶

When patients at my clinic complain they're losing their car keys daily or walk into rooms and forget why they're there, one of my first courses of action is to boost their BDNF.

More than 2,000 peer-reviewed studies link BDNF levels to brain performance, mood, and long-term neurological health.

Researchers have even discovered that the world's longest-living people all share dietary and lifestyle habits that support high BDNF levels.⁷

The good news is that it's easy to raise your levels through diet and supplements.

Here at the Sears Institute for Anti-Aging Medicine, I've found that boosting BDNF is the single most powerful way to protect your brain,

"When patients at my clinic complain they're losing their car keys daily or walk into rooms and forget why they're there, one of my first courses of action is to boost their BDNF."

sharpen your mind, and reverse cognitive decline.

Studies reveal that foods that contain a group of biochemicals called anthocyanins can turbocharge your brain's production of BDNF.

Consuming grass-fed beef and wild-caught salmon — containing omega-3 fatty acids — are other great ways to boost your BDNF levels.⁸

But you can do much better. Scientists have recently discovered one special extract that is an even more powerful way to raise BDNF levels and stop cognitive decline.

A Brain Rejuvenator Like No Other

It's no exaggeration to say that BDNF is the lifeblood of brain health.

This unusual neurotransmitter encourages the growth of new neurons, repairs damaged brain circuits, and even rewires your brain to work better, faster, sharper, and with more resiliency.

You rely on it to:

- Form new memories
- Regain lost cognitive function
- Prevent Alzheimer's and dementia
- Restore your motivation, focus, and emotional balance

The problem is, levels drop off rapidly with age. And if you're over 50, it's likely your BDNF levels are already dangerously low.

You see, modern life attacks your brain at every turn. Poor diet, pollution, inflammation, lack of sleep, and chronic stress all suppress your brain's natural production of BDNF.

Even worse, mainstream medicine does nothing to fix the problem. Their answer to cognitive decline, mental fatigue, and memory loss is a dangerous Big Pharma drug.

But BDNF does something that Big Pharma's chemicals can never do. BDNF promotes the creation and survival of brain cells.

But BDNF doesn't just grow new neurons...

The Brain-Drain Medical Doctors Ignore

Imagine your brain is a city. Your neurons are the buildings. Your synapses are the roads and bridges. Your thoughts and memories are the electricity that powers everything.

Now imagine a massive blackout. Lights go out. Communication lines fail. Transportation shuts down. The whole city grinds to a halt.

BDNF decline is the brain drain that no one in mainstream medicine is talking about...

Sadly, this key brain protein begins to drop off around age 30. By the time you hit your 60s, your levels may have declined by more than 50%. Once the decline starts, your brain becomes vulnerable to memory loss, brain fog, depression, mental fatigue and neurodegeneration.⁹

That's because when your BDNF levels drop...

- Your neurons shrink and die
- Your brain can't form or recall memories
- Synaptic communication fails
- Emotional regulation goes haywire
- Neurodegenerative diseases take root

In fact, brain scans show that people with low BDNF have shrunken hippocampi — the area of the brain that's responsible for memory and learning.

But higher levels of BDNF produce polar-opposite effects. BDNF can light up your brain like a Christmas tree.

Energy flows... Networks connect... And your thoughts move more quickly and clearly.

Increase BDNF To Build New Brain Cells

From the experiences in my clinic, I've found the fastest way to bring someone back from the brink of cognitive decline — whether they're struggling with brain fog and memory loss or they're experiencing the early signs of Alzheimer's and Parkinson's — is to increase their BDNF levels.

Research now reveals that BDNF-boosting foods can be potent weapons against a range of neurodegenerative conditions.

In one study, BDNF-boosting supplements containing anthocyanin extracts helped reduce brain-cell damage from Parkinson's.¹⁰

Researchers have also found that people with Alzheimer's have lower levels of BDNF than healthy individuals, and that a BDNF-boosting diet can help prevent the condition.¹¹

Here's what BDNF does to your brain:

- **Builds New Brain Cells.** BDNF activates a process called neurogenesis — the birth of new neurons. For decades, scientists believed we were born with all the brain cells we'd ever have. That's flat-out false. Your brain can—and will — grow new cells for the rest of your life. But only if BDNF is present.¹²
- **Strengthens Synaptic Connections.** Learning, memory, mood regulation and critical thinking all depend on the strength of your synaptic connections — the way your neurons communicate with one another. BDNF improves the density, speed, and efficiency of these connections. The more BDNF you have, the faster and clearer your thoughts become.¹³
- **Protects Against Alzheimer's And Neurodegeneration.** Low levels of BDNF have been linked directly to Alzheimer's disease, Parkinson's, as well as other forms of neurodegeneration. Researchers have also observed that people with the lowest BDNF levels are up to four times more likely to develop Alzheimer's.¹⁴
- **Fuels Mental Energy And Motivation.** Have you ever felt too exhausted to think? Have you struggled to stay motivated or inspired or focused? BDNF activates areas of your brain like the prefrontal cortex and limbic systems. These are the centers responsible for planning, motivation, and emotional balance. When BDNF levels drop, your brain becomes sluggish... your emotions go flat... and everything feels like a chore.¹⁵

- **Helps You Recover From Stress And Trauma.** BDNF increases your brain's resilience. It helps you bounce back from trauma, regulate anxiety, and protect yourself from the long-term effects of chronic stress. Low BDNF has been implicated in depression, PTSD, and burnout.

Boost Your Mind With This Bright Red Berry

Unlike most neurotransmitters, BDNF is amazingly responsive to lifestyle changes.

I recommend incorporating healthy habits — like regular vigorous exercise, an omega-3 rich diet, increasing the amount of polyphenols you eat, maintaining strong social ties, managing stress, and supplementation — into your daily life.

But you can do even better.

As I mentioned earlier, your brain is not broken... It's starving for the right nutrients. Scientists have discovered turbo-charged BDNF boosting powers in the humble coffee plant.

I'm not talking about the beans. I'm talking about the bright red berries that grow on the plant itself.

For centuries, this part of the coffee plant was discarded as waste. But researchers have now discovered that these berries contain a combination of extraordinarily high levels of polyphenols and neuroactive compounds, far more than the coffee bean itself.

And here's the amazing breakthrough...

In a key, double-blind, placebo-controlled study, researchers gave subjects a single dose of whole coffee fruit concentrate powder and then measured their BDNF levels.

The researchers were astonished by the results.

They recorded a jaw-dropping 143% increase in the subjects' BDNF levels — within a matter of hours.

That's more than what you get from intense exercise or a healthy intake of omega 3s.

Here is how coffee fruit works:

- **Activates Brain Stem Cells.** Studies show this long-ignored fruit stimulates the release of BDNF, which in turn activates neural stem cells in your brain. These stem cells can morph into brand-new neurons, rebuilding brain pathways damaged by aging, stress, or disease.¹⁶

Additional Benefits Of Coffee Fruit Extract

- Neutralize free radicals, which can contribute to cell damage and chronic disease.
- Speed fat loss by breaking down existing fat cells and suppressing production of new fat cells.
- Lower blood pressure to reduce the risk of heart attack and stroke.
- Activate immune cells to boost immunity.
- Stop the formation of tumors and slow the growth of cancer cells.
- Reduce wrinkles by boosting collagen and elastin production.
- Provide sustained energy without jitters or the "coffee crash."



For centuries, fruit from the coffee plant was considered waste — until researchers discovered it contains neuroprotective compounds that improve cognition and protect brain function.

- **Stops Oxidative Stress.** Coffee fruit is packed with powerful antioxidants that protect your neurons from oxidative damage, which triggers inflammation inside your brain. In other words, coffee fruit will help preserve memory, focus, and clarity.^{17,18}
- **Reduces Inflammation.** Chronic brain inflammation is one of the hidden causes of cognitive decline. The polyphenols in coffee fruit calm inflammatory signals and protect your brain's delicate environment.
- **Boosts Immunity.** Your brain and immune system are intricately linked. Immune cells, especially T cells and microglia, play a crucial role in maintaining brain health by monitoring for pathogens, clearing cellular debris, and supporting neurogenesis and synaptic plasticity.¹⁹ Studies show coffee fruit extract increases immune function through its high content of antioxidants and polyphenols.

I suggest supplementing with between 100 mg and 300 mg of coffee fruit extract daily. Look for a product that's standardized to 40% chlorogenic acid.

Because coffee fruit extract can give you a natural boost of energy, it's a good idea to take it in the morning or at least avoid taking it at night.

5 More Ways To Give Your Brain An Even Bigger BDNF Boost

While coffee fruit extract is a true powerhouse, it works even better when combined with these other BDNF-boosting nutrients.

1. DHA – Your Brain's Favorite Fat. This omega-3 fatty acid upregulates BDNF and supports synaptic plasticity — the brain's ability to adapt and create new neural pathways. It also increases BDNF levels in the hippocampus, the area of the brain where memories are processed and retrieved.²⁰

DHA is a type of omega-3 fatty acid found in grass-fed meat, squid, and wild-caught salmon, as well as cold-water fish, like herring and mackerel.

I recommend 600 to 1,000 mg of DHA daily.

2. Lion's Mane Mushroom. This remarkable mushroom promotes nerve growth factor and BDNF, supporting memory and regeneration. A pilot study of healthy older adults found that supplementing with Lion's Mane powder for 12 weeks saw significant improvement in cognitive function and prevented decline into dementia.²¹

Successful clinical trials have used anywhere from 500 mg to 2 grams of Lion's Mane daily. Start at the lower 500 mg dose for at least one week to see how it affects you, then gradually increase it until you're seeing noticeable improvements. Look for a standardized extract with at least 30% polysaccharides. It typically takes three to four weeks for the full benefits to kick in.

3. N-Acetyl-Cysteine (NAC). NAC helps your body produce glutathione, your brain's master antioxidant. Its anti-inflammatory properties help improve BDNF levels by reducing oxidative stress and inflammation, which can impair BDNF production.²²

I recommend taking 600 mg by tablet or capsule per day. After a couple of weeks, you can increase the dosage to 600 mg twice a day.

4. Bacopa Monnieri. Also called "Herb of Grace," Bacopa has been used in Ayurvedic medicine for centuries. Studies show that bacopa protects neurons, enhances BDNF signaling, and improves attention, memory, and recall — especially under stress.

In one clinical trial, researchers learned that 12 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.²³

I give my patients 300 mg twice a day of Bacopa Monnieri Leaf, standardized to 20% Bacosides.

5. Curcumin. This is the best anti-inflammatory I've ever found, and it has astonishing brain-protective qualities. Recent research has confirmed that curcumin regulates and activates the expression of BDNF.

Studies also show that even low doses of curcumin boost the proliferation and survival of newly generated cells in the hippocampus.^{24,25}

I recommend supplementing with at least 1,000 mg. Look for a product that contains piperine to increase bioavailability. And take it with a full-fat meal.

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Are You Cooking With Cancer?

Breakthrough Research Reveals Everyday Ingredient Turbocharges Tumor Growth And So Much More...

Are you unwittingly putting yourself at risk of developing the most aggressive and deadly kind of breast cancer there is?

You are if you're one of the billions of people around the world who cooks with so-called "vegetable" oils.

These oils contain a type of fat called linoleic acid. Linoleic acid is also found in salad dressings, margarine, and processed foods.

This dangerous fat is a form of omega-6 fatty acid — and it directly contributes to triple negative breast cancer.

This is the most aggressive form of breast cancer. It grows faster, spreads further, invades more healthy cells, and almost always comes back. It's harder to treat than other forms of breast cancer.

And omega-6 fatty acids can make this deadly disease even harder to fight.

Groundbreaking new research published in 2025 shows that omega-6 fatty acids accumulate in breast cancer tumor cells and the immune cells that surround them.¹

This suppresses the anti-tumor immune system activity, turning those immune cells from tumor fighters to tumor protectors. The omega-6 fats also help the tumors develop resistance to triple negative breast cancer therapies.

This cutting-edge study sheds new light on the dangers of omega-6 fatty acids.

But that's just a small piece of the full omega puzzle.



A fatty acid contained in common cooking oils can increase the risk of an aggressive and deadly kind of breast cancer.

Get The Real Omega Story

You need both omega-6 and omega-3 fatty acids to stay healthy. Both of these essential fatty acids play a role when it comes to managing inflammation, just on opposite sides.²

Omega-3 fatty acids calm inflammation and omega-6 fatty acids increase it.

And while that sounds bad, it's not. Your immune system uses inflammation as a tool to fight pathogens, repair injured tissue, and aid recovery.

Everything works like it's supposed to when you consume the right ratio of omega-3s and omega-6s. And that's how it worked for most of human history.

But that's not how most people eat now. Today, most people consume 10, 15, and even 20 times more omega-6 fatty acids than omega-3s.³

That creates a dangerously high omega-6 to omega-3 ratio. And it's a major threat to your health.

Seed Oils Dominate And Destroy Health

For most of human history, people cooked with animal fats. But around the late 1800s, a new process developed that extracted oil out of seeds. Suddenly creating huge quantities of seed oils rich in linoleic acid, an omega-6 fatty acid, was easy and cheap.

People started swapping animal fats for seed oils.

Over the next hundred years, seed oil consumption increased a thousand-fold. People thought that since eating seeds was healthy that using seed oil would be too. And no one realized the severe damage they would do.

To start with, seed oils are created through harsh chemical processes. They're bleached, heated, deodorized, and refined. Toxic solvents like hexane are often used to make the oil extraction easier.⁴ All of this processing degrades the oil, removing any potentially healthful compounds.

Because seed oils are so cheap and plentiful, they're widely used in the processed food and fast-food industries. The "hateful eight" most-used seed oils include:

1. Canola
2. Corn
3. Cottonseed
4. Grapeseed
5. Rice bran
6. Safflower
7. Soybean
8. Sunflower

"The shift to seed oils heavy in omega-6 fatty acids changed our bodies down to the cellular level. Most Americans have an unhealthy concentration of omega-6s in their fatty tissue."

In fast foods, these oils are used for deep-frying. They're heated to ultra-high temperatures and reused repeatedly. This oxidizes the oils which creates free radicals, oxidized triglycerides, and volatile compounds.

Processed foods rely on highly refined seed oils to keep the products "shelf stable." This strips out all nutrients and can lead to increased oxidation and rancidity over time.⁵

When you eat linoleic acid and other omega-6 fatty acids, especially in fried or processed foods, you invite all of those free radicals and other harmful compounds in. Add to that the fact that omega-6 fatty acids spark inflammation, and you can see the deadly toll they can take on your health.

How Omega-6 Fatty Acids Turned Deadly

Omega-6 fatty acids like linoleic acid ramp up disease-causing chronic inflammation. They increase free radicals and oxidative stress.

And most Americans consume far more linoleic acid than their bodies could possibly need.

And now scientists know something even more alarming.

Omega-6 fatty acids such as linoleic acid accumulate in your body and stay there for two years before they break down completely. That means that even if you stopped consuming any omega-6s today, it would take at least two more years before they cleared out of your body entirely.⁶

The shift to seed oils heavy in omega-6 fatty acids changed our bodies down to the cellular level. Most Americans have an unhealthy concentration of omega-6s in their fatty tissue.

The excessive linoleic acid triggers OXLAM (oxidized linoleic acid metabolites) formation.⁷ These oxidized fats cause cellular damage, harm mitochondria, and trigger immune reactions. OXLAMs can lead to dozens of devastating health conditions from chronic pain to liver failure to clogged arteries.

All of these factors make excess omega-6 fatty acids hazardous for your health. And their long-term consequences can be deadly.

How Linoleic Acid Affects Your Body

Excess omega-6 in your body creates overwhelming levels of OXLAMs. That triggers systemic health problems that lead to deadly and disabling diseases.

Too much omega-6 accumulation leads to:

- **Chronic Inflammation.** Linoleic and other omega-6 fatty acids increase inflammation. Research shows that a high omega-6 to omega-3 ratio activates chronic low-grade inflammation and creates a pro-inflammatory state in the body, the jump off point for most disease.⁸
- **Oxidative Stress.** Linoleic acid is often oxidized before consumption, especially in highly processed and fried foods. That delivers free radicals straight into your body, along with the creation of OXLAMs that increase oxidative stress even more. The science is clear: Linoleic acid promotes oxidative stress, increasing the free radical burden on the body.⁹
- **Mitochondrial Dysfunction.** OXLAMs created by linoleic acid and other omega-6 fatty acids damage mitochondria so they can't function properly.¹⁰ Every cell in your body relies on healthy mitochondria for cellular energy production. And when mitochondria malfunction, it damages — even kills — your cells. That can lead to disease-causing cellular mutations.¹¹
- **Insulin Resistance.** When your cells can't respond to insulin, they can't let glucose in — and that leads to dangerously high blood sugar. For decades scientists have known that linoleic acid plays a part in insulin resistance.¹² Human studies show that a high omega-6 to omega-3 ratio increases the risk of insulin resistance.¹³ Researchers concluded that omega-6s are linked to dangerously high levels of circulating insulin, a direct result of insulin resistance.¹⁴

- **Gut Microbiome Dysbiosis.** The gut microbiome, the trillions of bacteria in the gut, affects every aspect of wellness from immunity to a sharp mind. Research shows that excessive omega-6 fatty acid consumption can cause dysbiosis, where pathogenic bacteria in the gut microbiome vastly outnumber beneficial probiotic bacteria.¹⁵ One study found that soybean oil, high in omega-6s, causes gut inflammation and dysbiosis, shifting the gut microbiome from beneficial to harmful,¹⁶ and that shift can lead to the development of many chronic diseases.

Sowing The Seeds Of Disease

Those systemic issues play a role in many dreaded health conditions. And the excess omega-6 increases your risk even more for many severe chronic conditions including:

- **Premature Aging.** Diets high in omega-6 fatty acids increase inflammation and oxidative stress while interfering with healthy cell function, speeding up the aging process.¹⁷
- **Cancer.** Along with making triple-negative breast cancer even more deadly, linoleic acid and high levels of omega-6 fatty acids are implicated in many types of cancer.

Studies show these dangerous fats can cause or worsen:^{18,19,20,21}

- ✓ Lung cancer, making tumors even more aggressive
- ✓ Liver cancer
- ✓ Prostate cancer
- ✓ Brain tumors
- **Heart Disease.** Omega-6 fatty acids are not heart-friendly, no matter what the marketing says. High levels of linoleic acid drive coronary heart disease, with excess omega-6 fatty acids known to promote cardiovascular injury. Research shows that a high omega-6 to omega-3 ratio leads to increased plaque buildup in the arteries, atherosclerosis, a major risk factor for deadly heart disease.²²

- **Obesity.** Omega-6 fatty acids react with body fat in an unhealthy way. High levels of omega-6s promote obesity through pro-inflammatory activity, increasing fat storage, and decreasing brown fat (the energy burning kind).^{23,24}
- **Dementia.** Human studies show that excess linoleic acid and a high omega-6 to omega-3 ratio can cause cognitive decline and increase the risk of dementia.²⁵ Seed oils like canola oil, rich in linoleic acid, impair working memory and decrease communication between brain cells.²⁶
- **Arthritis.** Clinical trials prove that a high omega-6 to omega-3 ratio increases arthritis pain, decreases joint function, and increases pain sensitivity and perception.²⁷
- **Diabetes.** There's a straight line between excess linoleic acid and type 2 diabetes. Between the increased insulin resistance, oxidative damage, and inflammation caused by omega-6 fatty acids, diabetes is a sure bet. Researchers know that a high omega-6 to omega-3 ratio acts as a "predictive biomarker" for type 2 diabetes.²⁸ People with the highest ratio face a 142% increased risk of developing diabetes.²⁹
- **Osteoporosis.** Research shows that omega-6 fatty acids like linoleic decrease bone mineral density (BMD) and promote bone loss.³⁰ A human trial that included 1,542 older adult subjects found that a high omega-6 to omega-3 ratio is linked to lower BMD in the hip and spine.³¹ Another clinical study found that high omega-6 fatty acid intake increased seniors' fracture risk by 341%.³²
- **Premature Death.** A study that included 85,425 adults found that high levels of omega-6 fatty acids increase your risk of premature death from cancer by 14%, cardiovascular disease by 31%, and all causes by 26%.³³

Undo Omega-6 Damage To Transform Your Health

Linoleic acid and other omega-6 fatty acids can be beneficial for your overall health... But only in very small amounts.

Keeping your omega-6 to omega-3 ratio is 1:1 can reverse prior omega-6 damage and restore optimal health. Here's what I suggest...

Step 1: Avoid Seed Oils Whenever You Can.

That means clearing the seed oils out of your cabinets. Steer clear of fast foods and fried foods. Remove processed and ultra-processed foods from your diet.

You can get all the omega-6 linoleic acid you need by eating small amounts of fresh nuts and seeds. Almonds, walnuts, pumpkin seeds, and sunflower seeds contain healthy amounts.

Step 3: Bring Down Your Omega-6 To Omega-3 Ratio. You need both omega-6 and omega-3 fatty acids in your diet. But their amount and ratio have critical effects on your health. Our ancestors had a ratio of 1:1 in their diets. That means they ate equal amounts of omega-6s and omega-3s.

Today, that ratio has skyrocketed to as high as 20:1.

And that omega-6 dominance takes a terrible toll on your health. But if you reduce your ratio down to even 4:1 — which is still 400% higher than ideal — you'll reduce your risk of premature death by 70%.³⁴ And that's just the beginning of the health benefits you'll reap.

So how do you achieve that?

By rebalancing your diet. Cooking with high-quality extra virgin olive oil, coconut oil, avocado oil, or grass-fed butter. Increasing omega-3-rich foods such as salmon, walnuts, olives, and avocados. Avoiding processed foods, fried foods, and seed oils.

But I also recommend increasing the amount of omega-3s you consume.

Get More Of The Most Important Fat For Your Health

The solution to disease-causing chronic inflammation is the same nutrient that allowed humans to evolve into the people we are today.

I'm talking about a unique kind of omega-3 called docosahexaenoic acid — or DHA.

Before the days of industrialization, our diet provided all the DHA we needed in three perfect sources — meat, fish, and organs.

But the world has changed. Meat and fish are now farmed and raised on an unnatural diet of corn and other grains that are full of omega-6s.

To increase DHA and reduce inflammation, you need between 600 mg and 1,000 mg of DHA daily.

DHA is found in many whole foods. Wild-caught fatty fish like mackerel, sardines, and salmon are loaded with it. Walnuts and flaxseeds contain high levels of omega-3s. Pastured eggs have 250% more than conventional eggs. Grass-fed organ meat is another excellent source.

But after years of tracking my patients' omega-3 levels, I know it is almost impossible to get enough DHA from your diet.

So you'll need to supplement.

As a regular reader, you know I don't recommend fish oil. Most fish oil supplements come from polluted waters that contain chemicals like PCBs and heavy metals like mercury. This is worse than not taking a supplement in the first place.

4 Simple Steps To Mega DHA Power

I recommend getting DHA from squid.

Sometimes called calamari oil, it contains more DHA than fish and krill oil combined. But be sure your oil comes from squid that live in the pure water off the South America coast.

1. **Take It At The Right Time.** Standard advice is to take your DHA first thing in the morning. I disagree — especially if you practice intermittent fasting. I suggest taking it with your meal that has the most amount of healthy fats. This increases absorption.
2. **Store Your Soft Gels In The Freezer.** By the time the supplement starts to break down and release its liquid, it's further down in the gastrointestinal tract, which aids digestion and absorption.

3. **Take Your DHA With Vitamin E.** Taking vitamin E protects the oil from undergoing potentially damaging oxidation in the body.
4. **Add In Some Astaxanthin.** Astaxanthin also helps the oils permeate your tissues where it's needed, including crossing the blood-brain barrier where the DHA can benefit you.

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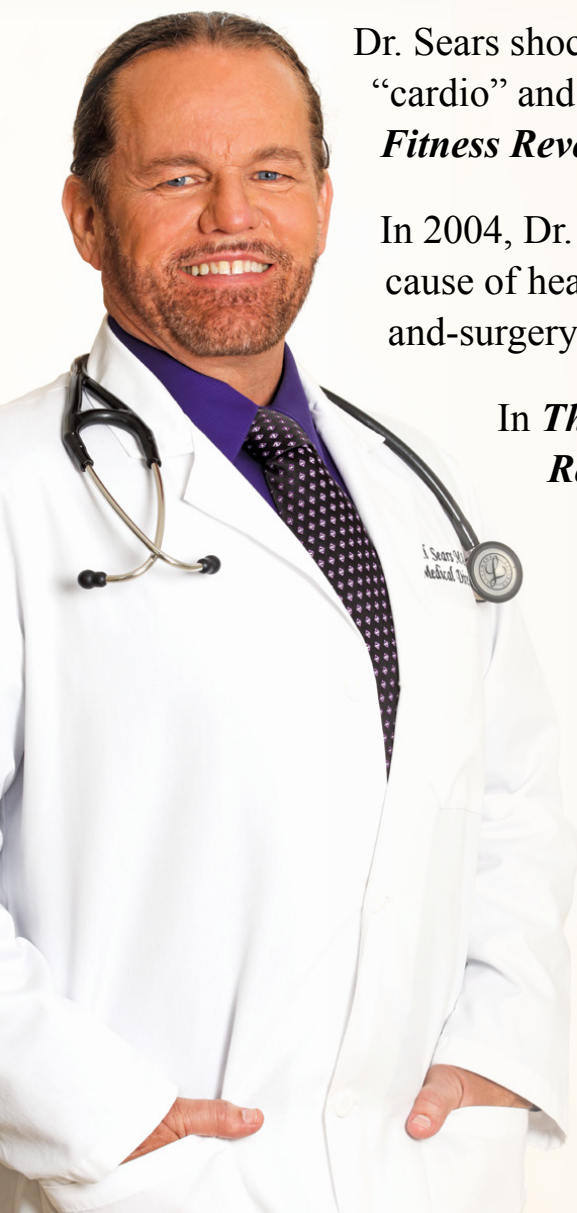
The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.

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).