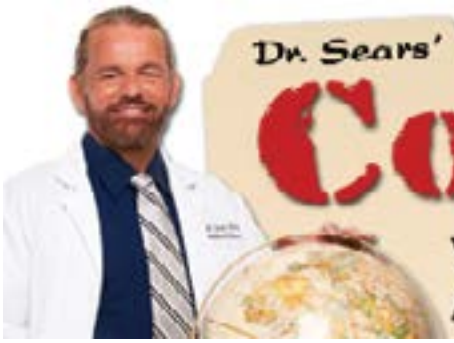


Dr. Sears'
Confidential Cures
Your Guide to Truth and Lies in Medicine from Around the World

March 2025 **Vol. XIV Issue 3**

Dear Friend,

Organized Medicine and Big Pharma have convinced almost the entire world that cholesterol is a deadly enemy that must be avoided at all costs.

And that if you have even slightly elevated levels you should be taking their cholesterol-lowering statin drugs.

This bad advice is deadly for your health. It leaves you weak, sick, and unable to enjoy life.

Despite what you've been told for the past 70 years, cholesterol is vital for long life.

In fact, a study of more than 350,000 people found that those with higher cholesterol had a lower risk of dying from all causes.

And those with low cholesterol levels had a 340% increased risk of death.

Cholesterol is one of the most important molecules in your body. And its health benefits are many.

These include healthy brain function... defending against heart attacks and stroke... helping your body to break down and digest fat... protecting cell membranes... producing hormones like testosterone and estrogen... vitamin D synthesis...

And protecting you against certain diseases — including cancer.

You see, a breakthrough study found that ***when you lower your cholesterol levels you reduce your body's ability to fight cancer.***

It's almost certainly no coincidence that cancer rates in America have surged since Big Pharma introduced the first commercial cholesterol busting statin drug in 1987.

Don't get me wrong...

I'm not saying that statins cause cancer. But these toxic drugs have compromised your immune system's ability to fight and target cancer cells.

And that allows these compromised cells to more easily develop into tumors.

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

- How cholesterol maintains the structural integrity of your cell membranes, which directly influences the way your cells communicate and function. This includes your immune system cells, which are your body's frontline defense against cancerous cells.
- The "silent epidemic" that has increased a whopping 95% in recent years. Sadly, most people don't realize they're sick until the disease has progressed. You'll also discover why Big Medicine's quick-fix solution is not the answer — and what I recommend instead.
- The common connection between heart disease and a whole host of modern chronic ailments, including Alzheimer's, diabetes, obesity, macular degeneration, and even tinnitus. I'll share the studies I've unearthed that prove the connection between these conditions is so strong, you could even call heart disease "Alzheimer's of the heart."

To Your Good Health,

Al Sears, MD, CNS

Also in This Issue...

Breakthrough Research Reveals...

High Cholesterol Helps Your Body Fight Cancer By Fueling Immune Cells

I've been fighting the medical establishment for more than three decades over cholesterol.

While Big Medicine and Big Pharma have demonized and declared war on this essential molecule, I've been teaching my patients about how critical cholesterol is for your health.

Mainstream medicine still insists high cholesterol is at the root of the heart disease epidemic across the developed world.

They couldn't be more wrong.

Cholesterol does not cause heart disease. I know this may all sound jarring, because your own doctor has probably told you how important it is to battle high cholesterol levels.

But multiple major studies disprove it — including the landmark Framingham Heart Study, which found no link between high cholesterol and a raised risk of heart disease.[10]

Inflammation causes heart disease, and Big Pharma has made a fortune from denying it. That's because treating cholesterol is the most profitable industry in history.

But these cholesterol-busting statin drugs aren't only way off target when it comes to defeating heart disease...

New research now reveals that when you lower your cholesterol levels you also reduce your body's ability to fight cancer.

It's almost certainly no coincidence that cancer rates in America have surged since Big Pharma introduced the first commercial cholesterol-busting statin drug in 1987.[11]

Cholesterol Lowers the Risk of Many Kinds of Cancer,[1] Including:

- Liver cancer[2]
- Breast Cancer[3]
- Colon Cancer[4]
- Prostate Cancer[5]
- Ovarian Cancer[6,7]
- Lung Cancer[8]
- Blood cancer[9]

I'm not suggesting that statins cause cancer, but what I am saying is that these toxic drugs have compromised your immune system's ability to fight and target cancer cells as they develop into tumors.

There is even evidence to suggest the higher your cholesterol levels are, the longer you live.

You see, cholesterol is part of your body. For example...

- Your cell walls are made of it
- Your brain is made of it
- Vital hormones, like testosterone and progesterone, are made from it
- Your body can't digest fat without it
- Your body can't produce vitamin D without it

It's a very bad idea to declare war on a part of your body. You can't win.

In this *Confidential Cures* article, you'll learn just how important cholesterol is to your life and what you can do to ensure your levels remain healthy. The first step is to stop letting doctors scare or worry you with their cholesterol lies.

"Cholesterol is essential for maintaining the structural integrity of cell membranes, which directly influences the way your cells communicate and function."

Cholesterol Plays A Key Role In Helping Your Body Fight Cancer

Recent research from Icahn School of Medicine at Mount Sinai in New York City suggests that cholesterol plays a key role in boosting your body's natural cancer-fighting abilities.[12]

You see, cholesterol is essential for maintaining the structural integrity of cell membranes, which directly influences the way your cells communicate and function.

This includes your immune system cells, which are your body's frontline defense against cancerous cells. The key cancer-fighting players of your immune system, such as T-cells and natural killer cells, all require cholesterol to fuel their proper function.

Specifically, the study revealed that cholesterol plays a crucial role in the function of dendritic cells. These are a special kind of immune cell that help your body recognize and fight cancer by activating T-cells and natural killer cells.

Dendritic cells also operate like scouts in your body. They travel through your blood stream and into organs, patrolling for threats like cancer cells and alert the immune system to attack tumors.

To accomplish these important tasks effectively, dendritic cells must mature and communicate with other immune cells — a process that is fueled by cholesterol.

The study, published in *Nature Immunology*, shows that cholesterol helps form small, cholesterol-rich structures on the surface of dendritic cells called lipid nanodomains, which are vital for signaling the immune system to recognize and fight cancer.

But boosting dendritic cells isn't the only way cholesterol helps your body fight cancer...

Cholesterol also plays a crucial role in hormone production. Hormones are chemical messengers that regulate various bodily functions, including cell growth and division.

Abnormal levels of certain hormones have been linked to an increased risk of cancer development.

In other words, by maintaining healthy cholesterol levels, your body can better regulate the production and balance of these hormones, thus reducing your risk of cancer.

Why You Need More Cholesterol, Not Less

Your doctor perpetuates the cholesterol lie because Big Pharma tells him or her to.

Why?

Because treating cholesterol is the most profitable industry in history.

The lie began in the 1950s with a physiologist called Ancel Keys. His aim from the start was to prove a connection between cholesterol and cardiovascular disease.

Because cholesterol travels through your bloodstream in lipoproteins — along with fats, proteins, and phospholipids — he transformed an inaccurate fringe theory into medical Gospel. By 1987, Big Pharma had produced its first cholesterol-busting statin drug and an entire pharma industry — based on a fiction and junk science — was born.

But the truth is, the more cholesterol you have the better.

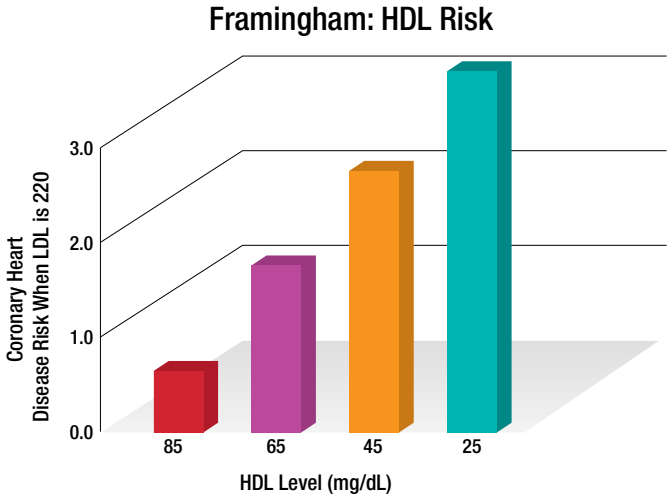
Have a look at the graph on the following page. The data comes from the Framingham Heart Study, the largest and best-known study on heart health in the world.

It shows that if your "good cholesterol" (your HDL) is high enough — your total cholesterol could be 300 or higher — your chance of having a heart attack is almost zero.

Multiple scientists, including researchers at Yale's Department of Cardiovascular Medicine, have proven that people with low cholesterol have far more heart attacks than those with high levels.[13]

The most common — and most dangerous — effect of statins is that they lower your HDL cholesterol levels, and that raises your risk of heart disease and stroke.[14]

The truth is, if your HDL is above 85, you are at no greater risk of heart disease even if your total cholesterol is over 350 and your LDL is above 200 — levels that mainstream medicine regards as dangerous.



Data from the largest heart health study in the world found that the more cholesterol you have, the better.

But your body needs cholesterol to protect your heart, your entire cardiovascular system, and multiple other organ systems.

Studies show that the benefits of cholesterol go far beyond your heart. Cholesterol performs dozens of vital functions in your body and is highly protective. High levels are truly better than low levels, despite what mainstream medicine says.

- In 2021, Australian scientists discovered that higher cholesterol lowers your risk of developing type 2 diabetes.[15]
- Researchers at Texas A&M University discovered that cholesterol boosts muscle gain from exercising and that lower cholesterol levels reduces muscle gain.[16]
- Dutch scientists found that higher cholesterol levels improved brain protection from cognitive decline.[17]
- A combined research project with scientists from the U.S., Japan, Sweden, England, and Ireland found that low cholesterol levels are associated with a high risk of all-cause mortality — in other words, low cholesterol raises your risk of dying from anything.[18]

Take Your Foot Off The Cholesterol Brake

The researchers at Mount Sinai discovered that by inhibiting a special protein called *AXL* inside dendritic cells, they could strengthen the body's natural immune defenses against cancer.

AXL is already known for its role in immune regulation, but the scientists also identified AXL as a key regulator of cholesterol metabolism in dendritic cells.

They discovered that AXL acts like a brake on the cholesterol system, inhibiting the assembly of lipid nanodomains and slowing down the process that helps cancer-fighting dendritic cells grow.

In other words, blocking AXL makes dendritic cells mature faster and triggers a stronger immune response by activating cancer-killing cells that target tumors.

The good news is we already know that certain nutrients are able to block AXL.

One of the most powerful AXL-blocker is luteolin, the yellow plant antioxidant that's been used as a dye for millennia, and has also been shown to be useful in the management of type 2 diabetes.[19,20]

You can find luteolin in many common foods, like celery, green peppers, thyme, and chamomile tea. One of the best sources of luteolin on Earth is propolis, the resin that bees use to make their honeycombs.

You can find propolis online and most health food shops and markets.

Other Way To Boost Your Cholesterol Naturally

If you're a regular reader, you already know that I often recommend patients boost their cholesterol levels with omega-3 fatty acids and niacin, also known as vitamin B3. Multiple studies have proven that these two nutrients cause your HDL levels to surge.[21,22]

But numerous recent studies reveal there is much more you can do...

• **Take Some Citrus Bergamot**: This citrus fruit is native to southern Italy and has been used as folk medicine for thousands of years. Recent studies show bergamot's ability to improve your body's immune response and cardiovascular function.

But a major study from 2019 demonstrated its effectiveness at boosting HDL cholesterol levels, while at the same time reducing your LDL (bad cholesterol) levels.[23]

There were 237 human subjects enrolled in the study. Total cholesterol was reduced by an average 20% after consuming 500 mg of bergamot — with LDL down by 23% and HDL increased by a staggering 6%.

You can buy citrus bergamot as bottled juice or in capsule form online and in most health food shops.

A major study found that citrus bergamot not only increases HDL, but also boosts immunity.

• **Try Astaxanthin**: This "carotenoid" is the pigment that gives salmon its pink color — and is one of the most powerful boosters of HDL in existence.

In 2010, the first-ever randomized, placebo-controlled human trial was done in Japan. It demonstrated that astaxanthin can raise HDL levels by up to 15%.[24]

One of the best sources of astaxanthin is a type of algae called *haematococcus pluvialis* and it's been part of the Earth's marine ecosystems for at least a billion years. When these microalgae are exposed to sunlight, they produce astaxanthin for protection from the damaging effects of UV radiation.

It's what makes salmon such a good source of this antioxidant. But make sure it's wild caught Pacific salmon, which contains far more natural astaxanthin than farm-raised salmon. Four ounces of farm-raised Atlantic salmon contain about 0.5 to 1 mg of astaxanthin. Wild-caught sockeye salmon contains 4.5 mg.

If you don't like fish, a supplement will do the trick. I

recommend 10 mg to 12 mg of astaxanthin a day.

But avoid synthetic astaxanthin. Studies conducted at Creighton University and Brunswick Laboratories showed that synthetic astaxanthin is more than 20 times weaker than natural astaxanthin.[25]

I strongly recommend paying the extra money to avoid taking a worthless petrochemical pill. Look for natural forms of astaxanthin. The bottle will state: *"Haematococcus pluvialis algae extract."*

• **Eat Three Eggs Per Day:** Modern advice on eggs is not to eat them at all, or at least to throw the yolk away. It's a shame, because eggs — every part of them — are the perfect food.

The yolks have all the fat-soluble vitamins, and the whites have all the water-soluble vitamins. Every vitamin you need is an egg.

A key study conducted by the University of Connecticut's Department of Nutritional Sciences found that even if you eat just one egg per day, you will boost your body's HDL function.

And eating three eggs raises your HDL function to the point where you never have to worry about your LDL levels again.

Always Include Exercise

Multiple studies show short bursts of intense exercise will boost HDL levels and its functionality better than any other form of exercise.

One study examined the impact of an eight-week program of high-intensity exercise three times per week and found dramatic improvements in cholesterol function, especially in patients who were "averagely" fit.[26,27]

That's why I recommend my PACE program to patients.

PACE stands for Progressively Accelerating Cardiopulmonary Exertion, and it uses brief but vigorous routines of increasing intensity to increase the strength of your heart and your cholesterol function.

The really great thing about my PACE system is you only need 12 minutes a day. You don't need expensive equipment or a gym membership to do it. And it works with any level of fitness.

You can choose any exercise that will make you stop and pant for breath.

All you do is increase the challenge to your lungs and heart little by little and then accelerate it. When you breathe hard, your body is trying to get more oxygen faster. By increasing the intensity of your workouts, your body responds and adapts. Your lungs and heart get stronger so you can be ready for the next challenge.

If you're just beginning PACE, I recommend a simple starting exercise known as alternating lunges.

And like all PACE exercises, this is safe at any age.

- With your hands at your hips, take a step forward with your right leg until your front knee is bent 90 degrees and your back knee almost touches the ground.
- Push off from your leading foot and return to starting position.
- Repeat with your left leg. Continue until you feel winded.
- Rest, recover and do two more sets.

Start at a speed and level of intensity you're comfortable with. From there, be sure to progressively increase the intensity over time.

The key is to listen to your body. You should be panting at the end of each exertion period.

Alternating lunges, a key PACE exercise, are safe at any age.

If you want to learn some other good PACE exercises, go to my YouTube channel: **www.youtube.com/user/AlSearsMD/videos**. I have more than 30 different exercises and a complete workout to help you get started.

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With Cases Increasing 95%...

Millions Are Suffering From One Of The Most Overlooked Epidemics Of The 21st Century

(But Big Medicine's Dangerous Surgery Is NOT The Answer)

I'm seeing a disturbing trend in my practice. More and more people are coming in with a deadly liver condition. In medical school I was taught that liver disease was limited to hardcore drinkers.

But the people I'm seeing aren't heavy drinkers. Some don't drink at all.

Fatty liver disease is one of the fastest-growing health epidemics in the world. And the number of people with this condition has skyrocketed in the last 30 years.

A new study published in the journal *Public Health* reveals some shocking numbers. While analyzing the trend in cases of fatty liver disease, the researchers reported that globally...

Cases have increased nearly 95% in just the last 30 years.[1]

In the United States, 38% of Americans are affected — that's more than 100 million people. And many of them don't know it.

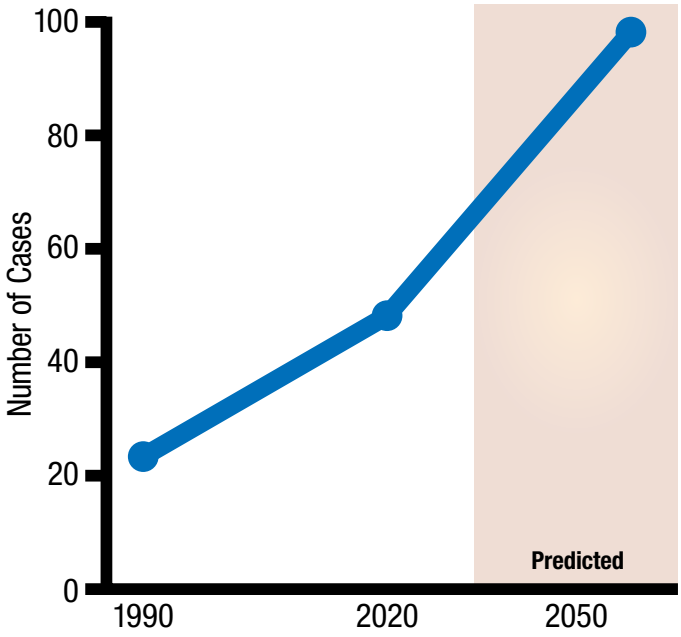
In fact, fatty liver disease is often referred to as the "silent epidemic" because many people are unaware that they have the condition until it progresses to a more serious stage, such as cirrhosis or liver cancer.

One of the main drivers is being overweight or obese. And as more people fall into those groups, more people are suffering with fatty liver.

And they aren't getting the care they need from Big Medicine. Because there's no Big Pharma pill to treat or cure fatty liver.

New Cases of Fatty Liver Have Increased 95% from 1990 to 2021

And Are Predicted to Soar Even Higher by 2050



Globally, new cases of fatty liver disease increased by 94.49% from 25,000,000 in 1990 o 48,000,000 in 2020. By 2050, it's predicted that almost 1 billion people worldwide could be affected by the disease.

So doctors are turning to another dangerous trend. I'm talking about weight loss surgery. This "quick fix" gets you out of the office fast. And it adds big bucks to the practice profits.

But it puts you at grave risk for immediate and long-term complications...absolutely unnecessary complications from an unnecessary surgery.

Because there are proven treatments for fatty liver that improve your total health at the same time they fix your fatty liver. And without causing harm.

Luckily, there are proven ways to prevent, treat, and reverse fatty liver — without Big Medicine's dangerous surgery.

Dangerous Surgery Is The Wrong Answer

All surgery comes with risks. That includes weight loss surgery, even though doctors make it sound like getting the procedure is perfectly safe.

But surgery should always be your option of last resort. And this is this is especially true when it comes to operating on the gastrointestinal system.

Instead of being a quick fix, this procedure carries long-term risks and complications for patients, including hypoglycemia (low blood sugar)... ulcers... bowel obstruction... hernias... gallstones... and severe nutritional deficiencies that lead to a whole host of other health problems.[2]

And this potentially dangerous surgery may do absolutely nothing to reverse fatty liver disease — and can even worsen liver health.

One study found that 21% of patients experienced major adverse liver outcomes after bariatric surgery.[3] Another study showed that 10% had liver failure after their weight loss surgery.[4]

You don't have to put yourself at risk to reverse fatty liver disease. You just have to use the right tools. And that starts with knowing the real reason so many people get this disease in the first place.

The Real Culprits Behind Fatty Liver Disease

The case numbers for fatty liver have spiked for a reason. I'm talking about corporate greed. Between Big Pharma's dangerous drugs and Big Food's purposely addictive and damaging fake food products, the drive to boost corporate profits at your expense has led to an extreme rise in fatty liver disease.

It's not surprising that drugs can cause liver damage. After all, your liver has to process them. And some drugs do more liver damage than others. The worst culprits include:[5,6,7,8,9,10,11,12]

- Corticosteroids
- Antidepressants
- Antiarrhythmics (drugs that treat irregular heartbeats)
- Anti-inflammatories like NSAIDs
- Antibiotics
- Chemotherapy drugs
- Diabetes drugs including insulin

Then there's the Big Food problem. Processed foods — junk foods — are directly linked to fatty liver disease.[13,14]

These unnatural "foods" contain huge amounts of sugar and unhealthy saturated fats like hydrogenated vegetable oils. They're purposely designed to keep you eating more than you want, and to keep coming back for even more. And the research shows they are a main cause of fatty liver disease.

Why Liver Health Matters So Much

Your liver takes care of more than 500 critical functions — all necessary for your survival.[15] It's so important that it's the only organ that can regenerate on its own.

The liver works differently than other organs. It's made up of a bunch of liver "blocks" called lobules. They're connected by tube-like canals that carry substances like bile and blood between those blocks.

Blood flows directly from your digestive system to your liver through the portal vein, which connects your gut and liver. That blood carries everything from nutrients to drugs to toxins to the liver — anything you've digested. Then, your liver processes all of those substances and decides where they'll go next.

It acts as your main detox organ, filtering out everything you don't need.

Nutrients and other helpful compounds get sent back in the blood to circulate to other organs. Toxins and other harmful or unnecessary substances are cleaned out, contained, detoxified, and then sent through for elimination.

Fatty liver interferes with liver function. As it gets worse, clogged by excess fat, scarring, and inflammation, it can't do its job anymore. And when your liver stops working properly, your overall health can decline very quickly.

> "All it takes to find out if you have fatty liver disease is a few simple tests. They start with a little bloodwork, specifically liver function tests."

But additional symptoms may crop up as NAFLD transforms into NASH or worse, including dark urine, jaundice, ankle swelling, itching, and clay-colored stool.

That's why it's so important to get tested. You want to find this disease before you notice any symptoms.

All it takes to find out if you have fatty liver disease is a few simple tests. They start with a little bloodwork, specifically liver function tests including ALT (alanine aminotransferase) and AST (aspartate aminotransferase). Those liver enzymes increase when there's any liver damage.

Imaging tests are used to see if your liver is inflamed or scarred. Those may include ultrasound, MRI, or CT scans. If the results indicate NASH, the next step is a liver biopsy to determine the extent of liver damage. DEXA scans can also be used to accurately predict your overall risk of NAFLD or detect it by tracking fat deposits in your body.[16]

What Exactly Is Fatty Liver?

Fatty liver is just what it sounds like: a buildup of fat in the liver. While it can be caused by excessive alcohol consumption, here we're mainly talking about non-alcoholic fatty liver disease, or NAFLD. It's closely tied to metabolic issues like diabetes and obesity. And it's caused and made worse by processed foods and many medications.

You might have fatty liver disease and not know it. Fatty liver usually doesn't cause any noticeable symptoms, though it can cause major damage to your health.

When NAFLD becomes more severe, it transforms into NASH, nonalcoholic steatohepatitis. That means the fatty buildup is extreme, accompanied by inflammation. This can lead to liver scarring, called cirrhosis, and swelling, eventually turning into liver cancer.

Fatty liver can be reversed, and the progression to NASH slowed down. Even NASH can be managed effectively. That's why it's important to start doing whatever you can to protect and preserve your liver as soon as you can.

Could You Have Fatty Liver Disease?

Fatty liver may not cause any symptoms. And when it does, it's easy to confuse them for something else. Some people may experience:

- Fatigue
- Right-side abdominal pain or discomfort
- Bloating and or diarrhea
- Indigestion
- Weight loss (when you're not trying)

For most people, fatty liver disease won't make them feel noticeably different at all.

3 Simple Steps To Reverse Fatty Liver

If you have any level of fatty liver disease — or would like to avoid it all together — there are steps you can take to stop or reverse it. No invasive surgery needed.

1. Improve Your Diet. Processed foods, sugary foods, hydrogenated vegetable oils, and refined carbohydrates create fatty liver disease. And cleaning up your diet is key to preventing it.[17,18] That means no more ultra-processed foods, no high fructose corn syrup, no trans fats, and no artificial flavors and colors. It means cutting back on sugar and refined carbs. And getting back to a primal diet of natural whole foods.

When you get back to eating the way our ancestors did, your body gets a broader range of nutrients and other healing compounds. And science shows that specific nutrients can stop fatty liver disease in its tracks:

- **CoQ10.** Recently a study in the Journal of the *American College of Nutrition* reported

that coenzyme Q10 can help treat NAFLD.[19] The randomized, double-blind trial included 41 people with mild to moderate NAFLD. Researchers gave half the patients 100 milligrams of CoQ10 every day. The other half got a placebo. After 12 weeks, all of the signs of NAFLD were lower in the CoQ10 group.

In addition, the researchers graded the NAFLD cases by the percentage of liver cells containing fat droplets before and after treatment. No patients had a normal grade at the start of the trial, but four patients returned to normal liver function after the CoQ10 treatment. Only one patient on the placebo group returned to normal.

The best food sources of CoQ10 come from the organs of free-range cattle and wild game. Your next best sources are wild-caught fish and grass-fed beef. But the amounts in food won't be enough to stop NAFLD.

I recommend at least 50 mg of ubiquinol every day. And look for the ubiquinol form of CoQ10. It's eight times more powerful

- **Vitamin B12 And Folic Acid.** This combination of essential B vitamins increases levels of a liver-protecting protein called syntaxin 17. Without enough syntaxin 17, your body can't clear out damaged and dead cells. Vitamin B12 and folate boost syntaxin 17 levels in the liver to dissolve fibrosis, reverse scarring, reverse and prevent fat accumulation, decrease inflammation, and restore liver function.[20]

Food sources of B12 include grass-fed beef and liver, wild-caught fish, pastured eggs, and full-fat milk. To make sure you're getting enough for liver support, I recommend supplementing with 1,000 mcg of B-12 in its natural form called methylcobalamin, best in liquid or lozenge form. You can also get folate through diet by including dark green leafy vegetables, seafood, and peanuts. To ensure you're getting enough folate, I recommend supplementing with 800 mcg of folic acid daily.

- **Omega-3 Fatty Acids.** Stacks of research show that omega-3 fatty acids including EPA and DHA improve fatty liver and stop disease progression. They can prevent fatty liver disease altogether, even for people at high risk.[21] Studies show that supplementing with omega-3 fatty acids reduces liver fat in adults and children with fatty liver disease.[22,23]

DHA specifically offers extra protection against fatty liver. DHA helps reduce liver inflammation and block scarring.[24] Researchers suggest that DHA can be used to treat fatty liver disease by "suppressing inflammation and oxidative stress."[25]

I advise my patients to take at least 600 mg of DHA from a combination of squid oil and krill oil. And make sure you take it with a meal so it can be digested properly.

- **Tocotrienols.** This form of vitamin E has been proven to reverse NAFLD. It fights the inflammation and oxidative stress that cause liver damage.

A meta-analysis of 12 studies, including four human clinical trials, showed that taking tocotrienols stopped liver fat accumulation and decreased inflammation within 12 weeks.[26] In one study, 50% of end-stage liver patients improved their condition by taking tocotrienols.[27]

To tackle fatty liver, take 400 IU a day of a vitamin E with "mixed tocotrienols."

2. **Supplement With Nicotinamide Adenine Dinucleotide (NAD).** NAD is a natural compound found in every living cell. It helps deliver energy from the foods you eat to your mitochondria in order to be converted into cellular energy.

Unfortunately as you get older NAD levels naturally decline. That leads to impaired mitochondria function.

And that speeds up fatty liver progression to NASH or even cancer.

Studies show that increasing NAD levels can reverse fatty liver disease.[28,29] It also turns inflammatory immune cells off and on at the right times.[30]

Your body creates NAD from vitamin B3 (niacin). The best food sources for vitamin B3 include grass-fed beef, pastured eggs, chicken and

turkey, and wild-caught salmon and tuna. You can also find it in peanuts, beets, leafy greens, nuts, peas, and beans.

But to treat fatty liver disease, you'll have to supplement. Look for a supplement containing niacin, niacinamide, or nicotinamide. I recommend getting 750 to 2,000 mg a day. Build up to that dose slowly.

When you start taking B3, you may get a reaction known as the "niacin flush." It feels like a burning and prickly sensation over the face, neck, and chest. It's harmless and usually lasts less than 20 minutes. The reaction wears off as you continue to use B3, so be patient. It may take a few weeks, but you'll build a tolerance.

Start with 250 mg every other day and slowly work up to the full daily dose.

3. Try Intravenous (IV) Laser Therapy. You may not have heard about IV laser therapy, especially not from your doctor. But this therapy has been proven effective for decades.

This type of laser isn't used to cut or cauterize things like surgical lasers. I'm talking about "soft lasers" that operate at low power to repair tissues using a low-level light. They activate your immune system, increase blood flow, reduce inflammation, and reverse scarring to speed up healing. That's exactly what you want to deal with fatty liver.

And the research proves it's working.

In one study,[31] 175 patients with chronic liver diseases were given IV laser treatments. Some of them had progressed to hepatitis and cirrhosis. With only 10 treatments, those patients saw sustained improvement in their liver enzymes and other signs of disease that lasted well beyond the treatment period.

Recent research shows that IV laser therapy can significantly lower liver enzymes and improve liver function in people with NAFLD.[32]

IV laser therapy is as fast and painless as a blood test. Here's how it works: A tiny catheter is inserted in your arm at the vein in your elbow. The tip of the catheter has a tiny bulb that emits a special laser beam. In about 10 minutes, all the blood in your body circulates past the beam. As the blood flows past the laser light it is radiated with a certain wavelength. Different wavelengths have different colors and may appear red, blue, green, or yellow. The beam glows so cool, it can't damage any healthy cells.

Just 10 treatments of IV laser significantly improved liver function in patients with NAFLD.

I recommend getting IV laser therapy treatments once a day or every other day for up to 10 sessions to treat fatty liver.

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Cardiologists Constantly Miss The Connection...

But Millions Of Americans Are Suffering From "Alzheimer's Of The Heart"

I'm not very popular with cardiologists or the American Heart Association, but I'm going to tell you this anyway...

No one has "missed the boat" on preventing or reversing the heart disease more than your average heart doctor.

I disagree with them on almost everything — cholesterol, cardio exercise, statins, ACE inhibitors, beta-blockers, diuretics, you name it.

Now scientists have confirmed the common link between heart disease and a slew of other modern chronic ailments, including Alzheimer's, diabetes, obesity, macular degeneration, and even tinnitus. In fact, the same hallmark misfolded proteins found in Alzheimer's patients have also been discovered in other diseases

This is important because it also reveals a common cause.

Cardiologists have missed the boat on this too. They're great at using Big Pharma's heart drugs and technology. But none of it gets to the real root cause of heart disease.

I'm talking about your body's inflammatory reaction to our processed, starch-heavy Western diet. It has forced your body's insulin production into constant overdrive. And more than this, it has created a global pandemic I call Syndrome Zero — a perpetual state of high insulin that gives rise to almost every modern chronic condition.

Most doctors refuse to make the connection between nutrition and its effect on human health and disease.

Cardiologists under the guidance of the American Heart Association still ignore the root cause of heart disease.

Doctors now accept that the overproduction if insulin and insulin resistance are two sides of the same coin when it comes to type 2 diabetes, but they refuse to connect the dots to other serious conditions.

For instance,

- The incidence of type 2 diabetes alone has jumped a jaw-dropping 1,750% in just 30 years
- Heart disease is still the biggest killer in America
- And Alzheimer's rates have virtually exploded over the past few decades

In this article, you'll discover key scientific studies I've unearthed that prove the connection between these conditions is so strong, you could even call heart disease "Alzheimer's of the heart."

You'll also learn that you can prevent, and even reverse, heart disease — without prescriptions from your cardiologist or even the pointless cardio exercise they all recommend.

Scientists Confirm Missing Link To Modern Disease

The very idea of having "Alzheimer's of the heart" may sound strange to you, but there's good science behind it.

Let's start with Alzheimer's. This is a disease characterized by the buildup of misfolded amyloid proteins. These develop into abnormal clumps and clusters between brain cells, causing cell death and the loss of brain tissue.

Now scientists have discovered the same protein clumps in diseased hearts.[1]

Researchers from Johns Hopkins University studied the proteins from heart tissue biopsies from people with and without heart failure. They used the same kind of fluorescent antibody used to identify amyloid clumps in Alzheimer's patients.

Not only did they discover their presence in the diseased hearts, they found twice as many in the heart failure patients than those without the condition.

Using animal models, they discovered they could cut the number of clumps in half with a compound called epigallocatechin gallate (EGCG).

That's a chemical in green tea.

The Johns Hopkins team is currently testing EGCG on protein clumps in human heart tissue. They say their discovery might lead to a new diagnostic tool for heart disease and could also lead to the development of a new Big Pharma drug, targeting amyloid clumps in the heart.

But you don't need any of these drugs.

The discovery is further proof of the connection between modern diseases and their common root — our modern diet and the chronic insulin highs it brings.

You see, recent research also reveals the same amyloid clumps are found in diabetic pancreases, the eyes of macular degeneration patients, in the brains of Parkinson's sufferers, in diseased livers and kidneys, and in cardiovascular conditions.[2,3,4,5]

While these amyloid clumps prove a connection, they're just symptoms — not the cause.

The focus on amyloid proteins in mainstream battle against Alzheimer's has led to years of trying out all sorts of drugs, vaccines, and monoclonal antibodies.

Sadly, all of them have failed. In fact, many of these can make things worse.

The real question doctors should be asking is this: Where do these amyloid proteins come from in the first place and how do we stop them from forming?

The Real Culprit Behind Amyloid Clumps

Insulin is probably the most misunderstood hormone in the human body. Most doctors only know that it regulates blood sugar levels and diabetics must work to keep these levels low.

There's much more to it. Insulin is your "starvation hormone." Too much insulin makes your body behave as though it were starving, bulking up its fat storage by converting glucose into triglycerides and body fat.

But excess insulin is also the culprit behind the formation of misfolded amyloid proteins — in every disease they're found in,

You see, your body has its own system for clearing excess insulin. It's called insulin-degrading enzyme (IDE). And your body also uses IDE to clear away amyloid clumps.[6]

But when IDE is too busy keeping up with the excess production of insulin — thanks to America's high starch diet — the enzyme becomes overwhelmed and has no time to break down the amyloid clusters as they form.

Researchers at Brigham and Women's Hospital in Boston discovered that dysfunctional IDE, along with high insulin, leads directly to the formation of amyloid clumps.[7]

Unless you're going to solve the problem of your body's hyper insulin production, focusing on the development amyloid-busting drugs for any disease is a waste of time.

You have to address their source...

Too Much Insulin is the Enemy of Your Heart

Chronically high insulin levels can be just as damaging to your body as high blood sugar levels — especially to your heart.

When your body produces excess insulin for too long, the rapid conversion of glucose into triglycerides triggers damaging oxidative stress and inflammation in your tissues and organs.[8,9,10]

This alone elevates your risk of heart disease. One study revealed that chronically high insulin produces too much of a protein called VCAM-1, an "adhesion molecule" in the cardiovascular system.

But too much VCAM-1 is dangerous. It leaves deposits in the endothelial lining of your arteries, unleashing inflammation, causing them to harden and narrow — a condition called atherosclerosis.[11,12]

Another study published in the journal *Diabetology & Metabolic Syndrome*, directly links high insulin production and insulin resistance to increased risk of heart disease and heart attack.[13]

And a study in the *Journal of Cardiovascular Pharmacology* links high insulin to high blood pressure, a major risk factor in heart disease, heart attacks, and stroke.

For decades, doctors and Big Pharma have blamed heart disease on cholesterol — but the real culprit is insulin.

The good news is you can reduce insulin production naturally and drastically lower your risk of heart disease — and even reverse the condition — without any Big Pharma meds.

In fact, I recommend you throw your statins in the trash right now.

"Cardio just puts a strain on your heart, without strengthening your lungs or heart. And you're actually just hurting your heart over the long term."

3 Easy Ways To Reduce Insulin And Eliminate Your Heart Disease Risk

What would you say if you learned that you could completely reverse serious heart disease in a very short time — by doing the exact opposite of what most cardiologists tell you? In as little as a few months, men and women who come to the Sears Institute of Anti-Aging Medicine, see an improvement in heart health using a few easy strategies... by focusing on insulin reduction and real heart health.

Here are three strategies you can start using now.

1. Exercise, But Forget Cardio: The only exercise advice your cardiologist will give you is to do cardio. Most physicians think the more exercise you do the healthier you'll be. I couldn't disagree more.

Cardio just puts a strain on your heart, without strengthening your lungs or heart. And you're actually just hurting your heart over the long term.

You need to build up lung capacity to improve oxygen consumption because your organs need a constant supply of oxygen.

Long bouts of aerobic training actually create smaller, less powerful heart and lungs.

Instead, I recommend restoring your native health with the primal power that comes from rebuilding and strengthening your heart for life.

My PACE (**P**rogressively **A**ccelerating **C**ardiopulmonary **E**xertion) program shifts the focus of your workout from "how long" you work, to "how intensely" you exert yourself.

Studies show PACE-like exercise not only cuts blood sugar levels by boosting glucose uptake, it also boosts insulin sensitivity in your cells, making them less resistant.[14]

Researchers from University of New England in Australia found that heart failure patients who did PACE-like exercise had a 23% improvement in heart function. That beat out the 7% improvement for patients in cardio-like exercise programs.[15]

Another study found that short, intense exercise like PACE is significantly more effective in improving fitness and preventing a stroke than traditional, continuous exercise.[16]

The really great thing about my PACE system, is you only need 12 minutes a day. And you don't need expensive equipment or a gym membership to do it.

You can choose any exercise that will make you stop and pant for breath. It could be as simple as going up and down the stairs, jumping rope, biking, or swimming. The most important thing is to increase your challenge gradually over time.

All you have to do is increase the challenge to your lungs and heart little by little, and then accelerate it.

One of the easiest ways to get started with PACE is to start with an exercise you enjoy. Whether that's swimming, running sprints, or walking.

Just remember to keep increasing the challenge. And to rest and recover fully between each period of exertion.

PACE is safe at any age. And it doesn't matter if you're out of shape. You can start at your own level. Gradually, you increase your intensity as each move becomes easier.

If you want to learn other good PACE exercises, go to my YouTube channel: **www.youtube.com/user/AlSearsMD/videos**. I have more than 30 different exercises and a complete workout to help you get started.

2. Eat Naturally, Avoid Processed Foods: This should go without saying, but I always recommend eating whole foods, pastured beef, lamb, chicken, and other properly raised, organic foods. Unless you know the source of the meat and the practices of the ranch or farm, the safest foods are USDA-certified-organic foods.

Nutrient-rich, properly raised food energizes your body and results in vigor, strength, and long-term health.

And don't be afraid of animal fats, like butter or the fat found in lean grass-fed beef. Your body uses it for fuel and it helps you absorb important nutrients. I tell my patients they should get at least 50% of their fat intake from saturated animal fat.

And don't forget to include other healthy fats like polyunsaturated (omega-3s) and monounsaturated fats in your diet. Get them from wild salmon, olive oil, coconut oil, and nuts. Skip all the processed foods, margarine, and Crisco.

Avoid starchy foods as much as possible. They spike your insulin-levels and lay the foundations for amyloid clumps, heart disease, Alzheimer's, diabetes and a host of chronic conditions. Get your carbohydrates from vegetables — not breads, starches, and sugary fast foods.

3. Provide Your Heart With Added Protection: I've written to you before about the heart healing benefits of CoQ10, DHA, and L-arginine.

But there are three more heart-healing supplements I recommend that work to keep your insulin levels under control while maintaining a strong heart:

- **Chromium.** I've been recommending chromium to my patients for years as a way to remove excess glucose from the blood and balance blood sugar. Without enough chromium in the body, insulin just doesn't work properly. Chromium also helps your body process carbohydrates efficiently.

But today, we're facing a chromium crisis. Nearly 90% of American adults are chromium-deficient.

The key mineral has been shown to regulate insulin action and reduce the risk of cardiovascular disease.[17]

I recommend supplementing. But you can't take just any kind of chromium supplement. Some types may actually do more harm than good. Research shows that your chromium supplement needs to include niacin to be effective.

Look for chromium picolinate, the most effective type of chromium backed by more than 50 human clinical studies. Take 400 mcg a day.

- **Cupuaçu.** This tropical super fruit is sometimes called the "Food of the Gods," because it tastes like a heavenly blend of chocolate and vanilla. But it's a powerhouse at reducing blood

sugar and insulin levels. At the same time, it's rich in heart-critical antioxidants like vitamins A and C, quercetin, and kaempferol.

Cupuaçu is also packed with the antioxidant epicatechin, which acts like insulin and has been shown to lower blood sugar and improve insulin sensitivity. This super fruit is also rich in phytonutrients like vitamins B1, B2, B3, five essential fatty acids, including omega 3, amino acids, and minerals like phosphorus, calcium, selenium, iron, potassium.

Look online for cupuaçu butter. Make sure it's "cold-pressed," because heat processing can destroy its antioxidant strength.

I was introduced to cupuaçu by a local doctor deep in the heart of the Amazon jungle.

• **Vitamin K2.** Most doctors overlook the critical role vitamin K2 plays in your body. But if you want to keep insulin production under control, your blood sugars normal and your heart healthy, you need this vitamin. As part of the Framingham Heart Study, researchers found that people with the highest levels of vitamin K2 had better insulin sensitivity and lower blood sugar than people with the lowest levels of vitamin K2.[18]

Studies show that vitamin K2 decreases inflammation and oxidation in your cardiovascular system. One study of 4,800 people showed that high levels of vitamin K2 lowered the risk of coronary artery disease by 57%. It lowered calcium buildup in arteries by 52%.[19]

The study also found that populations that get more vitamin K2 in their diets reduce their risk of dying from cardiovascular disease by 50% over those who had lower amounts.

One of the best sources of K2 is goose liver. Three and a half ounces of goose liver provides at 369 mcg of K2. Natto, the Japanese dish of fermented whole soybeans, is also rich in K2. There are 200 mcg of K2 in a half ounce of natto.

Other good sources include grass-fed meat, full-fat milk, cottage cheese, butter and cheese.

You can also take a supplement, but make sure it's the right kind.

Vitamin K2 comes in several different forms called menaquinones. Look for vitamin K2 in the more bioavailable form of menaquinone-7. It's much more bioactive than menaquinone-4.

You can find K2 at your health food store or online. I recommend up to 90 mcg. And it's fat-soluble, so take it with a meal for better absorption.

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

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

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).