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Dear Friend,

A teenager from Pennsylvania is doing something that no one in the federal government has had the courage — or the will — to do...

Take on and punish Big Food for making our entire nation, and soon the world, sick.

Bryce Martinez was diagnosed with Type 2 diabetes and fatty liver disease when he was just 16 years old.

He is suing 11 major food corporations because not only did they never warn consumers that these fake food products were dangerous...

But they deliberately designed them to be addictive!

As a regular reader, you know these “alien imitations” are a direct cause of the epidemic of chronic diseases that plague Americans today.

In fact, according to official numbers from the CDC... two-thirds of American adults have at least one chronic condition.

And 40% have two or more chronic diseases.

As discouraging as these numbers are, I’ve been convinced for years that the real numbers are actually much higher. Because as this lawsuit points out, it’s not just adults who are developing deadly “adult” diseases.

Our kids are too. Big Food knows this but isn’t bothered by it. For decades, they deliberately turned us into food addicts.

In a breakthrough study, researchers at Yale University revealed that your brain has been trained to crave and consume these processed foods.

They found that eating these modern carb-loaded concoctions physically rewires your brain so that you subconsciously prefer them over natural, healthy foods.

The study found that super-processed snacks and desserts activate the parts of your brain responsible

for pleasure and reward and also release the feel-good hormone dopamine.

Like it or not, you’ve been turned into an addict by America’s food companies.

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

- The story behind this first-of-its-kind lawsuit. You’ll also learn how you can get these disease-causing fake foods off your dinner table. It’s time to take back control of your diet from greedy corporations, whose products have nothing to do with your health, but everything to do with power and profit.
- How a superfood — devoured by our Paleolithic ancestors — helped them develop into the incredible humans we are today. Sadly, this powerful delicacy was so demonized that it no longer has a place on our modern dinner table. But bringing it back is key to transforming your health.
- The incredible science behind a life-saving therapy that slashes your heart attack risk up to 75%. This treatment — which continues to be ignored by cardiologists — is a safe, side-effect-free way of repairing and regenerating the heart. You’ll also discover how you can jumpstart your heart-healing process, easily at home.

To Your Good Health,

Al Sears, MD, CNS

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Big Food Under Fire

American Teen Takes Global Food Giants To Court

After decades of misleading — if not outright lying to the American public — it looks like Big Food will finally be taken to task in a court of law.

I've always said these heartless and greedy conglomerates should be held accountable for the damage they cause to global health with their ultra-processed fake food products.

Now, a lawsuit filed in a court in Philadelphia against 10 major ultra-processed food manufacturers — including Kraft Heinz, Mondelez International, Coca-Cola, Nestle, and PepsiCo — might for the first time do just that.

The success of the case hinges on whether Big Food, much like the tobacco industry in the past, is knowingly harming consumers.

And here's the thing...

Most of the food companies named in the lawsuit were once owned by Big Tobacco giants Philip Morris and RJ Reynolds, which dominated the American food supply for decades.

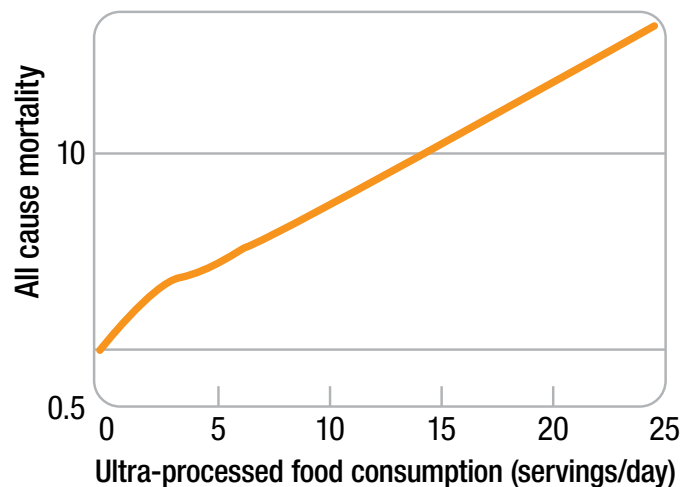
Although Big Tobacco spun off most of its food businesses in the early 2000s, it's no coincidence these companies still use the same playbook to get consumers hooked on their products.

The lawsuit — which includes allegations of conspiracy, negligence, fraudulent misrepresentation, and unfair business practices — claims that Big Food has engineered their ultra-processed products to be addictive, especially to children.

You see, it's not just their marketing tactics that deliberately try to hook children with cartoon tie-ins, social media ads, toys, and games.

The lawsuit also claims that the foods themselves are addictive and lead to a number of

chronic diseases, like diabetes, non-alcoholic fatty liver disease, heart disease, obesity, cancer, and more.¹



According to a recent study, consuming four or more servings of ultra-processed foods per day was linked to a 62% higher risk of death from any cause, with each additional serving further increasing mortality risk 18%.

BMJ. 2019.

Many dietitians and nutritionists still play directly into the hands of food processing corporations and their life-shortening products, claiming they are an inevitability of our modern world.

This is both untrue and unforgivable.

The lawsuit states that ultra-processed foods are “one of the greatest threats to our health, and the health of our children.”

I couldn't agree more.

It also correctly noted that ultra-processed foods are “alien to prior human existence” and are “inventions of modern industrial technology and contain little to no whole food.”

Studies show that more than 14% of adults and 12% of children demonstrate addiction-like behaviors when consuming these ultra-processed foods.²

In this article, you'll learn all about the story behind this first-of-a-kind lawsuit. I'm also going to show you how you can get these nutrition-less, disease-causing fake foods off your dinner table.

It's time to take back control of your diet from greedy corporations, whose products have nothing to do with your health, but everything to do with power and profit.

How Big Food Directly Contributed To 16-Year-Old's Deadly Diseases

The suit, filed by personal injury law firm Morgan & Morgan, concerns the case of Bryce Martinez, a Pennsylvania high school student who developed type 2 diabetes and non-alcoholic fatty liver disease by the age of 16.

These diseases were unheard of in children 40 years ago. But now they affect the lives of thousands of American children.

According to the American Diabetes Association, a shocking 352,000 Americans under the age of 20 are estimated to have been diagnosed with diabetes.³

Bryce, who is now 18, says he is a victim of “predatory profiteering” by Big Food corporations and their harmful products. He claims these companies market their unhealthy products to children without any warning of the dangers of repeated consumption.

The lawsuit states that Bryce was diagnosed with type 2 diabetes and non-alcoholic fatty liver disease after years of consuming ultra-processed products during his childhood.

The complaint alleges that Kraft Heinz, Mondelez, and others engaged in strategies that directly target children with addictive ultra-processed foods. It cites as evidence internal memos, strategic meetings, and the extensive research they allegedly conducted to leverage our biology and neurology to create addictive substances.

Big Food's countering argument is that consumers have personal responsibility for their food choices — but how can that be when these companies are peddling addictive products, and much of it to children?

“Alien Foods” Are Loaded With Unhealthiest Ingredients On The Planet

Make no mistake about it, ultra-processed foods — which include most breakfast cereals, pizza, chicken nuggets, sodas, chips and other salty, sweet, and savory snacks, packaged baked goods, microwaveable frozen meals, instant soups and sauces, and much more — are loaded with some of the unhealthiest ingredients on the planet.

Most contain unnaturally high amounts of sugar, salt, processed industrial seed oils, and unhealthy fats, as well as artificial flavors, colors, preservatives, chemical sweeteners, and additives that have been designed to imitate the texture and taste sensations produced by natural foods.

The good news is that science now supports the idea that ultra-processed foods are extremely damaging to your health, despite pressure from Big Food, which still often labels the junk food they make as “healthy.”

Diseases Directly Attributed To Ultra-Processed Foods



- Heart disease/stroke
- Diabetes
- High blood pressure
- Depression and other mental health disorders
- Fatty liver disease
- Overweight and obesity
- High triglycerides; low cholesterol
- Cancer

Multiple studies show that artificially high doses of “rewarding” ingredients in ultra-processed foods — like sugar and other added carbohydrates — are rapidly absorbed by your body, and activate the reward centers of your brain in ways that are similar to nicotine, alcohol, or even cocaine and opiates.⁴

“A steady diet of ultra-processed foods also leaves your body starved of the vitamins, minerals, live enzymes, micronutrients, and healthy fats you need to ward off diseases.”

foods on a regular basis have a staggering 49% higher risk of developing lung cancer — even if they’ve never smoked a single cigarette.⁹

The good news is that avoiding these fake foods and switching to a healthy diet is much easier than you might think.

That’s why you’re likely to experience strong cravings for ultra-processed foods.

Researchers have also found that food additives, which may not be addictive in themselves, contribute to the addictiveness of ultra-processed foods because they reinforce addiction to these alien concoctions by adding tastes and improving the texture of the unhealthy food.⁵

At the same time, the economics of ultra-processed foods reinforce their addictiveness. Sadly, you can buy these damaging processed products cheaper than unprocessed meats, fish, fruit, and vegetables.

As a result, global consumption of ultra-processed products is soaring. These nutritionless concoctions now make up more than half the average American diet. The rates are shocking. Today, nearly 60% of the foods eaten by adults is ultra-processed. The number climbs to almost 70% when it comes to kids and teens.^{6,7}

The problem is not just the damage these foods cause to your organs and organ systems. A steady diet of ultra-processed foods also leaves your body starved of the vitamins, minerals, live enzymes, micronutrients, and healthy fats you need to ward off diseases.

This is exactly why chronic diseases occur after long-term consumption of these products.

A large study from the Netherlands, published recently in *The Lancet*, revealed that the closer people live near fast-food outlets, the higher their chances of developing diabetes and other chronic health problems.⁸

And recent research from scientists from the University of Texas MD Anderson Cancer Center found that people who eat ultra-processed

3 Simple Steps You Can Take To Break Free From Big Food’s Addictive Junk

In addition to severely restricting ultra-processed foods, here are a few easy tips that will help you break the habits that are lining the pockets of Big Food and destroying your health.

1. Eat More Of The Right Fats. Fat is one of the healthiest things you can eat. In fact, fats should make up at least 70% of your calories.

You need fat to create energy, transport nutrients, and fight disease.

Fat is so important that if your body senses you’re starving, it does everything it can to preserve your fat stores. This goes against everything we’ve been told for more than 50 years. In fact, the diet “dictocrats” did everything they could to ban natural fat from your food because they still say it causes heart attacks and other disease.

Nothing could be further from the truth.

Instead, eat the right fats. I’m talking about animal fats from grass-fed meat and organs, wild-caught fatty fish like saturated fats including butter and lard, cheese, coconut oil, and ghee. Your body needs them to absorb vitamins and nutrients, and they are non-addictive.

Fats to avoid include trans fats and seed oils like corn, sunflower, safflower, soy, and canola.

2. Avoid High-Fructose Corn Syrup. This is one of the most processed and concentrated forms of sugar on the planet.

It’s just one more reason to stay away from processed foods or anything packed in a box, can, or plastic container (even if it’s labeled organic).

Once you cut this out, your brain's sugar and carb addiction will be easier to break.

3. Practice Short-Duration, High-Intensity, Progressively Challenging Workouts. Exercise is one of the best ways to retrain your body and brain to eat the right foods. It also helps your body shed fat and resets your insulin response which goes haywire with an excess of carbs and refined sugar.

I recommend my PACE program, which helps your body reset your hormone signals so you can burn off fat. If you want to learn some good PACE exercises, visit my YouTube channel: www.youtube.com/user/AlSearsMD/videos.

Reduce Your Risk Of Diet-Related Chronic Diseases Easily At Home

I also recommend that you protect yourself against the disease-causing effects of ultra-processed foods by supplementing.

At the Sears Institute for Anti-Aging Medicine, I help my patients reduce — and even reverse — today's chronic diseases, including diabetes... heart disease... and cancer brought on by a dangerous diet. We use nutrients, herbs, and other natural treatments instead of Big Pharma's dangerous and often ineffective drugs.

1. Fight Diabetes With The Plant Prescription. Every additional serving of ultra-processed foods is linked with a 2% increase in diabetes risk. Here's what I recommend:

- **Cerasee.** This warty green fruit is also called bitter melon, bitter gourd, or bitter cucumber.

More than 100 scientific studies prove cerasee's value in treating blood sugar problems. Compounds in cerasee help regulate your body's carbohydrate metabolism. This prevents the spikes and drops in glucose levels that can be so dangerous to diabetic patients.

One study showed cerasee had positive effects on the serum glucose levels of those taking it, following both fasting and eating.¹¹ And two studies show cerasee plays a key role in helping to balance insulin in your body.^{12,13}

In fact, one study on 25 diabetic patients found that bitter melon is more effective than Big Pharma's blockbuster diabetes drug Avandia.¹⁴

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

- **Baicalein:** This is another plant antioxidant with powerful blood-sugar lowering properties.

Baicalein — also known as Chinese skullcap — has been used for centuries to treat high blood pressure, hepatitis, acute gastroenteritis, and acute respiratory infections.

Multiple studies have proven its effectiveness against type 2 diabetes, largely by working to reverse insulin resistance and regulating glucose metabolism in the liver^{15,16}

I recommend 500 mg of baicalein (*Scutellaria baicalensis*) twice a day. But when purchasing, be careful not to confuse it with American skullcap (*Scutellaria lateriflora*), which is a different plant.

Chinese skullcap should also be avoided by children and pregnant or breastfeeding mothers.

- **Berberine.** A Chinese study of 84 patients with diabetes found that the herb berberine lowered blood sugar levels just as well as the drug metformin. It also significantly cut A1c levels.¹⁷

Berberine is sometimes sold under the names "Goldenseal Root" or "Oregon Grape." I recommend taking one 500 mg capsule two to three times a day with food.

2. Stop Heart Disease In Its Tracks. A study published in *BMJ* followed more than 105,000 adults for five years. Researchers found that for every 10% increase in the amount of ultra-processed foods people ate, their risk of a heart attack, stroke, or other serious cardiovascular event was 12% higher.¹⁸

- **CoQ10.** This is my favorite nutritional supplement and one that I recommend every person take, especially if you have heart disease.

In fact, decades of research show up to 75% of patients with heart disease have low CoQ10.¹⁹

In a study of patients having heart surgery, one group was pre-treated with CoQ10. After the

operation, the CoQ10 group had much stronger heartbeats and pumped blood more powerfully. And their recovery time was short and free of complications. The placebo group took six times as long to recover, and most had complications.²⁰

Supplementing with CoQ10 can bring immediate, life-saving benefits. Studies show that 100 to 120 mg daily reduces arrhythmias, increases left ventricular function (a critical part of your heart's pumping ability) and reduces the death rate from repeat heart attacks.²¹

I recommend at least 50 mg of ubiquinol CoQ10 every day. This form is eight times more absorbable than conventional CoQ10.

- **Vitamin K2.** Without K2, fatty plaque levels in your arteries worsen, increasing the risk of atherosclerosis and heart failure. But a recent study reveals K2 can help supercharge your heart by blocking dangerous plaque build-up.²²

In one of the longest studies looking into the connection between heart disease and K2, Danish researchers examined 50,000 people over a 23-year period.

They found that those who ate a diet rich in vitamin K2 had profoundly healthier hearts. In fact, they had a 34% lower risk of atherosclerosis-related cardiovascular disease.

This backs up earlier research.

A 2018 study followed 4,600 men aged 53 and older for up to 11 years. The researchers revealed a 57% drop in coronary artery disease and a 52% lower risk of aorta calcification — calcium blockage in the heart.²³

And in a separate study of 16,057 women, those who consumed high doses of Vitamin K2 lived 9% longer than everyone else in the study.²⁴

3. Stop Cancer With Mother Nature's 1-2 Punch. Nature has powerful cancer killers that not only destroy cancer cells... but prevent them from ever forming in the first place.

And two of the most powerful weapons in her cancer-fighting arsenal are galangal and turmeric. Their ability to wipe out deadly cancer cells is so remarkable I like to call them nature's "1-2 cancer punch."

- **Galangal.** The root of the galangal plant is loaded with cancer-fighting compounds like beta-sitosterol, galangin, and emodin. In studies:

- Beta-sitosterol decreased cancer cell growth by 24% and induced programmed cell death fourfold in a line of prostate cancer cells.²⁵
- Galangin killed human colon cancer cells.²⁶
- Emodin suppressed tumors and improved immunity.²⁷

And there's more... In the UK, researchers found that an extract of galangal triggered enzymes that help cells rid themselves of carcinogens. It also kills breast and lung cancer cells.^{28,29}

Another showed that it inhibits the growth of a type of gut bacteria that's been linked to gastrointestinal cancers.³⁰

Galangal is available in capsule form and as a powder. You can also find it in tinctures mixed with ginger. Take 100 mg twice a day.



Galangal is part of a powerful — yet natural — one-two punch that destroys cancer cells and stops them from forming in the first place.

- **Curcumin.** If galangal is Mother Nature's jab, turmeric is her right hook. Curcumin is known to target 10 separate factors that can lead to cancer. Studies have shown that curcumin.³¹

- Triggers programmed cell death in breast cancer cells
- Targets destruction of cancer-cell mitochondria while leaving healthy cells alone

- Halts replication of cancerous cells
- Prevents DNA damage
- Targets cancer stem cells, which are at the root of tumor formation and malignancy

Look for a high-quality supplement. Most supplements on drug store shelves won't work. I did a quick search of the labels of a handful of popular brands. Most had a paltry dosage of around 450 mg. I recommend a daily dose of at least 3,000 mg.

And make sure it also contains piperine. This black pepper compound makes curcumin up to 2,000% more bioavailable.³² Piperine is a potent inhibitor of drug metabolism and works by protecting curcumin from the digestive enzymes that are working to remove it from your blood.

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Canned Food For Cavemen: World's First Superfood Activates Stem Cells To Restore Native Health

I rarely — if ever — use the word “superfood.” It’s a phrase created by advertising agencies. And it has lost all meaning because it’s so overused.

But when a food is so powerful and transformative that it helped us develop into the humans we are today, I feel comfortable using the term.

Today, I want to talk to you about one such “super” food.

A food that is so powerful, it can transform your health by:

- Revitalizing your immune system
- Eliminating inflammation
- Relieving chronic pain
- Turning back the clock on aging cells in your body
- And replenishing stem cells to repair damaged tissue and reverse disease.

I’m talking about bone marrow.

This transformative food has been prized around the world for hundreds of thousands of years. Our earliest ancestors relied on marrow to see them through lean times. And it allowed their brains to grow bigger and their bodies stronger.

And we continued to eat it until the 1950s. That’s when bone marrow became vilified because of its high fat content. This is also the time when modern medicine dictated that fat was the root cause of all disease and steered us toward eating more carbs — the real cause of America’s declining health.



New research proves that the bone marrow eaten by our earliest Paleolithic ancestors allowed them to develop into the incredible humans we are today.

But I’m here to tell you that bone marrow is the key to a long, healthy, energetic, and youthful life.

What Exactly Is Bone Marrow?

Inside every bone is a spongy core of bone marrow. It’s most heavily concentrated in hip, spine, and thigh bones — the central skeleton. These contain mainly red bone marrow, the type that produces stem cells that can transform into red or white blood cells as needed.

And as long as there have been people, they have been consuming bone marrow from a variety of animals including cows, deer, caribou, and sheep. The attraction starts with a rich, almost sweet flavor.

But it’s the abundant nutrients and restorative healing powers that brings people back to nature’s first superfood time and again.

Canned Food For Cavemen

We think of our prehistoric ancestors as hunters who lived hand-to-mouth... Eating what they caught that day, then going hungry when food wasn't available.

But a recent discovery by researchers at Tel Aviv University proves we couldn't have been more wrong.¹

More than 420,000 years ago, our early Paleolithic ancestors were wise enough to save up for a "rainy day" by cutting bones into segments, preserving them with leather, then storing them deep inside the darkest, coolest part of a cave for two months or more.

The leather-wrapped bones acted like tin cans to preserve the nutritious bone marrow inside. When times were bad, they pulled out a bone, cracked it open, and ate.

It was the perfect famine food. Because our ancestors knew that bone marrow had more life-sustaining nutrients than most meat. Marrow gave those earliest humans a taste for fat, which seems to have stimulated bigger brain size along with the desire to change from scavengers into hunters.²

And that nourishment hasn't declined over the ages.

Bone Marrow Packs A Hefty Nutrient Punch

Bone marrow contains a perfect blend of fats, proteins, vitamins, minerals, and other life-sustaining compounds. A single tablespoon of wild game marrow contains:³

- 63 times more calcium than muscle meat
- Four times the amount of vitamin E
- More than twice as much vitamin A
- Nearly two times the amount of riboflavin (vitamin B2)

Plus, bone marrow is also known to be rich in vitamin B12, vitamin K2, iron, proteins, and healthy fats.

But its biggest boost comes from a dazzling combination of healing compounds.

Bone Marrow Is Medicinal

Humans have been feasting on bone marrow for hundreds of thousands of years. It powers up your immunity like nothing else... and the benefits don't stop there.

Bone marrow is a rich factory of life-giving biological factors like red blood cells, most white blood cells, and two forms of stem cells. It's also a plentiful source of amino acids, essential fats, and other healing compounds including:

- Collagen
- Adiponectin
- Glycine
- Glucosamine
- Chondroitin
- CLA (conjugated linoleic acid)
- Omega-3 fatty acids
- Glycosaminoglycans
- Alkylglycerols (AKGs)

All of these compounds work together to restore and improve cellular, organ, and system functions. They're essential for healthy aging, better brain function, and physical comfort — just to name a few.

Bone Marrow Is Your Fuel For Good Health

Along with providing nourishing sustenance, bone marrow delivers significant health benefits. Its key compounds work individually and synergistically to improve function, stop disease, ease pain, and slow aging.

Here are some of bone marrow's most crucial healing properties:

- **Increases Immunity.** Many compounds found in bone marrow boost immune function. CLA boosts antibody production and increases resistance to pathogens.⁴ AKGs activate cancer-fighting immune cells and enhance responses to pathogens.⁵ Omega-3 fatty acids promote balanced immune reactions, prevent or slow progression of autoimmune diseases, and speed tissue

healing.^{6,7} And glycine decreases the expression of proinflammatory cytokines and increases the expression of anti-inflammatory cytokines.⁸

- **Prevents Diabetes And Heart Disease.** One study showed that the adiponectin in bone marrow helps break down fats. It can regulate blood sugar levels, protect against insulin resistance, and has been linked to lower risk of diabetes, cardiovascular disease, and other obesity-associated disorders.⁹

- **Restores White Blood Cells.** AKGs in bone marrow help restore white blood cell production and replenish white blood cells, which may help leukemia and cancer patients undergoing radiation.^{10,11}

- **Reduces Inflammation.** Bone marrow contains multiple compounds that stop inflammation. That's why regenerative healers frequently prescribe it for their patients with arthritis and other chronic diseases. Those anti-inflammatory powerhouses include CLA, omega-3 fatty acids, glucosamine, chondroitin, collagen, glycine, and adiponectin.

- **Heals Gut Disorders.** Whether you struggle with leaky gut, dysbiosis, celiac disease, inflammatory bowel disorder (IBD), or other gut issues, GAGs and glycine decrease inflammation in the GI tract and help restore the protective gut barrier.^{12,13}

- **Eases Troubled Breathing.** Glycine increases the production of immune cells to reduce inflammatory responses that may damage your lungs.¹⁴ CLA reduces lung inflammation and improves health status in COPD patients.¹⁵

- **Maintains Skin, Bone, And Joint Health.** The collagen in marrow improves the health and strength of bones and skin. Bone marrow is also rich in glucosamine, a compound that helps fight osteoarthritis, relieves joint pain, and reduces inflammation in the joints.

But the most important reason I recommend eating this primal delicacy is because it's loaded with a peptide hormone called **adiponectin**.

This stem cell activator switches on your stem cells and instructs them to travel to where they are most needed.¹⁶

Bone Marrow Restores Stem Cells For Vibrant Health

As you know, stem cells are the healthy “replacement cells” you were born with. They replace damaged or dying cells — and allow your body to repair itself following disease or trauma.

Many of my colleagues in the medical profession still underestimate the incredible, self-healing power of these cells inside your body.

They are key to the strength of your immune system. Millions of stem cells are destined to become vital defender cells that determine your body's ability to fight infection and chronic disease.

They also have astonishing anti-aging properties — regenerating damaged cells, tissues, and organs by producing new specific cells as needed.

Unlike other types of cells, such as muscle and nerve cells, stem cells can renew multiple times to keep tissues and organs fresh and healthy.

Research shows that an active and abundant stem cell supply can prevent or repair many injuries, diseases, and disorders, including:^{17,18,19,20}

- Cardiovascular diseases like heart failure
- Neurodegenerative diseases like Parkinson's and Alzheimer's
- Osteoarthritis
- Type 1 and 2 diabetes
- Cancer
- Certain types of autoimmune diseases
- Stroke
- Osteoarthritis
- Sickle cell disease
- Acute respiratory distress
- Inflammatory bowel disease (IBD)
- Burns and wound healing
- Bone fracture
- Spinal cord injury
- NAFLD (nonalcoholic fatty liver disease)

And the best way to rejuvenate stem cells and stem cell production is by consuming bone marrow, a rich source of adiponectin.

This powerful protein also protects stem cells against damaging inflammation, allowing them to continue their regenerative work no matter how old you are.²¹

In nearly 20 years at my Sears Institute for Anti-Aging Medicine, I've learned you can reawaken stem cells that slip into a state of hibernation as you age.

Once you have a youthful fountain of activated stem cells at your disposal, your body has a remarkable ability to replace aged, damaged, and senescent cells with brand-new ones.

If that sounds appealing to you, start adding bone marrow to your daily diet right away.

Boost Stem Cell Production With Delicious Bone Marrow

You can supplement with bone marrow. I recommend at least 50 mg daily. Be sure the product you choose comes from grass-fed bovine.

But the best way to get the health benefits of bone marrow is by eating it. If you've never had it, you're in for a treat. Whether you decide to eat it straight from the bone or brew it into a savory bone broth, you'll get the full benefits of this nutrient-rich, anti-aging super food. It's easy to get started. Here are two recipes I use:

Roasted Buttery Bone Marrow

Roasted bone marrow is quick and simple to prepare. Here's one of my favorite recipes:

Ingredients:

- 8-10 grass-fed beef bones, 3 inches long cut lengthwise
- 1 cup coarsely chopped parsley
- ½ cup freshy thyme springs, chopped
- 2 shallots, sliced
- 2 Tbsp extra virgin olive oil
- 2 tsp fresh lemon juice
- Coarse sea salt
- Fresh thyme for garnish (optional)



Bone marrow has a rich, buttery, sweet, yet savory, taste. If you haven't tried it, you're in for a treat.

Directions:

1. Preheat the oven to 450 degrees Fahrenheit. Place bones, cut side up in ovenproof skillet. Roast 20 minutes until marrow is soft.
2. Combine the remaining ingredients in a bowl. Drizzle over the roasted bones.
3. Garnish with fresh thyme. Scoop out with a small spoon and enjoy.

Health-Enhancing Bone Broth

Our hunter-gatherer ancestors would take otherwise indigestible animal parts like bones, hooves, and knuckles and boil them down into a broth they could drink. That was one way they could extract the marrow and share it with the tribe.

The rich mixture of vitamins, minerals, amino acids and healthy fats in bone broth not only nourish your body, they help protect you against outside pathogens. I recommend drinking a cup of this rich tasty brew every day.

Ingredients:

- 2 pounds of grass-fed beef or lamb bones
- 2 pounds of pastured chicken bones, including the neck, feet, and wings
- 3 celery stalks, chopped
- 1 medium onion, quartered
- 3 carrots, chopped (feel free to throw in other vegetables)
- 6 garlic cloves

- 1 tsp each of parsley, thyme, sage, rosemary, and Pau D'Arco
- ½ cup of shiitake mushrooms
- 1 tsp each of turmeric and ashwagandha
- 1 Tbsp whole peppercorns
- 4 Tbsp apple cider vinegar
- 2 bay leaves
- Pink Himalayan sea salt to taste
- 10 pints of cold water



The custom-made bone broth I have delivered to the Sears Institute is full of stem cell-enhancing nutrients.

Directions:

1. Place all ingredients in a 10-quart stock pot. Cover with water.
2. Let sit for around 60 minutes. Bring the pot to a boil and then reduce to a simmer.
3. Skim off any impurities that rise to the top. When nothing else rises to the top, add water to keep the level just above the bones.
4. Simmer for 15 to 24 hours. Then turn up the heat just a bit for the final simmer-down. This will concentrate the nutrients. Turn down the heat and let simmer for another hour or two.
5. Remove from heat and allow to cool slightly. Discard the solids and strain the remainder through a colander.

You can also supplement with bone marrow in capsule or powder form. I recommend at least 50 mg daily. Be sure the product you choose comes from grass-fed bovine.

Naturally Boost Your Body's Stem Cells At Home

In addition to including bone marrow in your diet, here are three more ways you can easily boost your stem cell production at home.

1. Supplement With The Golden Spice.

A 2021 study published in the journal *Cell Transplantation* found that curcumin can substantially increase stem cell production and proliferation in your body.²²

The study combined curcumin with stem cell therapy in 47 patients. And the results were shocking. Curcumin not only worked three times better than stem cells alone but also generated 180% more new stem cells.

Look for a supplement that has at least 90% curcuminoids. Also, choose one with piperine, a black pepper extract that boosts absorption. Take 3,000 mg each day.

2. Eat This Unusual Food Combination.

A remarkable study found that combining a nutrient found in beef with blueberries increased stem cell activity.

Carnosine is an antioxidant found only in meat. This molecule has a remarkable ability to wake up and rejuvenate sleeping stem cells and extend cellular lifespan.²³ And research shows that blueberries can reverse declining cell function that happens with age.

But when carnosine and blueberry were combined, scientists found that stem cell activity increased by a whopping 83%.²⁴

I recommend taking 500 mg twice a day. And choose organic blueberries. If you can't get fresh blueberries, supplement with 500 mg of organic whole blueberry extract.

3. Add The Himalayan Orange Berry That Activates Stem Cells. Research has found a way to dramatically increase the number of stem cells circulating in the blood using Himalayan orange berries, or seaberries.

This bright orange fruit has been used for thousands of years to treat inflammation and infections, boost immunity, and slow the aging process.

Modern research explains why it works. In the study, 12 healthy adults had their blood drawn before and after eating either seaberry extract or a placebo. Data on stem cell activity was analyzed following each blood draw.²⁵

Researchers found endothelial stem cells increased by 33% within two hours of eating the berry. These multipotent stem cells found in bone marrow have the ability to develop into multiple specialized cells.

To get the results researchers saw in the study, take 500 mg daily. It's available as a softgel, powder, and juice. Look for certified organic, non-GMO products.



Seaberry fruit turns on healing stem cells.

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The Stem Cell Revolution For Your Heart

Single Dose Slashes Your Heart Attack Risk Up To 75%

Your heart deserves the best care modern medicine can offer. Sadly, that's the last thing you're going to get from a conventional cardiologist.

I've been helping patients reverse heart disease for decades and I've never heard of a single cardiologist who recommends the right kind of exercise, diet or nutrient therapy that can turn heart problems around.

Even worse, no conventional cardiologist will ever tell you about the new stem cell therapies that offer groundbreaking treatments to reduce your risk of heart attacks and strokes, and also repair hearts and blood vessels that have already been damaged.

Instead, you'll get prescriptions for Big Pharma's meds — like diuretics, beta blockers, ACE-inhibitors and, of course, cholesterol-busting statins.

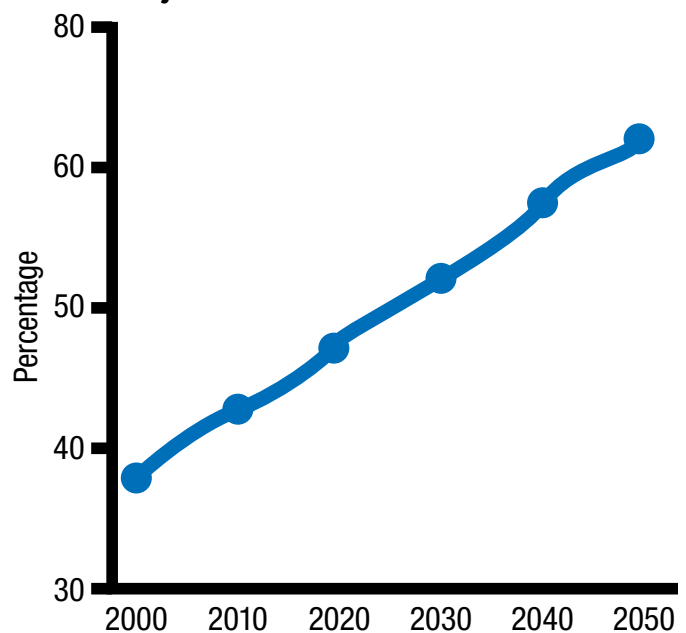
These drugs “manage” your symptoms. They cure nothing to cure you — and their side effects often cause more harm than benefit.

Meanwhile, if you've had a heart attack and now suffer from congestive heart failure, you've probably been told that your heart no longer has the strength to pump the amount of blood your body needs, and that your condition therefore is hopeless.

I'm here to tell you that it's the drugs and lack of proper treatment that make your condition hopeless, not your heart.

You see, Big Pharma's heart drugs work by poisoning one particular system in your body to produce an effect on another. That's why their side effects make recovery impossible.

Cardiovascular Disease Rates Have Skyrocketed 56% In The Last 50 Years



By 2050, 61% of American adults will have some type of heart disease. This includes high blood pressure, heart failure, stroke, atrial fibrillation, and more.

Take Novartis's heart-failure drug Entresto. Cardiologists were nearly ecstatic when this drug was released a few years ago. Some called it a “wonder drug,” thanks to a multimillion-dollar marketing campaign.¹

But one of Entresto's side effects is that it dramatically lowers blood pressure. And since most heart failure patients already suffer from dangerously low hypotension — a drug like this is the last thing they need.

The good news is that stem cell therapies have already improved the lives of thousands of people

with heart disease around the world — even though mainstream cardiologists will never admit it.

In this article, you'll learn about the incredible science behind these new life-saving cell therapies, many of which are already available. You'll also learn about the things you can do at home to jumpstart your heart-healing process.

What Your Cardiologist Still Doesn't Know About Stem Cells

If you're a regular reader, you'll know that stem cells are the most powerful cells in your body. They are your reserve of healthy master cells that can grow into any other kind of human cell — including heart cells — and you were born with your own plentiful supply.

They have the amazing capacity to “self-renew” and they can replace damaged cells that make up tissues, organs, bones, skin, blood and everything else.

That means their healing potential is limitless. I have no doubt that one day stem cells will be used to cure every disease.

These days, stem cell practitioners can extract stem cells easily from your own blood, fat or bone marrow.

And they come with much less risk than conventional disease treatments, such as Big Pharma meds or surgeries, and are generally free of nasty side effects.

A range of stem cell therapies, many of which are still “unregulated” by the FDA, have been used to successfully treat conditions as varied as cancer, diabetes, lung disorders, Alzheimer's disease, rheumatoid arthritis, multiple sclerosis, blindness, burns, nerve damage, as well as bone, cartilage and ligament damage, and even wrinkled skin — to name just a few.^{2,3,4}

And the latest research reveals the power of stem cells to fight heart disease, America's biggest killer.

“One of the most promising areas of research into stem cell treatments for heart disease is the use of mesenchymal stem cells, which have the unique ability to differentiate into various cell types, including cardiac cells.”

Most doctors — including cardiologists — still know very little about these special “master” cells you carry in your body. And even fewer are trained in stem cell medicine.

These revolutionary therapies are not something that will happen in the future. The stem cell revolution has been building

for years, and many treatments are already available.

Single Stem Cell Treatment Slashes Risk Of Heart Attack 58%

Your body's own stem cells provide a natural system for healing and preventing multiple forms of heart disease.

One of the most promising areas of research into stem cell treatments for heart disease is the use of mesenchymal stem cells, which have the unique ability to differentiate into various cell types, including cardiac cells.^{5,6}

In a recent study published in the *Journal of the American College of Cardiology*, scientists at the Texas Heart Institute used **mesenchymal** stem cells from bone marrow to dramatically reduce the risk of heart attack and stroke in patients with severe heart failure.⁷

The study was the largest clinical trial of cell therapy to date in patients with heart failure.

And the results revealed that a single administration of adult stem cells into an inflamed heart via a catheter can cut the risk of heart attack or stroke in heart failure patients by a staggering 58%.

In patients with high inflammation in their bodies, the reduced risk of heart attack was even greater — at 75%.

I'm not surprised. You see, stem cells work to restore cardiovascular health by:

- Repairing damaged heart tissue and regenerating heart muscle
- Improving blood flow
- Reducing inflammation

But the therapy developed by the Texas Heart Institute is only the most recent advance...

Multiple studies over the past decade and a half show stem cells repair and regenerate the parts of the heart muscle that have been damaged by heart attacks and chronic heart disease.⁸

You see, stem cells can differentiate into various kinds of heart cells, such as cardiomyocytes and the vasculature cells in your blood vessel walls, which are often damaged as a result of hardening of the arteries and other cardiac conditions.

Stem cells also secrete a wide variety of growth factors, including those that stimulate new blood vessels and prevent cell death — two cornerstones of cardiac repair.⁹

Meanwhile, multiple clinical trials have shown that stem cell therapy can significantly reduce the scar tissue around the heart, which impairs cardiac function after heart attacks.¹⁰

Stem Cell Therapies Already Available

America is way behind the curve when it comes to stem cell therapy for heart disease. That's because the FDA still considers these treatments to be "experimental" and have not yet approved them.

With the exception of stem cell therapy for heart failure, which is slowly becoming a treatment option at a number of hospitals, including the Mayo Clinic, most breakthrough stem cell heart therapies in the U.S. are still in clinical trials.

That's not the case overseas. In countries like South Korea, Germany, Switzerland, Russia, China, Japan, Mexico, and Panama, governments have introduced policies that fast-track the approval process for regenerative therapies. This has significantly reduced the time it takes for new treatments to reach patients.

Many of these countries already offer stem cell therapies for heart disease and are often integrated into comprehensive, everyday cardiac rehabilitation programs as a part of standard treatment offerings.

These include treatments for:

- **Hypertension:** Administering mesenchymal stem cells to control high blood pressure has become a standard treatment offering in many countries. It works by improving the function and structure of blood vessels by stimulating the regeneration of new cells that replace old and damaged cells.

It also reduces inflammation, which studies show is the pathogenesis of hypertension and cardiovascular disease.¹¹

- **Atherosclerosis:** Overseas clinics have been treating hardening of the arteries for many years with stem cells. The development of atherosclerosis is often the result of an increased level of pro-inflammatory cytokines and chemokines.

The anti-inflammatory effects of stem cells can mitigate the inflammation caused by damaged blood vessels, thus improving the function of the affected tissues.

- **Regenerating Heart Muscle:** German, Swiss and Central American doctors have been harnessing the regenerative capabilities of stem cells for heart disease for several years now — along with lifestyle modifications, like exercise training, and dietary counseling.

Heart muscles and blood vessels are often damaged after heart attacks, which in turn lead to heart failure. Their work, using **mesenchymal stem cells and cardiac stem cells** is now widely used to promote cardiac tissue regeneration, inflammation reduction, improved heart function, and to enhance the overall health of patients' cardiovascular system.

Use This Trifecta Of Heart-Healthy Nutrients To Jumpstart Your Healing

U.S. cardiologists would almost certainly never suggest you travel overseas for stem cell therapies. And most American insurance companies won't even cover stem cell treatments at home, let alone abroad.

But as evidence of the safety and healing power of these groundbreaking heart therapies continue to mount — and the political climate changes over the next few years — I expect to see increasing numbers of treatments becoming available in America.

In the meantime — unless you have the funds to become a “stem cell tourist” — there’s a lot more you can do for a damaged heart than just rest up and take Big Pharma’s toxic drugs.

I recommend a trifecta of heart-healing nutrients to all my patients with heart disease.

1. Feed Your Heart Muscle CoQ10: Studies show this super nutrient not only reduces the common weakness and fatigue symptoms of heart failure, it also halves your risk of acute heart problems.¹²

Some of the best sources are beef, chicken and fish. Organ meats, like liver and kidney, are especially rich in CoQ10.

Your ancestors ate the organs of every animal they hunted. But since the consumption of heart, liver and kidney is no longer popular, CoQ10 depletion is at a crisis point in most people.

Unless you’re eating organ meats most days, you’re probably not getting enough CoQ10 from your diet.

That means you’ll need a supplement.

If you’re healthy, I recommend at least 100 mg of ubiquinol every day. But if you’re taking statins, you should boost your daily CoQ10 intake to 200 mg — because statins deplete your body’s CoQ10 levels.

If you suffer from heart disease, you’re CoQ10 levels are likely to be dangerously low. I recommend taking 400-450 mg.

Always look for the ubiquinol form of CoQ10. It’s eight times more powerful than the more common ubiquinone form.

You can buy CoQ10 as tablets, chewable wafers or gel caps. Powdered capsules are not well absorbed. And because CoQ10 is a fat-soluble nutrient, take it with a meal for optimal absorption.

And make sure you include 20 mg daily of PQQ. That’s a natural compound that’s been shown to actually boost the number of energy-producing mitochondria in your heart tissue.

2. L-Carnitine Keeps A Heart Healthy. This powerful amino acid lives in the inner layer of your mitochondria. It acts like a border smuggler, getting fuel across the cell membrane barrier.

Your body converts L-carnitine to acetyl-L-carnitine (ALC). Studies show that when your mitochondria slow down, ALC can fire them up again.¹³

Heart failure patients often have significantly depleted levels of L-carnitine.

You can replenish lost L-carnitine by eating red meat and whole dairy products. But with heart disease, you should also take a supplement.

Look for a formula that contains only L-carnitine — not DL-carnitine, which is synthetic and interferes with the action of natural L-carnitine. I recommend 2,000 mg daily.



Despite what conventional medicine says, grass-fed meat together with a glass of whole milk is a heart-healthy meal.

3. Get Your Heart What It Needs With L-Arginine. Another vital amino acid that has a tremendous heart-boosting effect is L-arginine. That’s because it’s a precursor to nitric oxide, a compound that tells blood vessels in your heart it’s time to relax, expand, and carry more blood. Without it, blood vessels narrow.

L-arginine also helps build muscle (remember, the heart is a muscle).

Your best sources of this amino acid are beef brain and heart. Other food sources high in L-arginine include grass-fed red meat, wild-caught fish and shellfish, dairy products like whole-fat milk, pastured eggs, and certain nuts.

I also advise patients to supplement.

In my clinic, I combine standard L-arginine with a specialized form of L-arginine called arginine Alpha-Ketoglutarate (AAKG). This gives you a “time release” effect that lasts much longer. In one study, men who used A-AKG had 85% higher levels of free L-arginine.

I recommend taking at least 1 gram a day of AAKG paired with at least 6 grams of L-arginine.

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

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NOTES:

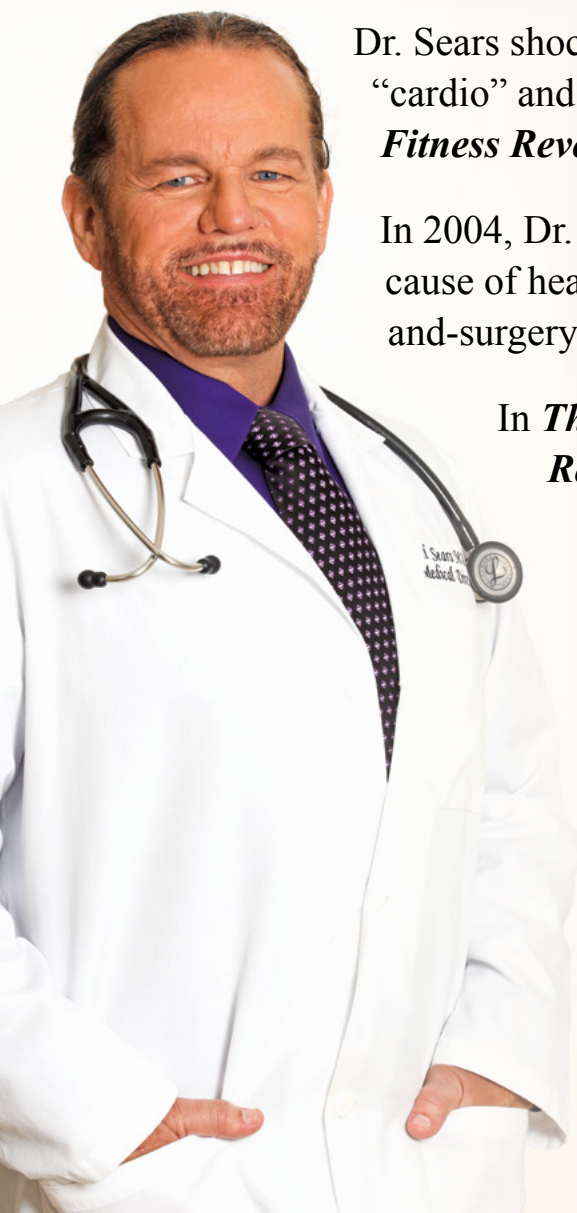
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Al Sears, MD

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

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

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



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

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

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

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