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Dear Friend,

The medical establishment offers no hope when it comes to Alzheimer's.

Doctors will tell you there's no cure and that the effects of this devastating, mind-wasting condition are irreversible.

Their only approach is to try and manage Alzheimer's by using extremely lucrative Big Pharma drugs.

But their drugs will *never* reverse the condition or provide a cure...

In fact, 99% of Alzheimer's drugs have failed in clinical trials.

And those that the FDA approved have terrible side effects including confusion, difficulty breathing, and seizures.

The newest drugs are even more dangerous — with serious side effects that include brain swelling and brain bleeding.

And as I said, these drugs won't work because the research into what causes Alzheimer's — and how to cure it — has been based on a LIE.

For more than 20 years, hugely influential studies pushed the theory that amyloid plaques and tau tangles are the primary cause of Alzheimer's disease.

Doctors, drug companies, and the FDA jumped on the bandwagon without a second thought. Most mainstream doctors continue to preach this fabricated theory.

But they couldn't be more wrong.

It's true that amyloid plaques and tau tangles are classic hallmarks of Alzheimer's. They damage the brain, causing memory loss and confusion.

But I've been telling my patients and readers like you for years that amyloid plaques and tau tangles are a consequence of the disorder — and not the cause.

The revelation exposing this scandal should have been front-page news. Instead, it was overshadowed by release of Big Pharma latest drugs — drugs that again focused on the wrong research.

In your April 2025 issue of *Confidential Cures*, you will learn:

- About the real causes of Alzheimer's disease — now that the amyloid deception has unraveled. Most importantly, you'll learn how to protect yourself and your loved ones from the ravages of this awful disease.
- How an overlooked, all-natural compound — that's been ignored by mainstream medicine for more than a century — holds the key to extending life and reversing the diseases we associate with aging. You'll also discover that Big Pharma is continuing to block human studies until it can develop a drug.
- Which hormone disruptor — more toxic than auto exhaust emissions — we willingly bring into our homes every day. And why the FDA — in its quest to protect Big Business — has no legal obligation to inform you how dangerous this chemical concoction really is.

To Your Good Health,

Al Sears, MD, CNS

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Exposed: The Big Alzheimer's Lie That Put Your Brain At Risk

It's Time To Break Free From The Amyloid Myth And Discover The REAL Way To Reverse Dementia

It should have been front page news... Twenty years' worth of hugely influential studies into the causes and treatments for Alzheimer's disease have now been exposed as lies.

These studies, many of them led by a French neuroscientist working at the University of Minnesota Medical School, pushed the theory that amyloid plaques and tau tangles are the primary cause of Alzheimer's disease.

Doctors, drug companies, and the FDA jumped on the bandwagon without a second thought.

Most mainstream doctors continue to preach this fabricated theory.

But they couldn't be more wrong.

I've been telling my patients and readers like you for years that amyloid plaques and tau tangles are a hallmark of Alzheimer's, and not the cause...

Despite what conventional medicine may have told you.

You see, even though these studies never made good scientific sense, Big Pharma continued to pedal drugs that had no hope of ever curing this devastating, mind-wasting condition...and they made billions of dollars from it.¹

But in 2022, independent scientists reviewing Lesné's work discovered he had inserted fake images and data that exaggerated the role of rogue amyloid proteins in Alzheimer's in multiple studies.

That was just the beginning. The discovery cast doubt on other studies that had been based upon Lesné's fraudulent data. It was found that many of these studies had also been conducted by influential scientists, who had included their own fraudulent evidence.



By peddling the Big Alzheimer's Lie, Big Pharma made billions of dollars pushing drugs that don't work.

Meanwhile, doctors like me, who never accepted the amyloid hypothesis, have been mocked, ostracized, and even threatened by mainstream medicine for our refusal to be cowed by the purveyors of junk science.

In this ***Confidential Cures*** article, you'll learn about the real causes of Alzheimer's disease — now that the amyloid deception has unraveled. Most importantly, you'll learn how to protect yourself and your loved ones from the ravages of this awful disease.

The Crisis Must End Now

The Great Alzheimer's Fraud is a scandal of epic proportions. And it's not just because billions of dollars have been wasted on pointless research or the terrible human cost imposing pointless meds on suffering patients.

It's a scandal also because research into the real causes of Alzheimer's disease — treatments that

might have prevented or even cured the condition — were thwarted.

It's hardly surprising that not one of Big Pharma's amyloid-focused "wonder" drugs — like Lecanemab or donanemab — has benefitted patients.

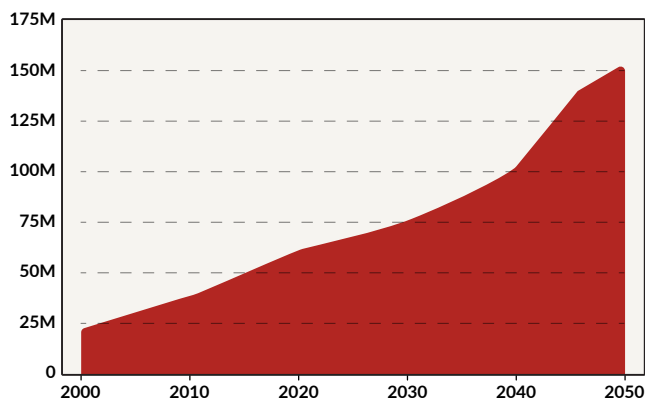
And while Big Pharma, the FDA, and the rest of the conventional medical establishment have been busy reaping massive profits from their failures, the Alzheimer's epidemic in America and worldwide has exploded into a crisis.

Just take these recent alarming statistics...

- Alzheimer's is the sixth highest cause of death in the U.S. among older adults
- 1 in 3 American seniors dies with Alzheimer's or dementia.
- Almost 7 million Americans and at least 57 million worldwide are living with Alzheimer's in 2025.
- The number of Alzheimer's patients is expected to almost triple by 2050.
- The number of people with early-onset Alzheimer's has more than doubled in the past 10 years.

Over the next 20 years, it is projected that Alzheimer's will affect *one in four* Americans... unless we change course immediately.

Alzheimer's Expected To Triple By 2050



The explosion of Alzheimer's cases worldwide has reached pandemic proportions. Today, 57 million people suffer from this devastating disease — with figures predicted to soar to 153 million in the next 25 years.

Time To Break Free From The Amyloid Theory

Now that the amyloid lie has finally been revealed, scientists are free to shift their focus to new and more realistic areas of research. That can only be good news for future treatments and cures.

Many of the new research avenues have been the focus of my Alzheimer's treatment protocol for years at the Sears Institute for Anti-Aging Medicine.

Here are just a few of them...

1. Gut Inflammation. Alzheimer's disease, like all modern chronic diseases, has inflammation at its root. Now, new evidence directly links the neuroinflammation behind Alzheimer's to your gut health.

You see, your gut is the primary activation site for immunomodulation — your body's natural mechanism for controlling inflammation. Studies also show that immunomodulation goes haywire with Alzheimer's disease.²

Back in 2012, Chinese researchers looked at more than 3,000 cases of Alzheimer's disease and found raised levels of interleukin-6 — a type of immune system defender cells — in all cases.³

More recently, American scientists discovered high levels of interferon, another key element of your immunomodulation system, in the brains of Alzheimer's patients.⁴

When your immune system is working properly, inflammation is your body's response to injuries and infections. Most of the time this immune response is quick and your body goes back to normal.

But if you are already suffering from chronic inflammation — with high levels of Interleukin-6 and interferon — your entire immunomodulation system can become dysfunctional, leaving you vulnerable to Alzheimer's.^{5,6,7}

At the same time, key studies also confirm that amyloid plaques are triggered by dysfunctional immune system regulation. They do not appear out of thin air and mysteriously cause Alzheimer's.⁸

2. Blood Sugar And

Insulin Resistance. A recent breakthrough study at McGovern Medical School in Texas reveals that the mechanisms driving type 2 diabetes are shockingly similar to the mechanisms of Alzheimer's disease.⁹

The Texas researchers discovered that the same rogue amyloid proteins found in the brains of Alzheimer's patients also occur in the diabetic pancreas. That's why Alzheimer's is increasingly referred to as "Type 3 diabetes."

Just as type 2 diabetes impairs glucose metabolism in your body, Alzheimer's impairs glucose metabolism in the brain, leading to cognitive impairment.

At the same time, insulin plays an important role in the formation of memories. Most mainstream doctors don't know that insulin enhances memory, learning, and thinking skills.

The effect of insulin resistance in the brain is devastating. Studies show that it can lead to cerebral dysfunction, inflammation, oxidative stress, and Alzheimer's.¹⁰

3. Mitochondrial Dysfunction. Recent studies reveal that mitochondrial dysfunction is another major driver of Alzheimer's.

Your mitochondria, the microscopic energy powerhouses in each one of your cells, are your body's master energy system. They power every function and organ in your body, including neuron function in your brain.

The problem of mitochondrial dysfunction begins with the aging process itself.

You see, the more energy these cellular engines generate over the course of your life, the more waste they emit. Over time, this produces high levels of free radicals and inflammation, causing your mitochondria to misfire.¹¹

This causes some of your mitochondria to die off. And those that remain become weaker.

Studies now confirm that the inflammation caused by mitochondrial dysfunction in your

"Over the past few decades, the increase in processed foods and hidden sugars in almost everything you eat has become the biggest threat to your health..."

brain can lead to cell death and neurodegeneration...and eventually Alzheimer's disease.¹²

4. Diet And Other Environmental Factors.

Our modern diet along with environmental pollution — mostly

in the form of fine particulate matter released by factories, power plants and fossil fuel combustion — are closely linked to the neuroinflammation behind cognitive impairment and Alzheimer's.

These toxic, heavy metal-laden particles are so tiny, they can penetrate deep into your lungs and bloodstream, and can easily penetrate the blood-brain barrier...causing rampant inflammation and brain aging.¹³

At the same time, our lack of a natural diet — high consumption of sugar, carbohydrates, processed foods, and cheap vegetable oils — also causes relentless inflammation.

Over the past few decades, the increase in processed foods and hidden sugars in almost everything you eat has become the biggest threat to your health — and this surge has gone hand in hand with the alarming increase in Alzheimer's incidence.

The good news is that by focusing on these core causes — and perhaps others that new research may soon reveal — you can reverse the threat of Alzheimer's and also restore damaged brain cells...

5 Steps To Prevent And Reverse Alzheimer's

For at least two decades, Alzheimer's research has suffered not only from fraud but also from tunnel vision, which has limited the pursuit of effective treatments...except among a handful of doctors like me.

The truth is, conventional medicine and Big Pharma are no nearer to solving the Alzheimer's crisis than they were 50 years ago.

While the devastating legacy of fraudulent scientists cannot be undone, you can still use prevention and reversal strategies that focus on the real causes of Alzheimer's.

Here are five therapies I recommend to my patients...

1. Get Hyperbaric Oxygen Therapy (HBOT).

Research strongly suggests that HBOT can reduce brain inflammation, improve oxygen flow, and boost cognitive function in early-stage Alzheimer's patients.

This all-natural therapy uses pressurized oxygen, which is the mortal enemy of inflammation. It increases blood flow and carries much-needed oxygen and nutrient-rich blood to swollen and inflamed tissues.¹⁴

Studies also indicate that increased oxygenation promotes neurogenesis, reduces amyloid buildup, and improves overall brain metabolism. It's also neuroprotective, thus defending your brain against the neuroinflammation behind Alzheimer's.^{15,16}

HBOT is now known to activate 8,100 genes — especially those involved in inflammation, growth, and the repair of human tissue.¹⁷

The treatment itself is easy and painless. You just lie down in an oxygen chamber and breathe. The only difference is that you're breathing pure oxygen at 1.5 times normal atmospheric pressure.

2. Use Ketones As An Alternative Brain Fuel.

The brains of Alzheimer's patients have been shown to struggle with glucose metabolism. So it makes sense to shift your brain's energy source from glucose to ketones, as a way to bypass impaired glucose metabolism and offer neurons an alternative fuel source.

Instead of glucose from carbs, ketones are produced during intermittent fasting and while eating a high-fat, ketogenic meal plan.

Studies suggest that adopting this kind of diet can improve memory and slow the progression of Alzheimer's and neurodegeneration, and also improve memory and support overall brain function.¹⁸

Following a high-fat diet is simple. First, avoid all processed foods as well as grains, rice, pasta, beans, and starchy vegetables. Next, fats should make up 70% of your calories. Limit fruit choices to berries that are low in sugar. And get plenty

of grass-fed beef and organ meats, wild fish and pastured eggs.

Studies show that ketone supplementation from medium-chain triglycerides — like MCT oil, coconut oil, full-fat dairy, and exogenous ketones — can slow neurodegeneration and increase improve cognition in Alzheimer's patients.



Coconut oil is a good source of medium-chain triglycerides (MCTs), which can improve cognitive function.

3. Add More Mushrooms To Your Meals.

The nutrient ergothioneine is a powerful antioxidant that's found abundantly in many mushroom varieties. Ergothioneine has been long overlooked by modern medicine. But recent studies show this amino acid plays a key role in cellular protection, repairing oxidative stress, reducing inflammation and improving mitochondrial health.

Researchers found that ergothioneine helps neutralize inflammatory compounds *before* they damage your mitochondria, protecting your brain from mitochondrial dysfunction and Alzheimer's.¹⁹

Population studies reveal that countries like Greece, France, Italy, and Spain, which have more ergothioneine in their diets, also have significantly lower rates of neurodegenerative diseases. Researchers found that in Italy, where the incidence of Alzheimer's is less than half that of the U.S., people consume over four times more ergothioneine than Americans.²⁰

Meanwhile, a Singapore study found that consuming two servings of mushrooms per week can reduce the risk of cognitive decline by 50%.²¹

The best sources of ergothioneine are porcini, shiitake, oyster, king oyster, yellow oyster, or maitake mushrooms. If mushrooms aren't your thing, consider a high-quality L-ergothioneine supplement.

Note: To give your mitochondria an extra boost, I recommend taking the nutrients CoQ10 (100 mg per day of the ubiquinol form), PPQ (20 mg), and nicotinamide riboside (500 — 1,000 mg per day before breakfast, over a few weeks).

4. Eat An Anti-Inflammatory Diet: Apart from mushrooms, there are many other foods that provide an edge in the fight against Alzheimer's.

An anti-inflammatory diet — similar to the Mediterranean diet — is rich in healthy fats, fish, olive oil, nuts, seeds, fresh vegetables, and other antioxidant-packed foods. It's been linked to dramatically lower Alzheimer's rates.

Its anti-inflammatory ingredients — along with less processed foods — support brain health, and promote heart health, which is closely linked to cognitive function. You see, if your heart or vascular system is compromised, this also limits the brain's oxygen and nutrient supply.

In one recent study, researchers looked at the brain scans and various brain function biomarkers of 512 subjects. They found that those who ate an anti-inflammatory diet had a larger hippocampus, the part of the brain responsible for learning and memory.²²

Adding nutrient-dense foods, such as turmeric (curcumin), dark leafy greens, and omega-3-rich seafood will boost neuroprotection even more.

5. Workout To Boost Brain Power. Research shows that turbo-charging your brain's production of a signaling protein and growth factor called brain-derived neurotrophic factor, or BDNF, can be a potent weapon against Alzheimer's.

BDNF has been shown to support neuron growth and cognitive function...and you can boost it with both diet and exercise.

You see, certain foods contain biochemicals called anthocyanins, which boost your brain's production of BDNF.

You can find some of the most potent sources of anthocyanins in blueberries, turmeric, and flaxseed oil.

Meanwhile, studies also show that regular physical activity turbo-charges the production of BDNF. You can do strength training, aerobic exercise, or even gentler activities like yoga and tai chi.²³

I recommend my PACE (**P**rogressively **A**ccelerating **C**ardiopulmonary **E**xertion) program, which 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 increases insulin sensitivity in your brain cells.²⁴

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.

If you want to learn good PACE exercises, I recommend going 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.

Keep Your Brain Ageless With These 3 Nutrients

I believe in your brain's power to heal and protect itself when given the proper nutrients. I've seen it many times over the years in my own patients.

Here's what I suggest:

1. First, Eat The Fat That Fuels Your Brain. Your brain is 60% fat and omega-3s make up 40% of that. Omega-3 fats combat brain shrinkage and memory loss. An Oregon study found that people with a diet high in omega-3s had bigger brains for their age. They also scored higher in thinking and memory tests.²⁵

Another study showed that people with higher omega-3 intake had a larger brain volume in their hippocampus and cerebral cortex. Those are the areas linked to memory and learning.²⁶

A specific kind of omega-3s, called docosahexaenoic acid (DHA), can even help slow the progression of Alzheimer's.

One California study gave mice DHA, one type of omega-3. They had lower levels of two proteins linked with the beta-amyloid plaques so rampant in Alzheimer's brains. The DHA blocked the production of presenilin, an enzyme needed to produce those proteins.²⁷

The best sources of DHA are animal products like wild-caught oily fish, pastured eggs, and grass-fed meats. But it's not easy getting what you need from your food. I suggest supplementing with squid oil. Sometimes called calamari oil, it contains more DHA than fish and krill oil combined. I recommend taking at least 600 mg a day.

2. Increase Choline. Damage to the brain's acetylcholine-producing system is linked to a number of brain disorders, including Alzheimer's. And you need choline to make acetylcholine.

But 90% of Americans are choline deficient.

The best way to get this essential macronutrient is from pastured eggs, grass-fed red meat, and liver. But I recommend supplementing. In one study, 95 people took 1,000 mg of CDP-choline or a placebo for three months. The patients with poor memory made incredible gains in their recall.²⁸

At 2,000 mg daily, patients improved verbal memory.

3. Then Add This Brain Protection. Phosphatidylserine (PS) is crucial for accurate brain functioning. Naturally concentrated in brain cells, its job is to harbor neurotransmitters and regulate their release.

According to a study published in *Neurology*, PS supplementation can even bring back lost cognitive function.

In the study, researchers gave a group of people with age-related memory impairment between the ages of 50 and 75 either a regimen of PS or a placebo for 12 weeks. The PS group

had an improvement in learning and recalling names. They were better at face recognition, concentrating, and remembering telephone numbers and misplaced objects. They began to improve in as little as three weeks.²⁹

The best foods for PS are organ meats. Other good sources include herring, tuna, and pasture-raised chicken. But it's hard to get enough from your diet. I recommend taking 100 mg three times a day.

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FDA Blocks Human Studies That Prove Natural Plant Compound Can Slow Aging And Improve Health

This Disease-Stopping Flavonoid Could Erase Demand For Big Pharma Drugs

It's Big Pharma's biggest nightmare — an all-natural molecule that can control aging and slow down or even stop chronic disease in its tracks.

I'm talking about a plant compound that can erase inflammation... reverse oxidative stress damage... improve cognitive function... and stop the signs of visible aging.

This magic molecule exists. It's called fisetin — and Big Pharma wants to bury it.

But you can access this natural anti-aging flavonoid to prolong your lifespan and improve your health-span. You just have to know where to look.

Nature wants you to remain healthy for as long as you can. So she packed age-defying compounds into plenty of plants to get that done.

And when it comes to anti-aging supplements, fisetin knocks it out of the park.¹

Of course, this puts fear into the hearts of Big Pharma executives. So their cronies at the FDA step in to help them out, making it harder for researchers to conduct meaningful human clinical trials using fisetin.

The agency requested detailed “Investigational New Drug” applications, despite the fact that fisetin is found in food and has been used in supplements for decades. They insisted lab and animal studies be conducted before human trials would even be considered.

These delays are flat-out ridiculous and wrong. You might as well sideline strawberries, grapes,



The FDA has consistently blocked human studies of fisetin in order to give their buddies in Big Pharma the chance to produce a syntetic drug.

and apples — they all contain fisetin, a bioactive polyphenol found in many fruits and vegetables.

The FDA is using all the stalling tactics they can think of. They don't want to admit that fisetin slows aging and stops disease in people. They want to give their Big Pharma buddies more time to lock in more drug profits. And maybe even figure out a way to keep natural fisetin off your radar while they create a synthetic version in a lab.

But you don't have to wait for Big Pharma to come up with a knock-off. You can start reaping the benefits of fisetin right now. So you can look and feel younger, healthier, and more vital than you have in years.

The Truth About Aging

It might seem like aging and disease are an inevitable fact of life. That the passing of time causes your body to slow down and eventually break down.

But that's not where most disease comes from. A lifetime of damage to your cells is what really does it. And that damage comes from all around you:

- Pollution
- Pesticides
- Household chemicals
- Free radicals
- Processed foods
- Exposure to radiation
- Harsh medications
- Viral infections

All of that accumulated damage creates deadly cellular enemies.

Don't Get Dragged Down By Zombie Cells

Did you watch any of the zombie shows that were all over the airways a few years back?

I confess my son and I really got into the program *The Walking Dead*. Watching the cast of characters try to survive in a world overrun by dead zombies was a fun way to spend some time together on a Sunday night.

Typically, when I think of the word “zombie,” I'm thinking of science fact, not fiction...

Zombie cells are known scientifically as senescent cells. These are dysfunctional cells that have stopped dividing and are nearing the end of their natural lives.

Senescent cells are too sick and damaged to carry out their normal functions.

But just like the creatures on the show my sons and I watched, they aren't completely dead, and that prevents your body from getting rid of them.

You see, when you're young, your immune system clears most senescent cells out of your body. But as you age and your immune system becomes less effective, senescent cells build up and accumulate.



Senescent cells can harm nearby healthy cells — in the same way one moldy strawberry can rot an entire fruit bowl.

The danger of senescent cells is that they can harm nearby healthy cells — in the same way that one moldy berry can rot an entire fruit bowl.

Senescent cells are a major driver of age-related disease and dysfunction. They even accelerate aging.

In fact, research shows that in a group of 7,000 healthy cells, just one senescent cell can start degenerative aging.

Mounting evidence now links the buildup of senescent cells to accelerated aging, inflammation, and multiple age-related conditions, including...²

- Alzheimer's
- Certain cancers
- Cardiovascular disease
- Diabetes
- Obesity
- Vision loss
- Osteoarthritis
- Osteoporosis

In certain cases, senescent cells can be useful. For example, they play a role in wound healing.

But problems arise when they build up year after year and run rampage around your body like an army of living-dead creatures, causing inflammation and turning healthy cells against you.

In fact, just one senescent cell in 15,000 can send your body into a nosedive of rapid aging.³

They stop other cells from functioning effectively. They turn nearby cells into zombies too, so the number of senescent cells multiplies even faster.⁴

And that's where fisetin really shines.

Because more than any other substance researchers have tested — and they've studied hundreds — fisetin clears out senescent cells to turn back your clock.⁵

The Anti-Aging Powers Of Fisetin

Fisetin's power starts with its senolytic powers — the ability to clear out senescent cells that are gumming up the works. That allows healthy cells to stay healthy and get their jobs done without interference.

A cell study published in the journal *Aging* showed that fisetin eliminated about 70% of senescent cells — while causing no harm to healthy, normal human cells.⁶

And when scientists were testing for the most potent senolytic compounds, fisetin won by a mile. Mice fed fisetin had a 50% increase in their remaining lifespan, living up to 15% longer than mice who didn't get the compound.⁷

If that was the only way fisetin could extend your healthy longevity, it would be remarkable. But fisetin brings so much more to the anti-aging table.⁸

Research shows that fisetin increases healthspan and lifespan by:

- Mimicking calorie restriction, which is known to stimulate cellular repair, delay disease onset, and extend lifespan⁹
- Fighting oxidative stress by increasing levels of glutathione, the body's master antioxidant
- Calming and preventing inflammation, reducing multiple inflammatory markers including TNF-alpha, prostaglandin e2 (PGE-2), and interleukin-6 (IL-6)^{10,11,12}
- Protecting telomeres — the “caps” on the ends of DNA strands that shield them from damage — to ward off cellular aging and keep cells functioning youthfully¹³

The key to its anti-aging effectiveness is to make sure you get enough fisetin. And that you get it in its most bioactive form. Because its powers don't stop with turning back your cellular clock... Fisetin can help you defeat and reverse many chronic and debilitating illnesses.

How Fisetin Stops, Slows, And Reverses Disease

Fisetin delivers powerful defenses against chronic disease. It helps prevent, slow progression, and even reverse some of the worst and most common diseases we face. Along with its general anti-inflammatory, antioxidant, and anti-aging properties, fisetin offers specific tools to fight almost every disease you can think of.

Alzheimer's. Fisetin has the rare ability to cross the blood-brain barrier, making it a perfect candidate for stopping cognitive decline, memory loss, and other Alzheimer's symptoms.¹⁴ Fisetin also protects brain cells, decreases brain cell death, fights oxidative stress, and improves learning and memory.^{15,16}

Parkinson's Disease. Fisetin offers hope to people suffering from this progressive disorder by protecting brain cells from damage that speed up its onset and progression.¹⁷ Part of that protection comes from fisetin's ability to fight inflammation and free radicals, key players in severity of Parkinson's symptoms.¹⁸ Animal studies show that fisetin can even improve the ability to control voluntary movements and maintain motor function.¹⁹

Diabetes. Researchers call type 2 diabetes is the “preventable pandemic.”²⁰ About 11% of Americans struggle with diabetes...and another 38% have prediabetes. Fisetin can turn all of that around, even for people who've had diabetes for years. Research shows that fisetin improves blood sugar control by increasing insulin sensitivity and lowering blood sugar.^{21,22,23,24}

Obesity. Dozens of diseases stem from obesity including diabetes, cancer, and premature aging. Unfortunately chemicals in the air, water, and food supply make losing weight much more difficult even when you diet and exercise. Fisetin can help tip the scales. First, fisetin helps control

activity of a protein called mTOR. When it's overactive, this protein signals the body to increase fat storage. Next, fisetin reduces the creation of new fat cells.²⁵ Animal studies show that fisetin also promotes weight loss even when the animals are fed a Western diet.²⁶

Cardiovascular Disease. Fisetin exerts positive effects on every aspect of cardiovascular health. Research shows that fisetin:

- Improves arterial function, which boosts healthy circulation and prevents arterial stiffness — a leading cause of heart attack and stroke²⁷
- Prevents cardiac hypertrophy — enlarged heart — which makes it harder for the heart to pump blood efficiently²⁸
- Protects against hypertension and the damage it can cause²⁹
- Reduces cardiac inflammation that causes atrial remodeling, which changes the structure and function of the heart chambers and leads to irregular heart rhythms³⁰

And should the worst happen and you suffer a stroke, fisetin extends the therapy window and dramatically improves patient outcomes.³¹

Osteoporosis. Bone density loss and increased fracture risk terrify most older adults. But getting older doesn't have to mean weaker bones if you bring fisetin on board. Research shows that fisetin reduces bone density loss by naturally removing senescent cells to make room for fresh cells.³² It also helps promote osteoblast (new bone cell) production to build healthy new bone tissue.³³

Cancer. Fisetin helps your body defeat cancer in several ways — without the life-threatening damage caused by chemotherapy and radiation. Along with unlocking powerful antioxidant and anti-inflammatory activity, fisetin has been proven to:^{34,35}

- Stop rapid cancer cell growth
- Prevent cancer cells from invading healthy cells and tissues
- Stop cancer from spreading (metastasis)
- Trigger cancer cell death
- Prevent the formation of new blood vessels to feed tumors

This all-in-one cancer fighting power has been shown to effectively fight breast, prostate, cervical, colon, melanoma, and pancreatic cancers.³⁶

Covid. The Covid virus leads to a huge increase in senescent cells, which fisetin can stop. Fisetin's senolytic powers can provide better outcomes for Covid patients, especially minimizing the terrible toll of Long Covid.^{37,38}

Arthritis. Fisetin helps relieve arthritis pain, stiffness, and bone loss in several ways. First, it calms damaging inflammation in the joints.³⁹ It stops senescent cells from accumulating in the joints, preventing joint deterioration. Fisetin also helps prevent cartilage degradation by activating SIRT6 (sirtuin 6, a healing protein).⁴⁰ These actions help fisetin deliver effective pain relief, a dream come true for arthritis sufferers.⁴¹

Age-Related Macular Degeneration (AMD). AMD is the leading cause of vision loss — and blindness — for older adults. In addition to minimizing damage caused by free radicals and inflammation, fisetin protects your retinas from stress-induced cell death. Fisetin even helps repair existing damage, making sure your vision stays strong and sharp.⁴²

Restore Youth And Health With Fisetin

If you want to look younger, feel healthier, and stop aging, you need to consume more fisetin. But that can be trickier than you'd think.

Fisetin is a polyphenol that doubles as a yellow pigment found in many fruits and vegetables including:⁴³

Strawberries	160 micrograms per gram
Apples	27 micrograms per gram
Persimmons	11 micrograms per gram
Onions	5 micrograms per gram
Grapes	4 micrograms per gram
Kiwi	2 micrograms per gram
Kale	0.4 micrograms per gram



The best sources of fisetin include strawberries, apples, persimmons, onions, and cucumbers.

Unfortunately, due to depleted soil and questionable farming practices, it's almost impossible to get all the fisetin you need to stay young and healthy through diet alone.

Fisetin supplements are available, but this polyphenol is notoriously hard to make bioavailable for a few reasons.⁴⁴

- It doesn't dissolve well in water, which makes it harder to absorb during digestion.
- Your body breaks it down very fast, so it doesn't have enough time to work.
- Enzymes used during digestion can convert fisetin to an inactive form.

But researchers have found an effective way to deliver the full powers of fisetin. They combined it with fenugreek, an herb with plenty of health benefits on its own.

The result: Combining fisetin with fenugreek significantly improved its bioavailability, making it 27 times more bioavailable than standard fisetin supplements.⁴⁵

Let me show you what I mean...

In a double-blinded human clinical trial — one of the few human trials allowed to be done with fisetin — researchers gave volunteers 1,000 mg of fisetin alone and tested blood levels. Ten days later, they gave the volunteers a dose of 1,000 mg of fisetin plus fenugreek supplement.

The difference was astonishing. The fenugreek add-on made the fisetin nearly 2,700% more

bioavailable. And no negative side effects were observed in any participants.

I recommend taking 1,000 mg of fisetin with fenugreek daily.

3 More Ways To Target And Destroy Senescent Cells

In addition to fisetin, here are three more nutrients that can help your body manage and remove senescent cells.

1. Apigenin. Apigenin, a flavonoid found in plants like chamomile, has been shown to reduce harmful secretions from senescent cells (SASP), which can contribute to inflammation and disease. It may also help improve cellular and tissue health, a crucial aspect of healthy aging.

The most abundant sources of apigenin are chamomile tea, parsley, tomatoes, celery, artichokes, peppermint, and basil.

Apigenin is also available in supplement form. It can cause drowsiness, so I recommend taking 100 mg before bedtime.

2. Quercetin. This was one of the first plant-derived flavonoids to be tested as a senolytic. It works by inducing apoptosis, or programmed cell death in senescent cells, effectively removing them from the body.

In one study, quercetin was found to reduce senescent cells in patients with diabetic kidney disease.⁴⁶ In a second study, patients with pulmonary fibrosis, a senescence-associated disease, improved 6-minute walk distance and other performance measures after treatment with quercetin.⁴⁷

I suggest 500 mg twice daily.

3. Astragalus. Research shows that this telomerase activator can reduce senescent cells and lessen the effects of cellular aging. It works by promoting autophagy and reducing oxidative stress.⁴⁸

Astragalus further helps to delay the aging process by protecting cells from damage and improving mitochondrial function.

I recommend taking 500 mg of a concentrated astragalus extract three times a day.

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This Alien Estrogen Is Worse For Your Health Than Auto Exhaust Emissions

But Every Day We Willingly Bring It Into Our Homes

If I mention air pollution, you probably picture smoke-belching chimney stacks or maybe an exhaust pipe spewing toxic fumes along the highway.

You probably don't think about the synthetic fragrances that make your home, laundry, dishes, and floors smell like lavender, lemon, pumpkin spice, and pine.

But lurking beneath those fresh smells is a staggering number of serious health risks.

The truth is the chemicals used in these synthetic fragrances can turn your home into an environment that is far more toxic than the most congested city.

Multiple research studies reveal that many chemicals used to make synthetic fragrances are known hormone disrupters, neurotoxins, and carcinogens.

They have also been linked to diabetes, heart disease, stroke, liver, and dementia.^{1,2,3,4}

And according to a new study from Purdue University, these scented products are worse for your health than vehicle exhaust emissions.⁵

Perhaps the biggest outrage is that these dangers are hidden from you...denying you the right to make informed choices.

The Fair Packaging and Labeling Act (FPLA), which is intended to make sure consumers are informed about their purchases, is little more than a sham.



A new study found that the fragrances we willingly bring into our homes are more toxic than the air pollution caused by automobile emissions.

You see, while the FDA requires companies to list all product ingredients, manufacturers exploit a loophole.

Thanks to this loophole, companies don't have to disclose "trade secrets," which means they can legally get away with listing product ingredients as "fragrance" or "flavor."⁶

In other words, manufacturers of synthetic household fragrances are free to sell you dangerous toxins — which they do — and they don't even have to tell you.

It's not surprising that one in three Americans suffer from allergies, asthma, sinusitis, or bronchitis. The World Health Organization calculates that worldwide, 4.3 million people die from exposure to household air pollution.

How The FDA Lets Big Business Get Away With Poisoning You

Make no mistake about it, synthetic fragrances are poisonous. And there are more than 3,000 chemical ingredients in fragrance products that can make you sick.⁷

It's a smelly secret manufacturers keep hidden from the public. And it's perfectly legal.

While the FDA has the authority to regulate harmful ingredients in most products, there's a major loophole in the law when it comes to fragrance.

You see, fragrances were once made from botanicals like flowers and herbs. But natural ingredients are expensive. The fragrance industry realized it was much cheaper to develop synthetic chemical combinations that mimic real scents.

But manufacturers don't want you to know what's in their products. So they came up with ways to keep what they put in their products a secret... and get around an existing law.

In 1967, lawmakers passed the Fair Packaging and Labeling Act. This required companies to list ingredients on their labels. But in 1973, the government agreed to make an exception for fragrance companies. It allowed these manufacturers to classify their chemical ingredients as "trade secrets."

This kept them off the FDA's radar.

In a groundbreaking study, the National Academy of Sciences reported that 95% of chemicals used in synthetic fragrances are made in a lab using an array of petrochemicals, such as benzene derivatives, aldehydes, and other toxic chemicals.⁸

Today, manufacturers don't have to tell you that the "lemon-fresh" or pine scent in bleaches, air fresheners, and dishwashing liquids comes from the chemicals limonene and alpha pinene.

These molecules themselves are not known to be harmful.

But when they react with air, they produce formaldehyde — a highly toxic chemical that belongs to the family of volatile organic compounds (VOCs) — which can cause eye and throat irritation and wheezing.

VOCs have also been linked to nasal and lung cancers, as well as heart disease and diabetes.⁹

Studies show that for every two molecules of limonene released indoors, one molecule of formaldehyde is formed.¹⁰

Other petrochemical derivatives are phthalates, which are used to help fragrances linger longer. They're found in scented candles, air fresheners, and all kinds of cleaning and personal care products.

But as a regular reader, you know they're also dangerous hormone disruptors. And they're linked to prostate and testicular cancer in men, and breast and gynecologic cancers in women.¹¹

That's because some of the worst toxins in scented products are what I call "alien estrogens."

These alien estrogens mimic estrogen in your body. And they destroy your delicate balance of testosterone, estrogen, and other hormones.

Alien Estrogen Invasion

For decades now I've been sounding the alarm about the estrogen-mimicking chemicals in our environment wreaking havoc on your health.

Even as recently as your grandmother's time, there were far fewer of these culprits. But today, our world is saturated with offenders such as PCBs, bisphenol A (BPA), dioxins, phthalates, and flame retardants... just to name just a few.

And they appear in every aspect of our lives.

Some of them are pesticides, some are industrial chemicals, and others are used to soften or harden plastics.

You'll find them in cosmetics, perfume, cash-register receipts, deodorant, hair spray, air fresheners, nail polish, insect repellent, carpet, vinyl flooring, shower curtains, anti-perspirants, plastic bottles, and the dashboard of your car. The list goes on and on.

In our modern world, we can't escape them.

U.S. industry alone produces over 6 billion pounds of them annually. They're omnipresent and have even been detected in Antarctic sea ice.¹² CDC blood tests show they're present in **over 95%** of the population.¹³ And the Endocrine Society states "they can be detected as part of the body burden of virtually *every* tested individual animal or human."¹⁴

And while this sounds like bad news that can't be countered, I'm here to tell you that there are ways you can combat these aliens and reverse their effects. More on this in a moment.

Excess Estrogen Is An Ignored Epidemic

You'd think with all the disruption they can have on your health, that I wouldn't be the **ONLY** one talking about this.

You won't hear the media shouting about it, nor will you mainstream physicians warn you of the dangers.

But I've been warning about this for decades. In an article I published almost 20 years ago, I warned, "*Most doctors don't even realize excess estrogen is the 'hidden' cause of the health problems a lot of men and women face every day.*"

That's as true today as when I first wrote it.

But the situation's gotten even worse as years have passed.

I'll discuss what you can do to protect yourself in just a moment.

Men especially need to take heed. They tend to think EDCs don't affect them because the male sex hormone is testosterone. Unfortunately, I see my male patients at the Sears Institute for Anti-Aging Medicine often having estrogen levels that are *higher* than the average woman's.

It's not their fault... and it's not yours! This whole dilemma is caused by our modern, toxic environment.

You see, once these chemical imposters enter your bloodstream they attach to cellular estrogen

receptors. This bio-mimicry signals the body to increase estrogen synthesis... altering your metabolism.

It also suppresses production of testosterone, throwing your hormone balance completely off kilter. It tricks the male body into becoming less masculine. You gain weight, feel fatigued, weak, and get flab in all the wrong places.

Women are affected too. Young girls are pushed into early puberty. Post-menopausal women have painful symptoms due to unnatural hormone fluctuations. It's so insidious that most people never realize what's happening to them until it leads to more serious disease.

Avoid these toxic products — including air fresheners, wipes, washing detergents, and scented personal care products — whenever you can. Choose organic, fragrance-free products instead.

I also recommend cleaning with baking soda and a damp sponge. For scent, add some lemon juice. For tougher jobs use vinegar and baking soda — both non-toxic.

5 Simple Steps To Detox Dangerous Toxins

Unfortunately, it isn't possible to live in a toxic-free world. That's why I advise my patients to take steps to flush these toxins from their bodies.

Step 1: Dump Toxins With Activated Charcoal: This substance is so potent that one gram of it — the size of your fingernail — can absorb enough toxins to fill the square footage of 4 tennis courts!

I regularly use charcoal as part of my personal detox plan. And I recommend it to my patients at the Sears Institute for Anti-Aging Medicine.

It's best to use a powder form, mixed into a liquid. Tablets or capsules take too long to absorb and release the activated charcoal. And the dose is usually too small to do the job.

Take 20-30 grams a day of powdered activated charcoal (in divided doses) mixed with water over a period of 1-2 weeks.

Step 2: Eliminate Alien Estrogens With SAM-E And Quercetin. SAM-e promotes the excretion of alien estrogens. At the same time, it counteracts the effects of estrogen toxicity. I recommend 200 mg a day to start. But you can take up to 800 mg twice a day if a blood test reveals that you have extremely high levels of estrogen.

Quercetin is a plant flavonoid that can directly stop estrogen from forming cancer cells. To detox your body of estrogen, take one 500 mg capsule twice a day.

Step 3: Supplement With Chlorella. This chlorophyll-filled algae detoxifies your body by binding to synthetic toxins and pulling them out of your body.

Take 1 gram with each meal. You can increase to up to 3 grams three times a day.

Step 4: Add In Some Milk Thistle. This medicinal plant is one of the best herbs I've found for clearing toxins from your blood. Milk thistle has a potent antioxidant called silymarin that helps detoxify the liver and restore healthy liver function.

Take 200 mg in capsule form twice a day. Look for a dried extract with at least 80% silymarin, the active compound.

Step 5: Sweat it Out: Perspiring is one of your body's best ways to get rid of toxins. Approximately 30% of your body's wastes pass through the skin. Taking a sauna increases the detoxifying capacity of the skin by opening pores and flushing impurities from the body.

Tips for a safe sauna:

- Drink 12 ounces of water before your sauna.
- Set the temperature between 102 – 106°F.
- Take a cool shower afterward to return your body temperature to normal.
- Gently scrub your skin to remove toxins.
- Drink another 12 ounces of water.
- Rest for a few minutes.
- Even better is an infrared sauna. This emits infrared light, which you experience as radiant heat. This energy is absorbed by your skin and penetrates several inches deep into your tissues.

Places Where Fragrances Hide

Any product that claims to be scented contains a chemical cocktail that's poisoning your body. Here are a few places where these toxins hide:

Cleaning products	Laundry detergent
Sanitary pads/ tampons	Lotion
Scented candles	Hair products
Baby wipes	Soap/body wash
Dryer sheets	Air freshener
Sunscreen	Deodorant

Look at the Labels

No company is going to go out of its way to inform you about chemicals and toxins that are in their products.

In fact, they'll do everything they can legally do to misinform you. It's up to you to protect yourself. Here's what to look for on product labels:

Make Sure It Says Fragrance-Free: For a product to be fragrance-free, it must not contain any artificial/chemical fragrances. The words "fragrance," "perfume" or "parfum" should not be listed anywhere in the ingredients.

Buyer Beware: Manufacturers are always one step ahead of any regulations. As consumers become more savvy about the dangers of chemical ingredients, companies got creative with their labels. Products labeled "unscented" are **not** always fragrance-free. They can contain ingredients that actually mask other artificial fragrances. Also beware of products labeled "natural," "natural scent," "natural fragrance" or "non-toxic." These are simply meaningless marketing terms because the use of these words is unregulated.

In one study, sweat from a traditional sauna was made of up to 97% water. But the sweat released in an infrared sauna was only 80% to 85% water. The remaining 15% to 20% was heavy metals, sulfuric acid, sodium, ammonia, uric acid, and other fat-soluble toxins.

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

NOTES:

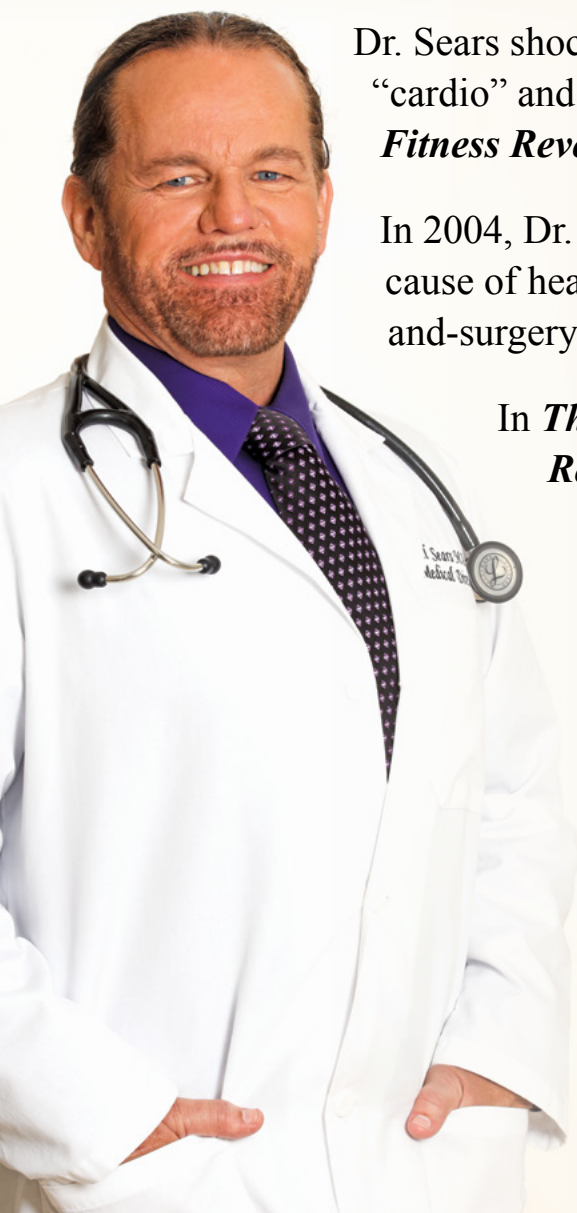
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Al Sears, MD, CNS, is a medical doctor and one of the nation's first board-certified anti-aging physicians.

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).