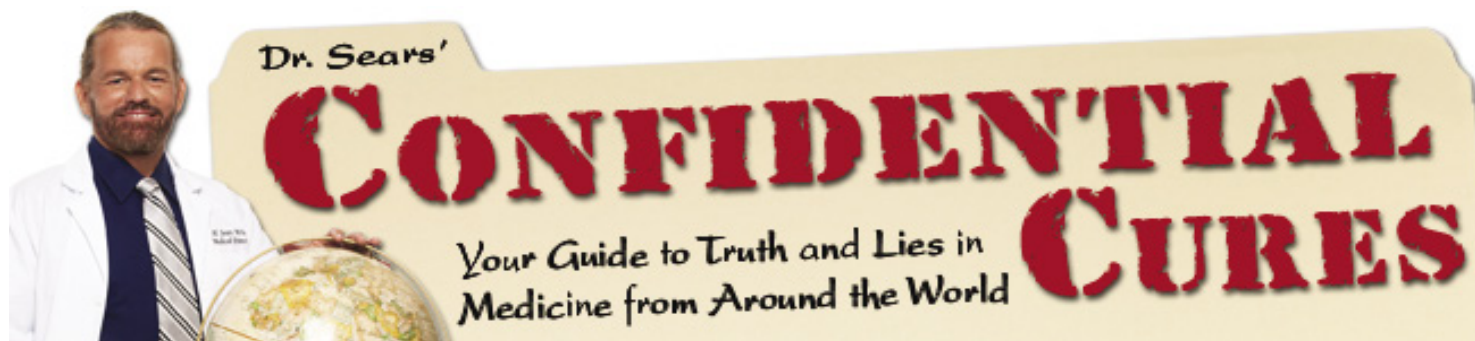




Winter 2025

Vol. XIV Issue 1

Dear Friend,

Today we are facing the *worst* crisis modern society has ever encountered...

And it's not just the worst health problem.

This catastrophe dwarfs global warming, Covid, and every other issue the powers that be are trying to distract you with.

I'm talking about the modern food crisis that our government created by allowing a complete takeover of our food supply by corrupt and greedy corporations.

This takeover by Big Agra and Big Food is the root cause of America's biggest chronic killers, including the surging rate of diseases like obesity, diabetes, cancer, heart disease and Alzheimer's.

Sadly, millions of Americans believe that we can "fix" the problem by entrusting the very entity that created this crisis with fixing it!

You see, unlike many of my colleagues in the regenerative medicine field, I'm convinced that they won't. Afterall, it's not in their self-interest to do so.

Big Government is in the business of self-aggrandizing itself. And we cannot take back power from our government by empowering our government.

The last thing we need is more intervention and power into an already corrupt food production system.

Of course there is a solution to this problem...

One that starts with you. Because there is nothing more American than the re-empowerment of the individual. This is something Thomas Jefferson talked about in the Declaration of Independence.

It's not going to be easy. We have to fight the corruption that currently exists in our system. And that's what I want to share with you in this edition of **Confidential Cures**. In this issue, you will discover:

- ***How you can empower yourself to take your hard-won health freedoms back into your own hands.***
I'll share my top six steps you can take — today — to take back control of your own health destiny and regain your primal well-being.
- Why cholesterol is NOT the enemy that Big Gov't has portrayed it to be for the last 60 years. Instead, ***cholesterol is one of the most important nutrients your body needs***, and the only worry regarding it is whether or not you have enough!
- The ***life-changing benefits of peptide therapy*** and why the FDA is trying to keep you from accessing it. You'll also learn how you can boost your body's natural peptide levels easily at home.
- That contrary to popular belief, the ***Three Wise Men didn't bring the baby Jesus a gift of gold.*** Instead, they brought Him something much more valuable — a golden healing spice worth more than its weight in gold!
- How ***real and long-lasting weight loss*** starts deep down in your DNA. And that by activating telomerase to lengthen telomeres, you'll lose excess fat and increase longevity.

To Your Good Health,

Al Sears, MD, CNS

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Never Trust The Government With Your Health

America Can Only Get Healthy Again If We Get Big Food And Big Gov't Out Of Our Lives

If America is going to ever get healthy again, we need to confront and tackle the worst crisis our country has ever faced...

I'm talking about the near-complete takeover of our healthcare and food supply by corrupt and greedy corporations.

Corporations that have ZERO interest in your health and wellbeing.

Today, we have grown so complacent about this awful situation, we now regard the millions of health injustices and multiple chronic diseases that have plagued Americans for decades — along with the billions of dollars in profits these corporation reap — as normal.

Many politicians still claim this is simply what happens in a free-market capitalist system — but they're wrong.

America's healthcare and food supply system are a perversion of the free market, a system where secrecy and collusion are the driving forces behind all the levers of power, and that includes the government itself.

Our surging rates of diseases, like diabetes, obesity, Alzheimer's, heart disease, and cancer should never be regarded as normal.

So, the real question is — and this is what sets my own position apart from almost every other doctor in America — will we ever be able to overcome the forces that have abandoned America's health and its right to freedom?



Corrupt and greedy food corporations — with the backing of the United States Department of Agriculture — have no interest in your health and wellbeing.

Frankly, I think it's unlikely.

You see, it was the government that granted Big Food, Big Agra, and Big Pharma control in the first place — and we the people can't expect to reclaim our power from the government by trusting the government to fix it.

You see, at the root of America's health disaster — and much of the rest of the world's — is a diabolical triad...

Big Agra and Big Food products cause America's biggest chronic disease killers, while Big Pharma makes the toxic drugs you are prescribed to manage, but never cure them.

Along the way, corporate behemoths take billions from you — either at the grocery and drug store, or through government subsidies that you pay for with your tax dollars.

In this ***Confidential Cures***, you'll learn how to empower yourself to take your hard-won health freedoms back into your own hands.

The Battle Against Processed Food

The most important crisis facing you, me, and every American is our chronic disease epidemic. Chronic disease is not only our leading cause of death, but it also drives massive health care costs that burden the lives of almost every American.

Our first line of attack must be the mass consumption of ultra-processed foods.

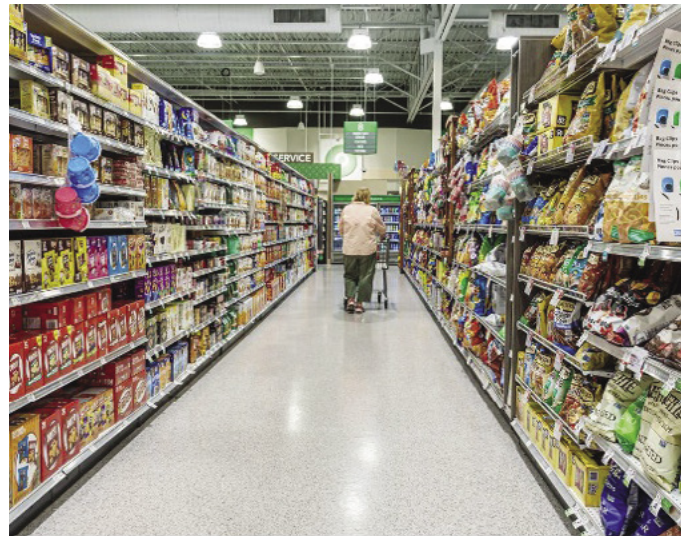
I've been warning my patients about these toxic Big Agra and Big Food monstrosities for decades. I'm talking about disease-causing foods like pizza, chicken nuggets, breakfast cereals, sodas, chips and other salty, sweet and savory snacks, packaged baked goods, microwaveable frozen meals, instant soups and sauces... to name just a few.

All ultra-processed foods contain dangerously high amounts of sugar, salt, processed industrial oils, artificial flavors, colors, preservatives, chemical sweeteners, as well as additives that imitate the texture and taste sensations of natural foods to fool you.

You see, these foods not only damage your health directly, but they also leave your body starving for the vitamins, minerals, live enzymes, micronutrients and healthy fats you need to fight disease.

Recent research from scientists from the University of Texas MD Anderson Cancer Center found that people who eat these fake foods regularly have a staggering 49% higher risk of developing lung cancer — even if they've never smoked a single cigarette.¹

And it's no coincidence that two-thirds of COVID cases resulting in hospitalization were attributed to dietary diseases like obesity, type 2 diabetes, hypertension, and heart failure.²



More than three-fourths of the food sold in U.S. grocery stores is ultra-processed junk.

A quick look at the U.S. consumption rates for ultra-processed foods is shocking:^{3,4}

- 58% of the foods eaten by adults are ultra-processed. Ultra-processed foods really shouldn't have the word "food" on their label. These products are so modified from their original state that they are foreign toxins in our bodies.
- 67% of the diet of American children and teenagers is ultra-processed.

These foods are at the root of almost every modern chronic ailment — and the government is just as culpable as the companies that make them.

Government-affiliated food advisors and federal regulators — like the FDA, the Dietary Guidelines Advisory Committee (DGAC), and the Academy of Nutrition and Dietetics — have spent years whitewashing the truth about America's toxic food supply.

You see, the economics of industrial food manufacturing means you can buy ultra-processed foods cheaper than unprocessed meat, fish, fruit, and vegetables.

And the government gatekeepers of our health are run by corporate suits and corrupt vested interests who have financial stakes in the mass consumption of the life-shortening products we now call the "Standard American Diet."⁵

Fighting the mega corporations that manufacture these products, the corrupt regulatory bodies that allow them, and the lobby groups that line the pockets of politicians on both sides of the aisle, promises to continue to be an uphill battle.

America Can Only Overcome The Epidemic Of Chronic Diseases Caused By Big Food By Reducing Corporate Influence

You should never trust the government with your health. I've been telling this to my patients for years. And it turns out you shouldn't trust most dietitians either.

Newly released documents reveal that the Academy of Nutrition and Dietetics — a powerful lobby group with wide-ranging influence over government policy on food — has almost no interest in your nutritional health.

Instead, they are focused on lining the pockets of Big Food manufacturers — and themselves.

These findings are part of a recently published, peer-reviewed study led by a team of U.S. and U.K. researchers. This new study is titled “The Corporate Capture Of The Nutrition Profession In The USA.”²⁶

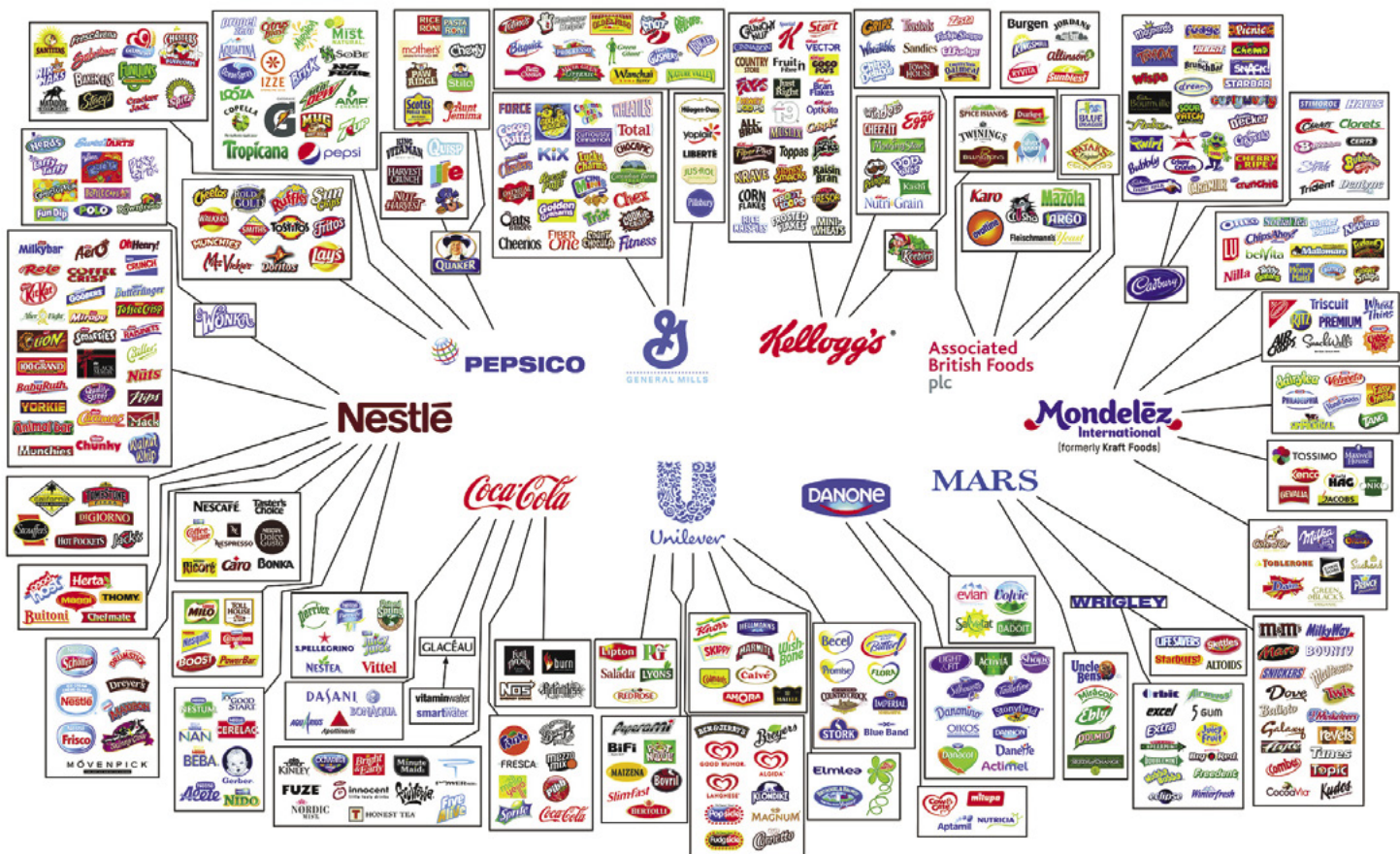
I couldn't make this stuff up if I tried... The researchers examined a stockpile of financial documents and internal communications obtained through a Freedom of Information Act request.

They were shocked by what they discovered.

It turns out that the cozy and corrupt conspiracy between the Academy, the government, Big Food giants like Kraft, General Mills, and Nestle, as well as industry bodies like the Sugar Association, is enough to make even the most trusting person suspicious.

The Academy bills itself as an independent group that lobbies Congress to shape national food and nutrition policy.

It also provides guidance to more than 110,000 U.S. dietitians.



Ten Big Food corporations control most of the food and drinks you'll find in the grocery store.

Yet the group is riddled with industry interests and corruption.

And it's controlled by former industry bosses from companies like Monsanto and its new owner, Bayer.

The level of backroom deals, kickbacks, and quid pro quos between the Academy and Big Food uncovered by the research is simply mind boggling.

Perhaps most blatant of all is the paper trail which reveals that the Academy of Nutrition and Dietetics owns stock and has received millions of dollars in contributions for the shameless promotion of ultra-processed food that for years has been linked to a wide range of chronic health problems.

The Academy of Nutrition and Dietetics claims to be an independent voice and "trusted educational resource for consumers."

But that's a long way from the truth.

The researchers found that the Academy accepted at least \$15 million from corporate contributors between 2011-2017, and more than \$4.5 million in additional funding went to the Academy's foundation.

Among the highest contributors were companies and industry entities including Nestle PepsiCo, Hershey, Kellogg's, General Mills, Conagra, the National Dairy Council, as well as baby formula producer Abbott Nutrition.

The Academy also received funding from Big Food through sponsorships, which the researchers revealed were just quid pro quos.

In a 2015 email obtained through the Freedom of Information Act, an Academy employee defined sponsorship as:

"When a company pays a fee to the Academy in return for... specific rights and benefits."

Talk about corruption. To me, that definition sounds more like a bribe.

The email reveals that the Academy was in a two-year, \$300,000 "sponsorship" deal with Abbott at the time. The email went on to describe how the Academy could use its dietitians'

influence in pediatricians' offices around the country to push *Pediasure*, one of the Big Pharma company's baby food products.

The researchers also found that the Academy owned Abbott stock at the time of the deal.

The same email described a sponsorship agreement with the National Dairy Council, which would pay \$1.2 million for a package that would fund "support for both the Academy and the Foundation to continue the collaborative work around food, nutrition, and agriculture."

Other Academy sponsors include Coca-Cola's industry group, and Conagra, which owns brands like Reddi-Wip, Slim Jim, and Banquet.

Documents also showed there were discussions with Subway about how the Academy could "endorse" the fast-food chain's "healthier products."

And it agreed to allow Kraft to put its "Kid's Eat Right" seal on Kraft Singles packaging.

This "seal of approval" suggests an independent source had verified the product's nutritional value.

Of course, you know that this processed cheese product, which contains dyes and other chemicals, has extremely poor nutritional value.

Additives Banned in Europe — But Still Legal in U.S.

- **Artificial Food Colorings:** These coloring agents — Red 3, Blue 1, Yellow 5 and more — are known carcinogens.
- **Titanium Dioxide:** Research shows this food whitener accumulates in the body and damages DNA.
- **Potassium Bromate:** This carcinogen is used to improve texture in breads and other baked goods.
- **Propylparaben:** This chemical preservative is a known endocrine disruptor that reduces sperm and fertility.
- **BHA and BHT:** Found in children's cereals, chips, frozen pizza, and more, these preservatives increase cancer risk.

After a consumer blowback, the academy denied that the label was an endorsement. But it did end up being forced to rescind the stamp.

Meanwhile, about \$4.5 million in corporate funding from processed food giants like General Mills went to an initiative called the “Champions Program.”

This granted funds to hundreds of organizations to support projects that essentially promoted a range of ultra-processed foods as part of a campaign for “healthy eating and active lifestyles for children and their families.”

In terms of your health, these ultra-processed foods are some of the most damaging foods you can eat, and the revelations are just the very tip of a massive corruption iceberg.

Powerful and well-funded lobby groups bribe politicians to push laws that benefit the corporations at the expense of your health, while industry players control the government’s health and regulatory agencies that provide the oversight.

This is corruption at the highest levels of government.

Agencies Centers for Disease Control and Prevention (CDC), the Food and Drug Administration (FDA), the National Institutes of Health (NIH) and the Centers for Medicare and Medicaid Services are all complicit.

For decades, Big Agra and Big Food have been guilty of poisoning the American consumer. Some of the measures that could counter this include:

- Purging the FDA, government nutrition and health boards of food and pharma industry executives.
- Forcing Big Food to reduce additives and chemicals in food through legislation as well as changes at the FDA.
- Improving the quality of the food supply and our environment through regenerative agriculture.

“Your primal ancestors knew the secrets of good health long before the government decided to intervene. It was easy for them. Their lives were active, and their diet was provided by nature.”

Save Yourself — And America

There is nothing more American than the empowerment of the individual. Thomas Jefferson wrote about it in the *Declaration of Independence*.

Today, you must push for total transparency from the powers that be. Only this will expose the corruption and the backdoor deals between the purveyors of our poisonous food supply and the government.

Make your voice heard. Change cannot happen without it. Contact your local, state, and federal representatives.

But even if the government won't fix the problem, you can still empower yourself and your family by rejecting Big Food and Big Agra's dangerous concoctions and the constellation of chronic diseases they cause.

Your body is not intended to consume fake foods.

Your primal ancestors knew the secrets of good health long before the government decided to intervene. It was easy for them. Their lives were active, and their diet was provided by nature.

Even your grandparent’s generation didn’t have to contend with the dangers you and I face each time we walk into a supermarket or a gas station convenience store.

If you want to enjoy the kind of primal health your body was built for. The first step is simply to eat naturally... and avoid processed foods.

I recommend that the focus of all your meals be high-quality protein.

Eat whole foods, pastured beef, lamb, chicken and other properly raised, organic foods. Fruits and vegetables, not grains or treats, should make up the bulk of your carbohydrates.

Unless you know the source of the meat, dairy and vegetables, and the practices of the ranch or farm, the safest foods are USDA-certified organic foods. If your grocer doesn’t carry them, let them know you’ll shop elsewhere.

My simple rule is to shop and buy local, in season, organic food. Nutrient-rich, properly raised food energizes your body and results in vigor, strength, and long-term health.

Avoid foods with high carbohydrate and starch content as much as possible. Here are some easy changes you can make:

1. **Severely Restrict Ultra-Processed Foods.**

Of course, this is a no-brainer. But your first step is to dramatically reduce processed carbohydrates. That means avoiding products with refined sugars, fructose, and processed grains.

Keep grains like wheat, rice, and corn, as well as breakfast cereals, cereal bars, and low-fiber or sweetened foods to a minimum.

Carbs should never make up any more than 5% or 10% of your total calorie intake.

2. Choose The Right Fats. Strictly avoid trans fats and industrial vegetable oils like corn, sunflower, safflower, soy, and canola. Instead, choose healthy dietary fats like olive oil, coconut oil, avocado, butter, ghee, and heavy cream.

Dietary fat is also one of three main macronutrients the human body needs to survive and thrive. Remember, eating dietary fat isn't what makes you pack on the pounds. It's processed sugar and grains that add the weight.

Also, beware of those low-fat foods recommended by mainstream doctors and dietary clinicians. Not only do they lack the fat your body needs, but they are also loaded with carbohydrates and processed sugar, which spike your blood glucose levels and send your body down the path to type 2 diabetes.

3. Eat Plenty Of Protein — But Know Where It Comes From. Beef, organ meats, fish, and eggs are your best sources of protein. Eat grass-fed beef and wild-caught fish. Choose eggs from pastured chicken.

Protein, especially when it comes from pastured or wild animals, is the wisdom of your ancestors. You are the descendant of thousands of generations of protein eaters, and it's exactly what your body needs to stay mobile, healthy, and independent.

Make sure the label says "100% grass fed and grass finished." And watch out for labels that only promise "natural," "organic," or "pasture raised." Chances are those cattle were "finished" in a feedlot eating grains, soy, and food waste byproducts. Check out EatWild.com, a national directory of pasture-based livestock producers, and find one in your area you can rely on.

And look for third-party certification. Groups like AGA, A Greener World, or the Global Animal Partnership offer certification labels you can check to verify it is real grass-fed beef.



Our primal ancestors thrived on meat as a healthy source of protein and fat. Almost every cell in your body needs protein to survive. And fat helps transport nutrients and deliver nutrients where they're needed.

4. Know The Source Of Your Produce: I love shopping at the farmer's market near my house. It makes me feel good to know where my food is coming from.

I've gotten to know the farmer at my market personally. She's shown me the organic seeds she plants and has let me see the type of soil she uses. We even talk about her natural methods of keeping nutrients in the soil and deterring bugs.

If you buy from your local, trusted organic farmer, you ensure your produce has suffered the least possible nutrient depletion. That means your body benefits more.

5. Stay Away From All Alien Sweeteners. Humans evolved to eat natural sugars. We crave sweet foods. What will harm your health are

the artificial sweeteners manufactured by Big Food and promoted by the American Heart and Diabetes Associations.

Splenda, for example, forms a metabolite that causes cancer. And aspartame is linked to more than 100 known health effects.

Instead, try the “jewel of the Andes.” I’m talking about yacón. This fruit-like vegetable is a healthy and sweet alternative even for diabetics because it doesn’t spike blood glucose.

Yacón has an apple-caramel flavor. I like to use it the same way you would honey or maple syrup. It tastes great in tea. But you can also try it as a salad dressing or add it to Greek yogurt. It’s available as a syrup, powder, and flakes.

6. Eat Low-Glycemic Load Foods. High-glycemic foods — which includes all processed foods — are loaded with sugars, starches, and grains that cause hormonal hunger and trigger addictive brain patterns.

But low-glycemic load foods — those that don’t raise your blood sugar and are also the most nutrient-dense — curb your appetite. Look for foods that fall between 10 and 20 on the glycemic load scale. These include seeds, nuts, wild-caught salmon, grass-fed beef, free-range poultry, eggs, berries, and above-ground vegetables.

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Cholesterol Is One Of The Most Important “Good Guys” You Can Have...

If You Want To Worry About Levels, Worry That You’re Not Getting Enough!

I’ve been warning my patients and readers like you about Big Pharma’s cholesterol scam for more than two decades.

But my message continues to get lost in the unrelenting Big Lie presented by so-called experts in the FDA, AHA, and USDA.

If you listened to the advice of the so-called “experts” in charge of our country’s health, you would believe cholesterol is a deadly enemy that needs to be removed at any cost.

These “experts” continue to prescribe dangerous drugs that force cholesterol lower and lower... while continuing to demonize the foods ancestors ate in abundance like eggs, butter, bacon, and fat.

But their lies can hurt your health. Because cholesterol is NOT the enemy. In fact, cholesterol can be your body’s best friend.

Doctor Discovers That Eating 720 Eggs In 30 Days LOWERS Cholesterol Dramatically

For most of your life you’ve been fed the great lie that cholesterol causes heart disease, and that eggs and other animal fats increase your cholesterol and your risk of heart attack.

The truth: Eating eggs won’t raise your cholesterol or harm your heart.

In a groundbreaking experiment, Oxford University PhD and Harvard medical student Dr. Nick Norwitz decided to challenge those lies.



In a groundbreaking experiment, Dr. Nick Norwitz proved that — contrary to conventional advice spewed by diet dictocrats — eating 720 eggs in a month lowered cholesterol a whopping 20%.

He ate two full cartons of eggs every day for a month — 24 eggs daily for 30 days. That’s a total of 720 eggs — about one an hour.

After just two days, his LDL cholesterol — the kind medical pundits call “bad” cholesterol — dropped around 2%.

By the end of the 30 days, his LDL plummeted another 18%.

In fact, after eating 720 eggs — which contained 133,200 mg of dietary cholesterol — Dr. Norwitz’s LDL cholesterol dropped by 20%.

I commend this young man on his approach.

He didn't rely on Big Data... maybe he's figured out that it can't be trusted and the whole process is corrupt. That's what I did when I was his age — and I've been doing these same kinds of studies on myself for about 35 years now.

“When you know the truth about cholesterol, it will save your life. And you won't be one of those statistics who died from the Big Medical Lie.”

The science behind this young man's experiment makes an important point. Eating eggs won't increase your cholesterol or increase your risk of heart disease. And the diet dictocrats who tell you to avoid eggs or limit eating them to one a day are either wrong or just plain lying.

Don't Believe Their Big Cholesterol Lies

Almost everything you think you know about cholesterol is wrong, based on a decades-old lie. The false idea behind it all is that high cholesterol equals heart disease.

But if lowering cholesterol solves heart disease, then why is heart disease still the number one killer in America? It kills about 1 in 5 adults in the U.S. And it's even worse for women, killing 1 in 3. And it's been number one for more than 100 years.

Yet... despite decades of prescribing statin drugs to hundreds of millions of people to lower their cholesterol, heart disease still claims the top death spot.

That doesn't sound like it's working, does it?

When you know the truth about cholesterol, it will save your life. And you won't be one of those statistics who died from the Big Medical Lie. Let's look at each of these cholesterol myths...

■ Big Lie #1: Cholesterol Causes Heart Disease

Of course, it doesn't. And the real causes of heart disease also harm the cholesterol your body needs to survive.

Heart disease is a direct result of inflammation and oxidation.¹ In fact, these are the underlying causes of pretty much all chronic diseases. They do a lot of damage throughout the body, and that damage piles up. Oxidative stress triggers inflammation. And inflammation increases oxidative stress.²

This deadly one-two punch also attacks cholesterol so it can't work properly. Once this happens, cholesterol becomes diseased along with your heart.

In other words, cholesterol is a victim, not a cause. As I point out in my book *The Doctor's Heart Cure*, about 75% of heart attack victims have normal cholesterol.³

And you need cholesterol. Without cholesterol, your cells and organs — especially your brain — can't function. Your body relies on cholesterol for critical processes including:⁴

- Helping brain cells communicate
- Increasing brain processing speeds
- Build cells and enhance cell communication
- Production of hormones like testosterone, estrogen, progesterone, and DHEA
- Making vitamin D
- Break down and digest fat
- Protect against infectious disease

That doesn't sound like a threat to me.

■ Big Lie #2: High Cholesterol Is Bad For You

This lie has been hammered into us, courtesy of Big Pharma and their buddies at the FDA. But the opposite is true:

The more cholesterol you have, the better — especially as you get older. It's a normal and necessary part of your body. You can't live without it. Turns out that low cholesterol is deadly...

- Research shows that high cholesterol has a protective effect for cancer patients, but low cholesterol increased their risk of all-cause death.⁵
- A long-term study that included 935 older adults found that lower LDL was linked to a higher risk of death.⁶
- A Swedish study of 3,090 older adults found that higher cholesterol reduced the risk of death, especially among adults who weren't taking statins.⁷

■ Big Lie #3: High Cholesterol Numbers Mean Everything

Mainstream medicine focuses firmly on total cholesterol and LDL cholesterol. If those numbers cross a certain threshold — *which they lower all the time in order to sell more statins* — they whip out the prescription pad. But they don't look at the full picture of what's going on. And they don't consider the numbers that actually make a difference.

What really matters with cholesterol is particle size, HDL, and a different lipid called triglycerides.

Big fluffy cholesterol is good no matter how high the level is. Very small cholesterol particles, known as VLDL, carry 70% triglycerides and a little bit of cholesterol. VLDL particles can be dangerous because they're small enough to get stuck in blood vessels.

Triglycerides play a bigger role in heart disease and death than either kind of cholesterol.⁸ But that can be balanced out with HDL cholesterol, which helps clear fat from the blood and deliver it to your liver for elimination.

So you want plenty of big cholesterol particles. You want the highest HDL you can reach. You want very low triglycerides. And — most important — you want your HDL number to be at least half the triglycerides number. If you can get your HDL higher than your triglycerides, even better.

■ Big Lie #4: Dietary Cholesterol Affects Blood Cholesterol

You've been told to avoid eggs, for example, because they contain cholesterol. And that eating cholesterol increases your cholesterol. That's not how it works.

Cholesterol is so important that your body — mainly your liver — produces its own supply no matter what you eat. About 80% of your total cholesterol is created by your liver and intestines.

Dietary cholesterol from natural sources doesn't affect blood cholesterol.⁹ Plenty of research backs this up, even though mainstream medicine has been feeding you this myth for decades.¹⁰

■ Big Lie #5: Eating Eggs And Other Animal Fats Spikes “Bad” Cholesterol

For your whole adult life, you've probably heard that animal fats clog your arteries and stop your heart. You've been warned to stay away from eggs, red meat, butter, lard, and bacon. Those lies were all brought to you by the fake fat industry.¹¹

In fact, animal fats promote healthy cholesterol and low triglycerides.¹²

It's fake trans fats like margarine and vegetable oils that cause heart problems. Eating as little as 2% of your diet in trans fats increases your risk of coronary heart disease by 23%. Even as little as 60 calories a day coming from fake fats can cause heart disease.¹³ In a head-to-head comparison, margarine increased the risk of heart disease — butter did not.¹⁴



You've been warned to stay away from eggs, red meat, butter, and bacon. Those lies were brought to you by the fake food industry.

■ Big Lie #6: You Need Statins For Heart Health

Around 92 million Americans take statins, spending at least \$3.1 billion.¹⁵

But heart disease is still the leading cause of death. The math just doesn't make sense.

I've been telling my patients to toss these drugs in the trash for more than 30 years.

They cause fatigue and confusion... They make your muscles weak and inflamed... They damage your liver and kidneys.... They can cause

permanent nerve injury... They may lead to impotence... They trigger insulin resistance and increase your risk of diabetes.¹⁶

And statins can absolutely harm your cholesterol-loving brain.

Cholesterol is so important to your brain that it makes its own. It's home to about 20% of your body's total cholesterol.

That's why statins come with a black box label warning about the threat of cognitive impairment... memory loss... confusion. But all these symptoms will magically disappear when you stop taking the drug.

Statins are a nightmare for your body to deal with. And even the American Medical Association knows it. An analysis published in their own *Journal of the American Medical Association* found that millions of people currently taking statins shouldn't be.¹⁷

There are much better ways to improve your cardiovascular health. And they don't involve taking Big Pharma drugs for the rest of your life.

■ **Big Lie #7: Your Cholesterol Can't Be Too Low**

Millions of doctors prescribe statins to almost all of their older patients. The goal is to drop cholesterol levels as much as possible.

That can be a deadly mistake.

Driving cholesterol too low can kill you... and cause serious health problems along the way.

I've never bought into the mainstream cholesterol lies. I'm proud of my high cholesterol. And I steer my patients in the same direction.

Here's What Happens When LDL Levels Are Too Low...

- Accelerated aging
- Mental instability and increased risk of suicide
- Chronic fatigue
- Loss of libido
- Depression

Cholesterol is not the enemy. It won't cause heart attacks and strokes.

Dealing with real problems like inflammation and oxidation will turn your heart health around. Boosting your HDL cholesterol matters more than lowering LDL cholesterol. And of course, getting your triglycerides below 150.

5 Simple Steps To Heart-Healthy High Cholesterol

High cholesterol supports good health — including for your heart. But you have to do it the right way.

You want big fluffy cholesterol particles as well as high levels of HDL cholesterol and low levels of triglycerides. No oxidized cholesterol and less inflammation.

You've already seen that eating eggs and other animal fats can do wonders for your cholesterol and cardiovascular health. And these five simple steps can bring that protection and support to even higher levels.

1. Add Garlic To Everything. The more garlic you eat, the better. I even add it to my omelets and salad dressing. It protects your heart health in many ways:^{18,19}

- Helps clear out clogged arteries
- Increases cholesterol particle size
- Protects cholesterol from oxidation
- Lowers triglycerides
- Stopping clot formation
- Lowers blood pressure
- Improves circulation

And you know the odor that garlic produces? Your body tends to handle it better with time. It comes from the sulfur, but your body gets better at processing it. I only noticed a garlic odor at the beginning and after a few days it went away.

2. Bump Up Your Niacin. Niacin is an essential B vitamin (B3) that improves circulation and fights inflammation. It can also increase HDL 35% and reduce triglycerides by at least 26%.²⁰ It works better than any cholesterol drug on the market.

Most doctors say you only need 14 mg per day of niacin. That's nowhere near enough to get the heart benefits. I recommend getting 750 to 1,000 mg a day. To avoid the "niacin flush," start out with 250 mg and gradually build up.

Another way to increase this heart healthy vitamin is by eating more grass-fed organ meat.

3. Get Even More DHA. This omega-3 fatty acid eliminates the need for statins and has been proven to raise HDL. It's a potent defender against heart disease. It increases HDL cholesterol. It decreases LDL and particle size.

And it lowers triglycerides. One clinical trial found that DHA reduced triglycerides by 24% in just 3 months.²¹ Other research shows that DHA helps with cholesterol turnover. In other words, it gets rid of diseased or damaged cholesterol and healthy new and larger particles.²²

Get between 600 mg and 1,000 of DHA in a combination of squid and krill oil. And make sure you take it with meals so it can be digested properly.



The omega-3 fatty acid in squid and krill eliminates the need for statins and has been proven to raise HDL.

4. Fight Oxidation With Astaxanthin. Free radicals bombard your body with oxidation every minute of every day. Your body fights that with antioxidant power. And you want nature's most potent free radical fighter on your side — one that puts the pink in salmon and shellfish.

Astaxanthin one of nature's most powerful antioxidants with a special focus on cardiovascular health. It stops free radicals from oxidizing cholesterol.²³ It protects your heart and blood vessels from inflammation and oxidation.²⁴ Astaxanthin also significantly increases HDL cholesterol while lowering triglycerides.²⁵

It's such a powerful antioxidant that even small amounts make a difference — even as little as 2 mg daily.

5. Try The Tropical Secret To Boost HDL. Coconuts are one of my favorite foods. And coconut oil contains a rare healthy saturated fat called lauric acid. That's important because lauric acid can strongly boost HDL cholesterol.

But consuming coconut oil delivers many additional health benefits including:²⁶

- Increases HDL cholesterol levels
- Reduces inflammation
- Protects blood vessels
- Promotes weight loss
- Fights cancer
- Stops oxidation

A recent study from the University of Cambridge found that coconut oil can lower the risk of heart disease and stroke when consumed every day for a month.

In the study, researchers followed 94 volunteers between the ages of 50 and 75. None of them had a history of heart disease.

After four weeks of eating three tablespoons of coconut oil a day, participants had a 15% rise in healthy HDL levels, leading the scientists to report that this superfood can lower your risk of developing heart disease.²⁷

Look for unrefined virgin coconut oil coconut oil. And take three to four tablespoons a day.

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The FDA Is Trying To Ban Anti-Aging Peptide Therapy

Learn How You Can Sidestep This Gov't Overreach And Benefit From These Disease-Defying Compounds

Peptides are making headlines all over the world. I'm not surprised because peptides work like a natural life-extending fountain of youth and DNA repair kit.

They protect against disease, inflammation, oxidation, and age-related degeneration. They may even extend healthy lifespan by up to 40%!¹

And that makes Big Pharma nervous. After all, they count on prescribing drugs for chronic disease in order to keep billions flowing into their coffers. So they got their friends at the FDA to “take a closer look” at peptides.

Now the FDA wants to take away your access to these natural life-changers. They're talking about banning many compounded peptides that millions of health-conscious people rely on.

But even if their ban succeeds, you can still take advantage of your body's own natural peptide power.

Why The FDA Is Attacking Peptides

It's no secret that the FDA constantly rigs the system to benefit their Big Pharma buddies. They're doing it again here... Working behind the scenes to ban peptides despite their proven benefits.

To be clear, what they want to ban are compounded peptides like the kind I've been prescribing to patients for years. These are the peptides that are custom created by a



The FDA is working behind the scenes to benefit their Big Pharma buddies. This time they are trying to ban peptides despite their proven benefits.

compounding pharmacy — one that makes tailored treatments for individual people rather than just selling mass produced drugs.

That will clear the way for Big Pharma to create patented versions of peptides, like they did with Ozempic — the pharmaceutical version of peptide GLP-1. Then they can charge big bucks for compounds your body normally creates on its own.

Right now, there are more than 80 patented peptide pharmaceuticals being sold worldwide, and hundreds more are being developed. They generate at least \$70 billion in annual sales already.² So you can see why Big Pharma would want compounding pharmacies to stop creating custom peptide therapies.

It's possible this strategy could derail under the new administration. But right now, the ban plan is moving forward. So your ability to get personalized peptides could be at risk.

Your Body Runs On Peptides

Peptides are chains of amino acids, the building blocks of full proteins. The chain can be as tiny as two amino acids or as long as 50. They're simpler in size and shape than proteins, but just as important to health and longevity. Because they're smaller, peptides are easier for your body to use — your body breaks down proteins into peptides during digestion.

You probably already know more about peptides than you realize. Common peptides include:

- Insulin
- GLP-1
- Collagen
- Elastin
- Oxytocin
- Glutathione

These mini protein chains act as bioregulators for hundreds of natural body processes. Some work like hormones, others like antioxidants. Some peptides regulate enzymes, others form antibodies, and still others control your body's repair processes. All of them keep your body alive and well. And your body produces hundreds of thousands of them.

It would be impossible to list all the health benefits peptides provide, but they include some of the biggest. Your body counts on peptides to^{3,4}

- Fight inflammation
- Manage immune function
- Improve and protect cognitive function
- Provide antioxidant power
- Control body composition and weight
- Speed wound healing
- Protect against tissue damage
- Regulate blood sugar and appetite
- Restore sexual drive and performance
- Boost mood

But as we age, peptide production naturally declines. This especially affects your mitochondria and metabolism, leading to age-related disease and chronic conditions.⁵

Peptides regulate the processes that lead to aging, and the drop off leads to increased inflammation, cellular senescence (where cells stop dividing and remain inactive), unrepaired DNA damage, shortened telomeres, and oxidative stress.

Restoring peptides to healthy levels can reverse those problems, rejuvenating every body system and returning youthful wellness and energy.

Get To Know Your Peptides

Every peptide has its own job. And when your body runs low on any one of them, performance falls off. That can lead to accelerated aging, system inflammation, and chronic diseases like type 2 diabetes and cancer.

Compounding pharmacies offer (at least for now) custom peptide therapies that pinpoint what's missing and supply it. Your body knows exactly how to use peptides — they're part of its natural function. They work with your body systems and gently turn the right switches on and off at the right times. Peptides can have a profound effect on your wellness, energy, sex drive, and longevity.

The most notable life-changing peptides — including some on the FDA chopping block — include:

- **PEPITEM.** This peptide manages immune cell function. It helps ensure that your immune system doesn't overreact or underreact. It also helps protect against inflammaging, obesity, osteoporosis, and autoimmune diseases.⁶

- **Sermorelin.** By stimulating the pituitary gland to produce and release growth hormone, sermorelin increases energy, preserves and strengthens bone density, and builds lean muscle tissue.^{7,8,9}

- **CJC-1295.** This incredibly effective peptide works by stimulating the release of your body's own growth hormone levels. It helps build muscle mass, increase metabolism, reduce body fat, and improve post-workout recovery time.¹⁰

- **Selank.** Research shows that Selank improves cognitive function and reduces anxiety. It works by protecting brain cells, improving your body's stress reactions, and increasing serotonin levels to relieve anxiety and depression.¹¹

- **Thymosin Alpha 1 (Ta1).** This peptide plays a key role in immune cell production and immune system function. Ta1 can restore healthy immunity and improve disease outcomes, along with providing anti-inflammatory and antioxidant protection.¹²

- **AOD-9604.** At the Sears Institute for Anti-Aging Medicine, we use a unique peptide known as AOD 9604 to help patients eliminate excess abdominal fat. It stimulates the pituitary gland to speed up the metabolism without increasing appetite. But the benefits don't stop there. AOD 9604 helps your body break down fat, prevent the creation of new fat cells, and trigger the release of fat from fat cells. But it also relieves joint pain, reduces diabetes and heart attack risk, and increases muscle mass.^{13,14,15,16}

- **Kisspeptin.** By increasing testosterone in both men and women, this peptide hormone boosts sexual desire and drive.^{17,18} But it also plays an important role in protecting the brain against amyloid-beta toxicity that may cause Alzheimer's disease.^{19,20}

- **BPC-157.** Comprised of 15 amino acids, BPC-157 promotes tissue healing of the skin, bones, muscles, joints, and connective tissue.²¹ It can help heal traumatic injuries and speed injury recovery and relieve inflammation in the liver and lungs.^{22,23}

- **Spermidine.** By promoting cellular stability, this peptide encourages cell renewal and turnover, delivering anti-aging benefits and increasing longevity.²⁴

- **NAD (Nicotinamide Adenine Dinucleotide, or NAD+).** I've written to you before about the incredible benefits of NAD, which is critical for energy production and cellular repair. This coenzyme slows and reverses chronic diseases, reduces inflammaging, protects against cognitive decline, and extends healthspan and lifespan.^{25,26}

- **GLP-1 (glucagon-like peptide-1).** This naturally occurring hormone regulates blood

sugar and stimulates weight loss. Released by the intestines in response to eating, it boosts insulin production, slows digestion to promote feelings of fullness, reduces appetite, decreases inflammation, and protects the heart and blood vessels.^{27,28,29}

- **LL-37.** The peptide LL-37 has both pro- and anti-inflammatory functions and plays a key role in the innate and adaptive immune response. It kills infectious bacteria and viruses, promotes wound healing, and may reduce severity of COVID infections and prevent long COVID.^{30,31,32}

- **GHK-CU.** Also called copper peptide, this peptide promotes wound healing, hair growth, and skin renewal. It has regenerative and protective properties that help reverse skin aging and improve skin appearance, grow thicker hair, repair free radical damage, and reduce inflammation.³³

- **Bremelanotide (PT-141).** This promotes sex drive in women, including post-menopausal women. Boosting bremelanotide increases sexual desire and responses and decreases related distress.³⁴

Increasing levels of the right combination of peptides for you can bring on a remarkable health transformation. But it's crucial to get the exact right amounts of only the highest quality peptide therapy to gain health benefits without causing serious problems.

Avoid Peptide's Dark Side

Certain peptides can quickly switch from helpful to harmful if they're used too often or incorrectly.

For example, melanotan — which stimulates the pigment cells in your skin to produce more melanin — can cross over and trigger dangerous mole growth when used improperly.

This means that it's important to work with a trusted profession who knows what they're doing when it comes to administering peptide therapy.

Even if the FDA is about to limit or remove access to compounded peptide therapies, you can still boost your own peptide levels by making a few simple changes.

7 Natural Ways To Boost Your Own Peptides

There's more than one way to increase your peptide levels. And you can take a targeted approach that fits your specific unique needs no matter what the FDA has to say about it.

You can boost your native peptides naturally and get all of the benefits of peptide therapy. Your body needs peptides for optimal health and longevity, so nature gave you plenty of ways to beef up and maintain your supplies.

Here are 7 ways to boost your own peptides and trigger a cascade of healthy anti-aging benefits.

1. Practice Intermittent Fasting. This eating pattern — which cycles between periods of fasting (consuming very few or no calories) and eating — provides countless health and anti-aging benefits. It reduces oxidation, inflammation, and cellular damage. It protects against chronic diseases like obesity, diabetes, and cancer.

Intermittent fasting slows aging and extends longevity. And many of those benefits come from its effect on peptides.³⁵

Research shows that fasting for just 24 hours can increase HGH by 500%.³⁶ Fasting for just one extra hour increases GLP-1 response by 2.3% after eating, leading to better blood sugar control and easier weight loss.³⁷ Intermittent fasting has also been shown to increase NAD+ levels, improving immune system function and mitochondrial health.³⁸

2. Increase The Amount Of Protein You Eat. High protein intake provides your body with the key ingredients it needs to create peptides. Your digestive system breaks protein down into peptides and amino acids so it can product exactly what it needs.

A high protein diet increases GLP-1 and keeps it circulating longer than carb-heavy meals.³⁹ Many protein-rich foods, like grass-fed beef and hard cheeses, increase blood and tissue levels of

spermidine which can improve heart function.⁴⁰

3. Boost Levels Of Dietary Copper. Copper is crucial for production of the peptide GHK-CU.⁴¹ Your body combines the peptide GHK with copper to make this super-peptide that renews and regenerates cells — especially skin cells — and promotes wound healing. Copper also affects the structure, function, and activity of several peptides including kisspeptin, NGF (nerve growth factor), and collagen.^{42,43,44}

A copper-rich diet includes organ meats like liver, shellfish such as oysters and clams, dark green leafy vegetables like kale, almonds, avocados, dried fruits, and chocolate. You can also supplement. I suggest 900 mcg daily.



Oysters are a rich source of beneficial copper which is necessary for the structure and function of several peptides.

4. Work Out The Right Way. Exercise increases the production and release of many peptides. That's part of the reason physical activity helps keep you in peak health.⁴⁵ The right kind of workout significantly boosts GLP-1 levels, promoting weight loss and lowering blood sugar levels.⁴⁶ Exercising regularly also helps ward off age-related decline in NAD levels, which boosts energy, improves post-workout recovery, and speeds cellular repair.⁴⁷ High intensity exercise, even for brief periods, increases production of growth hormones like HGH, and keeps it available longer.

Working out benefits everything from your brain power to your heart muscle to your mitochondria and energy production. To get the most out of every work, I recommend my PACE program, one of the most effective workout

programs even for beginners. It uses brief but vigorous routines of increasing intensity. With PACE you start out easy, then you increase the intensity gradually. In just minutes a day, you will work your way up to getting the benefits of high intensity exercise without overstressing your body. Learn more about PACE on my YouTube channel: www.youtube.com/user/AlSearsMD/videos.

5. Balance Your Gut Microbiome. This helps to regulate production and release of peptides. Beneficial probiotic gut bacteria influence both the creation and use of peptides including GLP-1, kisspeptin, and spermidine.^{48,49} But when your gut microbiome falls out of balance — a condition called dysbiosis — harmful pathogens outnumber probiotic bacteria. That interferes with peptides and causes problems throughout your whole body and mind.⁵⁰

You can get your gut back in balance with probiotics. But not just any probiotics off the shelf will do. Look for a probiotic supplement that contains at least 10 billion CFUs (colony forming units) of clinically proven strains like LGG and *Bifidobacterium longum*. Make sure you give the probiotic enough time to work, at least four weeks, preferably 12 weeks.

6. Increase Your Omega-3 Fatty Acids. The right kind of omega-3s stop inflammaging, partly by controlling peptides that play a role in the inflammatory process.^{51,52}

Both DHA and EPA have a huge impact on brain function and many of the peptides — including neurotransmitters and enzymes — that control cognition, memory, and mood.⁵³ They also stimulate the release of GLP-1, which balances blood sugar, improves insulin sensitivity, and calms inflammation.⁵⁴ These essential fatty acids have many anti-aging properties such as slowing down telomere shortening, maintaining healthy metabolic rates, and reducing cortisol levels during periods of stress.^{55,56,57}

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

To get the most out of your DHA, I recommend following these three simple steps:

- Take it at the right time. Standard advice is to take your DHA first thing in the morning. I disagree — especially if you practice intermittent fasting. I suggest taking it with your meal that has the most amount of healthy fats. This increases absorption.
- Store your softgels in the freezer. The benefit is that by the time the supplement starts to break down and release its liquid, it's further down in your gastrointestinal tract. This aids digestion and absorption.
- Take your DHA with vitamin E. Taking vitamin E protects the oil from undergoing potentially damaging oxidation in the body.

7. Take Targeted Nutrients And Botanicals.

There are many that can deliver the same benefits as peptide therapies. Sometimes they do that by influencing peptide production or use. Other times they take a different way around to accomplish the same goal. Nutrients and herbs offer time-tested and scientifically backed options for every aspect of your health:

- Nutrients like choline and herbs like bacopa increase cognitive function and memory.
- Vitamin D, magnesium, and zinc all work to boost testosterone, sex drive, and sexual function.
- B vitamins, selenium, and copper promote cellular repair regeneration.
- Herbs like ginger, turmeric, oregano, and thyme have immune boosting, anti-bacterial, and anti-viral properties.
- Astaxanthin provides powerful antioxidant support, protects against age-related vision loss, helps prevent chronic diseases like Alzheimer's and cancer, and improves skin texture and appearance.

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Did The Three Wise Men Really Give Gold To The Newborn Jesus...

Or Was THIS Cure-All The True Healing Miracle?

Everybody knows the Three Wise Men came bearing three gifts for the baby Jesus upon His birth. We know the first two were frankincense and myrrh.

But contrary to popular belief, the third item was not gold.

It makes sense when you think about it. Frankincense and myrrh are both spices. Today, research proves these herbs lower inflammation, boost immunity, soothe joint pain, lower cancer risk, relieve stress, and are potent antioxidants.

Gold just never seemed to fit.

This mystery led religious scholars to begin reinvestigating the actual meaning of the Gospel verse. And now they've cracked the code.

It turns out that the real third gift to Jesus was lost in translation for 2,000 years. And it's not the precious metal we've been led to believe.

Instead, it's a "golden" spice shown in modern-day clinical studies to heal aging joints, brain, heart, and more. And it was actually worth more than its weight in gold!

I'm talking about turmeric — a spice that comes from the root of the *Curcuma longa* plant and contains the chemical compound curcumin.

When I first read about this mistranslation, I thought it was too incredible to be true. After all, we're talking about one of the Gospel's most well-known and revered verses — the miracle of the Virgin birth.

How could Biblical scholars get it wrong for more than 2,000 years?



A gift more precious than gold was given to the baby Jesus at His birth.

Why The Magi's Gift Of Curcumin Makes More Sense Than Gold

It may sound unbelievable but think about it. The Wise Men, or Magi, came from the East. New research shows that they were likely sages from India. So the better question is... Why would they NOT bring turmeric?

Jesus was the Christ. The Savior. The Son of God. And the Wise Men traveled thousands of miles to honor Him. So what gift would have made more sense?

Gold that's materialistic and earthy... Or turmeric, which was a sacred spice, with God-given healing properties?

Even two millennia ago, gold was not the better gift. That's because spices were the most lucrative

commodities in the ancient world. The spice trade drove the economies of Europe, the Middle East, and Africa.

And for good reason. Spices were medicine. Traditional healers prescribed them for every affliction known to man. And none worked better than turmeric.

In fact, turmeric was known as “curative gold.” Or “medicinal gold.” In the Bible, it was no different.

They knew a fact that took modern medicine thousands of clinical trials to confirm: Nothing made by man works better for your health than turmeric. It’s a God-given healing tool that has the power to treat more than 600 diseases and conditions.

That’s more than any Big Pharma drug can do.

You see, man-made pharmaceuticals typically treat just one mechanism of one condition. They’re “monotargeted.” But turmeric works on multiple levels.

You can see that turmeric is highly respected — sacred, even — especially for its wide range of healing properties. Researchers are now looking into how this root works its “magic.”

But it’s not magic at all. It’s a biological mechanism that Big Pharma dreads because it throws a huge wrench into their business model. How?

Your Sickness Puts Money in Their Pockets — and a LOT of It

I shouldn’t have to say this. But the field of medicine should be about healing people. However, Big Pharma is making over a TRILLION dollars from just treating symptoms — instead of healing disease.

But clinical trials have shown that curcumin heals better than America’s top 19 best-selling drugs. Without side effects.

To date, there are more than ten thousand peer-reviewed studies proving its superiority over the world’s leading drugs. Everything from chemo and painkillers... to antidepressants and statins.

Some of the studies on curcumin show that it:
1,2,3,4,5,6,7,8

- Stops memory loss from late-stage Alzheimer’s
- Kills cancer stem cells
- Reduces arthritis joint pain 60% and joint swelling by 73%
- Prevents type 2 diabetes with 100% success
- Lowers triglyceride levels 65%
- Is 400-times more potent than the diabetes drug metformin
- Treats Major Depressive Disorders (MDD) as effectively as Prozac without side effects
- Stops osteoarthritis pain as effectively as NSAIDs without side effects

How can one healing spice accomplish all of this? It works because it eliminates the root cause of all disease.

How This “Cure-All” Works

Curcumin targets the underlying cause of all disease — chronic inflammation.

As I’m sure you know, inflammation is behind almost every chronic disease, including Alzheimer’s, heart disease, cancer, arthritis, and diabetes.

Here’s how it happens... Every time inflammation turns on, your genes produce molecules known as cytokines. Cytokines are used by your immune system cells to signal each other about threats.

More Than 50 Names

Turmeric has 53 different names in the holy language of Sanskrit. These include:

- Golden goddess
- Lucky
- Killer of fat
- Gives delight to heart
- Cures fevers
- Killer of poison
- Prosperity

They order white blood cells to the scene.

When you're young, cytokines only increase when there's an infection or injury. But over a lifetime, your body accumulates so many you're almost drowning in them.

These cytokines cause cellular damage, which causes more inflammation. It's a cycle that keeps repeating itself.

In a study published in the journal *Annals of Internal Medicine*, researchers found that while curcumin doesn't inhibit inflammation itself, it does block the cytokine overload that causes inflammation.⁹

Big Pharma's anti-inflammatory drugs target one pro-inflammatory gene. Curcumin works by knocking out your body's inflammatory "command center."

Curcumin Shuts Down Your Body's "Inflammation Command Center"

Your body has a "switch" that activates more than 400 pro-inflammatory genes. It's a molecule called nuclear factor-kappa B (NF-kB). This molecule controls nearly 98% of all diseases.

I call it your body's "inflammation command center." And it provides our body with the blueprint for regulating its inflammatory response.

That's why Big Pharma has long considered NF-kB the "holy grail" for anti-inflammatory drugs. But they haven't yet found a way to reliably and safely deactivate it.

So instead they've created a bevy of drugs to target each individual enzyme... And as a result missed the "forest for the trees" — the master molecule of inflammation.

But curcumin is a highly effective NF-kB inhibitor — one that simply deactivates it. According to one leading cancer researcher: "Nearly 98% of all diseases are controlled by NF-kappa B. [Curcumin] can subdue this potent molecule."¹⁰

In a recent Ohio State University study, researchers activated the NF-kB molecule in animals. Imaging showed the inflammation lit up through their body — but not in the control group.

They gave the control group curcumin and images showed zero evidence of inflammation. In fact, researchers found no signs the NF-kB molecule had ever been activated at all.¹¹ They concluded: "Curcumin releases anti-inflammatory power throughout the body."

This has huge implications for almost every disease — including cancer, heart disease, and Alzheimer's.

Curcumin Helps Stop Cancer In Its Tracks

NF-kB plays a major role in the genesis and spread of tumors. It helps suppress your body's ability to kill cells that grow out of control.

A study from MD Anderson Cancer Center found it active in the early onset of 95% of cancers. That includes the development of cancer stem cells — arguably "the root cause of cancer."¹²

But curcumin can stop NF-kB from even activating and generating cancer cells. In fact, curcumin binds to 33 proteins, allowing it to interrupt a multitude of pathways tumors use to grow and spread, including the growth of new blood vessels that feed tumors. It can even cause the cancer cells to "commit suicide" without damaging healthy cells.

Studies have shown that curcumin also:¹³

- Regulates tumor suppressor pathways and starves tumors of vital blood supply
- Triggers programmed cell death in breast cancer cells
- Targets destruction of cancer-cell mitochondria while leaving healthy cells alone
- Halts replication of cancerous cells
- Blocks molecules to prevent tumors from growing and spreading
- Prevents DNA damage

Not only is it an effective anti-cancer drug on its own, but curcumin also makes chemotherapy more effective.¹⁴ This is why curcumin is so effective at treating so many different kinds of cancer — more than 100 types, according to the scientific research.

Curcumin Strikes Back Against Heart Attacks

Atherosclerosis, or hardening of the arteries, is a major cause of heart attacks. Hard arteries can't expand to allow for more blood flow during times of stress. They're also narrower, which makes it easier for blood clots to block the artery completely. And that's when you have a heart attack.

Fortunately, curcumin actually addresses the causes of atherosclerosis.

Earlier, I mentioned that inflammation — not cholesterol — is the cause of heart disease. Here's how that works.

Many things can damage your arteries, including stress hormones, high blood pressure, surgery, and toxins. Your body's inflammatory response to this damage attracts healing factors — like white blood cells, collagen and growth factors.

But the problem is it also attracts harmful substances. Like LDL cholesterol. Free radicals oxidize LDL cholesterol, which triggers a chain of more free radical damage, which attracts even more cholesterol — and the cycle goes on.

When it's all said and done, these substances attracted to the inflammation end up as a layer of plaque in your arteries. Atherosclerosis has begun.

But curcumin is a powerful antioxidant. This means it prevents free radicals from rampaging and oxidizing your LDL cholesterol. Not only that, but curcumin also lowers oxidized LDL levels and increases HDL cholesterol.

In one study, volunteers took 500 mg of curcumin a day for seven days. Even after such a short time, oxidized LDL decreased by 33% and “good” cholesterol increased by 29%.¹⁵

But this golden root also:^{16,17,18,19}

- Improves endothelial function
- Thins the blood
- Improves heart muscle health
- Reduces risk factors for heart disease

Curcumin Helps Conquer Alzheimer's

Despite what you hear from Big Medicine, the root cause of Alzheimer's is inflammation and not amyloid plaques.

In fact, breakthrough research shows that inflammation in the brain, or neuroinflammation, drives the progression from the presence of amyloid plaque and tau tangles to the development of dementia and Alzheimer's disease.²⁰

In another breakthrough study, patients were either given curcumin or a placebo twice daily. At the end of the study, the brain scans of those taking curcumin showed significant decreases in tangle accumulations. This helped patients regain memory and thinking.²¹

But this powerful root does much more. Curcumin can help:^{22,23,24,25,26}

- Improve working memory in only an hour
- Increase brain cell plasticity
- Boost DHA in the brain
- Restore your memory
- Improve concentration and mental energy

Get The Most Benefit Out Of Your Curcumin

Sadly, most doctors still don't recommend curcumin, despite all its amazing brain benefits. But it's one of the most effective supplements I recommend to my patients. Here's what I tell them...

1. **Find A Quality Supplement.** The majority of curcumin supplements you find 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 to ensure you get the most brain benefits from curcumin.
2. **Make Sure It Contains Piperine.** Curcumin has limited bioavailability. That means most of it gets metabolized before it can be absorbed due to the digestive enzymes in the stomach, intestines, and liver.

Look for a supplement that also contains piperine. This black pepper compound has been shown to make curcumin more bioavailable. 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.

One study found that piperine increases the bioavailability of curcumin by 2,000%.

3. **Take It With A Healthy Fat.** The curcuminoids in curcumin are lipophilic, which means they attach to fat. This allows your gut to absorb it more easily. Cook your curcumin with coconut or avocado oil or supplement after a meal that includes healthy fats.

One thing to remember when supplementing with curcumin...be patient. It can take up to eight weeks before the full benefits kick in.

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Is Too Much Fat Making You Older?

Did you make a resolution on January 1st? We all have such good intentions when the calendar flips into the new year.

But I wasn't surprised to read that by the end of January, nearly 80% of people had abandoned their goals.

Especially when it comes to weight loss.

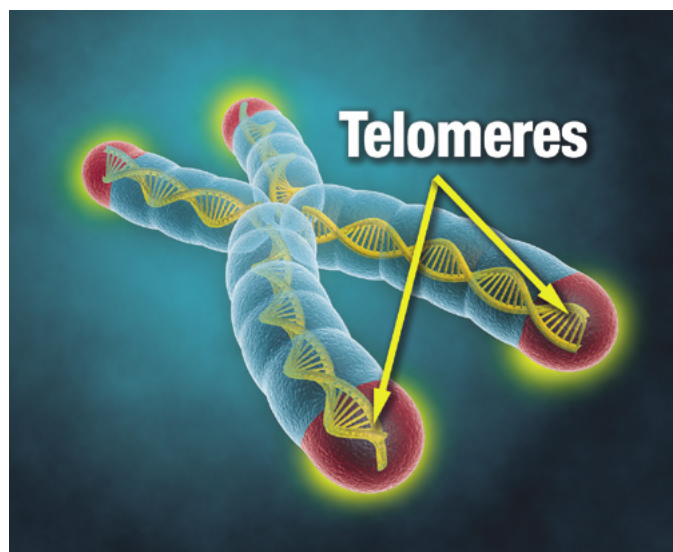
That's because when it comes to weight loss, we focus on the wrong thing. Let me show you what I mean...

Real and long-lasting weight loss starts deep down in your DNA. That's because your telomeres are extremely sensitive to the amount of fat you have?

There's a clear three-way connection between fat accumulation, age, and your telomeres. To put it another way, the amount of fat your body stores is extremely sensitive to telomere length and loss.

Just look at what these recent scientific studies reveal:

- When researchers at the National Institute of Environmental Health Sciences looked at volunteers over 30, they discovered that as they gained more excess fat, their telomeres got shorter. And the shorter their telomeres, the faster they aged.¹
- Published in the *American Journal of Human Biology*, doctors discovered that the most common measures of obesity, including BMI (Body Mass Index), waist circumference, hip circumference, total body fat, and visceral adipose tissue volume (the amount of fat around your vital organs) were inversely proportional to the length of their telomeres. In other words, as BMI, waist size, and fat levels went up, telomere length went down.



A large NIH study found that as volunteers' gained more fat, their telomeres got shorter. And the shorter their telomeres, the faster they aged.

- A study from the *European Journal of Endocrinology* shows that men with low levels of the hormone adiponectin (the hormone that tells your body to burn fat) had shorter telomeres.

These studies all provide evidence that your telomeres act as a kind of “fat switch.”

As telomeres become shorter, your risk of obesity skyrockets. But as part of a negative feedback loop, the accumulation of fat tissue itself shortens telomeres by causing a dangerous systemic inflammatory state in your body.

Equally important, however, is the evidence that shedding excess fat significantly slows the rate of telomere shortening and, with the right therapy, in some cases elongates them.

One large study published in 2019 by a research team from the University of Sao Paulo in Brazil found that the connection between weight loss

and the lengthening of telomeres was so direct, it could even be used as a biomarker for the progress of obesity treatments.²

Telomeres, the biological clocks at the ends of your DNA strands, are very sensitive to oxidative stress and inflammation. Excess fat, or in medical terminology adiposity, increases oxidative stress and inflammation, which shortens telomeres.

But there's a hidden danger here that you need to know about: The older your fat gets, the harder it is to get rid of.

A study from Department of Human Genetics at Leiden University Medical Center in The Netherlands found that fat shortens telomeres and increases the fat's stiffness.

As I got further into their research, I discovered something else. Telomere-shortened fat tissue can become dysfunctional.³ It can become fibrous — this is when the fat becomes thickened, stiff, and scarred.

That means if you don't do something about excess fat as soon as possible, it gets much harder to get rid of it.

And fibrous fat is dangerous. When fat has accumulated around say, your heart or liver, organs have to work harder to function. It can strangle your organs to the point they prematurely age from overwork.

So the sooner you lose any excess fat, the better.

My patient, A.B., knew only too well the agony of failed diets to achieve fat loss.

The 56-year-old mother-of-three's weight had yo-yoed between 140 and 200 pounds for more than a decade. By the time she visited my clinic, years of repeated dieting had left her heavier and more desperate than ever.

Decades of poor nutrition, along with decades of dieting, had caused systemic inflammation and the shortening of her telomeres. This had set off a cascade of biological events that made it impossible for her to stop gaining weight and put her at risk of multiple other conditions.

“There's a hidden danger here that you need to know about: The older your fat gets, the harder it is to get rid of.”

What most doctors don't realize is that this all-too-common state is the result of hormonal dysfunction and its “aging effect” on your telomeres.

Like millions of Americans, A.B. was unaware she suffered from two parallel and largely ignored conditions: leptin resistance and ghrelin resistance. Leptin and ghrelin are your “hunger” hormones. When they're out of balance, your telomeres suffer.

These dual conditions make it virtually impossible to keep your weight under control. A.B.'s experience proves what dieters have always proved: Dieting makes you fat.

The only way you can get to your natural weight, and maintain it, is to defeat leptin and ghrelin resistance, and reverse the damage to your telomeres.

Your Hunger Hormones Affect Telomere Length

Like other hormones in your body, leptin and ghrelin produce peripheral signals with central effects. In other words, they're secreted in various parts of your body, but the affect is elsewhere. In this case, the effect is on your brain.

Leptin is made by your body's fat cells, and ghrelin is produced mainly in your stomach and intestine. Both hormones respond to food intake and have a direct impact on your hypothalamus. That's the part of your brain that regulates your appetite. Ghrelin tells your brain, “I'm hungry,” while leptin is an appetite suppressor. It tells your brain, “I'm full.”

When appetite-suppressing leptin was first discovered in 1994, researchers believed they'd discovered a weight loss miracle.

In their experiments, mice were deprived of leptin and then ate like there was no tomorrow. They also became fat. But when the mice were given leptin injections, they stopped gorging and slimmed down.

There was just one problem: It didn't work with humans.

The scientists found that people with excess weight already had lots of leptins. In fact, leptin levels correlate directly to fat mass. So the more fat you have, the more leptin you produce.

Eventually, this leads to leptin resistance. Now your hypothalamus is only receiving ghrelin's "I'm hungry" signal, with no leptin to balance it. The more you diet, the bigger the problem becomes. You crave food all the time, making weight loss virtually impossible.

If you're trying to lose weight by dieting, basic human biology is against you. Our calorie-hoarding bodies have strong mechanisms to stop weight loss as a matter of survival — but weak systems for preventing weight gain.

Studies show that in a healthy body, ghrelin has a number of critical anti-aging properties. It battles against insulin resistance, high blood pressure and inflammation. It also helps regulate the secretion of insulin-like growth factor-1 (IGF-1), which activates your body's insulin receptors.

But as fat accumulation continues, your body also becomes ghrelin resistant. This results in lower levels of IGF-1, which has been directly linked to telomere shortening. It also leads to insulin resistance, obesity, diabetes, and a higher risk of developing a host of other chronic conditions.^{4,5}

Step One: Use The African Herb That Repairs Leptin-Ghrelin Balance

The first step to getting your telomeres back on track is repairing your leptin-ghrelin balance.

One of the best ways I've found to help support leptin sensitivity in overweight people, and rebalance levels with ghrelin, is a West African herb called *Irvingia gabonensis*, or bush mango. Research shows this herb helps keep your leptin levels normal and supports the sensitivity of your leptin receptors.

In a double-blind study, overweight but otherwise healthy individuals who supplemented with *Irvingia* extract lost an average of 28 pounds over the course of 10 weeks.⁶

It's traditionally used to treat diabetes, and has a calming, normalizing effect on your cholesterol and blood sugar levels. It's also a powerful "adaptogen" that can help your body adapt to stress, which itself helps battle inflammation.

All of this assists your body in blocking abdominal fat gain by improving fat synthesis and reducing oxidation.

For improving body weight and leptin function, I recommend 150 mg a day of *Irvingia* seed extract. But be sure to read the label. Your supplement should be made from 100% natural extract of African mango. I've seen a number of diluted and tainted forms on the market.



For improving weight and leptin function, look for *Irvingia* seed extract made from 100% natural African mango.

Step Two: Ditch The USDA's Guidelines For Real Weight Loss And Better Telomere Health

The next step in protecting your telomere health is by "naturalizing" your diet.

The last thing you want to do is follow the USDA's bad advice that recommends you eat insulin-spiking grains, carbs, and starchy foods.

If you were to follow it, you're pretty much guaranteed to become overweight and sick.

Natural foods work to enhance cellular function in a way that processed foods just can't. Multiple studies show that natural foods have powerful regenerative and anti-aging effects on the health of your telomeres and the proliferation and mobilization of stem cells.

It's time to ignore the USDA's dietary guidelines and follow the more sensible Glycemic Index (GI). You can find GI food tables all over the internet these days. These are good enough for telling you how fast certain foods will spike your blood sugar.

But what they don't tell you is how many insulin-spiking carbs per serving you're getting.

That's why I prefer to use the Glycemic Load (GL) Scale. Knowing the glycemic load or amount of carbs you're really getting makes losing unwanted fat much easier.

Like GI, high GL foods have a greater impact on blood sugar. A GL above 20 is high. Below 10 is low. Foods in the middle range are medium.

Foods with a glycemic load under 10 are good choices. These foods should be your main source of carbs. Foods that fall between 10 and 20 on the GL scale have a moderate effect on your blood sugar. Foods with a glycemic load above 20 will cause blood sugar and insulin spikes. Eat these foods sparingly.

But making food choices on GI alone can sometimes be misleading.

For example, carrots have a high GI rank of 92. This means it breaks down into sugar quickly and is therefore a terrible weight-loss food.

However, the glycemic load (GL) of carrots is only 1, making it an extremely good food to eat. It may trigger a fast surge in blood sugar, but the size of carbs per serving is very small. You could eat carrots all day and they wouldn't make you fat.

I recommend sticking to foods with a GI of 40 or below and a GL of 10 or below.

Step Three: Increase Telomere Length By Building More Muscle Mass

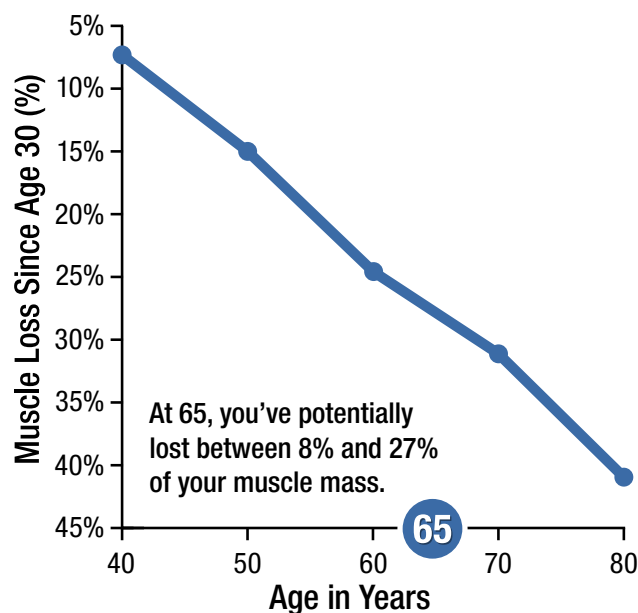
After age 40, you typically lose about three pounds of your muscle mass every decade, which is replaced by fat.

You may not even notice, because your weight may not change — as more fat replaces muscle.

Losing muscle also slows the rate at which your body burns energy — your metabolism —

making it even more challenging to shed excess weight.

Change In Muscle Mass Over Time



But muscle mass isn't just important for strength and fighting flab. Most doctors don't realize or acknowledge that muscle loss accelerates aging. They simply see it as a risk factor for falls and loss of mobility.

A recent population study reveals that sarcopenia is also a major contributor to accelerated telomere shortening.⁷ In other words, muscle loss itself actually causes aging.

I recommend three approaches to rebuilding muscle mass.

1. Work Out With PACE: Exercise is a vital component of rebuilding muscle mass. I recommend the PACE exercise program, because it's effective at any age and whatever physical condition you're in. And it can also extend telomere length.⁸

A little regular resistance training will help you keep muscle mass and a youthful figure. The gradual change in body composition from fat to muscle changes the shape of your body. Training also staves off changes in body composition by raising the Basal Metabolic Rate, or BMR, the amount of calories your body burns at rest. The more muscle you have, the higher your metabolic rate.

The good news is that it's never too late to build muscle mass. A study published in the *Journal of Gerontology* looked at the effects of exercise on sarcopenia in the elderly.

Twenty-one frail, elderly participants took part in a resistance training program for 11 weeks. After the program, their muscle mass increased by as much as 60%. In addition, they demonstrated an overall improvement in balance, strength, and physical ability, making them less likely to fall.⁹

Working with weights is usually recommended for resistance training, and it is a good way to build muscle. PACE, which focuses on short duration exercise that gradually increases intensity, is an especially good system for resistance training. And you don't need expensive training equipment or gym memberships. You can do it at home.

There's another advantage to using PACE. Recent studies reveal that weightlifting doesn't have the same effect on your telomeres as high intensity, PACE-like work outs.

One randomized controlled study by researchers in Germany found that PACE-like work outs upregulated the activity of telomerase, the telomere-lengthening enzyme, by a staggering 300-400%, while weight training didn't trigger any telomerase activity.

The researchers found longer telomeres in a range of immune system cells after just one PACE-like exercise session — including lymphocytes, granulocytes, and leucocytes.¹⁰

You'll find good PACE exercises to get started with on my YouTube channel:
www.youtube.com/user/AlSearsMD/videos.

2. Eat More Protein: Protein is the wisdom of our ancestors, and it's backed up by multiple scientific studies. Eating protein-rich foods builds muscle mass that helps you stay mobile, healthy, and independent far into old age.

A study from Tufts University directly links our modern lack of protein with the rise of sarcopenia,

“Researchers in Germany found that exercising with a PACE-like workout increased telomerase — the telomere-lengthening enzyme — by a staggering 300-400%.”

the medical term for the loss of muscle mass. The researchers showed that older people who consumed low levels of protein lost substantial muscle mass in just eight weeks. But the opposite happened when their protein consumption was increased.¹¹

Protein is an essential building block of muscle. It's composed of 20 amino acids, eight of which your body can't make — but to stay healthy you must eat them every day.

Today, we consume less protein than at any time during human history.

All the best sources of protein come from animals — eggs, beef, fish, and whole milk. I always recommend products from grass-fed, pasture-raised organic animals for the highest quality protein.

You can also supplement with protein. But be careful: Not all proteins are created equally. If it's not grass-fed, chances are you're consuming protein from pesticide-treated, grain-fed animals.

I recommend grass-fed whey protein. Whey is a by-product of cheese production and contains a wealth of amino acids and other vital nutrients we need from protein.

3. Try Stem Cell Therapy: There is ample evidence from recent scientific studies — as well as observations from my clinic — that when stem cells are injected into muscle, they can regenerate cells and tissue.¹²

Skeletal muscle cells are among multiple lineages that can develop from stem cells.¹³

Intravenous infusions using a patient's own stem cells have also been shown to reduce the rate of muscle loss. This happens largely as a result of the extraordinary anti-inflammatory properties of stem cells, which help preserve the telomere of muscle cells.

Stem cell infusions have also been shown to contribute to cellular repair and tissue regeneration in muscle.¹⁴

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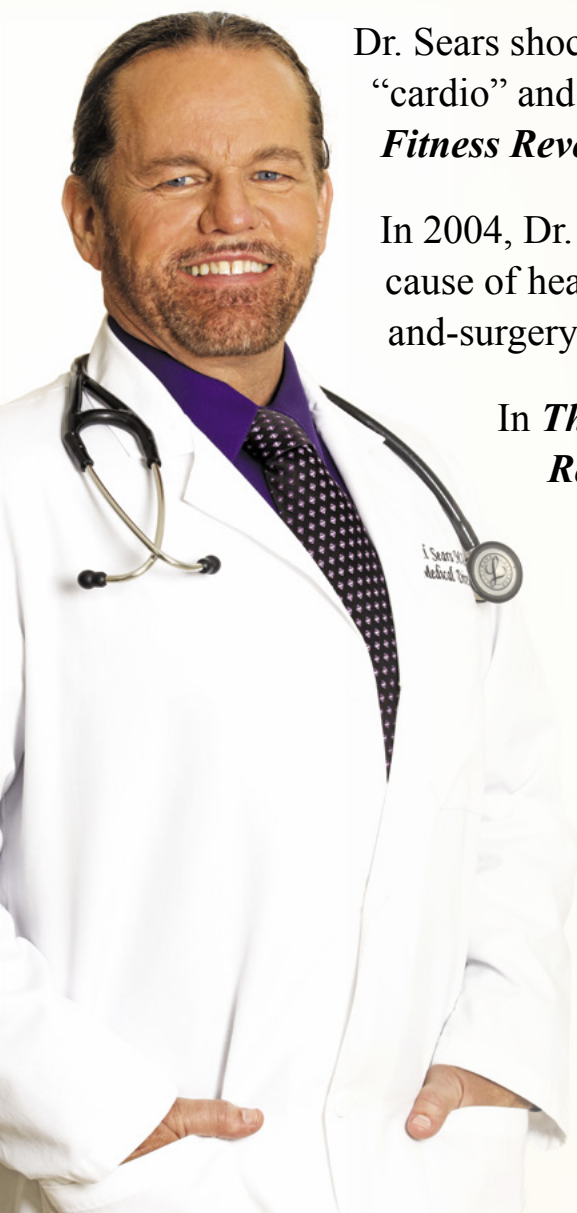
The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.

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

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