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

May 2025 **Vol. XIV Issue 5**

Dear Friend,

Heart disease continues to be the biggest killer in America — and the world — for one simple reason:

The health advice we're told to follow is just plain wrong.

Giving up meat and fat, jogging, and taking a handful of drugs will not cure your heart disease.

And no matter what organizations like the American Heart Association tell you, there's no reason to accept heart disease as normal. Because until recently, it wasn't.

Poor heart health is a modern — manmade — trend.

The natural wonders that kept our ancestors strong and vital have all but disappeared from our diets, making our hearts more vulnerable.

As I wrote in my book, *The Doctor's Heart Cure,* there was a time when you could give your heart everything it needed without much effort.

But powerful interest groups like Big Pharma and Big Agra have taken them away from us.

Getting to the root cause of what causes heart disease requires us look back... way back.

You see, modern humans are not so different from the Primal hunter-gatherers of our past. And we require the same nutrients that our ancestors ate.

Including a special nutrient that your heart craves...

A molecule that we used to eat regularly, just as recently as 60 years ago...

One that I've seen transform the lives of my heart disease patients.

I've had patients who could barely walk into my clinic. But within two months of taking this unique sugar, they were walking a mile a day.

After six months, their quality of life, energy, and exercise capacity had improved significantly.

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

- How this special nutrient holds the cellular secret to reversing heart failure. And that by getting more of it into your cells' power packs, you can increase your cardiac function — and prevent the nation's number one cause of death.
- Why the root cause of depression starts in your gut, not in your brain. You'll also learn that Big Pharma's antidepressant meds were the scam of the century. And how a probiotic bacteria is the real key to improving serotonin production for better mental health.
- That heavy metals released after joint replacement surgery could be triggering Alzheimer's in millions of patients who've had this procedure. You'll discover the natural alternative that heals your joints — and how to purge these brain-damaging toxins from your body.

To Your Good Health,

Al Sears, MD, CNS

Also in This Issue...

Discover The Little-Known Nutrient Your Heart Craves

This Simple Carbohydrate — Produced By Your Body — Restores Mitochondria And Recharges Your Heart At The Cellular Level

Here's something you'll never hear from your cardiologist: Heart failure starts in your cells.

Instead, if a doctor diagnoses you with heart failure, you're more likely to be told that a cardiac arrest has damaged your heart muscle and that it no longer has the strength to pump as much blood around your body as it needs.

This is only part of the story...and it usually comes with a barrage of prescriptions for Big Pharma drugs, including diuretics, beta blockers, ACE-inhibitors and, of course, cholesterol-busting statins.

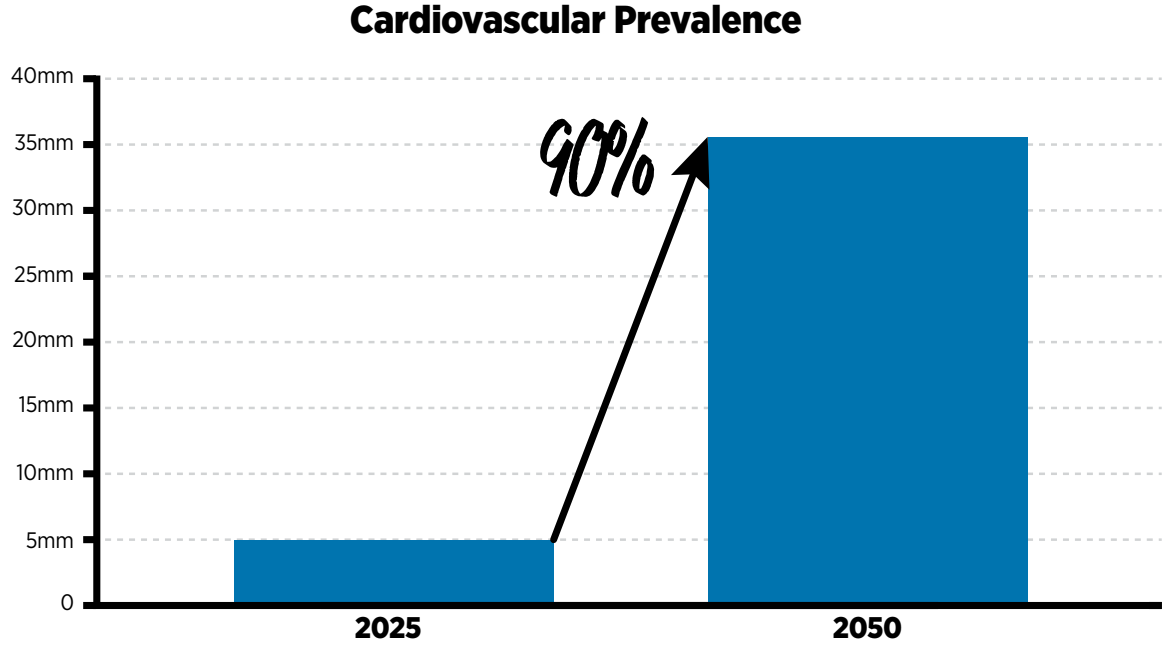
Sadly, these drugs are the only options cardiologists can offer for heart failure.

But they won't do anything to alleviate classic symptoms — like extreme fatigue, dwindling stamina, low energy and shortness of breath — and they certainly won't get to the root cause of the condition, let alone reverse it.

Chances are you'll be led to believe that your condition is hopeless and irreversible.

At the same time, taking Big Pharma's heart failure drugs will likely add a long list of awful aches and pains to your list of troubles.

After more than 30 years of helping patients reverse heart failure, I know that all prescription heart drugs are bad. The lists of their side effects are so long, your eyes would glaze over.



A study published in the *European Journal of Preventive Cardiology* projects a 90% increase in cardiovascular prevalence between 2025 and 2050. This translates to a projected 35.6 million cardiovascular deaths in 2050.

But Big Pharma's heart failure drugs don't just make you feel miserable. They also interfere with rehabilitation and they block your ability to ever recover.

> "Millions of people have no idea their mitochondria are shutting down – leading to heart disease that starts decades before the first symptom."

No question about it, heart failure is a serious and life-threatening problem. It is debilitating for an estimated 6.5 million Americans over the age of 20. It also vastly increases your risk of having a repeat heart attack or stroke. And of course, it's a major killer.[1]

But heart failure is not hopeless. The real tragedy is that most cardiologists have no knowledge of the real cause of heart failure and have no idea how best to treat it.

In this ***Confidential Cures*** article, I'm ging to tell you about a special carbohydrate that holds the cellular secret to reversing heart failure.

You'll also learn that your heart is only as strong as your mitochondria — the little power plants in each of your cells. Unless you do something to boost their energy production, you will never recover from heart failure and you're putting yourself at risk of a heart attack — no matter how many big Pharma drugs you take.

Beware Mitochondrial Breakdown

If your heart is only as strong as your mitochondria, your heart is only as strong as your ATP production.

Let me show you what I mean...

Mitochondria live inside every human cell. They were first discovered by a German pathologist called Richard Altmann back in the 1890s — but their real power has only just recently begun to be understood.

Your mitochondria are responsible for your body's master energy system. They are the nanotechnology of your cells, powering every function and organ in your body.

Each of your cells has at least one of them. The average human cell has 200. But energy-hungry organs have many more. Your liver cells have around 2,000 mitochondria each. Heart cells have around 5,000, and brain cells — the most power-hungry organ of all — have more then 10,000.

After your brain, your heart is the most energy-hungry organ in your body. It beats 100,000 times a day, pumping over 2,000 gallons of blood. That's a marathon performance — 24/7, for life.

To do that, your heart needs a constant supply of adenosine triphosphate, or ATP, a biochemical nutrient that's manufactured inside your mitochondria. This is your body's fundamental unit of energy.

And nowhere is that energy more critical than in your heart.

Here's the problem... as you age, or if you've been sick, stressed, or exposed to toxins (and who hasn't?), your mitochondria start to falter and misfire.

Your heart is especially vulnerable to dysfunctional mitochondria. The result is:

- Less ATP
- Weaker heartbeats
- Poor circulation
- Lower oxygen delivery
- Increasing fatigue
- And eventually, heart disease

It's a dangerous domino effect, and it's happening right now in millions of people who have no idea their mitochondria are shutting down.

That's why I always tell my patients that heart disease often starts decades before your first symptom.

Your cardiologist won't talk about it. Your primary care doctor may not even know about it. But the science is crystal clear...

A recent review in Molecular Medicine Reports confirms it... impaired mitochondrial energy production not only weakens the heart muscle

— it's also one of the earliest signs of decreased heart function, heart failure, and even diabetes.[2,3]

Don't Fall For Mainstream Medicine's Heart Disease Treatments

Imagine that your heart can only pump 15% of the blood it usually does with each beat.

To compensate for this lack of pumping power, it just tries harder and harder. Sadly, the result is not more blood to your body. Instead, blood builds up behind your heart, flooding your lungs, causing your heart to swell up like a balloon.

With less blood flow to your brain, you get dizzy and confused. Eventually organs like your lungs, brain, and kidneys stop working from the loss of oxygen-carrying blood.

This is congestive heart failure — but when cardiologists attempt to treat it, they don't have a clue.

They'll prescribe you diuretics, ACE inhibitors, beta blockers, and cholesterol-lowering statin drugs and tell you to rest up — but none of these mainstream treatments will help you.

You see, they won't provide stimulation for your heart, which is exactly what you need. It's not surprising that most patients with heart failure are given no hope of recovery.

The beta-blockers and ACE-inhibitors doctors prescribe you suppress your heart's natural capacity to beat more firmly. That means that even if you did exercise, your heart will never benefit from it.

Meanwhile, statins will steal your heart's pumping power, and add a new dimension to your misery with a raft of aches and pains.

And by pumping you full of diuretics and other useless drugs — as well as leaving you to vegetate — your heart will end up drowning in his own blood.

The solution to heart failure is not bedrest and Big Pharma drugs. Instead, you should be boosting your heart's cellular energy levels and increasing your cardiac output.

The good news is that we now have enough knowledge to reboot your mitochondria and mobilize them to prevent — and even reverse — heart failure with a special kind of carbohydrate, or simple sugar..

Discover The Sugar Your Heart Craves

I'm not talking about table sugar, or even fructose or glucose. I'm talking about a special carbohydrate called D-ribose that's found in every living cell in your body.

D-ribose isn't like other sugars. It won't spike insulin, and it doesn't feed disease. But it's a natural, essential sugar molecule your body uses to construct ATP, so you power up the mitochondria in your heart cells.

You see, this little-known nutrient literally fuels ATP creation. That means every single heartbeat will become stronger, more efficient, and more protective.

ATP is utterly essential to the energy levels of the muscle tissue in your heart. Without it, your cells simply cannot produce energy.

The clinical proof is stunning:

- A landmark clinical trial, published in the *Annals of Translational Medicine*, found that D-ribose supplementation significantly improved ejection fraction (a key measure of how well your heart pumps blood) in patients with congestive heart failure.[4]
- Other studies show improvements in cardiac hemodynamics, stroke volume, and ischemic tolerance — all of which means that with D-ribose, your heart becomes more resilient under stress or reduced blood flow.[5]
- Another study, funded by the National Institutes of Health, revealed that D-ribose helps improve quality of life, energy, and even exercise capacity in patients with diastolic heart failure, the most common and underdiagnosed form of heart failure.[6]
- D-ribose has also been shown to improve breathing capacity. This is critical, because poor breathing capacity is a powerful predictor of death in heart failure patients. In a study,

15 patients with severe breathing difficulties took D-ribose for just eight weeks. Most of the subjects showed real breathing benefits, including more heart-muscle strength and better oxygen intake, even during exercise.[7]

Help Your Body Make More Of This Simple Sugar

In my clinic, I've seen firsthand how D-ribose can transform lives.

I've had patients who could barely walk into my clinic at first. But within two months of taking D-ribose, they are walking a mile daily. In six months, their ejection fraction will have improved by 10-20%.

You see, D-ribose does something that no Big Pharma drug can do. It restores mitochondrial energy production and recharges your heart at the cellular level.

Dietary sources of D-ribose include animal products like grass-fed beef, pork, and lamb... pastured eggs... and full-fat dairy products like cheddar cheese. Shellfish and anchovies are also a good source. Mushrooms, particularly shiitake mushrooms, also contain this essential sugar.

D-Ribose:

Good For More Than Just Your Heart

Research shows supplementing can help with the following:

- Lower blood sugar
- Improve mood
- Act as an anti-inflammatory
- Ease thyroid-related fatigue
- Enhance exercise performance
- Boost muscle function and recovery
- Ease pain of fibromyalgia
- Reduce symptoms of chronic fatigue syndrome
- Help with weight loss
- Support hair growth

But it's almost impossible to get enough D-ribose from food. You have to supplement. Here's what I tell my patients...

- Start with 5 grams (1 rounded teaspoon), two to three times per day.
- Mix in water or your favorite beverage.
- For heart patients or those with chronic fatigue, I suggest going up to 15 grams daily.

D-ribose is extremely safe, even for diabetics, because it doesn't cause sharp blood sugar spikes.

Even if you're healthy, D-ribose can give you a new edge in stamina, recovery, and overall heart resilience.

I take D-ribose daily, and I even give it to my family.

3 More Simple Steps To Boost Mitochondria Protection

For added mitochondria protection, I also recommend:

1. CoQ10. No one should face heart failure with depleted CoQ10 levels. This nutrient provides the fuel for all the mitochondria — the tiny power plants within each of your cells — in your heart. It's what gives your heart muscles their pumping power. So, the more CoQ10 you get, the more powerful you heart will be.

Studies reveal that when CoQ10 levels are quadrupled in heart failure patients, heart function can improve by a jaw-dropping 88%.

The studies show, the higher blood levels of CoQ10 are, the more ejection fraction is improved, along with a range of other remarkable clinical improvements.[8,9]

Decades of research link low CoQ10 levels with heart disease. In fact, 50% to 75% of patients with any kind of heart disease have low CoQ10.[10]

But beware... The biggest destroyer of your natural CoQ10 levels are statin drugs, which can lower levels by as much as 40%, making the heart muscles of heart failure patients weaker than they already are.[11]

Some of the best nutritional sources of CoQ10 are beef, chicken, and fish. But if you're taking statins or suffer from heart failure, your levels are likely to be dangerously low. So, I recommend a supplement.

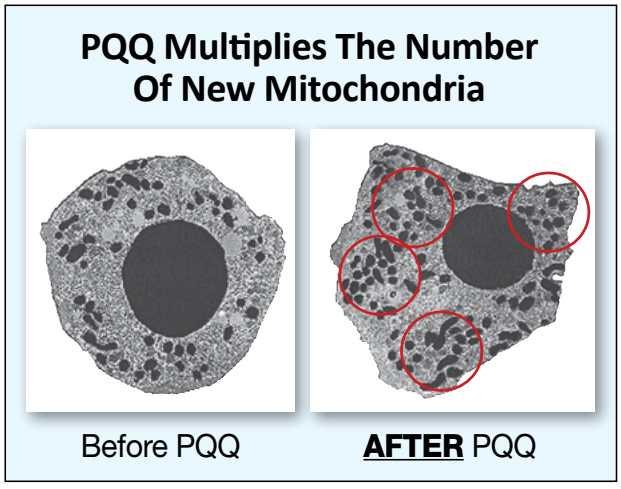
Supplementing with CoQ10 brings immediate, often lifesaving benefits. Studies reveal that daily doses of 450 mg of the ubiquinol form of CoQ10 — which is eight times more powerful than the ubiquinone form — doubles CoQ10 blood levels with significant benefits for heart failure patients.[12]

2. PQQ. While CoQ10 does an amazing job of squeezing more power out of your remaining mitochondria, it does nothing for the mitochondria you've already lost. That's where the little-known nutrient, pyrroloquinoline quinone, or PQQ, comes in.

PQQ triggers your cells to build healthy new mitochondria, producing more fuel, so your cell systems work more energetically and more efficiently. At the same time, PQQ also protects your mitochondria, by neutralizing free radicals that damage and kill your mitochondria.

Good sources of PQQ are organ meat, natto, green peppers, kiwi fruit, parsley, cabbage, and green tea.

But for heart failure patients, I recommend going straight to a supplement. Take 10 mg of PQQ daily with your CoQ10.



3. Acetyl-L-Carnitine. This amino acid plays a crucial role in making energy in your cells. It transports fatty acids into the mitochondria, where they are burned for fuel. It also carries toxic waste out before it can do damage.

But as you age, carnitine levels in your tissues drop. That's why you need acetyl-L-carnitine (ALC). Your body converts L-carnitine to ALC.[13]

Studies show when your mitochondria slow down, ALC can fire them up again. ALC also reverses age-related malfunction in mitochondria.[14]

The best source of L-carnitine is grass-fed red meat. But you can also supplement. I suggest taking at least 500 mg of ALC every day on an empty stomach. Look for a formula with only L-carnitine and not DL-carnitine, which is is synthetic.

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Safeguard Your Brain With L Reuteri — The Microbe Most People Have Never Heard Of...

Without This Protective Probiotic, Your Risk Of Depression Soars

If you're like most people, you probably think that depression is a chemical imbalance that happens in the brain.

After all, that's what you've been told to believe — thanks to decades of misleading Big Pharma advertising.

But nothing could be further from the truth.

Of course, that doesn't stop doctors from prescribing SSRIs (selective serotonin reuptake inhibitors) like citalopram and sertraline in record numbers.

In fact, a new study found that the number of antidepressant prescriptions increased by a staggering 66% in the last few years.[1]

With no signs of slowing down.

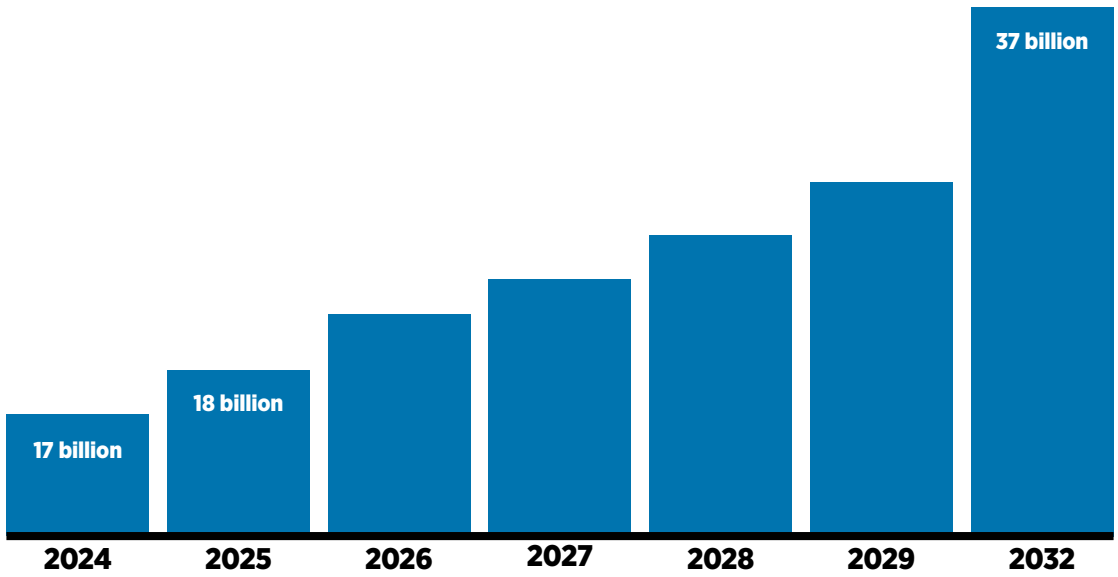
Overcoming depression can feel impossible and overwhelming. So the idea that an antidepressant could turn everything around makes a lot of people turn to these over-prescribed drugs.

And that means this market is a cash cow for drug makers. In the next few years, the market for antidepressants is predicted to grow by an additional $20 billion.[2]

Sadly, more often than not, these pills don't work. Up to 60% of patients taking a Big Pharma pill say they still suffer symptoms of depression.[3]

And the numbers go even further down as age increases...

Antidepressant Global Market 2024 – 2032



Antidepressants are a Big Pharma cash cow. Sales are predicted to reach $37 billion by 2032.

A meta-analysis of 74 clinical trials found that antidepressants are even less effective for adults over age 65 than other age groups.[4]

Even worse, these ineffective drugs can cause serious side effects — especially in older adults. Those include:[5,6,7,8,9]

- Cognitive impairment/brain fog
- Increased risk of falling
- Insomnia
- Heart disease/stroke
- Seizures
- Respiratory infections
- Gastrointestinal bleeding
- Weight gain
- Sexual dysfunction
- Increased risk of suicide

Now combine those terrifying outcomes with the fact that the drugs simply don't work.

If you or someone you love has been struggling with mental health issues they can't seem to shake, you need to make a better plan. One that involves the gut.

Depression Starts — And Stops — In Your Gut

Most people — and many doctors — don't realize that your mood and mental health depend on your gut health. That's because your brain and your gut share a direct connection called the gut-brain axis (GBA).

It makes sense when you think about it. You've had gut feelings. Anxiety can make you feel nauseous. Excitement puts butterflies in your stomach. Those kinds of signals go in both directions because your GBA is a two-way street.[10]

Your enteric nervous system (ENS) is located in your gut. It communicates with your brain through the vagus nerve. And your gut microbiome heavily influences your entire GBA system. The gut microbiome contains trillions of bacteria.

"Most people — and many doctors — don't realize that your mood and mental health depend on your gut health. That's because your brain and your gut share a direct connection called the gut-brain axis (GBA)."

And those bacteria play an important role in regulating your mood.

Beneficial probiotic bacteria play a huge part in keeping your mood bright and warding off depression. You see, probiotic bacteria produce the feel-good neurotransmitters like serotonin, GABA, and dopamine.[11] They also produce short chain fatty acids (SCFAs) like propionate and butyrate that help protect against depression.[12]

But when your gut microbiome gets out of balance, pathogens — sometimes referred to as bad bacteria — stop that from happening.

Dysbiosis Is The Root Cause Of Depression

It doesn't take much to knock your gut microbiome out of balance. This includes taking antibiotics, certain medications including proton pump inhibitors and NSAIDs, systemic inflammation, chronic stress, and poor diet choices.[13]

When that happens, the pathogens in your gut grow and multiply out of control, outnumbering beneficial probiotic bacteria — a condition called dysbiosis. And research shows a straight line between dysbiosis and depression.

Pathogens don't produce those feel-good neurotransmitters like serotonin. At the same time, they crowd out all the probiotic bacteria that do. That leads to a sharp drop off in those mood-boosting natural antidepressant compounds.[14] Pathogen overload also reduces SCFA levels, further increasing the risk of depression.[15]

Restoring positive balance to your gut microbiome keeps probiotic bacteria in charge while pathogens beg for scraps. And that can do a lot to help you move out of depression.

But you need enough of the right probiotic bacteria in your gut to keep depression from taking over.

Meet L Reuteri — Nature's Best "Psychobiotic"

When it comes to probiotic mood management, one strain stands out among the rest: L reuteri.

This strain is supposed to be in your gut microbiome — it's a native strain. But millions of us have lost it. Back in the 1960s, about up to 40% of people had L reuteri in their guts.

Now, we're lucky if 10-20% do.[16] And without this protective probiotic, your risk of depression soars.

Research shows that this powerful psychobiotic — a probiotic with that directly influences mood — fights depression in several ways:[17,18,19,20,21]

- Increases serotonin availability to restore optimal serotonin levels
- Reduces gut inflammation, which can trigger depression and anxiety
- Keeps the stress hormone cortisol under control
- Decreases the effects of despair
- Protect against depressive thoughts and behaviors
- Boosts oxytocin to increase enjoyment

The Many Amazing Health Benefits Of L Reuteri

Along with its ability to improve your mood and your social life, L reuteri delivers many more health benefits, including:[23,24,25,26,27,28,29,30,31]

- Stimulates the immune system to produce anti-inflammatory cytokines and protect against infections
- Reduces the risk of developing autoimmune diseases by encouraging balanced immune responses
- Improves overall immune function and balance
- Protects against allergies
- Lowers the risk of asthma
- Helps fight Helicobacter pylori infection, which can cause ulcers and stomach cancer
- Improves heart function
- Boosts bone density
- Increases testosterone levels

And new research is discovering new benefits for L reuteri all the time.

Brighten Your Mood With L Reuteri

Yogurt is a superior source of L reuteri compared to supplements. Homemade L reuteri yogurt helps you achieve a bacterial count that is significantly higher than the highest potency L reuteri supplements available.

Here's the recipe I use. It makes 8 one-half cup servings...

Ingredients:

- A large glass bowl large
- 1-2 Tbsp inulin (a type of prebiotic fiber that nourishes probiotics)
- 1 capsule of L reuteri probiotic
- 1 quart full-fat half-and-half (or heavy cream), from grass-fed cows
- A yogurt maker that can maintain 99 degrees F for 36 hours

Directions:

1. Add inulin to the bowl.
2. Open a L reuteri probiotic capsule and add it to the inulin.
3. Thoroughly mix in 2 tablespoons of half-and-half to create a slurry. Let rest for 5 minutes.
4. Add the remaining half-and-half.
5. Cover tightly and place in the yogurt maker.
6. Ferment the yogurt by maintaining a temperature of 99 degrees F for 36 hours.

When the first batch is ready, reserve 2 tablespoons. That can be used as your starter for making your next batch, rather than adding in another capsule.

I recommend eating one-half cup of your L reuteri yogurt daily.

3 More Ways To Boost Serotonin Naturally

Boosting serotonin is the key to most antidepressants. And it's true that for a stable mood and emotional balance, your brain needs serotonin. This neurotransmitter is sometimes called the "happy hormone," and for good reason. Without enough serotonin you leave yourself at a high risk of depression.

But what you'll almost never hear from conventional doctors is that your serotonin levels can be increased just by eating certain foods that support your microbiome.

You see, about 95% of your body's serotonin is produced by enterochromaffin (EC) cells in the epithelium lining of your gut.

Your gastrointestinal tract is home to billions of bacteria that make up your intestinal microbiome. And EC cells can't produce serotonin without these gut microbes.

Here are three more ways to increase serotonin naturally with food:

1. **Have An Orange A Day.** A new study published in the journal *Microbiome* found that eating one orange a day stimulates growth of a type of gut bacteria called Faecalibacterium prausnitzii (F prausnitzii).

This in turn influences production of serotonin and dopamine — both of which elevate mood.

For this study, researchers looked at data from 32,000 middle-aged women. Using DNA sequencing from stool samples, they determined that orange eaters had significantly higher levels of F prausnitzii — and lower incidences of depression.

They also determined that people suffering with depression had significantly lower amounts of this bacteria in their microbiome.

According to the study, just one medium-sized orange a day could lower the risk of developing depression by about 20%.

But there's more to F prausnitzii than serotonin production. It also plays a major role in reducing inflammation.

That's important because inflammation plays a key role in the development of depression.[4]

2. **Boost Your Mood With Omega-3 Fats.** Studies show omega-3s can help ward off depression. These fatty acids — particularly DHA — indirectly boost serotonin levels by reducing brain inflammation, improving cell membrane fluidity, and potentially influencing serotonin receptor function. These effects can indirectly lead to increased serotonin release and action in the brain.[32]

People who take in more omega-3s also have increased gray matter in the areas of the brain that control depression, emotions, and mood. Even bipolar patients who don't respond to drugs have been shown to improve with omega-3s.

Over the years I've found that it's almost impossible to get enough omega-3s from your diet. I recommend krill oil and squid oil to my patients. To prevent depression take at least 2,000 mg per day. If you already have depression, a dosage of up to 4,000 mg of omega-3s per day helps lift mood.

Medicinal mushrooms, including the Maitake, can help increase serotonin — naturally.

3. **Eat More Mushrooms.** Mushrooms are a rich source of vitamin D. And vitamin D can boost serotonin up to 30 times.[33] Unfortunately, more than 90% of Americans don't get enough vitamin D.

Edible and medicinal mushrooms — such as Oyster, Maitake, and Lion's Mane) contain 5-hydroxy-L-tryptophan (5-HTP), an amino acid precursor to serotonin.

These mushrooms also offer anti-inflammatory and antioxidant properties, which can support brain health and indirectly improve mood.[34]

I recommend eating four to five medium-sized mushrooms a day, or about 2.5 to 3.5 ounces.

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New Study Proves:

Heavy Metals Released From Joint Replacement Surgery Are A Hidden Driver Behind Alzheimer's Disease

But You Can Avoid This Dangerous Surgery — And Protect Your Brain — With Enhanced PRP Therapy

If you suffer from joint pain — and 60 million Americans do — chances are high you've heard your doctor sing the praises of joint replacement surgery.

This procedure is hailed as the answer to worn-out knees and aching hips. And millions of Americans believe it.

Doctors perform more than 2.8 million hip and knee replacements every year. And that number is projected to hit 4 million by 2030.[1]

I'm not a fan of these procedures. I've never liked the idea of introducing metal and plastic into your body.

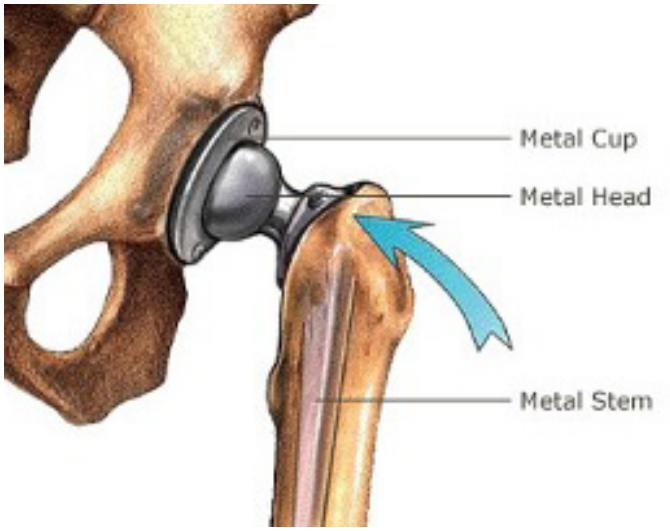
Recent evidence is shocking and reveals that joint replacements carry a hidden danger that no one wants to talk about.

A groundbreaking study from Europe reveals that patients with knee and hip implants have alarmingly high levels of heavy metals in their brains.[2]

Researchers — using specialized MRI scans — detected high levels of cobalt and titanium in the brains of people with orthopedic implants.

And a second study, published earlier this year, compared the brains of 88 subjects who had joint replacement with 89 controls.[3]

The study showed that those who'd had joint replacement had "significantly higher concentrations of cobalt and titanium" in brain tissue compared to controls.



Metals released from hip and knee implants are a key factor in cognitive decline and Alzheimer's following surgery.

Both of these metals are associated with increased amyloid plaque formation.

Think about that for a moment...

These metals are used to make your hip or knee prosthesis durable and resistant to corrosion. By far the most common type of replacement joints use both metal and plastic.

Over time, these artificial joints begin to wear down. As they degrade, they shed tiny particles and ions of toxic heavy metals into your bloodstream that eventually cross the blood-brain barrier — and accumulate in brain tissue.

And that's just the beginning of the problem.

You see, your brain is highly sensitive, and even trace levels of toxic metals can wreak havoc.

In my clinic, I've seen how elevated metal levels can trigger neuroinflammation — an underlying driver of Alzheimer's, Parkinson's, and other forms of dementia.[4]

> "Cobalt and titanium — two metals used in joint replacement — can cross the blood-brain barrier and increase the plaques that are a key hallmark of Alzheimer's."

Cobalt, which easily crosses the blood-brain barrier, is especially dangerous. It mimics iron in your body but doesn't behave like it. Instead, it generates free radicals and oxidative stress and can activate mitochondrial dysfunction — a hallmark of degenerative brain diseases.[5]

Meanwhile, titanium — which is often marketed as "biocompatible" — isn't much better.

Studies show this metal interferes with synaptic signaling, the process by which brain cells communicate with each other.

They also trigger chronic neuroinflammation.[6]

For years, I've warned for years that Alzheimer's isn't random. It's an environmental disease — fueled by toxins, inflammation, as well as modern medicine's toxic "solutions."

Joint replacements may be one of the biggest hidden drivers behind Alzheimer's disease.

I truly understand that the level of pain from osteoarthritis and joint degeneration can be so great, patients often don't care about toxins. They just want relief.

The good news is that there are better and safer alternatives to artificial replacements.

Regenerate Joints Safely And Naturally

The medical industry doesn't want to accept this fundamental truth: Your body has the ability to heal using platelet-rich plasma (PRP).

PRP uses natural compounds from your blood to regenerate the tissue, collagen, tendons, ligaments, and restore youthful joints.

Here's how it works...

A doctor draws a small amount of your blood and runs it through a centrifuge. The machine separates out red blood cells. It leaves behind plasma with a high concentration of platelets. PRP is 5 to 10 times richer in platelets than whole blood.

You probably know platelets as blood clotters. But they're so much more.

Platelets attract stem cells to any injury or damage. These basic building blocks of your body can transform themselves into any other kind of cell — whether it's a heart muscle cell, a blood cell, or a nerve cell.

They can even become whatever kind of cell your joints need.

And inside every stem cell is a stash of powerful proteins called human growth factors (HGFs).

HGFs function as a communication system. These messengers signal local cells to make more cells or create a new type of cell. They help regenerate injured tissues. But here's the problem...

You lose stem cells and HGFs as you age. This makes your body's recovery process longer and harder. Joint injuries don't heal as fast. Chronic problems develop.

But with PRP, you get an abundance of stem cells and HGFs. They help create new muscle, cartilage, ligament, and tendon tissue. The additional growth factors in PRP help heal tissue up to 100% faster than normal.[7]

Try PRP Therapy For Better Joint Pain Relief

There have been numerous studies over the past few years that show PRP improves function and decreases pain in joints. Here's what the latest research shows:

Knee Osteoarthritis: Multiple trials demonstrate PRP effectiveness in patients with mild to moderate knee osteoarthritis.

- A recent study in the *Journal of Orthopaedic Surgery and Research* found that PRP significantly improves pain, stiffness, and

function in patients with knee osteoarthritis. And those improvements last up to 12 months.[8]

- A 2024 meta-analysis concluded that PRP significantly alleviated pain and improved function, stiffness, and quality of life in patients within a 12-month follow-up.[9]
- And a third study found that PRP could delay — or even eliminate — the need for total knee replacement in a significant percentage of patients over several years.[10]

Hip Degeneration: Clinical studies show PRP can provide pain reduction and functional improvement. And most patients experienced symptom relief that lasts over a year.

- Research presented at the 2019 Arthroscopy Association of North America meeting demonstrated that patients with hip arthritis who received PRP had a lower rate of progressing to hip replacement compared to those treated with hyaluronic acid over a 6-month period — 11% versus 50%.[11]
- A 2023 review published in the *American Journal of Sports Medicine* concluded that PRP significantly reduced pain compared to baseline in hip OA patients at multiple time points.[12]

Damaged Joint Cartilage: PRP activates the regeneration of new cartilage tissue in damaged areas. It also promotes the formation of new blood vessels. This is important for the repair of cartilage that has limited blood supply.

- An animal study published in the journal *Osteoarthritis and Cartilage* demonstrated that PRP increased cartilage cell proliferation, matrix synthesis, and reduced cartilage degradation.[13]
- And in a human study, researchers using ultrasound imaging found a significant increase in cartilage thickness at six months in knee osteoarthritis patients treated with PRP.[14]

Rotator Cuff Damage. PRP therapy got my patient, who suffered from a torn rotator cuff, back on the golf course — playing the game he loves — within three months.

- One study looked at the results of rotator cuff damage treated with PRP compared to steroids. The PRP patients had significant improvements in their range of motion and pain level after three months. After one year, only three patients in the PRP group had to undergo surgery. But 48 patients who received steroids required surgical intervention.
- Another study found PRP reduced pain in individuals with partial-thickness tears, providing both short- and long-term benefits.[15]

What Sets PRP At The Sears Institute Apart

At the Sears Institute, we go one step further and provide enhanced PRP therapy.

We use a combination of platelet-rich plasma (PRP) and platelet-poor plasma (PPP) that capture a higher concentration of plasma proteins, called alpha 2 macroglobulin (a2M), and growth factors.

Using a2M drastically changes the biochemistry of a joint. It stops disease progression by binding to and removing cartilage-destroying inflammatory proteins. This provides long-term relief from pain.

But here's what truly sets us apart from every other PRP provider in the country... Each patient can receive pre- and post-optimal platelet and stem cell activation that is designed to improve outcomes. These include:

1. Intramuscular glutathione injection
2. Intravenous (IV) nicotinamide adenine dinucleotide (NAD)
3. Hyperbaric oxygen (HBOT) before and after PRP procedure

HBOT therapy is one of the most effective regenerative therapies that exists today. It provides lifesaving treatment for numerous conditions, ranging from diabetes, stroke, and spinal cord injuries to Alzheimer's, arthritis, and heart disease.

We are the only clinic that combines enhanced PRP therapy with hyperbaric oxygen to provide up to 800% more healing power.

When you use HBOT and PRP therapy together, you're ramping up the number of activated stem cells in your bloodstream. This "turbo-charged" healing power goes to work on the parts of your body that need repair.

In one study, researchers from the University of Pennsylvania gave a series of 20 HBOT treatments to 18 people.

Following just one two-hour treatment, stem cells increased by 50%. After the full 20 HBOT treatments ***stem cells increased by 800%***.[16]

HBOT nurtures the stem cells so they can go where they need and increase your healing potential. Getting you back in the game that much faster...

Enhanced PRP therapy is straightforward.

It's a very minimally invasive, same-day procedure that takes only a few hours. Most patients report little to no discomfort.

Are you ready to talk about ending your pain and reclaiming your life using our enhanced PRP therapy?

If you are, please call **561-784-7852** so we can arrange your appointment.

Treat Painful Joints With 3 Natural Herbs

In the meantime, there are natural herbs and supplements to treat your painful joints. These treatments have been in use for hundreds — even thousands — of years around the world.

1. **Try The "Golden Miracle."** That's what I call curcumin. This South Indian spice has over 600 health benefits. But it's best known as a powerful anti-inflammatory. In fact, studies show it reduces joint pain by 60% and joint swelling by 73%.[17] Another clinical trial found it was more effective than prescription strength NSAID.[18]

Look for a supplement that contains piperine. This black pepper extract boosts absorbency by 2,000%.

I recommend 500 mg twice a day.

2. **It's Tulsi Time.** Clinical studies prove holy basil, also known as tulsi, relieves pain and reduces inflammation.[19]

It contains dozens of anti-inflammatory compounds. One of the most powerful is ursolic acid. It inhibits the inflammatory COX-2 enzyme.

If You've Already Had A Joint Replacement... Don't Panic

The best way to detoxify your body is with chelation. I recommend IV chelation.

The word "chelation" is derived from the Greek word "chele," which means "claw."

At my clinic, I've been using this therapy for years to help patients rid their bodies of heavy metals. It's a safe, easy, and fast solution, with a very low risk of side effects.

IV chelation delivers edetate calcium disodium, or EDTA, directly into your bloodstream.

In about an hour, this "claw" binds to the heavy metals and toxins in your bloodstream and those that have accumulated in the fat around your tissues, like your liver, and pulls them out.

EDTA is the only procedure able to remove toxic metals from human organs, tissue, and blood.

If you're interested in checking your heavy metals levels and getting IV chelation, please call my staff to arrange an appointment.

You can buy holy basil tea at most health food stores or on the Internet. Holy basil capsules are also for sale online. Make sure the product you're buying has at least 2.5% ursolic acid, in order to get the full anti-inflammatory effect. I suggest 150 mg three or four times a day.

3. **Indian Frankincense.** In a recent study, 52 rugby players with acute knee pain and inflammation were given either a placebo or Indian frankincense (*Boswellia serrata*).[20]

After four weeks, the players taking frankincense had a significant reduction in pain and inflammation. They had less damage to their joints, tendons, and muscles. And they needed fewer drugs or doctor's visits.

In another study, researchers followed 440 arthritis patients for six months. They found frankincense relieved pain as effectively as painkiller drugs. It also significantly improved knee function.[21]

Look for a *Boswellia serrata* supplement standardized to at least 65% boswellic acids. I recommend taking 400 mg three times a day.

Indian frankincense from the Boswellia serrata plant can relieve joint pain as effectively as Big Pharma's painkilling drugs — without side effects.

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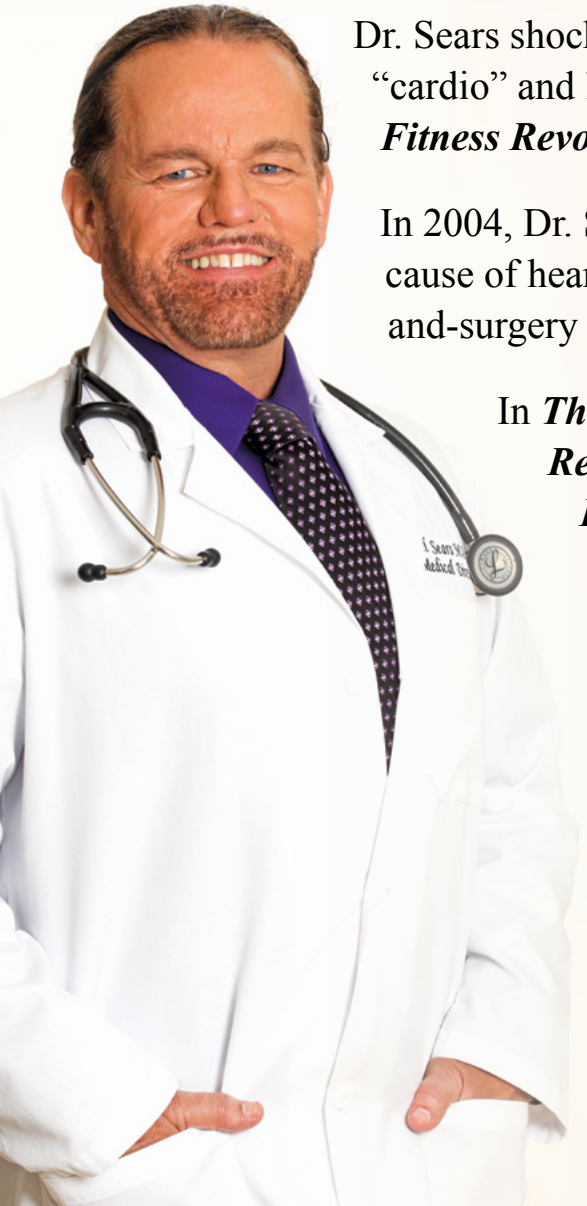
NOTES:

Al Sears, MD

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

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

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



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

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

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

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