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

August 2025 **Vol. XIV Issue 8**

Dear Friend,

If you ask a conventionally trained doctor how to prevent cancer... you'll likely hear the same misguided, outdated, and flat-out wrong advice.

Things like stay out of the sun, eat a low-fat diet, and pay attention to your family's medical history.

Millions of people have faithfully followed this advice. Yet cancer rates keep going up.

Way up.

In 2000, the American Cancer Society reported 1.2 million new cancer diagnoses in the U.S. By 2025, that number is projected to soar past 2 million.

That's a staggering 67% percent increase.

There are several factors fueling this surge.

Lifestyle choices play a big role: ultra-processed, high-carb diets, too little of the right exercise, and a toxic environment loaded with particulate matter, pesticides, and microplastics.

But there's a hidden culprit your doctor probably never mentions — and may even recommend — that's causing cases to spike.

I'm talking about a common medical procedure that can raise your cancer risk by a jaw-dropping 35% in just a few years.

It's responsible for roughly 280 unnecessary new cancer cases — every day.

Sadly, most of these tests are medically unnecessary. They've become a crutch for doctors, a way to dodge the hard work of a true diagnosis.

There's also a big financial incentive to provide this test. It generates a lot of money — $85 billion. That's a powerful incentive to keep prescribing it.

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

- Whether your doctor is putting your health at risk with this procedure — and, more importantly, the strategies to take back control and protect your DNA. You'll also learn the top five ways to safeguard yourself if this procedure is unavoidable.
- Why doctors, including the president's own physician, make a common medical mistake that endangers your heart and raises mortality risk. Plus, I'll share the safest, most effective strategies to protect your heart with supplements.
- Why a powerful and safe therapy for pain was denounced by the FDA — and is still restricted in certain states. You'll learn how it treats not just pain, but dozens of conditions, including cancer, stroke, and brain degeneration.

To Your Good Health,

Al Sears, MD, CNS

In This Issue...

Is Your Doctor Prescribing Cancer?

Overprescribed CT Scans Are Quietly Fueling A Cancer Epidemic... But You Can Protect Your DNA With 5 Simple Steps

Imagine if there were 280 new cancer cases diagnosed every single day that didn't have to happen.

Sadly, this isn't a hypothetical figure.

According to brand-new data just published in the *Journal of the American Medical Association*, a shocking 103,000 extra cases of cancer are being diagnosed every year because of a single, common medical procedure.[1]

I'm taking about CT (computed tomography) scans.

The same scan that doctors often order for "peace of mind" or "just in case."

The scan that far too many physicians recommend for the slightest cough or ache...

And the one that — if you tell your doctor no — they look at you like you're an idiot who doesn't know what's best for you.

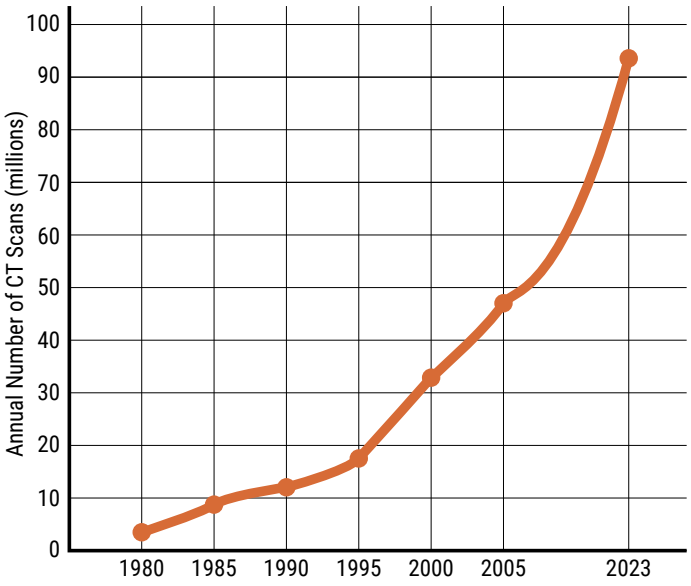
Don't get me wrong...

I'm not saying CT scans don't play an important part in trauma care or critical diagnostics — because they can.

But at the same time, these scans have also become grossly overprescribed, misused, and dangerously misunderstood.

Let me show you what I mean...

CT scans expose you to ionizing radiation. This is the same type of radiation released during a nuclear explosion — just in smaller doses.



Since 1980, the number of CT scans has skyrocketed an incredible 2,733%.

A single CT scan exposes you to between 150 and 800 times the radiation of a regular X-ray.[2]

It's about the same level of radiation that some survivors of the Hiroshima and Nagasaki atomic bombs were exposed to in WWII.[3]

Now I would never tell anyone NOT to get this potentially life-saving test. I've recommended it for some patients myself...

But only after I determined that it was absolutely essential.

Because, you see, almost 50% of the 93 million scans performed every year in the U.S. are **not medically necessary**.[4,5]

And the radiation from CT scans can lead to a variety of cancers. The most common type of projected cancer due to CT scans is lung cancer, followed by colon cancer.[6]

In a moment, I'll explain how CT scans lead to cancer and what you can do to protect yourself if you have to have one.

But first, I want to tell you why so many doctors are putting their patients at risk for no reason. I'll also tell you what to do if your doctor says you need a scan.

Is Your Doctor Knowingly Putting Your Health At Risk?

When the CT scan was invented in the 1970s, it was seen as a medical breakthrough.

Doctors could get a three-dimensional view inside a patient's body without having to cut the patient open in surgery. It was a less invasive way to diagnose injuries and disease.

But the new technology allowed doctors to get complacent. CT scans soon became a crutch.

Instead of gathering detailed information about a patient's symptoms... instead of relying on their own diagnostic experience... they started sending patients for scans as a first response.

Today, if you go to an emergency room complaining of any head or stomach pain, you'll probably get a CT scan.

According to a recent Harvard study, researchers found that of the patients undergoing CT scans, 33% were on their fifth scan, 5% had more than 22 scans, 4% had had more than nine, and 1% had more than 38.[7]

But it's not just laziness that's led to the boom in CT scans over the past four decades...

Nearly 35% of imaging tests are ordered as a defense against medical malpractice lawsuits. Not because the patients really need them.[8]

Then there are the financial incentives. The medical imaging market generates billions of dollars annually. And it's projected to make more than $85 billion by 2031.[9] A lot of doctors have money invested in radiology clinics. Some have even bought their own machines. These doctors order far more CT scans than those who don't have a financial stake.[10]

And according to a recent survey of doctors, more than half — 53% — said they'll order a CT scan if a patient requests one. Even if they KNOW it isn't necessary.[11]

Another survey of more than 1,000 people found that fewer than one in six patients are told by their doctors about the risks of CT scans. That means more than 84% were left uninformed.[12]

Unfortunately, that's because so many doctors in mainstream medicine are uninformed. In a shocking survey of medical providers caring for patients undergoing abdominal CT scans, fewer than half knew that the scans could cause cancer.[13]

A single CT scan can deliver the equivalent radiation of up to 800 X-rays.

CT Scans Damage Your DNA

Like X-rays, CT scans use ionizing radiation, but at a much higher dose. This radiation causes damage to your DNA, and that can lead to the formation of tumors.

Each time your doctor scans a part of your body, you're exposed to 10 millisieverts (mSv) of radiation. To put this into context, one CT scan of the abdomen is equal to:[14]

- 500 chest X-rays
- 1,500 dental X-rays
- 200,000 airport screens

A whole-body scan uses between 15 mSv and 21 mSv.

This is the equivalent of approximately 760 chest X-rays.[15] In 2013, a large study concluded that exposure to just one CT scan could be linked to developing cancer later in life.[16]

The researchers tracked patients from birth in the 1980s into early adulthood. (Because radiation-induced tumors can take decades to develop, the researchers decided to follow younger patients.)

Of the almost 11 million people they followed, over 680,000 had been given at least one CT scan. They compared the cancer rate of this group of patients with an equal number of people who had never undergone a CT scan.

The researchers were stunned by the results... They found that, compared to those who never had a scan, the patients who'd had a CT scan had a 24% increased risk for developing any kind of cancer.

They also found a person's cancer risk increased as the number of scans increased. That risk remained elevated for years after the original scan was done. Compared to people who had never had a CT scan, those who had undergone a scan had a:

- 35% higher risk for cancer four years after the scan
- 25% higher risk at five to nine years
- 14% higher risk at 10 to 14 years

Even lower-dose scans have been shown to cause the DNA damage that leads to cancer. A recent study from Stanford University School of Medicine examined the blood of 67 patients who had cardiac CT scans.

It found an increase in DNA damage and cell death, as well as increased expression of genes involved in cell repair and death.

With so much evidence, why are doctors still ordering so many unnecessary scans? It boils down to money, laziness, and ignorance.

You Can Shield Yourself From CT Scans

Sometimes, CT scans can't be avoided. If your doctor tells you that you need to have a CT scan, make sure you really need it. Don't be afraid to speak up. After all, there's nothing more precious than your health.

I'm not here to scare you — I'm here to empower you with strategies to take back control and protect yourself and your loved ones from unnecessary exposure.

Here are my four guidelines...

1. **Don't Agree To A CT Scan Unless It's Absolutely Necessary:** You should always ask: "How will the scan change your treatment plan?" and "Is there an alternative — like ultrasound or MRI — that doesn't use ionizing radiation?" If they hesitate or can't answer clearly, that's likely to be a red flag.
2. **Always Ask For A Low-Dose Option:** Not all CT scans are created equal. Radiation doses can vary tenfold between imaging centers. Ask the radiologist about the dose for this scan? And are there dose-reduction protocols that prioritize patient safety?
3. **Keep A Personal Record Of Every Scan:** Hospitals are notorious for losing or ignoring your past records. This can lead to repeat scans that could've been avoided. Keep a file or digital record of the type of scan you got, the date of the scan, the reason, and the name of facility. It's important to be your own health advocate. So bring your records with you to every appointment.
4. **Ask For Shielding Of Sensitive Areas:** This is basic radiological hygiene — and yet it's often skipped. Be sure to protect your thyroid, breasts, ovaries, and groin with lead shielding whenever possible — even if the scan isn't directly aimed at those areas.

Protect Your DNA Naturally

I suggest that you say no to all unnecessary scans. Ask hard questions, demand safer alternatives, and protect your body.

But if you agree that a CT scan is necessary, I recommend you take certain supplements to help your body neutralize free radicals and repair DNA damage from radiation.

You should start taking them at least five days before your scan, but it's best to start as soon as you book your appointment.

Keep taking the supplements for at least five days after.

1. **Eat This Cancer-Killing Fruit.** Blueberries are loaded with antioxidants and flavonoids that prevent cell damage. In 2013, researchers at the Taipei Medical University Hospital found that one of the antioxidants in blueberries — called pterostilbene — prevents cell mutations caused by radiation.[17]

And blueberries are so powerful that NASA scientists are looking for ways to use them to protect astronauts from the cosmic radiation they encounter in space.[18]

Blueberries are delicious, so it's easy to snack on them all day. But you'll want to really load up before a CT scan. That's why I recommend a blueberry extract. You can find it in capsule form online and in health food stores. Take 1,000 mg two to three times a day.

Bring This List Of Questions To Your Doctor Or Radiologist:

- ✓ Is this CT scan necessary? Why?
- ✓ What will happen if I don't have it?
- ✓ Is there a safer alternative? *(Ultrasounds or MRIs can sometimes be used instead. They don't use radiation.)*
- ✓ Do you have a financial interest in the test?
- ✓ What dosage is right for me? *(Smaller, thinner people need a lower dose.)*
- ✓ Can I show you a prior scan? *(If you recently had an X-ray or a CT scan of the same area, ask if you can use that instead.)*

If your doctor doesn't want to answer your questions, seems annoyed, or you don't like the answers you get, it's time for a second opinion.

2. **Try This Blue-Green Algae.** Spirulina is a potent superfood. And several studies have shown that it protects the body against the damaging effects of harmful radiation.

A 1989 study found that spirulina significantly reduced gamma radiation in the bone marrow of mice.[19]

Another study found that a unique blue pigment in spirulina called phycocyanin binds with radioactive metals in the body and helps remove them.[20]

But the most impressive study was done after the Chernobyl nuclear disaster in 1986.

Following that catastrophe, 160,000 children who lived in the area developed radiation poisoning. Soviet doctors gave some of the children 5 grams of spirulina a day for 45 days.[21]

The children who received the supplement had dramatic improvements:

- Bone marrow and blood cells regenerated
- Dangerously low white blood cell counts of 1,000 (typical of leukemia) rose to 3,000 in less than three weeks and
- Radioactivity levels in their urine were 50% lower after 20 days.

I recommend taking four to six 500-mg tablets spread throughout the day.

3. **Protect Yourself With This Golden Spice.** Curcumin — the active compound in turmeric — is one of the most powerful natural agents for shielding your DNA from the radiation damage that generates reactive oxygen species (ROS) which attack cellular structures and directly break DNA strands.

Curcumin works on several fronts: It scavenges free radicals, boosts the body's own antioxidant defenses like glutathione and superoxide dismutase, and activates DNA repair pathways.

Studies confirm its protective effect.

A review in *Cancer Letters* reported that curcumin reduces radiation-induced chromosomal damage and prevents DNA strand breaks in human cells.[22]

Another study found that curcumin significantly lowered DNA damage markers in lymphocytes exposed to radiation.[23]

Animal studies show similar results: curcumin reduced oxidative stress, protected bone marrow, and preserved white blood cell counts after radiation exposure.[24]

I recommend taking 3,000 mg at least three to five days before your scan, and for several days afterward.

Look for a supplement that contains the black pepper extract piperine (also called Bioperine). It increases the absorption of curcumin by as much as 2,000%. Also, choose one with at least 90% curcuminoids.

Curcumin significantly lowers DNA damage in cells exposed to radiation.

4. **Use The Red Wine Supplement.** Resveratrol, the polyphenol found in red grapes, berries, and Japanese knotweed, is one of the best-studied plant compounds for protecting cells from radiation damage.

Like curcumin, it works on several key pathways relevant to CT scan—induced stress.

First, it acts as a strong antioxidant, neutralizing the free radicals released by radiation before they can slice through your DNA. In one study, resveratrol significantly reduced radiation damage in human immune cells.[25]

But resveratrol goes further. It activates a family of "longevity genes" called sirtuins—especially SIRT1 — that function as your body's DNA repair crew. A 2023 study showed resveratrol boosts DNA repair and helps stabilize the genome.[26]

Resveratrol also has anti-inflammatory properties that can indirectly prevent apoptosis (programmed cell death) by reducing the inflammatory signals that promote it.[27]

5. **Take High Doses Of This Antioxidant.** Vitamin C is one of the best defenses against the effects of cell-damaging free radicals caused by radiation exposure.

And the best part is that it doesn't just protect you before a scheduled scan.

It can repair DNA damage afterward.

A study of workers who cleaned up after Japan's Fukushima nuclear disaster proved this. Prior to starting clean-up work at the site, researchers gave some of the men 25,000 mg of vitamin C intravenously. These men continued to take vitamin C orally for the six weeks they worked in the contaminated areas.

Before and after the study, researchers evaluated participants' plasma DNA levels as well as 47 cancer-related gene expressions.

The men who received the vitamin C had NO change in their DNA or overall cancer risk. But the workers who didn't receive the vitamin C treatment had a significantly increased cancer risk.

However, their overall cancer risk scores returned to normal after they were given two months of vitamin C IV therapy following their exposure.[28]

If IV vitamin C therapy isn't an option, you can still benefit from taking vitamin C orally. Prior to your CT scan, take up to 20,000 mg daily.

But not just any drug store vitamin C will do. The chewable form you find there won't give you the boost you're looking for. You see, absorption — or bioavailability — is an issue, and your body can only absorb about 500 mg of this conventional form of vitamin C before you hit saturation. And that's nowhere near enough.

I recommend you take liposomal-encapsulated supplements. Liposomes were developed during the last 10 years and wrap the vitamin C molecule in a thin layer of fat.

These fats are called phospholipids. Your cell membranes are made from the same fat, and the protective layer allows it to bypass your digestive system and "dock" with the vitamin receptors on your cells. You consistently get around 98% absorption, depending on the brand.

You can find liposomal vitamin C as a liquid, a capsule, and even as packets of orange-colored gel that you take as a shot in a glass of water.

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30 Million Americans Are Making The Same Medical Mistake As The President

3 Recent Studies Prove Trump's Doctors Are Giving Him Deadly Advice: Daily Aspirin Won't Protect Your Heart — But It Could Increase Your Mortality

It's been the mainstream message for decades... Take a daily aspirin to prevent having a heart attack or stroke.

Today, almost 30 million Americans continue to follow this outdated advice — and almost half of older adults in the U.S. believe that the benefits outweigh the risks.[1]

Heck, even President Trump was told by his doctors to take an aspirin every day for "cardiac prevention" even though he has no apparent history of cardiovascular disease and had normal results on ECG and echocardiogram.

But he shouldn't. And neither should you.

In fact, I've been warning my patients for decades that chronic, long-term use of any drug — including aspirin — can have serious consequences for your health.

The latest research is clear that taking aspirin does ***nothing*** to decrease the risk of heart attack and stroke.

But even at very low doses, it can increase your risk for deadly health consequences and do serious damage to your body.

So why do conventionally trained doctors continue to recommend a daily aspirin?

New medical discoveries come out almost every day now. The science moves fast. And a lot of doctors can't keep up. So they rely on what they learned in school.

Even after it's proven wrong.

On the advice of his doctor, President Donald Trump takes a daily aspirin for heart attack protection. He shouldn't — and neither should you.

For decades the standard recommendation was for patients with any heart disease risk factors to take aspirin every day because it acts as a blood thinner.

So the medical community thought it was a good way to prevent the clots that cause heart attacks and strokes.

And many doctors continue to follow that outdated guideline.

Aspirin is sold over the counter, and people think that means it's harmless. Around 29 million Americans who don't have heart disease take daily aspirin, based on their doctor's recommendation.

And almost 7 million more take an aspirin on their own because they've been told that it will keep them safe.

Almost half of American adults believe that taking aspirin every day will protect them against heart attack and stroke.

It won't.

The Big Lie About Aspirin's "Proven Protection"

Three enormous clinical trials put aspirin to the test, expecting to have those old ideas confirmed. But the results came back with a different answer.

The ARRIVE (**A**spirin to **R**educe **R**isk of **I**nitial **V**ascular **E**vents) trial included 12,546 patients between the ages 55 to 60 with moderate risk factors for heart disease.[2]

Patients took either 100 mg of aspirin or a placebo every day for five years. At the end of the study, researchers found that the aspirin didn't reduce cardiovascular events at all. Definitely not the results that Bayer, the study's sponsor, was looking for.

The ASCEND (**A** **S**tudy of **C**ardiovascular **E**vents i**N** **D**iabetes) trial, which included 15,480 diabetes patients, found that no benefits outweighed the risks of taking daily aspirin.[3]

And the ASPREE (**ASP**irin in **R**educing **E**vents in the **E**lderly) trial found "no survival benefit" in taking 100 mg of aspirin daily.[4]

It didn't prevent cardiovascular events. It didn't prevent cancer. It didn't prolong disability-free survival at all.[5]

None of these large studies showed an overwhelming benefit for taking daily aspirin. But all three uncovered some serious dangers.

The Deadly Dangers Of Daily Aspirin

Aspirin is not harmless. No matter how ads and doctors make it seem. It causes serious health hazards.[6] Especially when you're taking it every day for years.

I tell my patients that taking aspirin is worse than taking nothing. Every year, thousands of Americans die from consequences triggered by this drug. And millions more suffer from devastating side effects.

Research shows that regular aspirin intake can cause:[7,8,9,10,11,12,13,14,15,16,17,18]

- Severe gastrointestinal bleeding
- Major abdominal bleeding
- Ulcers
- Falls and fractures
- Depression
- Anemia
- Liver damage
- Kidney failure
- Brain bleeds
- Hemorrhagic stroke

And even death.

That's right. Daily aspirin increased the incidence of death even in formerly healthy older adults.

But the good news is you don't have to rely on this dangerous drug to help your heart. You can avoid heart attack, stroke, and aspirin side effects by taking some very simple steps.

How To Stop Heart Attack And Stroke Using My Ageless Heart Protocol

The medical establishment likes to toot its own horn when it says cardiac events are becoming less common. But it's not true.

While it is true that fewer Americans are dying from an initial heart attack, the total number of cardiac conditions is going up...way up.

As people survive heart attacks, many now develop — and die from — other cardiovascular conditions, including:[19]

- Arrhythmia-related deaths surged approximately 450%
- Heart failure deaths increased approximately 146%
- Hypertensive heart disease deaths rose approximately 106%

Combined, these non-heart-attack causes now comprise a much larger share of heart disease mortality. But they can all be prevented.

And you don't have to risk your life to do so.

"Up to 75% of patients with heart disease have low CoQ10 levels. But supplementing with CoQ10 can bring immediate, life-saving benefits."

At my practice, we help patients restore an ageless heart naturally.

CoQ10 (Coenzyme Q10). If you're a long-term reader, you know I always start with "prescribing" CoQ10.

Up to 75% of patients with heart disease have low CoQ10 levels. But supplementing with CoQ10 can bring immediate, life-saving benefits. Studies show that 100 to 120 mg daily reduces arrhythmias, increases left ventricular function (a critical part of your heart's pumping ability), and reduces the death rate from repeat heart attacks.[20]

It's difficult to get enough CoQ10 from diet alone. I recommend 50 mg of ubiquinol CoQ10 every day. This form is eight times more absorbable than standard CoQ10. If you're taking statins, which lower CoQ10 by more than 50%, boost your intake to 100 mg.

Omega-3 Fatty Acids. Omega-3 fatty acids reduce inflammation throughout the body and are especially important for repairing damage to your blood vessels. It's one of the best options for treating poor circulation and stabilizing blood pressure.

I advise steering clear of standard fish oil to get their omega-3s. Instead, I recommend krill oil and squid oil combined with natural astaxanthin, a powerful antioxidant known to prevent and treat cardiovascular disease. Make sure the omega-3 supplement you choose has at least 600 mg of DHA and 60 mg of EPA. And always take omega-3 fatty acids with a meal so they can be properly digested.

L-Arginine. This amino acid is responsible for 70% of the nitric oxide produced in your endothelium (the lining of your blood vessels). In an important study that included men with compromised NO availability, L-arginine increased their blood flow by an impressive 275%.[21]

Another clinical trial found that taking L-arginine helped reduce blood pressure for 69% of participants.[22]

In my clinic, I combine standard L-arginine with a specialized form called arginine Alpha-Ketoglutarate (AAKG). This gives you a "time release" effect that keeps NO levels elevated for much longer. I recommend taking at least 1 gram a day of AAKG paired with at least 6 grams of L-arginine.

Vitamin K2. K2 is one of the best vitamins for heart health. A study of 4,800 people showed that high levels of vitamin K2 lowered the risk of coronary artery disease by 57%. It lowered calcium buildup in arteries by 52%.

And it slashed the risk of death from any cause by 26%.[23]

I recommend up to 90 mcg of vitamin K2 a day to my patients. As it's fat-soluble, take it with a meal to improve absorption.

Vitamin D. Without adequate levels of vitamin D, your cardiovascular system can't function effectively. But more than one billion people worldwide are deficient. One study found that 83.5% of heart attack patients had low vitamin D levels.[24]

Additional research shows that people with vitamin D deficiency face a higher risk of strokes, more severe strokes, and worse survival outcomes after stroke.[25]

I encourage my patients to boost levels like their ancestors did — from sunlight. If you don't spend much time in the sun, start slowly for about 10 to 20 minutes daily and work up to an hour. Make sure to go out in the sun when your shadow is shorter than you are, typically between 10 a.m. and 2 p.m., so you can get good exposure over a short time. Just 10 minutes in the midday sun can give you 10,000 IU of vitamin D.

It's also a good idea to supplement. I recommend vitamin D3 or *cholecalciferol*. That's the type of vitamin D made by your own body. Take between 5,000 IUs to 8,000 IUs a day.

3 Ignored Nutrients That Will Help You Avoid Cardiovascular Disease

While I've talked to you many times about these foundational nutrients, they're not the only tools in the toolbox. I stay up with all the cutting-edge research. Read all the studies, even more obscure ones. And I am bringing you some exciting new discoveries.

I've uncovered additional heart-healthy compounds with credible science behind them.

All can play a part in preventing heart disease, heart attack, stroke, and premature death. And they're all part of a new protocol I put together.

Cupuaçu. Cupuaçu, officially called *Theobroma grandiflorum,* comes from the tropical rainforest. It's closely related to the cacao tree. And contains dozens of beneficial flavonoids and polyphenols.[26] Research shows that cupuaçu promotes cardiovascular health in many ways:[27,28,29]

- High levels of antioxidants to erase oxidative stress in blood vessels
- Anti-inflammatory compounds protect heart muscle
- Lowers blood sugar
- Modulates the immune system
- Relaxes blood vessels — vasodilation — for increased blood flow
- Help release nitric oxide
- Lowers blood pressure

I first experienced cupuaçu on one of my first trips to the Amazon jungle.

Trimethylglycine (TMG). Also known as betaine, TMG takes a different approach to heart health. It helps lower homocysteine levels by up to 40%.[30] And homocysteine is a major risk factor for heart attack and stroke. TMG also helps lower blood pressure.

One clinical trial found that hypertensive patients who increased their TMG levels saw their blood pressure drop significantly.[31]

TMG also delivers high-powered anti-inflammatory action. It stops several inflammatory cytokines including NF-κB, TNF-α, COX-2, IL-1β, and IL-23. It also relieves endoplasmic reticular (ER) stress, which causes severe cardiovascular diseases including heart attack, stroke, and heart failure.[32]

Good food sources of TMG include beets and spinach. I recommend taking 1,000 mg of TMG in supplement form daily.

Nattokinase. Nattokinase is a highly effective natural blood thinner that doesn't cause any side effects. It's an enzyme derived from a popular Japanese fermented soybean dish called natto. This enzyme has been studied extensively in Asia where it's used to treat cardiac patients. It effectively dissolves clots that form in blood vessels.[33] Here's what the research says:

- Nattokinase is linked to a decrease in deaths from cardiovascular disease. And according to the research team it's "an ideal candidate for the prevention and treatment of cardiovascular disease."[34]
- A clinical trial that included 1,062 patients found that nattokinase reduced arterial thickness and plaque by up to 95.4% with no adverse effects.[35]
- Nattokinase improved clinical symptoms in patients with vascular diseases undergoing surgery with no adverse reactions.[36]
- A meta-analysis of clinical trials showed that nattokinase significantly reduced both systolic and diastolic blood pressure in people with hypertension.[37]
- Nattokinase is so effective that a single dose can break down blood clots, unblock

blood vessels, and restore circulation. It improves blood flow more effectively than aspirin and without any adverse effects.[38]

I recommend 500 mg or 5,000 FU (fibrinolytic units) of nattokinase daily, best divided into two separate doses and taken with or just after meals.

But What About My Aches And Pains? Natural Spice Is Better Than Aspirin To Treat Pain And Prevent Heart Attacks

While I'd never tell a patient not to take aspirin for an occasional ache, I recommend they look for safer, long-term alternatives.

During my travels, I've found natural remedies that work as well as aspirin for protecting your heart health. I've also found herbs that relieve headaches.

But there's one simple spice that does both. You may already have it in your kitchen.

I'm talking about ginger.

Like traditional herbalists, I prefer natural remedies that support multiple health goals — that's why ginger is one of my favorites.

Taking just a tiny bit every day can give your heart a real boost. That's because it contains 12 antioxidant compounds more powerful than vitamin E. Antioxidants combat free radicals in your body. And flavonoids, a type of antioxidant found in ginger, are especially good for your heart.

One study looked at the dietary flavonoid intake of 1,658 people. Researchers found that those who got the least amount of flavonoids had the highest risk of heart disease.[39]

Ginger is good for your heart in other ways, too. Research shows it reduces oxidation, which can inflame the lining of your arteries.

In one study, researchers divided 40 participants into two groups. Half were healthy and the other half had a history of coronary artery disease.[40]

One group took 5 grams of ginger powder each day and the other got a placebo. After four weeks, oxidation had decreased by 18% in the healthy group and 23% in those with a history of heart disease.

Like aspirin, ginger works as a blood thinner. And that means it prevents clots from forming that could lead to heart attack or stroke.

Studies also show that ginger has anti-inflammatory properties. It works the same way aspirin does, by blocking COX-2 — the enzyme that promotes inflammation. And inflammation is the leading cause of heart disease and other chronic illnesses.

And when it comes to headaches, studies show this old-fashioned remedy relieves pain as well as most painkillers.

Researchers divided migraine sufferers into two groups. Half took 250 mg of ginger. The others got 50 mg of a popular prescription drug for migraines and cluster headaches. Results showed that ginger was just as effective as the drug at achieving 90% relief within two hours.[41]

If you want to supplement with ginger, look for a capsule that contains 5% gingerols.

I recommend starting with a dose of 100 mg a day.

Treat Headaches and Lower Your Risk of Heart Attack with One Simple Spice

I prefer to use fresh ginger in my cooking. I love its spicy, unique flavor. It adds a real kick to most stir-fries. I also enjoy a cup of ginger tea. Here's my favorite recipe:

You protect your heart and treat a headache with a healing cup of ginger tea.

Directions:

1. **Boil** 4 cups of water in a saucepan.
2. **Peel** a 2-inch piece of fresh ginger root and slice it into thin slices.
3. **Add** the ginger to the boiling water.
4. **Cover** it, reduce the heat, and let it simmer for 15-20 minutes.
5. **Strain** the tea. Add honey and lemon to taste... and enjoy!

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Discover The Forbidden Cure For Pain — *And So Much More* — That The FDA Continues To Call "Controversial"

What if I told you there's a natural pain-relief therapy that's been used safely in Europe for decades... one that could eliminate your chronic muscular pain, reduce inflammation, repair tissue, and boost your immune system — all without drugs or surgery?

You'd probably think, "Why haven't I heard of it before?"

Because here in America, Big Pharma hates it and the FDA has outlawed it.

I'm talking about ozone therapy.

This is the same ozone that protects our planet from the sun's UV rays. But when it's harnessed properly, this special "energized" kind of oxygen is one of the most powerful healing tools on Earth.

But in a blatant act of suppression, the FDA officially claims ozone is "a toxic gas with no known useful medical application in specific, adjunctive, or preventive therapy."

This is a lie.

And despite the massive number of patient successes around the world using ozone therapy, the FDA refuses to approve the treatment.

Meanwhile, in other countries, like Germany, Italy, Russia, Spain, and Switzerland, ozone therapy is common in hospitals and clinics.

It's one of the most versatile and effective treatments available. It works for conditions as simple as eczema and as complicated as cancer.

That's why the late-President Ronald Reagan traveled to Germany to get ozone therapy for his cancer. He died over a decade later of pneumonia — not cancer — at age 93.

Many high profile patients — including President Ronald Reagan — were treated with ozone therapy outside of the USA, where it was banned in the 1940s.

And now, new research proves what I and my colleagues around the world have known for years...

Ozone is one of the most effective and overlooked pain cures in modern medicine.

Thanks to health freedom legislation in recent years, you can now make your own choices about your health — although, the legality and availability of ozone therapy in America still varies by state.

In this article, you'll learn all about the astonishing pain-relieving powers of ozone therapy — as well as its power over dozens of conditions as varied as heart disease, stroke, depression, and brain degeneration. You'll also learn how and why it works, and exactly how it can help you.

A Major Threat To Big Pharma's Profits

Firstly, let's take a look at why the FDA and the rest of the medical industrial complex have declared war on this powerful and safe therapy.

The FDA, the American Medical Association and the media have all condemned ozone therapy as medical fraud. But they ignore the millions of lives that have been improved and saved around the world with this simple treatment.

More than 10,000 doctors in Germany alone have used ozone therapy on close to 10 million patients — and they've had a 90% cure and/or improvement rate with virtually no side effects.[1]

Russia has a 40-year track record of successful ozone therapy, especially for tuberculosis. Russian medical reports say those who have been cured have no recurrence.

By the mid-1900s, the prestigious medical journal, *The Lancet*, had been singing its praises for 50 years for its power against diseases like cancer, anemia, hepatitis, herpes, macular degeneration, chronic fatigue states, chronic bladder conditions, cardiovascular disease, diabetes, Lyme disease, and Crohn's disease.

It's also incredibly safe.

In a 1980 study conducted by the German Medical Society for Ozone Therapy, 644 therapists were polled regarding 384,775 patients and more than 5.6 million ozone treatments.

There were only 40 cases of side effects noted out of all those treatments with just four fatalities. That makes ozone one of the safest medical therapies ever devised.[2]

It was even widely used by doctors in America — until the FDA banned it in the 1940s, after more than 60 years of successful use.

So how could such a safe and effective treatment be so controversial?

There's one simple reason: it works. Oxygen is also cheap and can't be patented.

You see, the global pharmaceutical industry today is worth around $1.6 trillion, and it's growing every year. Anything that threatens those sales is certain to draw heat.[3]

Big Pharma doesn't want anyone to undersell them — and they don't want a simple and safe treatment to come along and outperform their expensive drugs.

Why haven't you heard about this? The media, which relies on around $45 billion worth of healthcare advertising, won't even begin to touch this story.

The Pain Breakthrough Europe Embraced... But America Still Bans

Let me show you some of the important recent research that reveals how powerful a weapon ozone therapy is against chronic pain.

In one study published last year in the European Journal of Medical Research, researchers investigated the effect of ozone therapy on patients suffering from persistent, treatment-resistant muscular pain.[4]

All patients treated with medical ozone injections reported dramatic reductions in pain intensity, improved range of motion, and better quality of life — after just a few sessions.

And there were ZERO adverse effects. This is a far cry from the addiction, organ damage, and side effects associated with Big Pharma's painkillers.

But this isn't just a one-off result.

A recent comprehensive review from Europe examined ozone applications across multiple musculoskeletal disorders and found that ozone provided lasting relief for a wide range of painful conditions. These include...[5]

- **Osteoarthritis:** Ozone therapy reduced joint pain, inflammation and stiffness without harming cartilage.
- **Chronic Low Back Pain And Sciatica:** Ozone therapy on the spine was shown to reduce herniated disc pressure and inflammation. One study found that more than 80% of patients with lumbar disc herniation

treated with ozone therapy reported substantial pain relief — without surgery or opioids.

- **Fibromyalgia:** Ozone was shown to calm a hyperactive nervous system and reduce systemic inflammation. A study revealed that up to 70% of participants reported lasting symptom relief without major side effects... in many cases, within weeks.
- **Tendonitis And Bursitis:** Multiple studies reveal that ozone therapy reduced swelling and promoted faster tendon healing.
- **Myofascial Pain Syndrome:** This *long-term pain condition is characterized by* chronic pain in the muscles and the thin cover of tissue that holds muscles in place, called fascia. Ozone therapy was shown to relieve the pressure on the trigger points that cause the pain and at the same time promote tissue relaxation and repair.

I've also seen the power of ozone pain relief and healing firsthand in my clinic.

You see, ozone therapy works as a painkiller by delivering super-oxygenated molecules into damaged or inflamed tissues. In turn, this unleashes a cascade of healing effects:

- **Anti-Inflammatory And Analgesic:** Ozone neutralizes the molecules that drive chronic inflammation, while at the same time stimulating the release of your body's own pain-killing endorphins.
- **Improved Circulation:** Ozone increases oxygen delivery to tissues and enhances red blood cell count and their flexibility — so you get more blood, nutrients and healing to damaged areas.
- **Tissue Repair:** Ozone stimulates the production of growth factors that regenerate cartilage, tendons and muscle.

Ozone Energizes Your Cells

What is ozone anyway? Let me explain...

The oxygen in the air you breathe has two oxygen molecules. That's why it's known as O_2. But when you add an electrical charge, it forces three oxygen molecules together to form O_3, or ozone. It's as simple as that.

Ozone is a sweet-smelling, bluish gas that already exists in nature. Ozone in the atmosphere is what makes the sky blue, and it's why the air smells so good after a thunderstorm.

Today, medical-grade ozone is made in special generators. Some people call it "energized" or "activated" oxygen — because that's exactly what it does to your cells.

Once this supercharged oxygen gets into your bloodstream, it has the unique power to both heal and detoxify at the same time.

In March 1985, Ronald Reagan's doctors delivered devastating news. He was diagnosed with three deadly forms of cancer.

The public didn't know it. And the press didn't report it.

Even fewer know what happened next...

Two months later, President Reagan traveled to economic summit in Bonn, Germany. The media stirred up a firestorm when Reagan added a visit to a war memorial in Bitburg.

At the time, no one knew Reagan had a hidden agenda — a secret appointment with Dr. Hans Neiper, the world-renowned German cancer doctor famous for curing patients using ozone therapy.

"You wouldn't believe how many FDA officials or relatives of FDA officials see me as patients," said Dr. Napier. "[Including members] of the American Medical Association or American Cancer Association...

"That's the fact."

It also naturally destroys disease-causing pathogens like infections, bacteria, fungi, viruses and many different cancer cells.

You see, human cells thrive on oxygen, but the pathogens that cause disease do not. And these anaerobic viruses and bacteria cannot survive when they are surrounded with this very energetic form of pure oxygen.[6,7,8]

Ozone also supercharges your immune system by triggering the production of cytokines. These are powerful cell-signaling molecules that modulate immunity, inflammation and the production of white blood cells — your body's defense armory against infection.[9]

Here at the **Sears Institute for Anti-Aging Medicine**, I've seen patients come in with years — sometimes decades — of unresolved pain. Some have had surgeries. Some are on multiple medications. Most are told "you'll just have to live with it."

But once we introduce ozone therapy into the equation, everything changes.

What Else Can Ozone Do?

Ozone therapy has been studied for a wide range of conditions, and the results are nothing short of astonishing. Here are just some of the other conditions that energized oxygen has been used to treat successfully:

- **Stroke And Heart Disease:** A 2024 review in Medical Gas Research found that ozone therapy improved cardiovascular outcomes, reduced ischemia, and boosted antioxidant defenses in heart and brain tissue.[10]
- **Cancer:** Ozone delivers a triple blow to cancer. It not only restores health to your cells and bolsters the power of your immune system to activate cancer-killing cells, studies show it also induces apoptosis across a variety of cancer cell types. More than 50 years of ozone use in Europe, along with numerous scientific studies, prove that if cells have enough oxygen, your body doesn't provide the anaerobic atmosphere needed for the fermentation process of cancer cells and other pathogens. Oxygenating hypoxic tumor environments also make chemotherapy and radiation more effective.[11,12,13]
- **Alzheimer's Disease:** Animal studies suggest that ozone may reverse early cognitive decline by improving oxygen metabolism in the brain and reducing oxidative stress — two key drivers of neurodegeneration.[14]
- **Diabetes:** Emerging evidence suggests that ozone therapy supports blood sugar regulation and improves diabetic complications by reducing oxidative stress, improving microcirculation and insulin signaling, and promoting tissue healing.[15]
- **Autoimmune Disorders:** Ozone has been shown to regulate immune balance — calming overactive responses that are hallmarks of lupus, rheumatoid arthritis, and MS, without resulting in immune suppression.[16,17]
- **Depression:** By enhancing oxygen delivery to the brain and stimulating mitochondrial function, ozone therapy has a fast-acting antidepressant effect that rivals medication — without side effects.[18]

Don't Let The FDA Keep You From Having Ozone Therapy

I recommend three main ways you can get ozone therapy — including the method I use here at the Sears Institute for Anti-aging Medicine. For chronic pain, the best ozone delivery method depends on the condition's location, severity, and whether it's local or systemic.

1. **Transdermal Ozone Therapy:** This is one of the most pleasant ways to get ozone into your body — because it's done in a personal sauna and works by skin absorption. It's an excellent alleviator of muscle aches and joint pain, as well as helping to detox.

You simply sit on a chair and your body (or a limb) is "encased" in the personal sauna as the cabinet is closed around you — but not over your head, so you don't breathe it in. As steam is introduced, the humid heat opens the pores on your skin, and the ozone penetrates directly into your bloodstream.

Transdermal ozone therapy is relaxing, non-invasive, and a good solution for whole-body recovery. It often works best when combined with other ozone methods.

2. **Rectal Infusion:** This painless and minimally invasive method is regarded by the world's leading experts on ozone as one of the easiest and most effective ways to get ozone into your body. Low-concentration ozone gas is gently infused and easily absorbed through the walls of your colon and intestine using a catheter.

It works best for patients who need systemic support for pain, with conditions like fibromyalgia, autoimmune pain and chronic inflammation.[19]

It's also the quickest method and takes between two and four minutes. There are no needles or syringes — and no discomfort.

3. **Autohemotherapy**: This is a fancy name for the "blood method" and it's what I use with patients at the Sears Institute of Anti-aging Medicine.

In my view, it's the most effective of all the ozone treatments — and it's the gold standard for localized pain. It works because it delivers ozone to exactly where the damage is, stimulating local circulation, collagen production, and anti-inflammatory effects. It also addresses the root causes of inflammation.

It works best for osteoarthritis, tendonitis, bursitis, sciatica, low back pain, rotator cuff injuries, and plantar fasciitis.

Here's what I do:

- I make medical-grade O_3 from O_2 with a special ozone generator machine.
- Then I draw a small amount of the patient's blood.
- Next, I infuse the blood with the medical-grade O_3 mixed with O_2.
- Finally, I slowly reintroduce the oxygen-rich blood back into the patient with an IV.

I recommend one to two sessions per week for four to six weeks, then tapering off.

In my practice, we use autohemotherapy — mixing ozone with a patient's own blood — to treat a variety of inflammatory conditions.

If you're interested in getting ozone therapy at the Sears Institute of Anti-Aging, please call my staff for information on (561) 784-7852.

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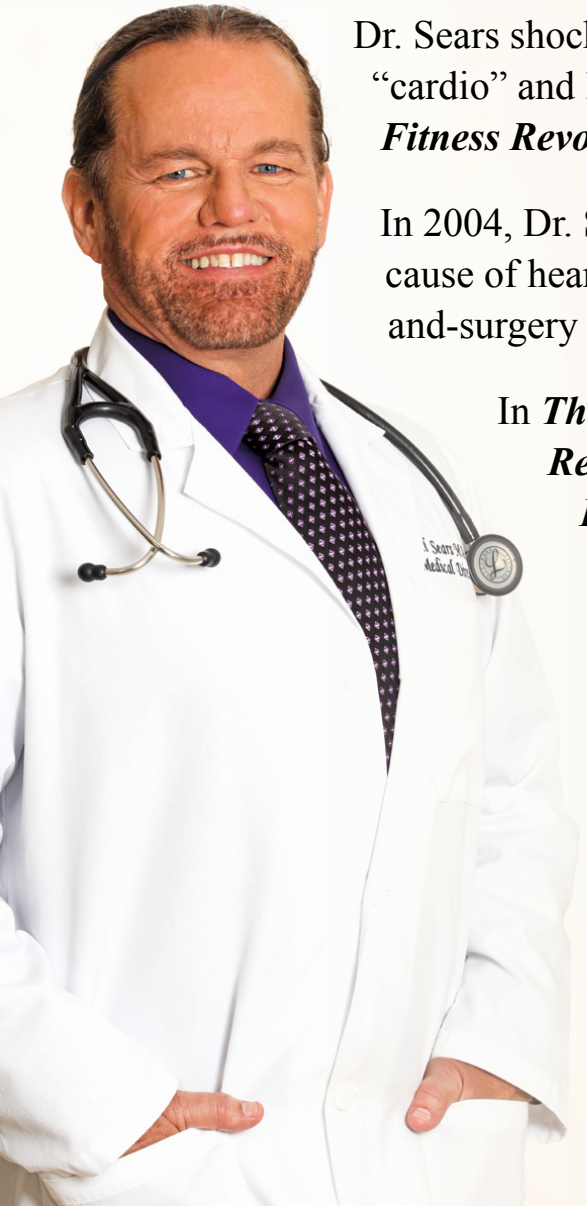
NOTES:

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).