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Dear Friend,

If an institution like the Food and Drug Administration is going to exist, it should live up to its obligations.

But when it comes to making sure that the food and drugs Americans consume every day are safe and free of toxins...

I can't think of a bigger failure.

Did you know that 75% of the FDA's Drug Division budget comes directly from pharmaceutical companies?

And that those same companies fund 70% of all clinical trials?

And while food manufacturers don't "directly contribute" to the agency's funding, they spend billions of dollars each year to lobby Congress and influence the FDA.

Last year, the food industry spent over \$1.15 billion lobbying both houses of Congress.

With that huge amount of money, you can only imagine that some of it ends up directly in the pockets of the Congressmen who end up doing exactly what Big Pharma and Big Food want them to do.

Big Pharma and Big Food are paying to play while we get sicker, fatter, and old too soon.

What it boils down to is that the agency that is supposed to be in charge of your health, safety, and well-being is Big Pharma's and Big Food's lapdog...

And not the watchdog for America's health.

This is a prime example of what's known as "corporate capture." That's when private industry exerts undue influence over government institutions and public policy decisions to advance their own interests at the expense of the public good.

When you have the FDA's biggest sources of revenue coming from drug and food companies, you can't help but reach the conclusion that they're exerting their influence.

That means it's more important than ever that YOU take charge of your own healthcare. I'd like to think that each issue of **Confidential Cures** helps you in reaching that goal.

In your July 2025 issue, you will discover:

- What the new head of the FDA really means when he says he wants to "fast-track drug approvals" — and how dangerous it can be if you or a loved one gets caught in the crossfire as more dangerous, and untested, new drugs flood the market.
- That instead of protecting our food supply, the FDA does very little to monitor what chemicals go into what you eat. When Big Food wants to add a new chemical to food, they simply send a notice to the FDA. The notice says that the ingredient is "generally recognized as safe." I'll show you what to look for in order to protect yourself from these GRAS chemicals.
- Insomnia has turned out to be a very profitable business. And the market exploded over the last couple of years as more Americans report an increase in insomnia. To keep up with demand, the FDA approved a dangerous new sleep aid so their friends at Big Pharma could cash in. Discover the dangers of this new drug, and what you can use instead.

To Your Good Health,

Al Sears, MD, CNS

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# FDA's New Policy To Fast-Track Big Pharma Drugs Plays Fast And Loose With Your Health

## But You Can Take Back Control With These Simple Steps

Don't be fooled by the FDA's latest plan to bring new drugs to market faster or their claim that it means more cures for the "average American."<sup>1</sup>

It's nothing more than a corporate land grab.

As a doctor who's spent more than 30 years working outside of the medical-industrial complex — and saving lives by keeping my patients away from Big Pharma's poisons — I can tell you this is not progress.

It's a dangerous new chapter in an already broken system... and I must admit I'm disappointed.

The man leading this new charge is Dr. Marty Makary, a surgeon and media talking head, who was recently sworn in as *FDA commissioner*.

In his own words, he wants to "modernize" the agency and cut out the red tape that slows down drug approvals.

I'm all for cutting red tape, especially when it comes to the FDA — until you realize what it really means.

Makary has openly stated that the FDA should ease its scientific requirements. He has suggested that independent, randomized clinical trials — the gold standard for safety — are not always going to be necessary.<sup>2</sup>

Things are already bad enough...

A 2023 *JAMA Network Open* study found that almost 70% of all clinical trials were funded primarily by pharmaceutical, biotechnology, and medical device companies.<sup>3</sup>



**The FDA plans to flood the market with thousands of new generic drugs — without ever proving if they're safe or effective.**

It's also worth noting that Makary is *NOT* talking about relaxing the FDA's grip on life-saving stem-cell breakthroughs or oxygen therapies or reducing the restrictions on medicinal herbs that have been used as anti-inflammatory, anti-viral, and anti-cancer treatments for thousands of years.

Instead, he's focused on flooding the market with literally thousands of new generic drugs — each one more dangerous than the last. And, as manufacturers fast-track their new drugs to market, they won't even have to prove they're effective or safe.

In this *Confidential Cures* article, you'll learn what the new FDA chief really means when he says he wants to fast-track drugs — and how dangerous it can be if you or a loved one gets

caught in the crossfire as more toxic drugs hit the market. You'll also learn why it has never been more important to take control of your own health.

## **If You're Not Scared, You're Not Paying Attention**

I've been telling my readers for a long time that Big Pharma and the US Food and Drug Administration that regulates it have no interest in curing diseases.

Once upon a time, pharmaceutical companies and the FDA played a vital role in your health. With their approval of the first antibiotic in the early 1940s, they helped to save hundreds of millions of lives.

But by the 1980s, everything began to change.

The Bayh-Dole Act allowed universities and businesses to commercialize federally funded research, including medical discoveries. This blurred the lines between independent science and commercial interests.

The real turning point came with the 1992 Prescription Drug User Fee Act. The law passed by Congress allowed the FDA to collect fees from Big Pharma to fund and speed up drug reviews.

By the early 2000s, the FDA and Big Pharma were openly in each other's pockets. Regulators took high-paying jobs in industry after leaving public service... and sometimes at the same time.

*The capture of FDA leadership through industry relationships and lobbying pressure has now become a hallmark of the corruption in America's health system.*

Makary also has notable industry ties — including insurer Sidecar Health and drug-compounder Sesame Care.

If he does make a “faster” FDA, that should scare you.

It might make Wall Street happy. It might even boost stock prices for Big Pharma giants like Pfizer, Moderna, or even the next fly-by-night drug startup.

But it won't help you...

They won't need to wait for long-term results. No need to compare new drugs against existing therapies. Just fast-track it all and let the chips fall where they may.



**By the early 2000s, the FDA and Big Pharma were openly in each other's pockets.**

## **FDA “Approval” Doesn’t Mean What You Think**

The FDA already has a long and terrible history of approving drugs that turn out to be dangerous — and deadly.

Just look at their track record...

A recent report outlined 10 major drugs approved by the FDA but later recalled after causing horrific side effects, including organ failure, heart attacks, strokes, and even death.<sup>4</sup>

All of these drugs were rushed to market, heavily promoted, and backed by glowing studies funded by the same companies that stood to profit from them.

Then came the tragic stories... followed by the lawsuits. Finally, the FDA quietly pulled them from the market.

But by then, it was too late. Tens of thousands of people had already been harmed. Families were shattered.

And not a single Big Pharma CEO went to jail.

Here are just a few of those nasty drugs I'm talking about...



- **Avandia:** This drug resulted in 83,000 heart attacks, 304 deaths, and thousands of reports to the FDA. Ten separate studies found that it increased the risk of heart attacks by up to 80%... and it's still being prescribed to diabetes patients.<sup>5,6</sup>
- **Rezulin:** This drug for type 2 diabetes was associated with cases of severe liver injury, including acute liver failure, resulting in 63 deaths and dozens of cases of acute liver failure.
- **Baycol:** This statin drug caused a rare, but sometimes fatal muscle ailment called "rhabdomyolysis." There were 31 reported deaths directly linked to it before Baycol was pulled from the market.
- **Vioxx:** Prescribed 105 million times ... it killed 57,000 people before its maker, Merck, was forced to finally stop selling it.

Other recalled medications include Meridia, Bextra, Efalizumab (Raptiva), Selacryn, and Pemoline — all cited for heart attacks, strokes, organ toxicity, or fatal side effects.

This is exactly what happens when you let the fox guard the henhouse.

And now the FDA wants to take that same system... and make it *even faster*.

## Just Follow The Money

The new FDA chief claims he's just trying to help the average American... but his financial ties tell a very different story.

Don't forget he's on the board of Sesame, the telehealth company that connects patients with doctors who can prescribe — guess what? — compounded type 2 diabetes meds that double up as weight-loss drugs.

His push to "streamline" the FDA likely has nothing to do with improving your health, but everything to do with making it easier to sell his weight-loss and other Big Pharma concoctions.

The truth is, Big Pharma is desperate, and it's running out of runway.

Many of their blockbuster patents are expiring soon. These include...



**The new FDA chief claims he's just trying to help the average American. But his financial ties tell a very different story.**

- **Keytruda**, made by Merck, is an immunotherapy med that treats melanoma, lung, head, and neck cancer. The drug brought in \$24 billion last year, but competitors may start selling biosimilar drugs in 2028.
- **Humira**, made by AbbVie, treats rheumatoid arthritis, Crohn's disease, and psoriasis. Revenue peaked at \$21 billion last year. The drug's patent expired in 2023.
- **Eliquis**, made by Bristol Myers Squibb and Pfizer, is a blockbuster blood thinner drug that generated \$10 billion last year. But the patent expires next year.

And that's just a handful of them. A dozen or so other blockbusters are about to lose their patent protection over the next few years, which means Big Pharma is about to lose billions of dollars almost overnight.

When Big Pharma profits are threatened, they no longer innovate — they just accelerate... and cut corners.

## Are You Ready For Artificial Medicine?

Part of Makary's plan to speed up drug approvals involves using artificial intelligence (AI).

Here at the Sears Institute for Anti-Aging Medicine, I use cutting-edge diagnostic tools and treatments all the time — but I'd never trust

a computer to make life-and-death decisions without the nuance of clinical experience, context, and human judgment.

That's why AI drug approvals sound like a Silicon Valley disaster waiting to happen.

AI might be great at sifting through mountains of data... but it can't spot the long-term side effects for new drugs for one simple reason: They are unknown until they appear.

AI can't listen to your body. It can't know that some patients may react badly six months or five years after taking it, even if an algorithm says otherwise.

This isn't medicine. It's software engineering. And it's a disaster waiting to happen.

You see, the next so-called "miracle drug" could hit the market before anyone knows whether it causes birth defects, liver damage, or worse.

Big Pharma already cherry-picks data from its self-funded clinical trials. AI can simply exclude "bad responders" or run the trial so short that long-term damage doesn't show up.

By the time those effects show up, the companies will have moved on. The profits will be locked in. And the damage done to your health is just a lawsuit paid out from a tiny proportion of the profits that Big Pharma has already reaped.

## **Become Your Own Best Health Care Provider**

My advice is to make the decision to become your own best health care provider once again. Because the next generation of drugs will be sold faster, looser, and more recklessly than ever.

But the future of medicine doesn't lie in faster drugs... it lies in freeing yourself from the system that made you sick in the first place.

Cholesterol-busting statins won't cure heart disease. ACE inhibitors won't solve your high blood pressure problems and metformin won't fix your diabetes. All these drugs — and the thousands of others prescribed for chronic ailments — merely attempt to fight symptoms, but they end up doing more harm than good.

The next "miracle drug" won't help you either.

Here are three powerful steps you can take TODAY to safeguard your health while the FDA plays roulette with new drugs:

1. Avoid all drugs, if possible, but always stay away from any new drug that hasn't been on the market for at least five years. That's often how long it takes for the real side effects start to emerge.
2. Stick to therapies with thousands of years of clinical evidence. I'm talking about herbs, nutrition, fasting, and the right kind of movement.
3. Find a doctor who works for you, not the system. Look for a health partner who uses evidence-based natural therapies and honors your body's wisdom.

You see, most modern ailments are rooted in your body's reaction to the massive sugar overload packed into our modern diet. It's your body producing unnaturally high levels of insulin to cope, resulting in insulin resistance in your cells, along with inflammation.

And as you know, inflammation is your body's reaction to a diet we didn't evolve to eat.

You don't need Big Pharma's drugs. Instead, you need to reduce insulin resistance and inflammation immediately.

## **My 3-Pronged Approach To Taking Back Your Health**

Here's a three-pronged protocol I recommend to my patients...

**1. Change Your Diet:** The most important step you can take to stay healthy and avoid the inflammatory damage that causes disease is to alter what you eat.

Changing to a healthier, more natural diet is surprisingly easy. Eating naturally doesn't rely on denial or strength of will, because you still have the instinctive tastes of your Paleolithic ancestors.

When you remove the starchy carbohydrate garbage from your diet, you're attacking the roots of chronic disease at their source.

You can get started by sticking to three easy principals:

- **Make Natural Fats The Focus Of Every Meal.** Humans evolved to eat fat. Today, we know that eating fat reduces inflammation... lowers heart disease and diabetes risk... reduces cancer risk... boosts mood... strengthens immunity... and helps you fight obesity. And fat does not spike insulin or blood sugar levels. Get your fats from grass-fed animals, wild-caught fish, whole milk, butter, tallow, and lard. Good plant-based fats include olive and coconut oils. Avoid trans fats and grain-based seed oils.

- **Eat Protein At Every Meal.** Almost every cell in your body needs protein to survive. You use protein to build and repair tissues. It's an important building block of bones, muscles, cartilage, skin, hair, nails, and blood.

You also need protein to produce enzymes and hormones, make antibodies to fight disease, and transport oxygen throughout the body.

When your body doesn't get enough protein, it prompts insulin to store fat. Pastured eggs, grass-fed beef and organ meats, chicken, and wild-caught fish are your best sources. No plant protein sources can compete.

- **Include Very Little — Or Zero — Starch.** Your body wasn't built to eat carbs. When you do, your pancreas reacts by massively overproducing insulin to push the sugars from these foods into your cells to make energy. The more carbs you eat, the more insulin builds up in your blood. It overwhelms the insulin receptors in your cells. It makes them insulin resistant. Insulin becomes less effective at pushing glucose into your cells. Diseases linked to insulin resistance include diabetes, hypertension, obesity, cancer, Alzheimer's, and heart disease.

**2. Get More Omega-3s:** These fatty acids come in two important forms. The first is *docosahexaenoic acid*, or DHA for short. The other is *eicosapentaenoic acid*, or EPA. They effectively reduce inflammation throughout your body. Their anti-inflammatory properties are so

powerful, studies show that increased intake of omega-3s will dramatically cut your risk of almost every inflammatory chronic disease — including heart disease, stroke, cancer, Alzheimer's, diabetes, and asthma.

The best animal sources of omega-3s are wild, cold-water, fish like pollock, salmon, tuna, lake trout, and herring. Good plant sources are raw nuts and seeds, like walnuts, Brazil nuts, almonds, and pumpkin seeds.

But it's almost impossible to get enough omega-3s from your diet to reverse heart disease and other chronic ailments. You need to supplement...

Based on my experience, you need at least 600 mg of DHA and about 60 mg of EPA — EVERY DAY!

Be careful with fish oil because you're likely to run into the toxicity problems you face if you were eating fish every day.

Fortunately, there are better alternatives...

Calamari oil is a great natural and cleaner source of omega-3s than fish oil. I also recommend krill oil to my patients. It's the most penetrating and potent source of DHA and EPA I know of.

Cod liver oil is also one of the richest sources of omega-3 on Earth. You get a whopping 15 grams of omega-3 in just one tablespoon of cod liver oil.

Fortunately, many cod liver oil supplements no longer have the fishy taste — like it did when your mother tried to give it to you.



**Good old-fashioned cod liver oil is one of the richest sources of omega-3 on Earth.**

**3. Spice It Up With Turmeric:** This ancient Asian root spice has been used for at least 6,000 years as both a spice and medicine. Its active ingredient is curcumin, one of the most potent anti-inflammatory ingredients on the planet.

I've told patients for decades that inflammation is the root of ALL our modern chronic diseases. And curcumin gets at that root cause. It knocks out the body's inflammatory "command center."

You see, your body has a "switch" that activates more than 400 pro-inflammatory genes. It's a molecule called nuclear factor-kappa B (NF-kB). Nearly 98% of all diseases are controlled by this one molecule. But it can't stand up to curcumin. Studies show curcumin deactivates NF-kB.

One of the best ways to get the benefits of curcumin is to cook with turmeric. You can find turmeric in conventional ground form in the spices section of most major supermarkets, or you can buy whole turmeric roots from specialty

Indian markets and most health food stores. At home, I like to thinly slice the fresh roots and throw them in stir-fry dishes and stews.

Turmeric is also available as a supplement. Look for a supplement with at least 90% or greater "curcuminoids." And be sure your supplement contains piperine (an extract from black pepper). Piperine increases the bioavailability of curcumin by 2,000%.

I recommend taking 1,000 mg every day.

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# FDA Loophole Allows Dangerous Chemicals To Be Added To Your Food

## I'll Share How To Avoid These “Safe” Ingredients And Protect Yourself From Damage

The U.S. Food and Drug Administration is supposed to be protecting our food supply. But the sad truth is that this government agency does very little to monitor what chemicals go into your food.

You see, when Big Food wants to add a new chemical to food, the FDA doesn't require any testing. The food company just sends a notice to the FDA. The notice says that the ingredient is “generally recognized as safe” or GRAS.

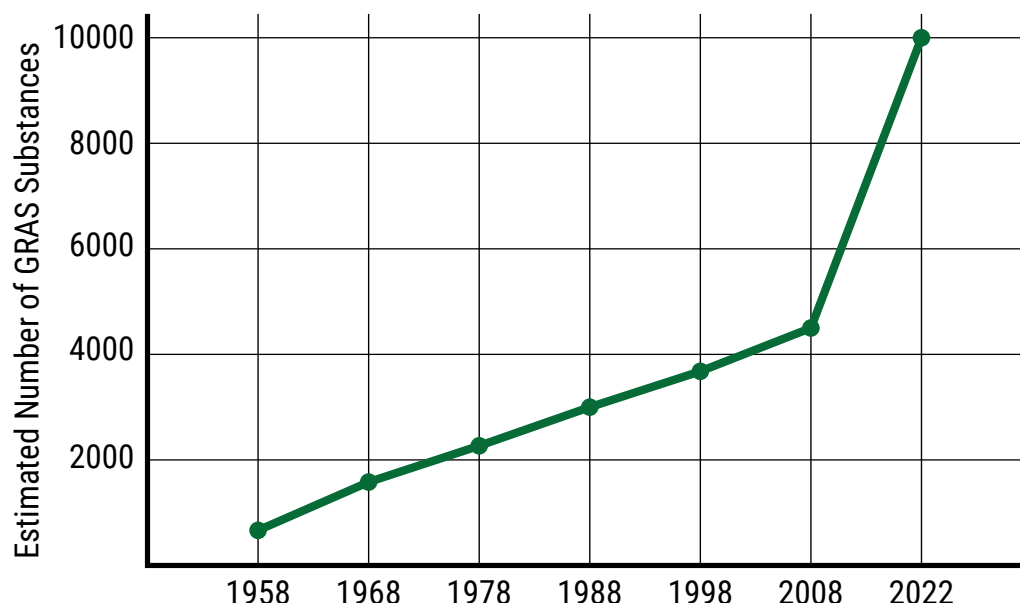
*In other words, the food industry tells the FDA what's safe instead of the other way around.*

They let the companies themselves decide if a new chemical is “safe” for us to eat. The FDA calls it “generally recognized as safe,” or GRAS.

And even when there's overwhelming evidence showing a chemical is harmful, they take years to pull it off the market.

It's no coincidence that our food is loaded with untested chemicals and Americans are plagued with dozens of chronic and deadly diseases. And it's no coincidence that our life expectancies are getting shorter.

**Growth of GRAS Substances  
in U.S. Food Supply (1958-2022)**



Since the introduction of the FDA's Food Additives Amendment in 1958, which allowed Big Food to police itself, the number of dangerous additives to our food supply has increased a 1,330%.



You can't wait for the FDA to act. You can't trust corporations not to poison you with "safe" chemicals.

Luckily, there are simple proactive steps you can take to protect yourself.

## The GRAS Loophole

Back in 1958, the FDA put out its first list of GRAS — generally recognized as safe — food ingredients.

It was meant to include only items that actually had a long safety history, like yeast and salt. These GRAS ingredients were exempted from FDA approval because they were considered safe for consumption.

This turned into a never-ending corporate loophole. When companies started creating food additives, they drove a bulldozer through the loophole. Suddenly chemicals were included in the GRAS list without any oversight.

Then, in 1997, the FDA decided to go with the "honor system." The commercial food industry itself was allowed to decide themselves if their chemical ingredients were GRAS. They don't even have to notify the FDA when they manufacture new ingredients and put them in our food. It's a voluntary notification system.

This lets the chemical companies decide what's "safe" for you to eat. They don't have to test it. They don't have to inform anyone. They can just hide it in your food under the GRAS umbrella.

## You Won't Believe What's Hiding In Your Food

The huge list of GRAS ingredients will shock you. It includes more than 10,000 chemical additives for food that the FDA knows about.

But at least 3,000 more snuck in under the radar.<sup>1</sup>

- About 1,000 of those 3,000 additives were designated as GRAS by the manufacturers themselves, without submitting safety data to the FDA.
- The other 2,000 were deemed GRAS by expert panels organized by a Big Food trade group.

Take a look at some of the most dangerous "safe" food additives that Americans eat every day.

**Artificial Sweeteners.** Sugar substitutes claim to be healthier than the real thing. They're marketed as a safe and effective way to prevent obesity and diabetes. But they're not and they don't.

All of the big artificial sweeteners — sucralose, saccharin, aspartame, acesulfame K (ACE K) — come with serious health risks. Studies show that using artificial sweeteners increases your risk of:<sup>2,3,4,5,6</sup>

- DNA damage
- Diabetes
- Cancer
- Coronary artery disease
- Cardiovascular disease
- Obesity
- Altered gut microbiome
- Premature death from all causes



**Despite hundreds of studies proving their health dangers, the FDA continues to claim that artificial sweeteners are safe to consume — and allows them to be classified as GRAS.**

**Artificial Colors (Food Dyes).** Practically every processed food contains artificial colors. These chemical dyes are toxic to human health. And many that have been banned throughout the world are still considered GRAS in the U.S.

Even when the FDA decides to ban one, like cancer-causing red dye no. 3, they allow it to remain in our food supply for years.

These artificial colors aren't found only in things like Gatorade Blue, rainbow Skittles, and Lucky Charms cereal. Even foods you'd never suspect contain these toxic chemicals. I'm talking about items like pickles, dried fruits, barbecue sauce — even fresh oranges. Even certain medications aren't immune to artificial dyes.

Research shows that food dyes can cause various cancers including bladder, kidney, thyroid, and brain tumors.<sup>7</sup>

**Nitrites.** Nitrites act as food preservatives in cured meats, hot dogs, and certain kinds of bacon. But when nitrites are heated — like when you boil a hot dog — they form cancerous compounds.

A large French study that included 101,056 adults found that nitrites increased the risk of breast cancer, prostate cancer, and colorectal cancer.<sup>8</sup> Nitrites can also make it harder for your blood to carry oxygen to your cells.

**Trans Fats.** Trans fats are created through a process called “hydrogenation.” Hydrogen molecules are added to vegetable oils to turn them solid. Trans fats are mainly used to replace animal fats, like margarine for butter. They're found in baked goods, fried foods, non-dairy creamers, and more.

But your body doesn't recognize them as food so they don't get processed like natural animal fats — and that makes them a health hazard.

Research shows that it's these trans fats — and not animal fats — that clog your arteries, significantly increasing the risk of heart attack, stroke, and death from heart disease by up to 32%.<sup>9,10</sup> These fake fats also lead to obesity, insulin resistance, type 2 diabetes, and memory loss.

## Specific Chemicals To Avoid

Many GRAS ingredients can potentially harm your health. Of course, the FDA has known this for years, even decades. And despite overwhelming evidence that these “safe” chemicals can make you sick, and even speed up your mortality, the FDA continues to let them into your food.

Look out for these toxic chemicals when you're shopping. The more you consume, the more danger you're in.

### *Azodicarbonamide (ADA)*

*What it is:* A chemical foaming agent used to make bread dough more elastic and to bleach flour. It's also used to produce flip flops and yoga mats.

*What foods it's in:* Bread, baked goods, frozen pizzas, croutons, premade sandwiches, tortillas, and stuffing.

*Known health hazards:* It alters neurobehavior and interferes with motor activities like walking. It also causes liver and kidney injury, and inhibits thyroid function.<sup>11,12,13</sup>

### *BHA (Butylated Hydroxyanisole) and BHT (Butylated Hydroxytoluene)*

*What they are:* These closely related chemical preservatives are mainly used to extend the shelf life of packaged foods and to stop fats from becoming rancid. They are also found in sunscreen, deodorants, and petroleum products.

*What foods it's in:* Beef jerky, sausages, potato chips, cookies, chewing gum, instant mashed potatoes, salted nuts.

*Known health hazards:* These chemicals cause cancer, increase oxidative stress, disrupt hormones like testosterone and estrogen, and destroy blood cells.<sup>14,15,16,17</sup>

### *Brominated Vegetable Oil (BVO)*

*What it is:* This is a vegetable oil modified with the highly reactive element bromine, used as a stabilizer to keep citrus flavoring from separating in beverages.

**NOTE:** Technically, the FDA banned BVO in 2024 because of its damaging health effects. This gives companies that use BVO until August 2025 to reformulate their beverages. But it does not remove existing products from the market or recall products that are already manufactured.

*What foods it's in:* Sports drinks, lemonade, fruit punch, orange and lemon-lime sodas.

*Known health hazards:* It leads to thyroid toxicity, fatigue, memory loss, and fertility problems.<sup>18,19</sup>

### ***Carrageenan***

*What it is:* This seaweed extract is used as a thickener and stabilizer to make foods taste creamy.

*What foods it's in:* Certain dairy products including cottage cheese and yogurt, as well as soy milk, vegan “cheese,” processed meats, and protein shakes.

*Known health hazards:* Intestinal inflammation, leaky gut, systemic inflammation, insulin resistance, and cancer.<sup>20,21,22</sup>

**NOTE:** While carrageenan comes from Irish Moss, a safe and natural product that I’ve recommended to patients, it has undergone heavy processing and should not be compared to raw Irish Moss seaweed.

### ***Potassium Bromate***

*What it is:* A chemical additive that is mainly used to make flour and dough stronger and more pliable. It’s also an ingredient in perms and some explosives.

*What foods it's in:* Bread and rolls, cakes, soft pretzels, tortillas, crackers, frozen pizzas, dumplings, breadsticks.

*Known health hazards:* It is linked to thyroid cancer, kidney cancer, hearing loss, oxidative stress, DNA damage, and impaired brain function.<sup>23,24,25,26</sup>



**The same ingredient the FDA allows in your baked bread is also used to make explosives.**

### ***Propylparaben***

*What it is:* This chemical preservative is used to extend shelf life. It’s also found in cosmetics, personal care products, and topical medications.

*What foods it's in:* Cookies, pastries, cinnamon rolls, chips, trail mix, processed meats, sauces, ketchup, and mustard.

*Known health hazards:* This hormone disruptor causes low testosterone and low sperm count, as well as breast cancer.<sup>27,28</sup>

### ***Sodium Benzoate***

*What it is:* This chemical preservative and pickling agent forms benzene — a known carcinogen — when mixed with vitamin C (ascorbic acid). In addition to food products, it’s also found in baby wipes, soaps, and shampoo.

*What foods it's in:* Fruit juice, maple syrup, salad dressing, soda, pickles, tomato paste, margarine, jams, and jellies.

*Known health hazards:* It can cause DNA damage, oxidative stress, hormone disruption, reduced fertility, impaired memory, and reduced lifespan.<sup>29,30,31</sup>

### ***Talc***

*What it is:* A mineral food additive that is used to thicken or glaze foods and keep them from clumping. It’s often contaminated with asbestos, a well-known carcinogen. Talc is also used in baby powder, pharmaceuticals, makeup, rubber gloves, roofing materials, and paint.

*What foods it's in:* Salt, rice, cereal, rolled oats, chewing gum, powdered milk, candy, cheese.

*Known health hazards:* Talc leads to inflammation, oxidative damage, stomach cancer, and ovarian cancer.<sup>32,33</sup>

### ***TBHQ (Tert-butylhydroquinone)***

*What it is:* This synthetic preservative is used to extend shelf life and prevent fats from becoming rancid. It’s also used in pharmaceuticals and makeup.

*What foods it's in:* Vegetable oils, instant noodles, microwave popcorn, crackers, chips, French fries, and frozen pizza.

*Known health hazards:* Can lead to inflammation, cancer, kidney damage, liver damage, brain damage, cell damage, and DNA damage.<sup>34,35</sup>



## ***Titanium Dioxide (TiO<sub>2</sub>)***

*What it is:* This chemical is used as a whitening agent and coloring additive. It's also found in paint, sunscreen, plastics, lotions, cosmetics, and toothpaste.

*What foods it's in:* Candy, chocolate, gum, frosting, baked goods, frozen pizza, creamer, cheese, mayonnaise, instant soup, salad dressing, chips, popcorn, cottage cheese, and ice cream.

*Known health hazards:* This additive harms DNA and shortens telomeres. It also causes gastric tumors, oxidative stress, inflammation, mitochondrial dysfunction, and brain cell damage.<sup>36,37,38,39</sup>

## **5 Simple Steps You Can Take Today To Avoid Dangerous “Safe” Foods**

It takes a little work to avoid these harmful chemicals. They're hidden in so many foods we eat, even some you'd never expect. But when you know how, you can make sure to keep them off your plate completely.

Here are five simple steps you can take to avoid dangerous GRAS ingredients.

- **Get Back To The Basics.** Choose pasture-raised meats and dairy products; whole, unprocessed fruits and vegetables; and nuts. Steer clear of packaged and processed foods that are loaded up with chemicals. Shop directly from a farmer or a CSA (Community Supported Agriculture) program. Cooking more often at home also helps you avoid hidden additives.
- **Read Labels Carefully.** That includes foods labeled as organic and all-natural. If you're grabbing something that comes in a can, a box, a bottle, or a plastic container, check the label first. Foods labeled “all-natural” and “organic” often contain carrageenan, natural flavors, and natural colors. But a lot of dangerous GRAS ingredients are technically natural. If you're not sure, don't buy it.
- **Get More Information.** You can research hazardous GRAS ingredients on the Center for Science in the Public Interest (CSPI) Chemical Cuisine Database. You can find that on their website at [www.cspinet.org](http://www.cspinet.org).

• **There's An App For That!** You can choose from several apps that flag foods with chemical additives. The apps I've checked out include:

- Yuka
- Bobby Approved
- Ingredio
- EWG Healthy Living
- Detox Me

• **Advocate For Stronger FDA Oversight.** Demand that the agency starts prioritizing food safety over corporate greed. We shouldn't have to wait decades to have harmful ingredients banned from our food. The best way to be heard: Contact your representatives. You can contact your Senators and Congressmen through [www.congress.gov/](http://www.congress.gov/).

In today's world, it's almost impossible to avoid some of these ingredients. Fortunately, you can protect yourself against the damage they cause. You just need to know how.

## **Protect Your Health From GRAS Chemicals**

It can be tough to avoid GRAS chemicals completely, especially since they don't have to explicitly appear on food labels.

But you can protect yourself and your body against the harm these unsafe “safe” ingredients can do. We know they cause inflammation, oxidative stress, cellular damage, mitochondrial dysfunction, DNA damage, and insulin resistance.

So here's what I recommend to combat these dangers and keep yourself healthy, vital, and safe.

**1. Increase Glutathione.** This is your body's natural toxin remover and its most powerful antioxidant. Glutathione protects your telomeres from oxidative damage and prevents them from wearing down. It fights free radicals and safeguards your mitochondria.

And it doesn't stop there. Glutathione also restores and recharges other antioxidants like vitamins C and E after they've been spent, multiplying their power.



You can easily and effectively boost glutathione by taking a natural amino acid supplement called N-acetyl cysteine (NAC). NAC works as a precursor for glutathione production in your body. In fact, taking just 600 mg of NAC daily for three months can increase glutathione levels by 38%.<sup>40</sup>

### 2. Load Up On Additional Antioxidants.

You're bombarded with free radicals all the time. Chemical ingredients can shock your system with free radical overload. Neutralize them with these powerful antioxidants:

- Vitamins C and E
- Lycopene
- Green tea
- Curcumin

**3. Fight Inflammation.** Artificial ingredients cause much more inflammation than your body can handle. Stock up on natural anti-inflammatory compounds including:

- Curcumin
- Ginger
- Resveratrol
- Fisetin

**4. Protect Your Liver.** Your body processes all toxins through your liver. That includes artificial and chemical GRAS ingredients. When your liver gets overloaded with toxins, it makes you feel sick and tired. And over time, those toxins can cause liver damage.

Milk thistle is your best option for liver protection. It's been used by healers for more than 2,000 years. It contains a compound called silymarin that strengthens, heals, and defends the liver.

I recommend taking 200 mg of dried milk thistle extract twice a day. Look for milk thistle supplements that contain at least 80% silymarin.

**5. Safeguard Your DNA.** Several GRAS ingredients are known to cause DNA damage. That leads to devastating diseases such as cancer, triggers brain cell death, and even causes premature death. You can counteract those effects by giving your body what it needs for DNA repair and protection.

There are many nutrients and supplements that can protect your DNA. Here are 15 that you can choose from and take daily:

1. Selenium – 200 mcg
2. Zinc – 30 mg
3. CoQ10 – 50 mg
4. Vitamin D – 5,000 IU
5. Vitamin B1 – 10 mg
6. Vitamin B12 – 1,000 mcg of methylcobalamin
7. Vitamin B9 – 800 mcg of folate
8. Curcumin – 2,000 to 3,000 mg
9. Lycopene – 20 mg
10. L-arginine – 6,000 mg
11. L-citrulline – 1,000 mg
12. Spirulina – four to six 500 mg tablets throughout the day
13. Pterostilbene – 50 mg
14. DHA – 600 to 1,000 mg
15. Cat's claw – 500 mg

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# How The FDA Benefits When You Can't Sleep

Most of Big Pharma's sleeping pills are a pathetic failure. *They just don't work.*

In fact, recent studies show that if you take one of these sleep aids, you *might* get an additional 30 minutes of shuteye.<sup>1</sup>

Another study underwritten by the National Institutes of Health found popular prescription sleeping pills only give you about 11 minutes of extra sleep.<sup>2</sup>

Just 11 to 30 minutes — and in exchange, you expose yourself to a host of serious side effects. I'm talking about memory loss, rapid heartbeat, depression, and muscle cramps, among others.

And did I mention many of these prescription sleep aids are also quite addictive?

Patients trying to get off them experience “rebound insomnia.” Their sleep problems end up worse than whatever drove them to take the pills in the first place.

Then there's the latest sleep drug approved by the FDA.

This one belongs to a class of drugs known as dual orexin receptor antagonists (DORA).<sup>3</sup>

These pills are marketed as better than other insomnia medications because they don't cause sleepiness, confusion, or cognitive impairment the next day.

But the exact opposite is true.

A recent study found that volunteers who took a DORA felt so tired the next day they had to stop driving immediately. Others reported getting into an accident.

Additional participants reported hallucinations or sleep paralysis, a feeling that you can't move or talk while either falling asleep or waking up.



**Despite their dangerous side effects, most of Big Pharma's sleeping aids only provide a measly few minutes more sleep each night.**

And here's the real kicker... Not one person got a substantially better night's sleep after taking the drug.

In fact, volunteers who took the pill every night for three months fell asleep just six minutes faster than those who got a placebo.<sup>4</sup>

And they only slept 16 minutes more.

## Insufficient Sleep Ages You Up To 9 Years

I talk to my patients about the danger of not sleeping all the time. Unfortunately, it's a common problem that affects 70 million Americans.<sup>5</sup>

People who don't sleep or sleep poorly have up to 400% more accidents than people who do.<sup>6</sup> Not getting enough sleep also increases your risk of developing chronic diseases.

Studies found that those who slept less than six hours developed a:<sup>7,8,9,10,11</sup>

- 48% increase in the incidence of coronary heart disease

- 30% increased risk of dementia
- 15% increase in the incidence of stroke
- 17% higher risk of diabetes
- 95% increase in depression
- 750% higher risk of obesity

For a long time, we didn't understand how lack of sleep could age us so much. Now we know it's connected to our telomeres. Those are the little caps on the ends of your chromosomes.

Each time your cells divide, these telomeres get a little shorter, and your cells get closer to the end of their life. Short telomeres are also associated with most chronic diseases we associate with aging... from cancer to heart disease.

But a good night's sleep keeps your telomeres long.

Harvard researchers measured telomere length in 4,117 women. Compared with women who got the most sleep, those who slept six hours or less per night had a 12% decrease in telomere length.

That change is equivalent to 9 years of biological aging!<sup>12</sup>

## **You Don't Need Big Pharma's Addictive Sleep Meds**

There are plenty of safe, natural sleep-aid alternatives that are quite effective.

I frequently recommend CBD for my sleep-deprived patients. It works so well that it might put Big Pharma's pill mills out of business.

But CBD has a powerful "cousin" that doesn't get the attention it deserves...

I'm talking about cannabitol, or CBN.

This newly discovered cannabinoid is proving to be a powerful sleep agent because it interacts with special receptors in your body that cause sedation.

In a brand-new study published in the journal *Experimental and Clinical Psychopharmacology*, researchers followed 293 adults, aged 18-55, who rated their sleep quality as "poor" or "very poor."<sup>13</sup>

Half the group was given CBN, and the other half took a placebo.

The study showed that taking 20 mg of CBN significantly reduced the number of times participants woke up during the night and enhanced overall sleep disturbance, indicating a more restful night's sleep.

The study also found no significant difference in daytime fatigue between the CBN and placebo groups, suggesting that CBN improves sleep without causing daytime drowsiness.

In a second study, researchers looked at the sleep cycles of rats — including REM (rapid eye movement) and non-REM (NREM) sleep.<sup>14</sup>

They found that CBN increased both REM and NREM, leading to increased total sleep time and improved sleep quality.

The results were as effective as the Big Pharma sleep aid Ambien, but without the dangerous side effects.

As you know, Ambien can cause dizziness, headache, depression, and anxiety. It can lead to suicidal thoughts, memory loss, and hallucinations.

Some people report sleepwalking, and even unconscious sleep-eating or sleep-driving.

And because the drug stays in their system longer, elderly patients have increased risks. This includes cognitive and balance issues... next-day drowsiness... drug dependence... and dementia.

CBN is a byproduct of THCA, which is a precursor to THC.



**A friend of mine who tried CBN said it worked so quickly he couldn't get upstairs to bed and ended up sleeping peacefully on the sofa all night.**



But CBN *does not* produce intoxicating effects.

It works by binding to CB1 receptors but at only one-tenth the strength of THC.

A friend of mine who tried it said it worked so quickly he couldn't even get upstairs to bed and ended up sleeping peacefully on the living room couch all night.

I tried it, and I agree it works faster than anything I've taken before. But unlike my friend, I was able to get into bed before it kicked in.

While the participants in the study I mentioned took 20 mg, I recommend taking 10 mg about an hour before bed. If it's not enough, take another 10 mg.

## CBN's Benefits Go Far Beyond Sleep

Sleep isn't the only health benefit of cannabitol. Research shows CBN:

- **Can Relieve Serious Pain.** Research indicates CBN blocks sensory neurons that transmit pain impulses to the brain.<sup>15</sup> A 2019 study with rats found CBN provides analgesic relief for chronic muscle pain and fibromyalgia.<sup>16</sup>
- **Protects The Brain.** Recent research shows CBN offers neuroprotective properties when it comes to disorders like Alzheimer's, Parkinson's, and traumatic brain injury. A 2024 study by researchers at the Salk Institute found that CBN-based compounds protected the brain against neurodegeneration as well as aging.<sup>17</sup>
- **Acts As A Powerful Antibiotic.** Early studies show CBN has antibacterial properties. In one study, less than 2 micrograms per mL of CBN could effectively prevent the spread of the gram-positive bacteria MRSA.<sup>18</sup> It was especially effective at stopping the bacteria from growing on hard surfaces.
- **May Stop Cancer Growth.** Promising research indicates CBN has the ability to slow or stop the growth and spread of cancer cells. It works by stopping production of cytokine signaling molecules in the immune system. CBN was also found to reduce tumor size in one type of lung cancer.<sup>19</sup>

- **Build New Bone.** Research suggests that CBN can stimulate the formation of new bone by activating stem cells that generate bone cells. Emerging evidence also indicates that CBN could aid in healing fractures and reversing bone loss, making this a promising area of study for potential osteoporosis treatments.<sup>20</sup>

- **Reduces Risk Of Glaucoma.** CBN may help lower intraocular pressure (IOP), a key factor in the development of glaucoma. Early research also suggests CBN may offer neuroprotective benefits by reducing oxidative stress and inflammation in the optic nerve.<sup>21</sup>

## 4 More Natural Aids To Help You Fall Asleep And Stay Asleep

CBN is a great natural product for helping sleep soundly and deeply all night long.

But if you need help falling asleep fast, I recommend adding a couple of natural sleep aids that work together with CBN to help you get a good night's rest.

### 1. Take A Tiny Amount Of Melatonin.

Melatonin helps regulate your sleep-wake cycle, and serotonin helps regulate appetite, mood, pain, and sleep. Unfortunately, most people take way too much of this hormone.

An MIT study shows you only need 0.3 mg for restful sleep. The usual dosage recommendation of melatonin is 10 times that amount. And taking too much causes receptors in the brain to become unresponsive.<sup>22</sup>

I suggest using a liquid or spray about half an hour before bed. They're faster acting than pills because they hit your bloodstream more quickly.

### 2. Get More Magnesium.

Many people diagnosed with sleeping disorders are deficient in this mineral. Magnesium promotes better sleep by helping to regulate the nervous system and promote muscle relaxation. It does this by activating GABA receptors, which calm the nervous system. Magnesium also plays a role in regulating melatonin.

Studies on older adults found that magnesium supplementation improved sleep efficiency and reduced early morning awakening.<sup>23</sup>

I recommend supplementing with 1,000 mg a day. The most absorbable forms are magnesium, citrate, glycinate taurate, or aspartate. Take it with vitamin B6 to increase the amount of magnesium that accumulates in your cells.

**3. Try L-Tryptophan.** A lot of people who successfully used this amino acid to help them sleep were forced to stop taking it in 1990 when the FDA banned it for no good reason. The agency erroneously linked the supplement to eosinophilia-myalgia syndrome, a rare muscle and nerve disorder.

But the breakout had nothing to do with the supplement. Instead, it was the result of one company's contamination during manufacturing.

Sadly, to this day, I still have patients who still believe they can't take it. Yet it's one of the most effective natural sleep aids I know of. Your body uses it to help make melatonin and serotonin, a precursor to melatonin.

I suggest a starting dose of 250 mg half an hour before bedtime. If that doesn't produce good quality sleep, increase the dose to 500 mg. You can enhance its effect by taking it with a glass of warm milk.

You can enhance the effectiveness and absorption of L-Tryptophan by taking it with the mineral magnesium. I recommend between 600 and 1,000 mg of magnesium citrate or magnesium glycinate a day.

**4. Fight Insomnia With This Mushroom.** New research backs up what traditional Asian healers have known for more than 2,000 years...

With regular use, consuming reishi mushrooms can help you reach deep, restful sleep in as little as three days.<sup>24</sup>

In the study, researchers determined that the mushrooms "significantly increased total sleep time and non-rapid eye movement sleep."

They found that reishi promotes sleep by increasing TNF-a, a key substance in sleep regulation, in the brain's hypothalamus, serum, and dorsal raphe nucleus.

In a different study, researchers found reishi works by influencing certain gut microbes that naturally produce neurotransmitters. In turn, these chemical messengers act on serotonin pathways in the brain.

A healthy gut-brain connection is essential for quality sleep. You see, 80% of neurotransmitters reside in your microbiome, including 90% of serotonin.

This backs up earlier research which found the reishi mushroom has an incredible ability to calm the nervous system and promote a state of deep relaxation.

Reishi is available in various forms including extracts, powders, or tinctures. I recommend 1 to 3 grams taken about 30 to 60 minutes before bed.



**Taking an extract of reishi mushroom can significantly increase total sleep time in as little as three days.**

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

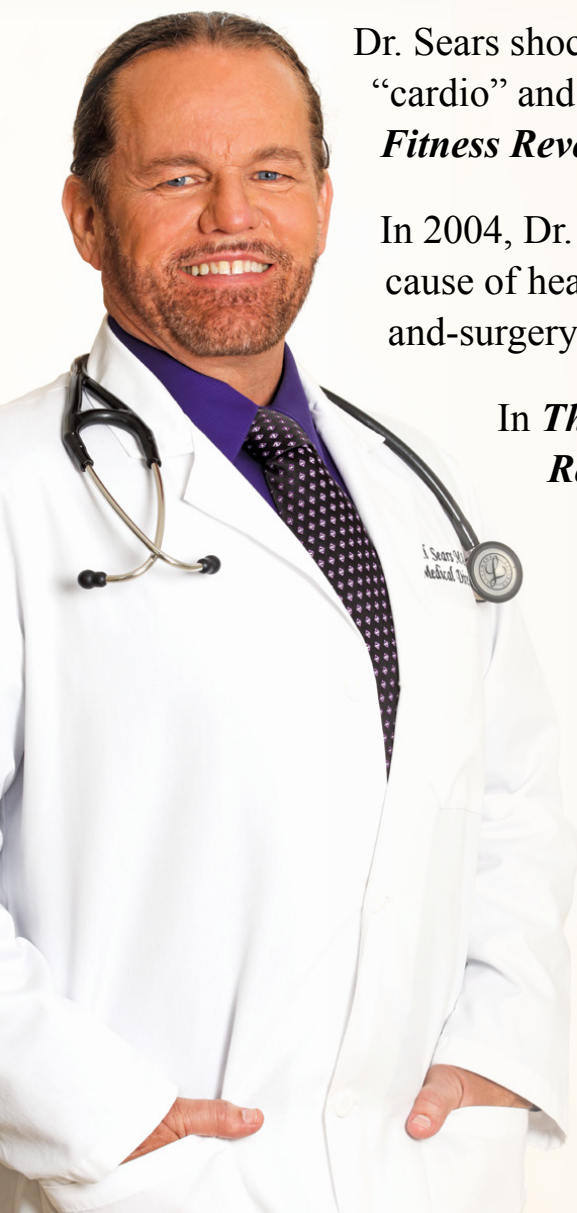
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# Al Sears, MD

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).