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

September 2025 **Vol. XIV Issue 9**

Dear Friend,

I was a skinny 7-year-old when I made my childhood declaration: "When I grow up, I'm going to be a doctor. And I'm going to help people get healthy."

That boyhood promise became the guiding star of my life's work for over 35 years.

But the reality I face every day feels like a brutal betrayal of that innocent optimism.

Day after day, good people walk through my practice doors. People who desperately want to be healthy.

Yet they arrive exhausted... overweight... and with bodies showing alarming signs of premature aging.

All while living in an era overflowing with medical "advances" and pharmaceutical "breakthroughs."

For years, I practiced medicine by applying the most effective anti-aging and regenerative therapies I had access to.

But it felt like I was frantically mopping up a flooded bathroom while ignoring the burst pipe.

Too often, treatments offered only temporary relief, never touching the underlying cause.

I began noticing patterns, especially in patients struggling with weight gain, erratic blood sugar, plummeting energy, and brain fog.

And it's all a result of what I call "the biggest lie ever told."

I'm talking about 50-plus years of the modern medical establishment telling you to turn away from your native meat-based primal diet...

And instead eat an unnatural diet of grains and plants.

As a nation, and eventually the world, we listened.

In the process, we became sick, sluggish, and fat — and we lost our top spot as apex predator of the planet.

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

1. How you can use my primal "Carnivore Reset Protocol" to repair your broken metabolism and regain your native health. Eating this kind of "caveman" diet is the only way you can eat what is natural. And what is natural is what we've done for the long course of human evolution. Back to a time when up to 75% of our calories came from meat...
2. That increasing levels of nicotinamide adenine dinucleotide is key to improving your health span. This human performance molecule repairs damaged DNA... supercharges cellular energy... enhances metabolism... and boosts cognitive function. Yet, 98% of NAD supplements don't work. Find out why, and how you can replenish levels naturally.
3. What conventional doctors just don't understand when it comes to rheumatoid arthritis... and why their Big Pharma drugs are not the right answer. You'll discover the safe and effective therapy that is changing my patients' lives.

To Your Good Health,

Al Sears, MD, CNS

In This Issue...

Modern Carbs Betray 3 Million Years Of Human Metabolism

Use My Primal "Carnivore Reset Protocol" To Repair Your Broken Body — And Reclaim The Title Of True Apex Predator

You're standing in the grocery store, clutching a government-issued food pyramid pamphlet. It tells you to load your cart with whole grains, beans, and soy.[1]

"Eat less meat," it warns. *"Fat is the enemy."*

You listened and swapped steak for quinoa, butter for margarine.

Years later, you're staring at a diabetes diagnosis...your pancreas exhausted, your body broken.

Those "healthy" foods you trusted had been poisoning you all along.

This is America's reality.

Since the USDA first told us to ditch animal fats, diabetes rates have exploded 312%.[2] Today, one in three adults teeters on the edge of metabolic disaster.

The very guidelines claiming to protect us were developed with substantial food-industry input.[3]

While we choked down carb-heavy meals, Big Agra laughed all the way to the bank...

And our cells forgot how to process sugar.

For 2 million years, humans thrived on fatty meat — fueling brain growth, stabilizing blood sugar, and avoiding modern plagues.

Yet the USDA keeps pushing insulin-spiking grains.

The result is a generation of patients injecting insulin to survive the very diets their doctors prescribed.

Breakthrough research proves ancient humans were top apex predators, not passive foragers.

But there's hope. Alternative clinics worldwide are reporting miraculous reversals of type 2 diabetes using our ancestral protocol:

All meat and zero plants — what I call my Primal Carnivore Reset Protocol.

After following this protocol, patients ditch their medications.... Their blood sugar stabilizes... and their bodies heal.

Humans Were Top Apex Predators, Not Passive Foragers

Despite what researchers have said in the past, ancient humans weren't opportunistic omnivores scrounging for berries, roots, and plants.

We dominated food chains as hyper-carnivorous apex predators, matching wolves and lions at the top of the food pyramid.[4]

Modern nitrogen analysis of ancient skeletons has blown apart the myth of our plant-heavy ancestral diets.[5]

The scientific technique (measuring what's called nitrogen isotopes) exposes a biological reality that mainstream nutritionists don't want you to know:

Humans evolved to thrive on nutrient-dense animal protein, with plants playing only a minimal supporting role in our evolutionary success.

Nitrogen isotopes show up in our bones based on what we eat. And meat eaters have higher nitrogen numbers than plant eaters.[6]

It's like a permanent food journal written in your skeleton.

When researchers examined nitrogen signatures in ancient human bones, they found values five to six points higher than plant-eating animals from the same period... the exact difference seen between wolves and their prey.[7]

This is smoking-gun evidence of our predatory past.

Take the Scottish Neolithic humans from ancient burial sites at Quanterness and Knowe of Rowiegar. Their nitrogen values range from 9.8 to 11.2 on the scientific scale. What's shocking? These values directly overlap with those of Ice Age European lions (9.6–14.0).[8]

This is proof that your ancestors weren't timid gatherers — they were nutritional equals to the continent's mightiest predators!

For decades, researchers used wrong calculations, massively underestimating ancestral meat consumption.

When corrected, data from over 12,000 ancient human remains revealed our ancestors ranged from 3.8–4.2 on the trophic scale.[9] This is a scientific measurement of how high up the food chain you eat, where plants are 1 and top predators are 4+.

Our ancestors surpassed brown bears and matched wolves as true apex predators.

Neolithic remains excavated in Scotland prove our ancestors were mighty predators.

Controlled experiments confirm that when modern humans consume a 75% meat diet, their nitrogen ratios become indistinguishable from obligate carnivores — animals that must eat meat to survive.[10]

Meanwhile, when researchers try to reconstruct "balanced" prehistoric diets with less animal protein, they can't explain the robust health seen in archaeological records.

The populations consuming less than 50% animal protein show developmental problems and nutrient deficiencies that don't appear in our ancestors' bones.[11]

From coastal hunter-gatherers to Europe's earliest farmers, nitrogen values never drop below apex predator ranges, proving continued reliance on animal foods even after agriculture began.

This biochemical legacy runs through your veins today. Your gut structure, teeth, and nutrient requirements remain optimized for meat consumption, not carbohydrate digestion.

The "plant-based ancestral human" promoted by vegan activists is a scientific impossibility—human evolution was fueled by predation, not passive foraging.

The Agricultural Blip In Humanity's Carnivorous Timeline

The "plant-based ancestral human" is a scientific impossibility — human evolution was fueled by predation, not passive foraging.

For 2.5 million years, human metabolism fine-tuned itself to thrive on animal fat and protein, only to collide with grain fields 10,000 years ago.[12] That's 0.4% of our evolutionary history.

Picture human dietary history as a 24-hour clock. For 23 hours and 52 minutes, we were apex predators. Hunting huge animals... Roasting marrow bones... Perfecting ketosis....

Then, at 11:53 PM, agriculture arrives. Wheat fields replace hunting grounds and bread becomes survival.

But your genes didn't get the memo.

Archaeological evidence makes this mismatch impossible to ignore:

- **Tooth-Enamel Betrayal:** Pre-agricultural skulls show near-zero cavities.[13] But post-agriculture remains reveal rotted molars and gum disease[14] — direct evidence of starch overload. Our teeth evolved for tearing flesh, not grinding grains.
- **Bone-Density Collapse:** Hunter-gatherer skeletons outmuscle farmers' by 20%.[15] The shift to grain-based diets stripped critical nutrients that weakened our skeletal structures within generations.
- **Gut Rebellion:** DNA analysis of 8,000-year-old European farmers reveals catastrophic microbiome shifts — beneficial bacteria *(Prevotella)* destroyed by sudden fiber overload.[16] Modern studies show identical gut damage when meat-eaters adopt grain-heavy diets.

Your body still expects daily protein feasts. Research on modern hunter-gatherers proves it. The Hadza tribe of Tanzania experience zero obesity and 80% lower diabetes rates than their agricultural neighbors — despite identical calorie intake. Their secret? 70% of calories from animal sources.[17]

And in Iceland, families maintaining traditional seal-and-fish diets show 47% faster metabolic rates than grain-eating urban counterparts. MRI scans reveal their livers process fats three times more efficiently.[18]

Farming didn't just change what we eat — it shattered our evolutionary rhythm.

Modern Carbs Betray 3 Million Years Of Human Metabolism

Your body is being ambushed — not just by what you eat, but by when you eat it.

Every time you reach for a piece of whole grain bread or a bowl of cereal, you're triggering an insulin response your body was never designed to handle.

Before long, your metabolism has no choice but to ignore the warnings.

This isn't about sugar content — it's about frequency. And it might be the missing piece in our understanding of America's metabolic meltdown.

Our hunter-gatherer ancestors rarely encountered concentrated carbohydrates. They might find seasonal honey, occasional fruit, or starchy roots that required hours of processing.

Studies of 229 traditional societies show most consumed below 22% of calories from carbs annually.[19]

When they did eat carbs, they came packaged with fiber, enzymes, and plant compounds that dramatically slowed down digestion.

Your pancreas was masterfully designed for this ancient pattern. It releases insulin in rhythmic pulses every five to 15 minutes — a pattern so fundamental it appeared in our 500-million-year-old evolutionary relatives.

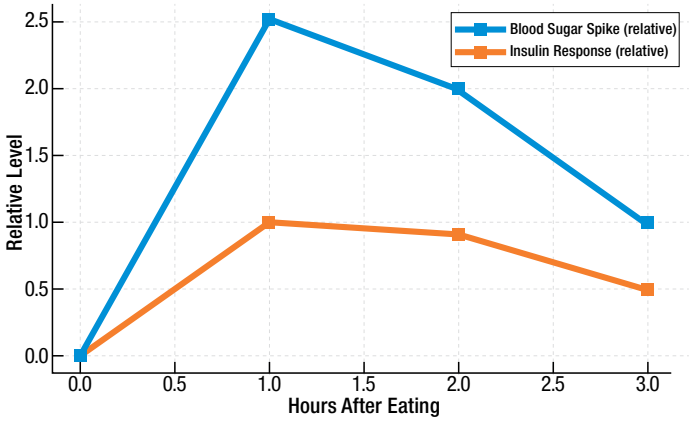
This pulsing action prevents your cells from becoming numb to insulin's message.

But constant grazing on modern carbs throws this rhythm into chaos.

When Stanford researchers put continuous glucose monitors on so-called "healthy" people eating a modern diet, the results were shocking.[20]

A simple bowl of cornflakes spiked 80% of participants into pre-diabetic blood sugar ranges, with surges lasting two to three hours. To fight these spikes, their pancreases pumped out two to three times more insulin.

One Bowl Of Cornflakes Triggers Diabetic-Level Spikes In 80% Of People



Grain-based meals cause blood sugar spikes that last two to three hours.

Imagine your car horn blares constantly for hours... Eventually, people stop noticing.

Your body's response to this insulin flood follows the same pattern.

Your liver and muscle cells gradually become "deaf" to insulin's signal, reducing their efficiency up to 60%.[21]

Your pancreas struggles to maintain the endless insulin production until it simply can't keep up.

The solution?

Clinical trials show type 2 diabetics eating just two larger meals daily saw 30% greater improvements in insulin sensitivity compared to those eating six small meals — despite identical calories and nutrients.[22] The less frequent insulin pulses allowed their bodies to regain metabolic sensitivity.

Your glucose regulation system isn't broken. It's been forced into an evolutionary contradiction.

Grain-Fueled Spikes Mirror The Explosion Of Diabetes And Obesity

Since 1960, the American diet has been reengineered to favor cheap, carb-heavy grains that dominate every meal. The result is that diabetes rates have exploded 11-fold and obesity has tripled.[23]

This isn't a coincidence. It's cause and effect.

Meanwhile, grain consumption soared to nearly 138 pounds per person by the year 2000.[24]

Here's what happens inside your body:

Every high-glycemic, high-carb meal triggers blood sugar spikes that eventually lead to insulin resistance — when your cells stop responding to the hormone that regulates blood sugar. Your pancreas works overtime until it burns out.

The government knows this. Yet the CDC's own data reveals that refined grains and added sugars still make up 42% of the average American's daily calories.[25]

The numbers don't lie: Every 5% increase in these nutritional criminals raises your type 2 diabetes risk by a shocking 27%.[26]

And this isn't just an American tragedy.

As developing nations adopt our grain-heavy Western diet, they're experiencing the same metabolic collapse.[27]

This manufactured shift has created the perfect storm of insulin resistance, dangerous belly fat, and pancreatic failure. Until you reject the grain-pushing policies that benefit Big Agriculture and food processors, your body remains under siege.

Follow The Primal Carnivore Reset Protocol

The Primal Carnivore Reset Protocol is a biological reboot that aligns with your ancestral blueprint.

For six weeks, you'll eat only animal foods, giving your digestive system the rest it craves.

Step 1: Go Full Carnivore (Weeks 1–6)

Begin with a strict animal-only elimination phase. Focus on fatty cuts of beef, lamb, salmon, and organ meats. These deliver nutrients your body can use while avoiding plant toxins like lectins (plant proteins that irritate your gut) and oxalates (compounds that form painful crystals in your body).

Aim for 70% to 80% of calories from fat (think marbled beef, butter, bone marrow) and 20% to 30% from protein. This resembles what researchers observed in traditional Arctic populations.

- **Tip #1:** Drink bone broth daily. It's packed with collagen and glycine that help repair damaged gut lining — a common issue for anyone raised on the modern Western diet.
- **Tip #2:** To avoid protein overload, prioritize fatty meats. For every 100 grams of protein, aim to consume about 120 grams of fat. Example: A 12 oz ribeye paired with 2 tbsp tallow keeps you in ketosis (a metabolic state where you burn fat for energy). This delivers steady fuel without carb crashes.

Step 2: Reintroduce Strategically (Weeks 7–9)

After six weeks, test one non-carnivore food at a time. Begin with raw honey or low-toxicity fruits like berries.

Wait 72 hours between tests. Your body will communicate clearly — gas, brain fog, or joint pain are not subtle signals.

Throughout human evolution, our ancestors relied heavily on animal foods. Our digestive system evolved accordingly — our gut shortened, our brain grew, and we developed enzymes specifically designed to process animal proteins and fats.

Many modern digestive and autoimmune conditions appear when we stray too far from these biological defaults. Clinical experience shows that removing plant irritants often allows the gut to heal in ways that adding more "healthy" plant foods never achieves.

Step 3: The Maintenance Phase To Lock In Your Ancestral Baseline

Maintain approximately 80% fatty meats and organs long-term. Add back only the plants your body genuinely tolerates.

Continue to avoid trigger foods. In most people, this includes legumes, certain vegetables, and sometimes dairy.

As your gut health continues to improve, you can try to gradually reintroduce foods you couldn't eat before. Again, check for symptoms of intolerance.

What's Happening In Your Body As Insulin Sensitivity Is Restored

Your body's ability to reboot insulin sensitivity follows a predictable rhythm. Here's the timeline mainstream medicine won't tell you about:

Phase 1: The Cellular Detox (Days 1-30). As insulin levels stabilize, your battered insulin receptors recover as your body learns to burn fat. That mid-afternoon crash will be gone by day 14-21. University of Michigan research shows insulin sensitivity improves 25% within three weeks — but only if you're consistent.

Phase 2: Mitochondrial Rebirth (Days 31-60). This is where the magic happens that conventional medicine completely misses. Your mitochondria — those tiny cellular power plants — undergo a process called biogenesis. Simply put: Your cells create brand new energy factories.

A groundbreaking study in *Cell Metabolism* demonstrated that after 45 days of consistent metabolic support, mitochondrial efficiency improves by up to 40%.[28] In other words, your cells can produce more energy from less fuel.

Phase 3: Metabolic Memory Encoding (Days 61-90). The final phase is what separates temporary improvement from lasting transformation.

After 75+ days, your genes literally rewrite metabolic programming to favor fat burning and reduced inflammation.

These changes become "metabolic memory"— a physiological pattern that resists reversal.

The reward?

Blood sugar fluctuations that once sent you racing for snacks every two hours become rare events. Your hunger hormones recalibrate. Even exercise feels different — more energizing, less punishing.

Most importantly, your body develops a new set point. Just as it once fiercely defended its insulin-resistant state, it now works to maintain insulin sensitivity.

This is exactly why quick-fix diets fail while metabolic reprogramming succeeds.

Your Modern Hypercarnivore Food Guide

Today's supermarkets have stripped away the organs, bones, and connective tissues that deliver the full spectrum of vitamins, minerals, and healing compounds.

The result? We're overfed but undernourished.

1. **Source Grass-Fed, Pasture-Raised, and Wild-Caught Animals.** Start with animals raised as nature intended.

Grass-fed and pasture-raised beef, lamb, and poultry contain up to 10 times more omega-3 fatty acids than grain-fed counterparts, alongside higher levels of vitamins A and E.

For organs, prioritize liver, heart, and kidney from regenerative ranchers. Wild-caught fish add crucial vitamin D and selenium to your nutritional arsenal.

2. **Select Cuts for Maximum Nutrient Payload.** Balance lean cuts with fatty ones for complete nutrition. Top sirloin offers high protein with minimal fat, while ribeye caps provide energizing saturated fats and collagen. But the real nutritional gold mines are the organs and bones:

- **Liver:** A single 3.5-ounce serving delivers over 1,000% of your daily vitamin A and nearly 3,000% of B12.
- **Heart:** Packed with CoQ10, heart muscle strengthens your own cardiac function.
- **Bones:** When simmered into a broth, marrow bones and knuckles release glycine and proline — the repair compounds that heal your gut lining and rebuild protective cartilage in your joints.

3. **Master Ancestral Cooking Techniques.** Cooking low and slow unlocks nutrients locked away in tough tissues. Simmer bone broth for 16–24 hours with apple cider vinegar to extract minerals like calcium and magnesium that rebuild your skeleton from within.

For organs, traditional methods maximize both flavor and nutrition:

- **Pâté:** Blend chicken livers with cream, caramelized onions, and spices for a spreadable treat that transforms into medicine.
- **Fermented Blood Sausage:** Studies show the iron in blood is nearly 100% bioavailable — unlike plant iron that your body struggles to absorb. Mix with ground beef and spices for a traditional iron-rich staple.
- **Crisp It:** Dehydrate thinly sliced liver or heart into jerky for portable nutrition that improves health like no protein bar ever could.

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NAD Crisis No One Talks About Explains Why 98% Of Supplements Won't Work...

But You Can Protect Levels Naturally – And Effectively

Celebrity podcaster Joe Rogan swears by its energy- and brain-boosting powers. Actress Jennifer Aniston calls it "the future of health."

It's showing up in the locker rooms of professional athletes... Silicon Valley board meetings...

And even deep inside the Pentagon's Special Operations Command, which oversees our elite forces like the Green Berets and Navy SEALS.

I'm talking about a single, natural molecule called nicotinamide adenine dinucleotide, or NAD for short.

But NAD isn't just about energy. It's also the master switch for cell repair, brain function, and healthy aging.

My patients at the Sears Institute for Anti-Aging Medicine will tell you that I've been recommending NAD for more than a decade — back when almost no one knew what it was or what it did.

There's no question, if you could identify "youth" in a molecule, NAD would be it. But here's the problem...

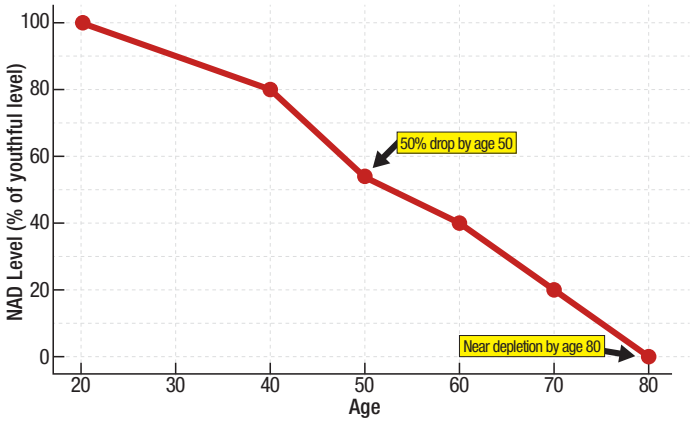
Now that NAD is popular, everyone's jumping on the bandwagon — and the market has been flooded with supplements that don't work.

In fact, I estimate **98% of NAD products today are a waste of your time and money**.

Even the "cutting-edge" NAD IV infusions — like those recommended by Joe Rogan that cost $1,000 or more per session — can be surprisingly inefficient.

Most NAD products and protocols ignore your body's own NAD depletion. And that means whatever NAD-boosting supplements you take, they're probably a waste of time and money.

Decline Of NAD Levels With Age



NAD levels start to decline in your 20s, falling to 50% by age 50. By age 80, levels have plummeted to just 1%.

You see, NAD is real. But the hype is a trap.

Today, you'll learn that if you don't solve your body's NAD depletion problem, you'll never get the full benefits of this super molecule, no matter how many celebrities hype it. In this ***Confidential Cures*** article, I'm going to show you how to protect and rebuild your own NAD levels naturally, and how to tap into this amazing fountain of youth.

Let Me Help You Cut Through The Hype

NAD is a natural molecule found in every one of your cells. Without it, your cells can't produce energy. Without NAD, your mitochondria — the tiny power plants inside each of your cells — will shut down.

Simply put, NAD helps transfer the energy from the foods you eat to your mitochondria. It's vital for every process in the human body, impacting dozens of functions including metabolism, hormone regulation, and immune system function.[1]

Its impact on the human body is simply amazing. With it, your body can repair, restore, and renew itself. Here's what the research shows NAD can do:[2,3,4,5,6,7,8]

- Supercharge cellular energy
- Repair damaged DNA, protecting you from disease, autoimmune disorders, and premature aging
- Increase cognitive function and protect your brain against neurodegeneration
- Enhance metabolism for better fat burning and blood sugar control
- Improve physical performance and endurance, whether you're an elite athlete or not
- Slow inflammation, the driver of nearly every chronic disease
- Protect your skin from wrinkles and age spots
- Extend your health span — the number of years you feel physically energized and ready to take on the world — by activating the same longevity genes switched on by calorie restriction

The power of NAD to reinvigorate your body and extend your health span far into your golden years is truly remarkable. Studies from at least 23 medical schools, research centers, and hospitals have all found that NAD supports anti-aging on multiple levels.

Here's an overview of this research:

DNA Repair: Your cells are constantly bombarded by oxidative stress, toxins, radiation, and even normal metabolism. Every time your DNA breaks, special "emergency response" enzymes called PARPs (poly-ADP-ribose polymerases) rush to the site of damage. But PARPs can't work without NAD. NAD supplies the cellular fuel that stitches broken DNA strands back together, keeping your cells young and resilient.[9,10]

Brain Function: Researchers at Johns Hopkins and the Nationals Institutes of Health have found that NAD supports the healthy creation of brain stem cells, new neurons, restores neural connections, and eliminates age-related brain inflammation — all key causes of cognitive decline.[11]

Autoimmune Diseases. Harvard researchers tested NAD in mice with an autoimmune condition similar to MS. The treated mice had a huge shift in their autoimmune response. Their immune cells stopped attacking their nerves. NAD also repaired and healed nerves damaged by the disease. That's unheard of in autoimmune conditions.[12]

Healthy Heart: Scientists at Ohio State University discovered that NAD boosts heart health by improving endothelial and blood vessel function.

Longer Telomeres: NAD activates the production of SIRT1, a protein-coding gene that protects your telomeres. Longer telomeres mean better health. Shorter telomeres signal premature aging and disease. Research shows that most people with short, dysfunctional telomeres also have low NAD.[13]

The Pentagon Is Studying NAD To Enhance Peak Performance

The U.S. military isn't known for chasing wellness fads. But when Navy SEALs and Special Forces operatives are using something, I pay attention.

I discovered that Pentagon researchers have been studying NAD — which they call a "human performance molecule" — for its ability to:

- ✓ Speed muscle recovery
- ✓ Improve resilience under extreme stress
- ✓ Protect the brain from oxygen deprivation
- ✓ Extend operational endurance

Better Hearing: When researchers at Cornell and the University of California, San Francisco, boosted NAD levels they found it restored the function of cochlear cells after exposure to unexpected loud noises.[14]

Kidney Power: Researchers at MIT found that aging kidneys had low levels of NAD. But using a compound that boosts NAD, they made the kidneys more robust and resistant to toxic stress.[15]

Improved Sleep: Scientists at Northwest University and Pittsburgh School of Medicine discovered that NAD is the central regulator of the circadian clock, timing your body's metabolism for a deeper, uninterrupted sleep.[16]

The power of NAD is now undisputed. But there's a problem...

The NAD Crisis No One Talks About

Your levels don't stay high forever. Your body produces plenty of it when you're young, but starting in your 20s, levels begin to drop. By the time you hit 50, your NAD may be down as much as 40%-50%.

And by age 80, levels can plummet to just 1%.[17]

This can cause a serious slowdown in mitochondrial function. In turn, this will also likely see the start of physical aging signs.

Multiple studies have linked decreases in NAD levels to:

- Brain degeneration
- Inflammation of blood vessels
- Fatty liver disease
- Increased belly fat
- Insulin resistance
- Fatigue and loss of muscle strength

All of that is bad enough. But researchers recently found something even worse — a NAD "vampire gene" that actively devours the NAD that's left in your body.

"I tell my patients that if you're not tackling NAD loss from multiple angles — boosting production AND blocking breakdown — you'll never get the results you want."

The gene is called CD38. And as you age, it becomes more active. It breaks down NAD faster than your body could ever replace it.

A recent groundbreaking research paper revealed: "When CD38 is inactive, NAD blood levels are three times higher."[18]

And that's the key. In other words, if you could turn down CD38, you could triple your NAD naturally.

But that's exactly what the mainstream NAD hype completely ignores. It hypes all kinds of NAD-boosting supplements without factoring in your body's own NAD sabotage.

You see, without controlling CD38, your NAD will always be minimal.

The supplement industry is treating NAD like the next gold rush. They slap "NAD booster" on a label and charge a premium — but most of them fail to address CD38 at all.

You can swallow NAD precursor supplements all day long... But if CD38 is chewing through them, you might as well pour water into a bucket with a hole in the bottom.

But on top of that, CD38 isn't the only problem.

Most NAD supplements don't survive digestion, which means they'll never reach your cells.

- Low Absorption: Many forms of NAD and its precursors (like plain nicotinamide) are destroyed in the gut or liver before they can be used.
- Wrong Forms: Not all precursors are equal. Some require multiple conversion steps, and your efficiency drops as you age.

Then there's the IV hype. While NAD drips bypass digestion, studies show the body rapidly breaks it down, and much of it never reaches your mitochondria.

I tell my patients that if you're not tackling NAD loss from multiple angles — boosting production AND blocking breakdown — you'll never get the results you want.

My Protocol To Protect And Rebuild NAD

At the Sears Institute for Anti-Aging, I've developed a four-part protocol that delivers far better results than taking NAD supplements or getting IV drips — regardless of the promises made by podcasters and Hollywood celebrities about endless energy and sharper memory.

Here's what I recommend...

Step 1: Block The NAD Vampire. Remember that CD38 activity skyrockets as you age — especially in inflammatory states. That's why I include powerful anti-inflammatory plant compounds in my protocol that can significantly slow NAD breakdown.

Natural CD38 inhibitors include:

- **Apigenin.** Studies reveal that apigenin, which is abundant in parsley, celery, and chamomile, directly suppresses CD38 activity and raises intracellular NAD levels. Apigenin is also available in supplement form. It can cause drowsiness, so I recommend taking 100 mg before bedtime.[19]
- **Quercetin.** This special plant antioxidant exhibits powerful inflammation-blocking properties. You'll find quercetin in a variety of foods, including onions, capers, apples, broccoli, cherries, and raspberries. Or you can supplement with 500 mg twice a day.[20]
- **Luteolin.** This yellow plant antioxidant — known for its anti-inflammatory, anti-cancer, neuroprotective, and detoxification effects — also acts as a potent inhibitor of CD38. You'll find luteolin in celery, thyme, and green peppers. Another unique source of luteolin is propolis. That's the resin bees use to make their honeycombs. You can find it in most health food stores. Or you can supplement. I recommend 100 mg daily.

Step 2: Exercise The Right Way. Not all workouts are created equal — especially when it comes to boosting NAD.

Most doctors recommend cardio-type exercises to their patients. But the latest research reveals that cardio just doesn't cut it. When it comes to NAD, intensity matters.

That's why I recommend my PACE exercise program.

PACE stands for **P**rogressively **A**ccelerating **C**ardiopulmonary **E**xertion, and the concept is simple... It involves short, progressively accelerated bursts of intense exercise followed by rest.

Studies show that PACE-style training significantly boosts NAD levels by telling your cells to make more mitochondria.[21]

And the beauty of it is that you only need to exercise for 12 minutes a day.

If you want to learn some good PACE exercises, go to my YouTube channel: **www.youtube.com/user/AlSearsMD/videos**.

I have more than 30 different exercises and a complete workout to help you get started.

Step 3: Make Lifestyle Changes To Keep Nad Levels High. You can train your body to conserve and recycle NAD naturally. Here are the strategies I recommend to my patients:

- **Eat Fat First**. Making fat the focus of your meals boosts NAD levels and mitochondrial efficiency. Just as with intermittent fasting, when your body switches to burning **fat and ketones**, it requires more NAD to be produced by your body.
- **Practice Intermittent Fasting**. Caloric restriction is a highly efficient way to boost your NAD levels. That's because this metabolic shift raises NAD availability inside your mitochondria.

  I recommend my patients start with a safe, simple regimen that calls for an 8-hour eating window each day, followed by a 16-hour fast. Here's how it works:

  ✓ **Choose An 8-Hour Eating Window.** For example, eat between 12 p.m. and 8 p.m., or 9 a.m. to 5 p.m. You will fast for the remaining 16 hours each day, including overnight.

- ✓ **Avoid Eating Any Calories.** You can drink water, black coffee, tea, or other calorie-free beverages to stay hydrated and curb hunger.
- ✓ **Start Gradually If Needed**. If 16 hours feels too long initially, start with 12-hour fasts and increase the fasting window over several days or weeks.
- ✓ **Maintain Hydration**. Drink plenty of water throughout the day to stay hydrated during fasting.

- **Reduce Chronic Stress.** Stress is a NAD killer. When you're stressed, your body pumps out cortisol and adrenaline. That's because the "fight or flight" mode requires huge amounts of cellular energy, which will deplete NAD reserves. It's one reasons why stress ages you. Start destressing with yoga and mindfulness meditation.

Step 4: Feed Your Body's NAD Factory. Your body needs raw materials to make NAD. These are the best ways to get your body to produce more:

- **Nicotinamide Riboside (NR).** This special kind of B3 vitamin is still ignored by mainstream medicine, but it's hands down the most efficient and direct pathway for your body to produce NAD. I've been recommending NR to all my patients for years as part of their anti-aging and cellular energy-boosting strategy.

  Although niacin, the regular form of vitamin B3, can also be converted to NAD it involves an inefficient metabolic pathway — and taking large doses of niacin can causes uncomfortable side effects.

  Trace amounts of NR can be found in a few foods, such as whole cow's milk and yeast. Minute amounts are also found in beer — but no food provides high enough levels of NR to produce the amount of NAD you need.

  The only commercially available form of NR supplements is called Niagin. The FDA has given it GRAS status - generally recognized as safe — and all patents on the production of NR supplements are standardized by a company called Cromadex.

  I recommend starting with 500 mg and working up to 1,000 mg per day before breakfast over a few weeks. No side effects have been reported in any of the NR trials — even at high doses.

- **Niacinamide.** This is one of the two major forms of vitamin B (the other is niacin), and an essential NAD precursor and a regulator of NAD-dependent enzymes — especially those involved in DNA repair, longevity and stress resistance.[22]

  In one study from Boston University School of Medicine, just 16 hours of increased niacinamide boosted NAD levels by 30%.

  You won't find huge amounts of pure niacinamide in foods, because your body makes most of it from nicotinic acid or from the precursor amino acid tryptophan, which is present in some foods. You can get 10 mg-12 mg of niacinamide per 100 g of chicken breast. Eggs have a smaller amount, but they provide tryptophan, which is converted to niacinamide in your body.

  Niacinamide supplements are also available online or from most health food stores. I recommend 500 mg daily.

- **Take The Best Mitochondrial Nutrients.** Increasing CoQ10 and PQQ will improve your NAD "return on investment."

  Every cell in your body uses CoQ10 to get energy from your mitochondria. It sparks them to make extra energy. At the same time, PQQ also protects your mitochondria by neutralizing free radicals that damage and kill them.[23]

  The best food sources of CoQ10 come from the organs of free-range cattle and wild game. Sadly, we don't eat these foods much anymore. Your next best sources are wild-caught fish and beef. But be sure your beef comes from grass-fed meat, which has much more CoQ10 than grain-fed, feedlot meat.

  Good food choices to get more PQQ include parsley, natto, green peppers, kiwi, and of course, grass-fed organ meat.

  But it's hard to get enough from food alone.

I recommend 200 mg of CoQ10 a day to boost mitochondrial and NAD efficiency. And make sure it's the ubiquinol form of CoQ10, which is the most potent.

Then add 20 mg of PQQ every day.

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The Revolutionary RA Therapy That Delivers Relief — Starting In Just One Week

Traditionally trained doctors don't know what to make of rheumatoid arthritis (RA). Many will tell you this autoimmune disease is hereditary. It isn't.

All of them will say its effects are irreversible. That's not true either.

The problem begins when your genes react to something else going on in the environment.

Like all autoimmune diseases, RA is the result of your body's inflammation response to our modern world.

Years of scientific research have established that RA is caused by a steady onslaught of free radical attacks.

As you may know, free radicals are chemical molecules produced naturally by your cells as they generate energy.

But many more are produced by our modern environment.

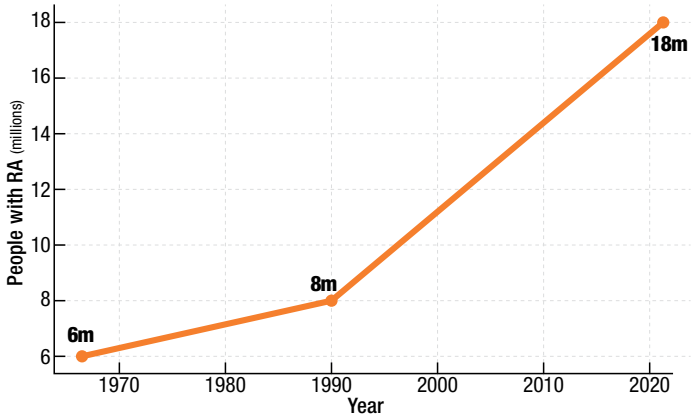
The identifying feature of free radicals — and their fatal flaw for your health — is that they have one unpaired electron. Despite having lives just nanoseconds long, an excess of these hyperactive singles can wreak havoc on cells.

Your body naturally produces antioxidants, like glutathione and superoxide dismutase (SOD), to mop up the free radicals produced by energy production.

But when you add in the inflammatory effect of our modern toxic environment and food supply, it's simply too much for your natural antioxidants to handle.

When free radicals can't be destroyed, they accumulate in your body and generate a phenomenon called oxidative stress — the driver of chronic inflammation.[1]

Global Rheumatoid Arthritis Cases Over Time



Since the 1960s, worldwide cases of RA have increased 200%. And numbers are predicted to soar another 78% by 2050.

With rheumatoid arthritis, this inflammation occurs in the tissues that line your joints.

This triggers a secondary response, in which your confused immune system mistakes its own tissues for foreign invaders, like bacteria or viruses.

It then develops antibodies that seek out and destroy these "invaders" in the synovium. This is the membrane that lines the spaces between your joints, as well as the sacs of synovial fluid which act as a lubricant to counteract friction between your bones.

But RA is also a systemic disease that can attack all parts of your body, including your heart, lungs, eyes, blood, nervous system, bones, muscles, tendons, cartilage, and ligaments.

Today, almost all people on the planet are inflamed, thanks to our modern diet packed with inflammation-friendly ingredients like sugar, grains, refined starches, and cheap inflammatory seed oils. A non-inflammatory diet is an essential part of RA therapy.

But diet isn't the only problem. Pollution in the form of fine particulate matter released by factories, power plants and fossil fuel combustion are also linked to RA.[2]

A Canadian study found that people living less than 50 yards from a road had a staggering 31% higher risk of developing RA, compared with people who lived more than 200 yards from a road.[3]

These unnatural foods and toxins flood your blood stream and cause relentless oxidative stress and chronic inflammation.

Mainstream Medicine Still Doesn't Have An Answer

The first major issue with RA is that it can take years before you get a diagnosis. This is largely because most doctors rarely do inflammation testing.

If you do suffer from persistent arthritic pain in a single, large joint and are experiencing overwhelming fatigue and weight loss, you should insist on having your C-reactive protein (CRP) measured.

CRP is the best test for inflammation.

You can also test for the presence of anti-cyclic citrullinated peptide antibodies, which have been found to be present in most RA patients.

But even if you do get diagnosed, Big Pharma's "cures" are often worse than the disease.

Doctors treat RA using medications that include DMARDs (Disease-Modifying Antirheumatic Drugs). Using these is a dangerous strategy.

DMARDs are a broad class of drugs that include both traditional and advanced therapies like biologics and JAK inhibitors. Big Pharma touts them as "disease-modifying."

But they're immune-suppressing chemicals that come with a laundry list of warnings including liver toxicity, lung scarring, and bone marrow suppression.

Biologics, or targeted therapies, are genetically engineered proteins made from living sources. They are designed to block inflammatory messengers like TNF. It sounds impressive, but they only manage symptoms.

Meanwhile, they beat your immune system into submission. Studies have already linked the biologics Humira or Remicade to pneumonia, lymphoma, and tuberculosis, as well as skin, gastrointestinal, breast, and lung tumors.[4,5]

And then there are the newest favorites of the pharmaceutical pipeline — JAK inhibitors like Rinvoq.

They're marketed as oral pills that can target and disrupt the body's ability to communicate with inflammatory proteins called cytokines.

But hidden in the fine print are black-box warnings for blood clots, heart attacks, strokes, and cancer.

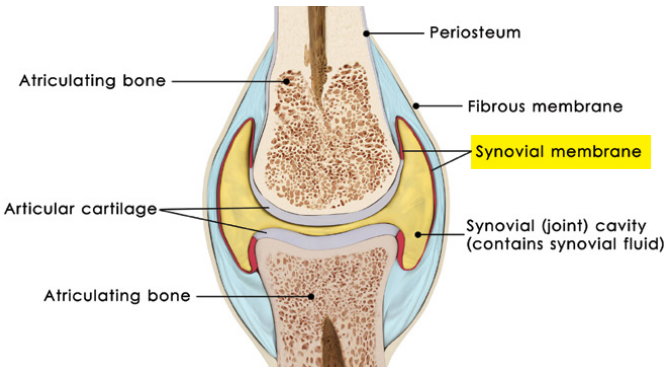
These drugs don't fix the root problem—they hijack your immune system for temporary relief while accelerating long-term damage.

You're also likely to get a prescription for corticosteroids to reduce inflammation. However, they come with a long list of side effects, including a significantly higher risk of blood clots, blood poisoning, and bone fractures.[6]

These are just some of the drugs prescribed to treat the symptoms of RA, but they never get to the real cause. And no drug addresses the damage RA inflicts on joints and other tissues.

I don't prescribe any of them. I don't believe in attacking and suppressing the immune system.

Instead, I help my RA patients reduce joint pain, rebalance their immune systems and start reversing the disease in safer and more natural ways...



RA often attacks the synovial membrane that lines the space between joints.

The World's Most Powerful Weapon Against RA

If you're a regular reader, you'll know that stem cells are master cells that allow your body to regenerate damaged tissue in any organ or organ system — from your brain, heart, and liver to your eyes.

They've already been used as a potent weapon against a number of cancers, heart disease, diabetes, Alzheimer's, and Parkinson's disease.

And they can also rebuild aching joints.

Astonishing advances have been made in recent years into stem cell treatments for rheumatoid arthritis.

Mesenchymal stem cells (MSCs) have been shown to be particularly effective against RA.

They are "multipotent," which means that they can develop into a number of cell lineages — including bone cells, cartilage cells, and muscle cells.

MSCs are found in various places in the body. These include cord tissue, adipose (fat) tissue, and bone marrow.

Stem cell therapy can help RA in two key ways:

Stem Cells Can Rebuild Cartilage: RA attacks and breaks down cartilage, the flexible connective tissue that keeps the motion of your joints fluid and cushions them against impact. A number of preclinical and clinical trials have used mesenchymal stem cells successfully to rebuild damaged cartilage.

- Multiple animal studies prove that stem cells can boost cartilage repair via chondrogenic differentiation — the formation of new cartilage cells.[7]
- Human trials conducted by Mayo Clinic scientists used MSCs to successfully rebuild cartilage by mixing the patients' own stem cells with donor stem cells. The positive effects of this therapy — reduced pain and improved cartilage function — continued for at least four years after treatment.[8]

They Have Powerful Anti-Inflammatory Effects: Stem cells do more than regenerate cells. They seek out inflamed tissues and then bolster the entire system, wherever in your body they go. You see, stem cells have potent paracrine properties. This refers to a special form of cell signaling that works by recruiting local cells and hormones into the repair and healing process.

In other words, MSCs' anti-inflammatory and immunoregulatory properties do the same work as Big Pharma's RA drugs — but without raising your risk of a deadly infection. Here's just a smattering of the research:

- A recent study from Chile revealed that MSCs derived from fat tissue stop immune system T cells from secreting pro-inflammatory cytokines in RA patients, thus reducing inflammation, pain and the need for immunosuppressive drugs.[9]
- An Australian clinical study designed to evaluate changes in pain and functionality in people with RA, found that adipose stem cell therapy significantly relieved symptoms for up to 12 months after treatment. Just one adipose stem cell injection produced a 70% improvement in symptoms. Some of the responses occurred in as little as one week.[10]
- A Chinese study involving 172 RA patients found that subjects who underwent "standard" intravenous stem cell infusions — the same technology I use at the Sears Institute for Anti-Aging Medicine - showed "significant remission." The scientists found that the therapy worked because of its immunomodulating effects on T and B cells, two major groups of immune system "defender" cells.[11]
- A 2015 study revealed that MSCs can target "memory T cells," a subset of T cells found in the synovial fluid of joints. These cells play a key role in RA. Memory T cells are T cells that have already encountered previous bouts of inflammation and are better prepared to mount attacks against perceived invaders. The researchers found that by injecting stem cells directly into synovial fluid, they could prevent the disease from progressing.[12]

Getting Stem Cell Therapy

Here at the Sears Institute for Anti-Aging Medicine, I help my RA patients recover using bone marrow stem cell therapy. The procedure is minimally invasive, painless and done in a matter of hours. It's both safe and effective.

If you're interested in learning more about stem cell treatments for RA at my clinic in South Florida, call my staff on 561-784-7852.

Stop RA The Natural Way

A number of natural herbs and nutrients have been shown to be effective as a prevention and treatment for RA.

Here are five easy and effective ways to start:

1. **Fight Free Radicals With This Kind Of Vitamin E.** Vitamin E is a powerful antioxidant that fights the free radicals that cause rheumatoid arthritis. It reduces oxidative stress, suppresses inflammation, and inhibits the formation of osteoclasts, the cells that destroy bone in RA.

A 2025 study looked at the effects of a certain kind of vitamin E called tocotrienols in 50 adults with moderate rheumatoid arthritis.[13]

The tocotrienol group experienced a "clinically significant reduction" in RA starting from the first month. At the six- and nine-month marks, patients exhibited "particularly marked differences" compared to the control group.

Foods high in vitamin E include cranberries, almonds, walnuts, eggs, and sunflower seeds. Vitamin E oils include palm, coconut, and annatto.

But you'll probably need to supplement.

There are eight forms of vitamin E: four tocopherols and four tocotrienols. They're all antioxidants, but tocotrienols give vitamin E its antioxidant punch. Research shows one tocotrienol boosts your cells' antioxidant strength by 300%.

I recommend taking 50 mg of tocotrienols twice a day. And like all fat-soluble vitamins, take it with a meal to increase absorption.

2. **Get More Vitamin D:** Almost all the cells and tissue in your body contain receptors for vitamin D — including T and B cells, which play an integral part in the immune system attack on joints and cartilage in RA.

Multiple studies have established the link between vitamin D deficiency and RA pain and inflammation levels. Studies also show low levels of vitamin D increase your risk of RA in the first place — but that the risk can be reversed.[14,15]

Government guidelines on the amount of vitamin D you should take — 600 IUs per day — is woefully short of how much your body needs.

The best way to get enough D is a combination of sunshine, food, and supplements.

- **Get Out In The Sun.** Just 15 minutes of midday sun will give you up to 10,000 IUs of vitamin D3.
- **Eat Foods Rich In Vitamin D3.** Eat more fatty fish such as salmon, herring, and sardines. Excellent sources also include whole milk, eggs, liver, and mushrooms.
- **Supplement.** The FDA's recommendation of 800 IUs is far too low. I recommend at least 5,000 IUs of a kind of vitamin D3 called cholecalciferol. That's the same vitamin D your body produces.

3. **Discover The Anti-Arthritis Effects Of K2.** Not only does vitamin K2 activate and improve absorption of vitamin D3, it's a powerful anti-arthritis supplement in its own right.

Research shows that K2 helps RA patients by reducing inflammation, inhibiting the excessive growth of synovial cells that damage joints, and potentially improving bone health.

A recent study in the *European Journal of Pharmacology* proves vitamin K2 is effective in treating RA.[16] Doctors gave one group of RA patients 100 mcg of vitamin K2 every day in addition to their RA medications. Another group just received drugs.

After three months, the K2 group had significantly lower inflammation and other signs of RA. They also had higher levels of osteocalcin,

a crucial protein that reduces inflammation in RA patients. And unlike the drugs, there were no toxic side effects of the vitamin.

Sadly, the modern Western diet is deficient in vitamin K2. But you can get plenty of K2 by eating primal foods like our ancestors did. Good choices include grass-fed meats and organ meats, egg yolks, grass-fed whole milk, and traditionally cultured cheeses like Gouda and Brie.

Vitamin K2 supplements come in several different forms called menaquinones. Look for MK-7. That's the form used in the most recent RA study. It is much more bioactive and stays active longer, so it has time to build up in your blood.

Take 45 to 90 mcg of vitamin K2 per day. And it's fat-soluble, so take it with a meal to improve absorption.

4. **Supplement With Curcumin.** I call curcumin the "Golden Miracle." It has more than 615 health benefits, supported by almost 7,000 studies.

But it's best known as a powerful anti-inflammatory**.**

In fact, studies show it reduces arthritis joint pain by 60% and joint swelling by 73%.[17] Additional research found that it works as well as ibuprofen for arthritis knee pain — but without the stomach ulcers, kidney damage, or heart risk.

I recommend supplementing with at least 2,000 mg. Look for a supplement that also contains piperine. This black pepper compound has been shown to make curcumin more bioavailable.

5. **Ease Pain With Frankincense.** Also known as Boswellia, this Ayurvedic herb has been used for painful inflammatory conditions like RA for centuries.

Today we know that frankincense contains enzymes that block a hormone-like chemical in your body called prostaglandin e2 (PGe2). Your body produces prostaglandins in response to injury, infection, or inflammation. It causes blood vessels to dilate and expand, which causes the injured area to become swollen and arthritic.

By directly attacking PGe2, frankincense stops inflammation before it starts.

In a large study, researchers followed 440 arthritis patients for six months. They found that frankincense relieved pain as effectively as painkillers. It also significantly improved knee function.[18]

Another study looked at 260 patients with RA.[19] After 12 weeks, patients reported significant improvements in joint swelling... morning stiffness... pain levels... inflammatory markers. And all were able to decrease medication.

I suggest taking 400 mg three times a day.

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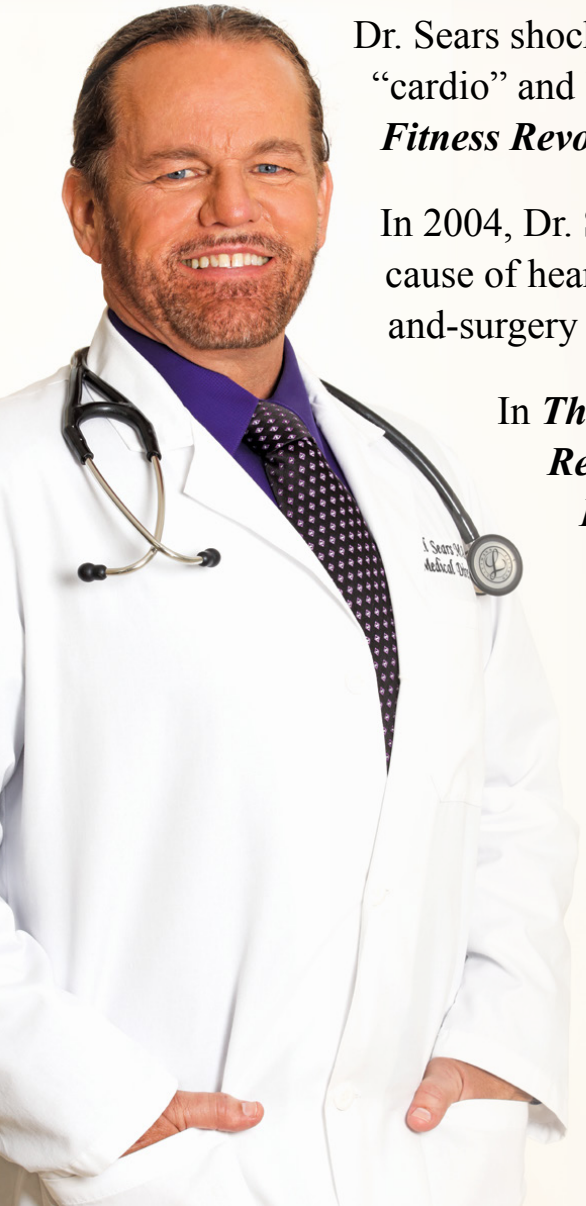
NOTES:

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).