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

**November 2025** **Vol. XIV Issue 11**

Dear Friend,

Since the start of the coronavirus outbreak, the so-called health experts in this country and around the world have been spreading dangerous misinformation about Covid...

Even today, they continue to push the idea that the only way you can protect yourself is with one of Big Pharma's dangerous drugs.

You remember the crusade that took place to make sure that every man, woman, and child in the U.S. got an untested and unprecedented vaccine...

Not to mention a second, third, or even a fourth booster!

Sadly, that crusade is still going on. But here's what they're not telling you...

***Getting the Covid vaccine increases your risk of getting both Covid and cancer.***

Of course, research that backs up these findings has been buried and dismissed by the mainstream media, doctors, and healthcare organizations like the CDC.

But I'm going to tell you the same thing I tell my patients and my family... You don't need these dangerous Big Pharma drugs.

With more than 30 years of clinical experience as both a doctor and a researcher, I have discovered that you have all the immune strength you need already inside of you.

And when you support and nourish it, you don't ever need to rely on Big Pharma's drugs.

I've seen the results in my own patients as well as my family and myself.

You have options — natural and safe options that work.

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

- **The new Covid vaccine warning *they* don't want you to hear.** How — and why — the mRNA vaccine that continues to be pushed by Big Pharma and the agencies that are supposed to be in charge of our health and well-being can not only DOUBLE your likelihood of contracting Covid, but also increasing your risk of getting cancer. I share how you can protect yourself and your family.
- **Why you need to beware of the Blue Zone myth.** The popular books based on what the author describes as the "healthiest places" on the planet are nothing more than marketing hype. It's true that the people who live in these beautiful places live longer. But it has nothing to do with the diet they eat. In fact, I advise avoiding it! I'll show you why, and what I recommend instead
- **The nutrient deficiency that affects 90% of heart disease patients.** You'll learn how increasing levels can ramp up your energy, feed your mitochondria, and protect your heart. Discover why so many people are lacking this key vitamin — and how you can increase levels easily and effectively.

To Your Good Health,

Al Sears, MD, CNS

## In This Issue...

# Getting The Covid Vaccine INCREASES Your Risk Of Getting Both Covid And Cancer

## But You Can Protect Yourself From Both By Building An Impenetrable Immune Shield

I've been telling my patients for years... Your body has the power to defend itself naturally. But almost every time I say it, I get labeled as "anti-science."

But it seems like the science is finally backing up what I've been warning my patients about for decades...

And a landmark study by researchers at the Cleveland Clinic proves it.

As we enter the cold, flu, and Covid season, you've probably been advised by your doctor to go ahead and get the latest Covid vaccine booster.

Now, I'm not here to tell you to not get a vaccine. Whatever you choose to do is your right as an American. And I respect the freedom of choice that we all have.

But I am here to provide information that helps you make a more informed decision.

Like this study that found getting Covid boosters doesn't make you safer.

***It actually increases your risk of getting sick.***

Let me explain...

Even today, with a change in administration, health organizations like the CDC — as well as most doctors — are still pushing patients to get a Covid vaccine.

This recommendation is framed as an "individual-based decision."

And while the CDC no longer recommends the vaccine for healthy children and pregnant women, its website says the vaccine is "especially important if you are ages 65 and older, are at high risk, or have never received a previous vaccine, according to the CDC.[1]


**Even with a change in administration, health organizations like the CDC are still advising most patients to get a Covid vaccine.**

In other words, they're telling you that getting vaccinated is your best bet against getting sick. And most doctors are recommending that you update your earlier shot with this year's booster...

Because the only way to protect yourself is to keep getting vaccinated. In other words, the more shots you get, the safer you'll be.

*But a landmark study conducted by scientists at the Cleveland Clinic has revealed the opposite is true.*[2]

The researchers discovered that if you receive more than one dose of a Covid vaccine... ***You are more likely to contract the virus!***

According to the study, the more vaccine doses you get, the greater your risk...

- 1.5 times higher for those with two doses
- 1.95 times higher for those with three doses
- 2.5 times higher for those with more than three doses

One thing is certainly clear...

These latest findings add to the mounting evidence that the current vaccines don't work like Big Pharma and the CDC claim.

The Cleveland researchers concluded that while the vaccines offer some short-term protection, they also likely increase the risk of future infection.

And even after adjusting for various factors, such as age and health, the increased risk remains consistent.

The problem appears to be that taking multiple vaccine doses leads to "antibody-dependent enhancement."

In other words, your immune system's response becomes skewed towards older virus strains, making it less effective against newer strains.

But Covid vaccines do more than just increase your risk of getting Covid.

They also increase your risk of getting cancer.

## The Covid-Cancer Connection

Researchers in South Korea conducted one of the largest investigations yet into the long-term effects of the Covid-19 vaccines.[3]

It involved more than 8.4 million people between 2021 and 2023. And what they found should make every honest doctor stop and think.

Shockingly, the researchers discovered that people who got vaccinated had a 27% higher risk of being diagnosed with cancer within one year, compared with those who didn't get vaccinated.

"Researchers discovered that people who got vaccinated had a 27% higher risk of being diagnosed with cancer within one year, compared with those who didn't get vaccinated."

That's not a small difference — that's millions of lives that could be potentially affected.

The South Korean study used rigorous data from their National Health Insurance Service, which covers almost the entire population.

This wasn't one of those cherry-picked samples. It was real-world evidence — the kind that Big Pharma usually tries to bury.

And that 27% higher risk refers to what statisticians call a "relative hazard" across a range of cancers. The risk of certain individual cancers was significantly higher.

Here's what the numbers revealed:

- Prostate cancer risk increased by 69% after vaccination
- Lung cancer risk rose by 53%
- Thyroid cancer was up by 35%
- Stomach cancer up 34%
- Colorectal cancer up 28%
- Breast cancer up 20%

But do you know what was even more troubling? People who got booster shots had some of the highest cancer risks.

The study found they were about twice as likely to develop pancreatic cancer compared with those who didn't get a booster.

Now, the researchers were careful — they didn't claim the vaccines caused cancer.

That's how science works... It has to consider all possible factors before reaching as definitive a conclusion as possible.

But as a physician who's spent decades studying the immune system, inflammation, and mitochondrial health, I can tell you that these numbers are far too serious to ignore.

When you see this kind of population-wide signal — covering millions of people — you're looking at something real. Something that needs to be answered.

So, let's take a closer look at what's going on inside your body when you get vaccinated.

## What Goes On In Your Body After Getting The Vaccine?

We know that the mRNA vaccines — like those developed by Pfizer and Moderna — work by turning your own cells into factories for spike proteins. That spike protein isn't harmless. It can trigger inflammation, oxidative stress and wreak havoc with your immune system.[4]

You see, your immune system identifies, isolates, and destroys abnormal or cancerous cells before they become dangerous.

But when you push it into overdrive with artificial spike proteins — and again with boosters — you risk confusing or exhausting that response.

It's like having your fire department constantly running sirens and spraying hoses, day and night. When a real fire breaks out, they're too worn out to respond.

That's when cells with damaged DNA — the kind that would normally be eliminated — start slipping through the cracks. And that's often how cancers can gain a foothold.

We were told by so-called experts that the mRNA vaccine would remain at the point of injection to give your immune system a chance to attack a weak enemy.

But it's become painfully clear this was never true.

A pharmacokinetics study was conducted by Pfizer as part of the company's vaccine submission process to the PMDA, Japan's version of the FDA. Pharmacokinetics is the study of how a drug is distributed throughout the body.

The research determined that spike proteins from the vaccine accumulated in a number of tissues, including the spleen, bone marrow, liver, and adrenal glands.

A second Japanese biodistribution study for the Pfizer vaccine found that mRNA moves from the injection site to the blood, allowing spike proteins to roam freely.[5]

In addition to increasing the cancer risk, this assault on the body damages cells seven further ways. Research shows that it:[6,7,8,9,10,11,12]

1. Weakens DNA's ability to repair itself
2. Impairs mitochondria
3. Damages lung cell
4. Damages cardiovascular cells and increases the risk of blood clots
5. Harms brain cells
6. Increases inflammation
7. Suppresses immunity

## Block Circulating Spike Proteins

At the Sears Institute for Anti-Aging Medicine, I help my patients prevent spike proteins from circulating through their bodies. Here's what I recommend if you've had Covid or an mRNA vaccine:

**1. Detox Spike Proteins With Curcumin**. This Asian spice is one of the most powerful anti-inflammatories out there. Previous research has shown that curcumin inhibits mediators of the inflammatory response, including cytokines, chemokines, and the NF-KB molecule that activates hundreds of pro-inflammatory genes in your body.

But recently, it's shown strong promise as a detox agent for Covid proteins. A 2022 study reported that curcumin binds to the receptor-binding domain of the Covid spike protein. The researchers concluded that of all the phytochemicals they tested, curcumin was the most powerful therapeutic agent against Covid proteins.[13]

You can boost curcumin consumption by cooking with turmeric spice. But it's not easy getting enough curcumin from your diet. So I suggest supplementing with 2,000 mg daily. But don't waste your money on curcumin that doesn't work...

You see, your body only absorbs about half the curcumin you take in. Look for a supplement with piperine (an extract from black pepper). Adding 20 mg of piperine can increase the bioavailability of curcumin by 2,000%.

**2. Use CBD To Block Spike Proteins.** I've written to you before about how CBD can protect your lungs against damaging inflammation. But that's not the only way it can protect you against Covid...

Researchers at Oregon State University discovered that certain non-intoxicating cannabinoid compounds can bind to spike proteins. The new study was published in the *Journal of Natural Products*.

The researchers found that two cannabinoid acids commonly found in hemp varietals of cannabis, CBGA and CBDA, can bind to the spike protein of the virus that causes Covid. By binding to the spike protein, the compounds can prevent the virus from entering cells and causing infection, potentially offering new avenues to prevent and treat the disease.[14]

I've recommended CBD to my patients for more almost five years as a novel way to protect their lungs and strengthen their immunity.

A recent study found that CBD can reduce — *and even reverse* — lung damage by normalizing levels of an inflammation-causing peptide called apelin. When you're infected with coronavirus, your levels of this peptide plummet.

But researchers say that even when levels were close to zero in patients, treatment with CBD increased apelin blood levels by 20 times — and restored lung function to normal.

I recommend starting with 5 mg daily for the first week. But don't be surprised if you don't feel any effects until you reach about 30 mg per dose. Experiment to find out what works best for you.

## 4 More Immune Boosters I Recommend To All My Patients

I always tell my patients that the best defence against all Covid variants is to build up your immune system into an impenetrable shield against all forms of infection.

Your immune system operates like a finely tuned orchestra. Properly guided by the conductor, each part operates in perfect sync with the whole. But it must be controlled.

Here are four natural treatments that both *boost and modulate* your immunity:

**1. Anamu.** This Amazon-native herb protects against viruses. I discovered it when I was traveling in Peru. My guide told me he uses anamu to bring down fever and eliminate pain. But this magical plant does so much more...

Once I was back in my clinic, I discovered that anamu increased natural killer cells by 100%.[15]

These are the cells that kill disease throughout your body. Anamu also increases natural chemicals such as interleukin and interferon to protect you against future infection and disease.[16]

But one of the herb's most powerful components is a rare chemical compound called dibenzyl trisulphide, which has never been found in any other plant.

Studies show that dibenzyl trisulphide is a potent stimulator of your body's "T helper cells." Their job is to give other immune cells a turbo boost when needed.[17]

I believe in anamu so strongly that I take it every cold and flu season and whenever I travel. I recommend taking 500 mg to 1,000 mg per day in divided doses.

*Note: Don't take anamu if you are on a blood thinner.*

**2. Vitamin D3.** You can't have a functioning immune system with vitamin D. In fact, Spanish researchers found that eight out of every 10 patients hospitalized with COVID-19 had something in common — they were ALL vitamin D deficient.[18] And another study reported patients lacking in vitamin D were nearly twice as likely to get COVID-19.[19]

Vitamin D3, also called cholecalciferol, enhances the activity of immune T cells and macrophages. But it also controls immune response and tamping down inflammation. That's why Covid patients with healthy D3 levels are twice as likely to avoid serious illness.

Just 15 to 20 minutes of sun exposure daily triggers vigorous vitamin D3 production. Excellent food sources include wild-caught salmon, herring, sardines, tuna, and cod liver oil.

To avoid a deficiency, I also advise patients to supplement with 5,000 IU to 10,0000 IUs of vitamin D3 daily. And because it's a fat-soluble vitamin, taking D3 with high-fat foods will boost the absorption.

**3. Butyrate.** Beneficial bacteria in your digestive tract generate butyrate, a short-chain fatty acid that's exhibits an extraordinary ability to enhance your immune response while also keeping it in check.[20]

Butyrate-generating bacterial strains love to dine on fructan, a soluble fiber found in almonds, garlic, apples, kiwi fruits, chickpeas, asparagus, Jerusalem artichokes, and avocados.

You can also supplement with butyrate directly.

Studies indicate excessive butyrate supplementation (above 7 grams daily) can disrupt the intestinal barrier, while moderate supplementation (below 3.5 grams a day) provides the biggest benefits.

I recommend starting with 500 mg a day, then build up to 2 to 3 grams over a four- to five-week period. I suggest taking butyrate with healthy fatty acids like omega-3 to replenish your cell membranes.

**4. Cordyceps.** Another great way to energize your immune system is with the cordyceps sinensis. This Tibetan mushroom only grows on the highest peaks of the Himalayan mountain range. And it plays a significant role in strengthening immunity.

Researchers in South Korea gave cordyceps or a placebo to 79 healthy subjects every day for eight weeks. Before and after the study, they tested blood samples for natural killer cells.

After two months, the group that took the mushroom showed a significant 18% improvement from baseline of NK cells compared to the placebo group.[21]

NK cells are vital because they hunt down and detect virus-infected cells in the body. It switches on genes that increase oxygen delivery to your cells, providing more of the ammunition your immune cells use to decimate viruses.

Cordyceps also suppresses production of proteins that contribute to systemic inflammation.

I advise patients to get at least 25 mg of cordyceps extract daily. When you're up against a respiratory virus, more oxygen and less inflammation is vital.

**Supplementing with cordyceps senensis stimulates your body's production of natural killer cells, which are crucial for fighting infections and cancer.**

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## Debunking The Blue Zone Hoax And Mediterranean Myth:

# The Real Secret To Long-Lasting Health Lies In The World's Original And Overlooked "Primal Zones"

You may have heard of "Blue Zones" — the places around the world where people seem to live to 100 while enjoying a healthy lifestyle.

Over the last 20 years, the Blue Zone craze has taken on a life of its own. There are now best-selling books, Netflix documentaries, countless diet plans — and millions of dollars in profit.

You've probably heard of these zones... They usually feature some magical little village where the people who reside there supposedly live to 100. They include regions around the world like Okinawa, Japan... Sardinia, Italy... Icaria, Greece... Nicoya, Costa Rica... and Loma Linda, California.

The Blue Zone narrative has been sold as scientific fact. It's been repeated by doctors and the mainstream media as if it were gospel truth.

But there's a big problem...

It's a great story. But it's not science. It's marketing hype.

And like most health fads, the Blue Zone fantasy — along with its cousin, the Mediterranean Diet — is quietly robbing millions of people of the nutrients their bodies and brains need to stay young and strong.

But new research proves what I've been warning my patients about for years — these fad diets are not the brain-boosting, heart-healing, life-extending plans they're made out to be.

In this ***Confidential Cures*** article, I'm going to show you exactly why you should avoid these so-called "miracle" diets. And you'll learn about the nutrients your body and brain really need to live a long, happy and healthy life.

**The Blue Zones may be beautiful places to visit, but following the primarily plant-based diet of their inhabitants will leave you weak and sick.**

## The Big Blue Zone Con

The man who popularized the Blue Zone phenomenon wasn't a scientist, a nutritionist, or a doctor. He was a travel writer named Dan Buettner.[1]

Armed with a bicycle and a camera crew, he toured a few remote places and then claimed he'd discovered the "secrets" of longevity.

That's it. His top piece of dietary advice for long life was... to eat more beans.

Despite having no medical background, Buettner pushed a vegetarian agenda built on his own personal ideology.

He used cherry-picked anecdotes, not rigorous science, to support the idea that plant-based eating — with a special emphasis on beans — was the key to longevity.

Millions fell for it. They swapped protein-rich steak for lentils and animal fat for starch — and then wondered why they felt tired, foggy, and inflamed.

I've been warning my patients for years that grains cause the inflammation at the root of almost every modern chronic health epidemic, including heart disease, obesity, and diabetes.

Behind the heartwarming documentaries lies a brutal truth... Blue Zone diets slowly rob you of the very nutrients your body needs to stay young.

As a doctor who's studied native populations across six continents, I can tell you this... In all my years as a doctor of anti-aging medicine, I've never met a senior — let alone a centenarian — who owed their vitality to tofu, lentils or even beans.

## The Mediterranean Mirage

The Mediterranean Diet is no better.

For years it's been sold as the "ultimate" prescription for heart and brain health. A drizzle of olive oil here, a glass of wine there — it all sounds very wholesome.

But there's a problem I've been warning my patients about for years — and a new Harvard study just proved me right.[2]

Researchers followed 6,000 older adults who strictly followed the Mediterranean diet — loaded with grains, legumes, fruits, and veggies — and watched their brains over time.

After four years, the results were shocking: zero cognitive benefit.

No sharper memory. No reduced dementia risk. No "brain boost." The so-called brain-protective diet fell flat.

And the reason is obvious. While everyone obsesses over the benefits of olive oil and fish, the Mediterranean diet's foundation is grains — breads, pastas, rice, and couscous.

And grains are just sugar in disguise.

When you eat grains, your body doesn't see "whole wheat." It sees glucose. Your blood sugar spikes, insulin surges, and your body and brain pay the price.

Chronic sugar exposure causes insulin resistance, inflames your neurons, disrupts signaling, and sets the stage for diabetes and Alzheimer's — now called type 3 diabetes by many researchers.

You shouldn't be surprised the Mediterranean diet doesn't protect your body or brain from the effects of accelerated aging. It was never designed for it.

You see, your body and brain do not run on starch. They run on fat.

## Your Brain Was Never Designed for Grains

There's a reason that people on vegetarian and starch-based diets often suffer accelerated cognitive decline as they age.

Studies show that vegetarian diets can increase the risk of cognitive decline — especially deficiencies in B12, omega-3s, iron, and choline, nutrients primarily found in animal-based foods.[3]

It's even worse for starchy diets. Studies reveal that a lifetime of starch-based eating accelerates the same metabolic and inflammatory processes that underlie cognitive decline.[4]

Your brain isn't wired for a "grain-first" diet. Your brain is wired for a fat-first diet.

You see, your brain is 60% fat. Every neural membrane in your head is built on a fat foundation. And fat is the raw material your brain needs to repair, regenerate, and stay sharp into old age.

When you eat the right fats — not seed oils or margarine, but real fats like olive oil, grass-fed beef and organs, pastured eggs, and wild-caught fish — your brain runs on ketones, a clean-burning fuel that protects neurons and sharpens focus.

But the moment you reintroduce grains, you flip back to sugar-burning mode — and that's when the damage starts.

Grains and sugar are cheap gas. Your brain is a high-performance engine. Feed it cheap fuel, and it sputters.

My advice is to take what's good about the Mediterranean diet — and throw out the rest. You see, the secret of a real Mediterranean diet isn't the breadbasket — it's the fats and proteins your ancient ancestors lived on before wheat fields took over.

## Where Real Longevity Lives

Forget Blue Zones. If you really want to see what lifelong vitality looks like, you have to go back to what I call the Primal Zones — the last places on Earth where people still live the way nature intended.

I've visited these places for over 30 years — from East Africa to the South Pacific. No gyms, no processed foods, no "superfoods." Just real movement, sunlight, and primal nutrition.

- Among the Hadza of Tanzania, men in their 70s still hunt with bows and spears. They can run for miles, track an antelope across the savanna, and climb trees with the agility of someone half their age in the developed world.
- In northern Alaska, the Inuit people survive in conditions that would kill most of us within days. Their diets are 80% fat — seal, fish, and whale — yet they have almost no heart disease.
- And among the Maasai of Kenya, red meat, milk, and blood are staples — yet they have low cholesterol, strong hearts, and lean physiques. They have no heart disease... no Alzheimer's... no autoimmune epidemics.

Their secret can't be found in beans, grains, or Blue Zone magic. It's to just eat real food that's aligned to your DNA.

These people live according to their genetic code — the same one you have. The difference is that they still feed it what it was built for.

And when you return to your Primal Zone, you don't need to count calories or obsess over cholesterol. Your metabolism resets naturally. Your hormones rebalance. Your energy rises. Your mind clears.

**The Maasai live in a Primal Zone in Kenya. Everyone I met in every village was lean and strong.**

The secret isn't hiding in Sardinia or Okinawa. It's been inside you all along — written in your DNA, waiting to be reactivated.

## Nutrients You Can't Live Without

The problem is that modern humans are deficient in most of the nutrients that kept your ancestors smart, strong and healthy.

And most importantly, your body is starving for the very nutrient that built the human brain.

When early humans began eating coastal seafood rich in docosahexaenoic acid, or DHA for short, everything changed.

Their brains tripled in size. Their intelligence exploded. Civilization began.

Let me show you what I mean...

DHA is the omega-3 fat that literally built the human brain. It makes up 97% of the omega-3s in your brain and 93% in your retina.[5]

It powers your neurons, fuels your mitochondria, and protects against inflammation. DHA is also your body's master inflammation modulators — strengthening your immune system while calming chronic inflammation.[6]

Every thought you think, every memory you store, every heartbeat and movement of your muscles — all of it depends on DHA.

Your brain's communication network — trillions of synapses firing in perfect harmony — runs on this molecule.

Today, DHA deficiency has reached epidemic proportions. Farmed fish, grain-fed livestock, and industrial food production have stripped it from our diets.

And as a result, millions of people in the western world now have shrinking brains, inflamed arteries, and weakened immune systems.

Sadly, a DHA deficiency isn't the only problem. Modern agriculture has stripped our food of many other key nutrients.

According to USDA data, the nutrient content of our fruits and vegetables has plummeted over the last 50 years.

The declines are shocking. Between 1950 and 1999, the average vegetable lost:[7]

- Iron down 38%
- Calcium down 16%
- Vitamin C down 15%
- Protein down 6%

And it hasn't stopped there — today's produce continues to show steady declines in magnesium, potassium, and other vital minerals.

Our fruits and vegetables have become empty shells — grown in exhausted soil, sprayed with chemicals, and picked before they're ripe so they can survive long-distance shipping.

So, when Mediterranean or Blue Zone advocates tell you to "eat more plants," remember that you're not eating the same plants those villagers ate 100 years ago.

## Return To Your Native Primal Zone

Eating like your primal ancestors is good advice. However, I'm not suggesting you go out and spear a wild beast for tonight's dinner.

The first step is to get more omega-3s — especially DHA. Here's what I recommend to my patients...

All meals should be planned around protein. That means pastured eggs, grass-fed red meat, whole-milk cheese, and wild-caught fish. Carbohydrates should make up no more than 5% of your diet. Here's what I recommend:

- **Grass-Fed Meat.** This is an excellent DHA source. Doctors still warn that red meat is inflammatory. But that's only true of meat from feedlot cattle, which are fed grains like soy, beans, and corn. These crops are all high in inflammatory omega-6 fatty acids, but low in anti-inflammatory omega-3s.

Grass-fed red meat is a different story. It has an extremely healthy ratio of omega-3s to omega-6s. And grass-fed meat is loaded with protein.

It's also packed with other primal nutrients your brain, muscles, and mitochondria need to thrive — especially vitamin B12, one of the most overlooked and essential nutrients in human biology. B12 is crucial for brain and nerve health, and it provides energy by activating enzymes in your mitochondria.

- **Pastured Eggs.** Not all eggs are equal. Eggs are a rich source of protein and DHA — but they have to be eggs from either pasture-raised hens or hens that are fed flaxseed, chia, or algae. These eggs contain 10 to 20 times more omega-3s than most supermarket eggs, which come from grain-fed hens.

Eggs from pasture-raised hens are also richer in vitamin A, vitamin E, choline, and antioxidants like lutein and zeaxanthin, which are critical for brain and eye health.

- **Wild-Caught Fish.** Wild-caught fish are one of the best natural sources of DHA on the planet. Farmed fish contains significantly less, so it's important to buy your fish wild and fresh.

  ✓ A 3-ounce serving of wild salmon provides an amazing 600 to 1,000 mg of DHA.

  ✓ Sardines, trout, mackerel, and herring deliver similar or even higher amounts.

  ✓ Anchovies and tuna can also contribute high levels, although I suggest limiting your intake of tuna to no more than once a week because it can carry higher levels of mercury.

• **Include These Omega-3 Boosters.** After years of tracking my patients' omega-3 levels, I know it is almost impossible to get enough EPA-DHA from your diet.

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

So, you'll almost certainly need supplements... But be careful. If you use fish oil, 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. But I recommend krill oil to my patients. It's the most penetrating and potent source of DHA I know of.

And Cod liver oil is 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, you have a choice. Many cod liver oil supplements no longer have the fishy taste — like it did when your mother tried to give it to you.

## Get Back To The Food Pyramid That Made Our Ancestors Healthy

My advice is to ignore the so-called "recommended" food pyramids that have made us sick and fat. Focus on eating a fat-first diet.

Your new pyramid should look like this...

1. **Base Layer:** The right kind of fats will make up 70% of your calories. This includes natural fats like olive, coconut, and MCT oils; butter; ghee; lard; nuts; and avocados.

I also include meat-based fat sources in this layer. I'm talking about marbled grass-fed beef; organ meat; game meat such as bison, elk, and venison; and wild-caught fatty fish like salmon, herring, mackerel, and sardines. These foods make up your foundation fuel and give your brain exactly what it needs.

2. **Middle Layer:** This layer consists of proteins that build muscle and support your brain's neurotransmitters. This layer makes up 25% of your meal plan.

It includes foods like whole-milk dairy and cheese; pastured eggs; and pasture-raised poultry.

3. **Top Layer:** Round out your meals with starch-free vegetables like broccoli, Brussels sprouts, spinach, bell peppers, and mushrooms are rich in brain-healthy nutrients like vitamins K and E, folate, and beta carotene.

Also include herbs, like turmeric, sage, rosemary, and oregano, as often as possible. These are rich in polyphenols antioxidants which will protect your brain from toxic free radicals.


**Ignore the so-called "recommended" food pyramids that have made us sick and fat. Focus on eating a fat-first diet.**

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## The Silent Energy Crisis Mainstream Medicine Ignores...

# Learn How An Overlooked Vitamin Outperforms Expensive Heart Drugs And Restores Energy In Days

More than half of Americans over 50 complain about a lack of energy.[1] That number shoots up to more than 70% of people with chronic illnesses like heart disease or diabetes.[2]

I see it constantly in my clinic. A patient comes in with crushing fatigue. They tell me they can barely make it through the day. Multiple doctor visits countless tests have yielded no results.

Everything comes back "normal." They're told it's stress... or depression... or "just getting older."

But experience has taught me to look beyond the obvious.

I run one simple test most doctors never think to order: A thiamine test. And more often than not, their thiamine levels are dangerously low.

Within weeks of starting high-dose thiamine supplementation, their energy comes roaring back. The brain fog lifts. The mysterious symptoms disappear.

But here's what's really shocking: These aren't isolated cases.

Studies show that up to 90% of certain patient populations are deficient in thiamine.[3]

Now, thiamine is vitamin B1. It's something you're supposed to get easily from food.

The recommended daily allowance is only 1.1 to 1.2 mg.[4] That's tiny. You should be able to get that from any reasonable diet.

So how can so many people be deficient?

In this issue of *Confidential Cures*, you'll discover how modern life is draining your thiamine, the three major thiamine thieves doctors ignore, the devastating health consequences — and exactly how to restore your energy starting today.

### Symptoms Of A Thiamine Deficiency

**Early symptoms of thiamin deficiency are vague. But they are too important to ignore.**

- Fatigue
- Weakness
- Anxiety
- Memory Loss
- Confusion
- Chest Pain
- Blood Pressure Problems
- Heart Muscle Weakness
- Increased Heart Rate
- Blood Sugar Problems
- Insomnia
- Gastrointestinal Dysfunction
- Hearing Loss
- Exercise Intolerance
- Neuropathy
- Brain Fog
- Muscle Wasting
- Difficulty Swallowing
- Estrogen Dominance
- Weakened Immunity

## Your Mitochondrial Power Plant Is Starving

Your cells contain tiny power plants called mitochondria. These power plants make a molecule called ATP. ATP is your cellular energy currency. Every single thing your body does — from thinking to breathing to moving — requires ATP.

Thiamine is the key that unlocks ATP production.

Without adequate thiamine, your mitochondria can't make energy efficiently. It's like having a Ferrari with sugar in the gas tank. The engine is fine. But it won't run without the right fuel.

Here's the technical part, but it's important...

Thiamine is what scientists call a "rate-limiting cofactor." That means it controls the speed of critical chemical reactions in your body.

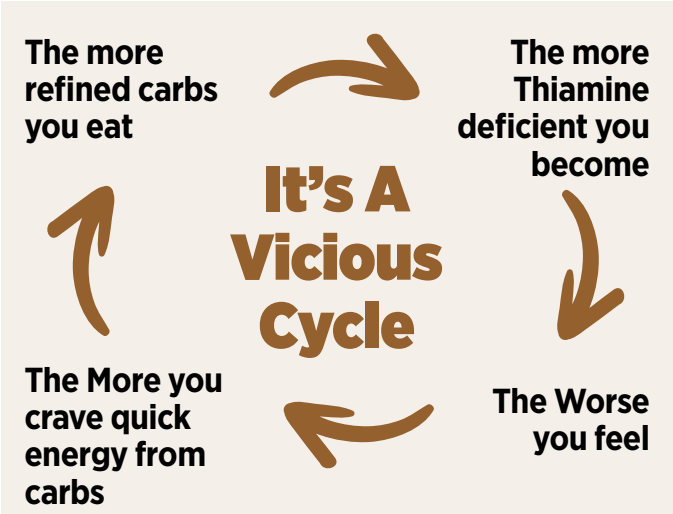
Specifically, thiamine is essential for enzymes that process:[5]

- Glucose (sugar) into energy
- Fat into energy
- Amino acids (from protein) into energy

All three of your body's fuel sources need thiamine to work properly. But here's the problem...

Thiamine has a very short half-life in your body — only about 9 to 18 days.[6] Your body can't store much of it. And it's easily destroyed by heat, chemicals, and various medications.[7]

This means you need a constant supply of thiamine just to maintain normal function. But modern life is waging an all-out war on your thiamine levels.




## The Great Thiamine Robbery

Our ancestors didn't have thiamine deficiency problems.

They ate organ meats, which are loaded with B vitamins. They weren't exposed to the thousands of synthetic chemicals we face every day. And they certainly weren't taking Big Pharma's drugs that actively deplete thiamine.

Today, you're under attack from three directions.

**Attack #1: The Modern Diet.** The biggest thiamine thief? Refined sugar and carbohydrates.

When you eat refined sugar and carbs, your body needs extra thiamine to process them.[8] At the same time, refined foods have had their thiamine stripped out during processing.[9]

So you're creating increased demand while getting zero supply.

It's a vicious cycle. The more refined carbs you eat, the more thiamine deficient you become. The more deficient you become, the worse you feel. The worse you feel, the more you crave quick energy from carbs.

White flour, white rice, pasta, bread, crackers, cookies, and anything with added sugar — they're all thiamine robbers.

The standard American diet is loaded with these foods. The average American eats 152 pounds of sugar every year.[10] That's creating a massive thiamine deficit.

**Attack #2: Environmental Toxins.** Pesticides and herbicides in conventional produce interfere with thiamine function.[11,12] Heavy metals like mercury and lead do the same thing.[13,14]

Chlorine and fluoride — added to municipal water supplies — degrade thiamine in your body.[15] So do industrial pollutants, plastics, and air pollution.[16,17,18]

You can't avoid all of these exposures. But they're adding up to create a huge thiamine deficit in modern humans.

**Attack #3: Prescription Medications.** Millions of Americans are unknowingly taking medications that actively deplete their thiamine levels...

- **Diuretics (Water Pills)**. Drugs like Furosemide (Lasix) — prescribed for high blood pressure and heart failure — flush thiamine right out of your body through your urine.[19]
- **Metformin**. This diabetes drug is taken by more than 15 million Americans. Studies show it can reduce thiamine levels by up to 50%.[20] So the drug used to treat diabetes — a disease

partly caused by poor energy metabolism — depletes the very vitamin you need for energy metabolism.

- **Acid-Blocking Medications**. Proton pump inhibitors (PPIs) like omeprazole (Prilosec) and H2 blockers interfere with thiamine absorption.[21]
- **Antibiotics**. Many common antibiotics disrupt the gut bacteria that help produce and absorb thiamine.[22]

The irony is painful. People with chronic diseases are given drugs that make them MORE deficient in the nutrients they need to heal.

## What Happens When Your Cells Can't Make Energy

When I went to medical school, we learned that thiamine deficiency causes beriberi. It's a disease that causes heart failure and nerve damage.

But we were taught that beriberi only happens in alcoholics and starving people in developing countries. It's not something "modern" Americans get.

*That's completely wrong.*

The truth is, thiamine deficiency exists on a spectrum. You don't have to have full-blown beriberi to suffer serious consequences. What doctors call "subclinical deficiency" can devastate your health. And it's incredibly common.

## Your Heart And Brain Are Desperate For This Forgotten B Vitamin

Multiple studies have found that 70% to 90% of patients with heart failure are thiamine deficient.[23]

Think about that. The vast majority of people with failing hearts don't have enough of a vitamin that helps to power the heart muscle.

In one study published in the *Journal of the American College of Cardiology*, researchers gave heart failure patients 200 mg of thiamine daily for six weeks. Their ejection fraction — a measure of how well the heart pumps — improved by an average of 22%.[24]

A 22% improvement in heart function is remarkable by any measure. Some prescription heart medications don't achieve results that good. And this is a simple, cheap vitamin with virtually no side effects.

Thiamine deficiency can cause irregular heartbeat, rapid heart rate, shortness of breath, and weakened heart muscle.[25]

Yet how many cardiologists routinely test thiamine levels? Almost none.

Your brain is equally vulnerable. It makes up only 2% of your body weight but uses 20% of your energy. And without adequate thiamine, your brain can't make the ATP it needs to function.

The results are devastating and include severe brain fog, memory problems, confusion, balance issues, and peripheral neuropathy (tingling, numbness, and burning in the hands and feet)

In severe cases, thiamine deficiency causes Wernicke-Korsakoff syndrome. This leads to permanent brain damage, memory loss, and even psychosis.[26]

Doctors think this only happens with alcoholics. They're wrong.

I've seen this syndrome in elderly patients who never drank alcohol. In diabetics on metformin. In heart failure patients on diuretics.

New research also links thiamine deficiency to Alzheimer's disease. Studies show that people with Alzheimer's have impaired thiamine-dependent enzymes in their brains.[27]

When researchers give Alzheimer's patients high-dose thiamine, many show improved cognitive function.[28]

## The Dangerous Cycle That's Destroying Your Metabolism

Here's something most doctors don't understand: When you're thiamine deficient, your body can't process glucose properly.

This leads to a dangerous condition called lactic acidosis. Lactic acid builds up in your blood because your cells can't complete normal energy metabolism.

This causes extreme fatigue, muscle weakness and pain, rapid breathing, nausea, and abdominal pain.[29]

Thiamine deficiency also contributes to insulin resistance. Your cells can't use glucose efficiently, so your blood sugar stays elevated.[30]

"If you're constantly tired no matter how much you sleep, thiamine deficiency might be the culprit."

This creates a vicious cycle. High blood sugar creates more demand for thiamine. But you're already deficient. So your metabolism gets worse and worse.

This is one major reason why I tell patients to avoid high-glycemic carbohydrates. They're making an already bad situation worse.

If you're constantly tired no matter how much you sleep, thiamine deficiency might be the culprit. When your mitochondria can't make ATP efficiently, every system in your body suffers. You feel exhausted at a cellular level.

Other common symptoms include muscle weakness, appetite loss, irritability and mood changes, sleep problems, digestive issues, and unexplained weight gain.

Sound familiar? These are some of the most common complaints I hear. And they're often dismissed as "stress" or "getting older."

But they're not normal. They're signs your body is starving for thiamine.

## The Research That Puts Cardiologists To Shame

The evidence for widespread thiamine deficiency is overwhelming...

In a randomized, double-blind study published in the *Clinical Research in Cardiology*, researchers gave heart failure patients 300 mg of thiamine daily for 28 days.[31]

The results were dramatic. Their left ventricular ejection fraction improved from 29.5% to 33%. That's an 11% increase in heart pumping power in less than a month.

The patients also showed significant improvements in exercise capacity, less fluid retention, and better quality of life.

The researchers concluded that thiamine supplementation should be standard care for all heart failure patients.

But it's not. Most cardiologists don't even think about it.

British researchers studied diabetic patients taking metformin. They found these patients had 76% lower plasma thiamine levels compared to diabetics not on the drug.[32]

That's a massive depletion.

The researchers noted that low thiamine could contribute to diabetic complications like neuropathy and cardiovascular disease.

Yet millions of diabetics continue taking metformin without any thiamine supplementation.

A study in the journal *Critical Care Medicine* looked at thiamine levels in ICU patients. They found that 20% to 70% were deficient, depending on their condition.

When doctors gave high-dose thiamine (200 mg intravenously), patient outcomes improved dramatically. There was reduced mortality in patients with sepsis and acute renal failure.[33] This should be standard protocol. But it's rarely done.

## Why Don't Doctors Test For Thiamine Deficiency?

First, medical schools teach that vitamin deficiencies are rare in developed countries. That outdated belief persists despite overwhelming evidence otherwise. Studying vitamins isn't a routine part of most medical school curricula, either — nutrition is only an elective.

Second, there's no money in it. Thiamine costs about $20 for a year's supply. No patent. No profit margin. Compare that to the billions Big Pharma makes marketing expensive heart medications and diabetes drugs.

Third, the standard tests don't work well. Most doctors order serum thiamine, which doesn't reflect your actual cellular status. The better tests — whole blood thiamine and transketolase activity — are rarely used.

So the deficiency remains hidden while patients suffer.

Fortunately, fixing thiamine deficiency is simple, safe, and incredibly effective.

## Boost Thiamine and Restore Your Energy With 4 Easy Steps

**Step 1: Start Supplementing Today.** If you have any of the symptoms I've described, start taking thiamine right away. Here are the forms I recommend:

- **Thiamine HCl (Thiamine Hydrochloride)**. This is the standard form. Start with 100 to 300 mg daily. If you have serious symptoms or you're on medications that deplete thiamine, go up to 300 to 600 mg daily.
- **Benfotiamine**. This fat-soluble form of thiamine is absorbed better than regular thiamine and stays in your system longer. I recommend this for people with diabetes and diabetic neuropathy. Studies show it's highly effective for nerve damage.[34] Take 150 to 300 mg daily.
- **TTFD (Thiamine Tetrahydrofurfuryl Disulfide)**.Also called allithiamine, this form crosses into your brain easily. It's the best choice if you have neurological symptoms like brain fog, memory problems, or balance issues. Take 50 to 100 mg daily.

You can use one form or combine them. Many of my patients take both regular thiamine and benfotiamine for maximum benefit.

All forms of thiamine are extremely safe. Your body regulates thiamine levels naturally, and there are no known cases of toxicity from oral supplementation, even at high doses.

**Step 2: Add Critical Cofactors.** Thiamine requires magnesium to be converted into its active form in your body.[35] If you're low in magnesium — and most people are — thiamine can't do its job. Take 400 to 800 mg of magnesium glycinate daily.

B-complex vitamins work synergistically. Take a high-quality B-complex supplement. This supports your overall energy metabolism and helps thiamine work more effectively.

**Step 3: Cut Out The Thiamine Thieves.** While you're restoring your thiamine, stop depleting it:

- **Eliminate Refined Carbs And Sugar.** Focus on low-glycemic foods: grass-fed meat, wild-caught fish, pastured eggs, non-starchy vegetables, berries, nuts, seeds, and healthy fats like olive oil and coconut oil.
- **Filter Your Drinking Water.** Remove chlorine and fluoride — both degrade thiamine.
- **Limit Alcohol.** It's one of the worst thiamine depleters.
- **Review Your Medications.** If you're taking diuretics, metformin, or acid blockers, talk to your doctor about alternatives — or at minimum, supplement with high-dose thiamine.

**Step 4: Add Thiamine-Rich Foods.** Include thiamine-rich foods in your diet. Some of the best sources include nutritional yeast, pastured pork, grass-fed organ meat, wild-caught salmon and trout, sunflower seeds, macadamia nuts, asparagus, and Brussels sprouts.

One important note: Cooking destroys thiamine, so include raw sources as often possible. Nutritional yeast sprinkled on salads is an easy option.

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## NOTES:

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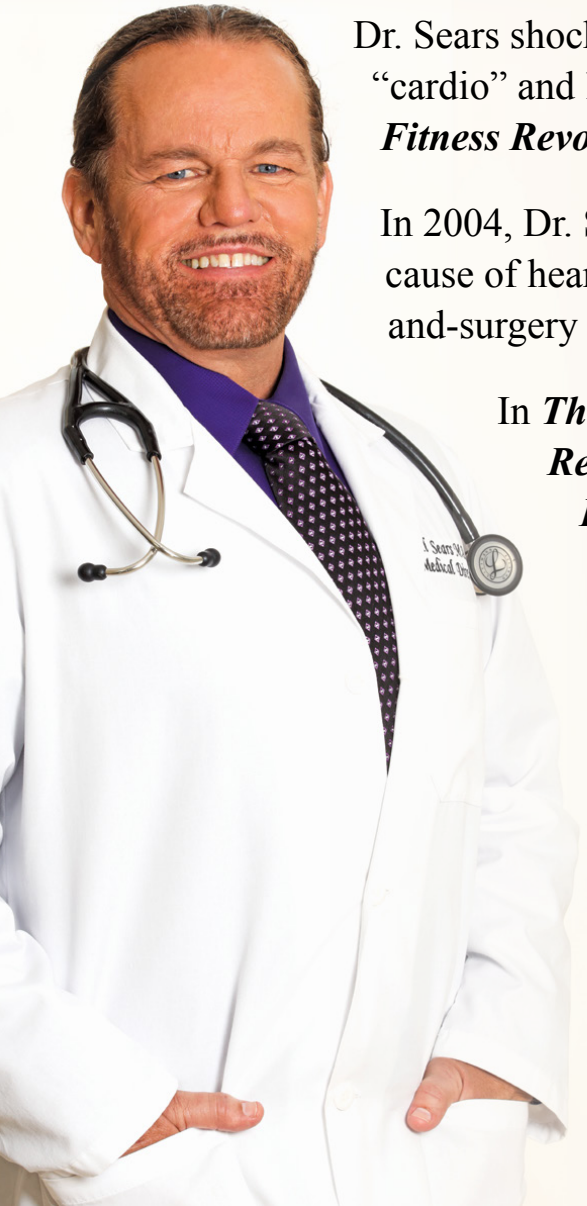
# Al Sears, MD

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).