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

April 2026 **Vol. XV Issue 4**

Dear Friend,

The Alzheimer's epidemic started about 60 years ago.

That's when our government — along with in their corporate Big Food cronies and institutions like the American Heart Association — went to great lengths to scare us into drastically changing the way we instinctively ate.

They told us fat is the enemy, and that their way is healthy.

As a country we complied. Consumption of high-fat foods went way down:

- Red meat by 54%
- Whole milk a whopping 90%
- Butter by 85%
- Lard and tallow by 80%
- Saturated fat by 50%
- Eggs by 50%

And a great injustice was done to your brain.

The truth is your brain needs fat.

It's the single most important organ in your body.

And it's actually made up of 60% fat.

Since Americans started following the low-fat guidelines in the late 1970s, obesity rates doubled.

Type 2 diabetes rates exploded.

And Alzheimer's disease quietly went from a rare diagnosis to the sixth leading cause of death in America.

In your April 2026 ***Confidential Cures***, you will discover:

- For decades, you were told fat was the enemy. But a massive 28-year study reveals that advice may have quietly fueled the Alzheimer's epidemic. Discover how a government decision reshaped your brain health — and the simple, old-fashioned foods and nutrients that can help protect your memory starting today.
- You trust medical journals to tell you the truth. But what if many studies are carefully engineered to sell you something instead? Go behind the scenes of modern research and uncover how Big Pharma shapes what doctors — and you — believe about health, drugs, and "evidence-based" medicine.
- A tech millionaire spent millions trying to reverse aging — and may have made himself worse. His story exposes the dangers of extreme "biohacking." Learn why risky drugs fail and the real breakthrough that can lengthen your telomeres, regenerate your cells, and turn back your biological clock safely.

To Your Good Health,

Al Sears, MD, CNS

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Landmark Study Proves:

Govt's "Low-Fat Lie" Fueled Alzheimer's Epidemic

But You Can Feed Your Brain What It's Craving With This Old-Fashioned Fix

Researchers quietly published one of the most important studies in the history of American health.

It should have been front-page news.

Instead, it was buried.

The question it answered has haunted me for most of my career...

Did the low-fat diet give America Alzheimer's?

For decades, I've watched how eating a low-fat diet has driven the obesity crisis, the type 2 diabetes explosion, and the slow breakdown of health across an entire generation.

I warned my patients. I wrote about it.

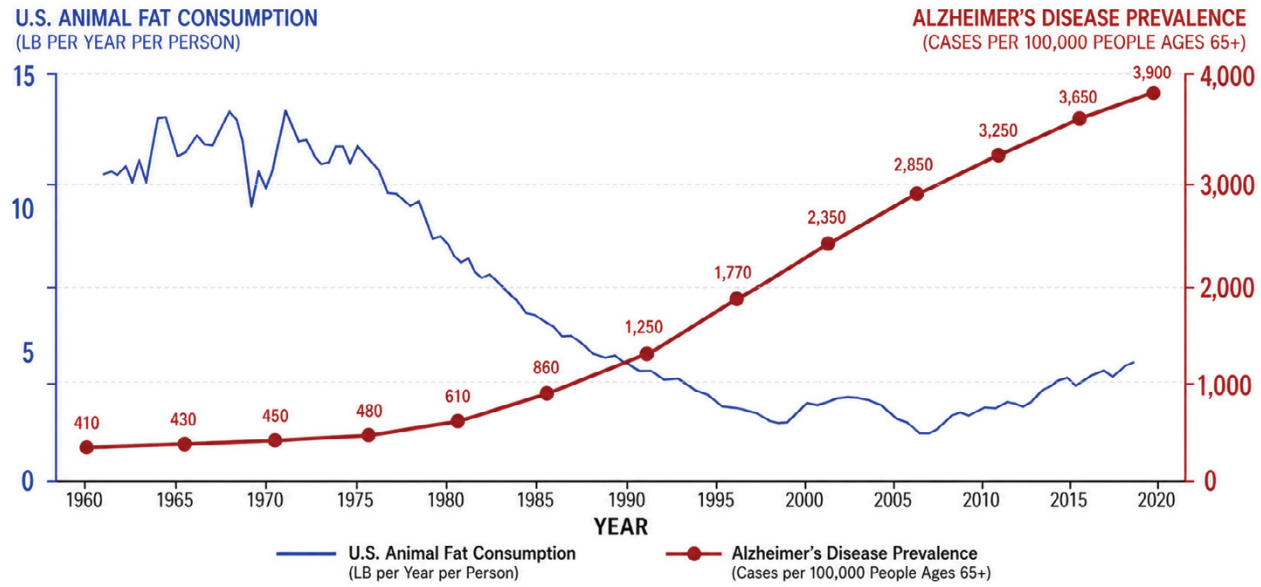
And I watched in disgust as mainstream medicine continued to look the other way.

A 10,000-person, 28-year landmark study has drawn a straight line from the low-fat era to the dementia epidemic.

The link isn't genetic. And it isn't bad luck. It traces back to a political decision made in January 1977 — and the real foods that vanished from American tables shortly after.

The data is clear: The weight gain that low-fat, high-sugar eating produced on a national scale was already laying the groundwork for dementia

Alzheimer's Rates Soared After America Adopted A Low-Fat Diet In the 1970s



After decades of being told to avoid fat, Americans ate less than ever — and Alzheimer's rates skyrocketed. This chart reveals the striking inverse trend that shows how the low-fat lie decimated our brain health.

— years before most people noticed a single symptom.

Close your eyes and imagine the early 1970s... before the low-fat advice took hold.

Before we:

• Reduced fat to just 30% of daily calories

• Stopped eating saturated fat

• Traded butter for margarine, whole milk for skim, and eggs for cereal

• Decreased cholesterol intake

• Made carbohydrates the bulk of our calories

Before Washington created the biggest health epidemic of our time: obesity and dementia.

In this issue of *Confidential Cures*, I'll show you exactly what happened — and give you a simple, food-first plan to protect your brain starting tonight at your own dinner table.

The 28-Year Study That Exposed The Fed's Biggest Health Lie

Here's what that study actually found — and why it matters to you.

The Whitehall II cohort tracked 10,308 ordinary men and women from 1985 all the way to 2015. Researchers checked their weight six times over nearly three decades. Then they watched to see who got dementia.

The results should have been front-page news.

People who were obese at 50 had nearly double the risk of losing their minds later in life — a hazard ratio of 1.93.

And when researchers traced body weight backward through time, they found that the people who eventually developed dementia had been carrying extra weight for a full 28 years before their diagnosis.[1]

Twenty-eight *years*. That means the damage wasn't happening in a nursing home. It was happening at the dinner table. In middle age. When people were just doing what the government told them to do.

Here's where the story turns ugly.

In January 1977, Senator George McGovern's committee issued a report called the "Dietary Goals for the United States." It told every American to cut fat from about 40% of their calories down to 30% — and replace it with carbohydrates, pushing them up to 55 to 60%.

The goal was to stop heart disease. But the science wasn't there to back it up.

A review published in *Open Heart* confirmed what a few honest scientists were already saying: The randomized controlled trials did not support those guidelines.[2]

When one researcher begged McGovern to wait for more evidence, he shot back: "Senators don't have the luxury that the research scientist does of waiting until every last shred of evidence is in."

Politics won while science lost. And the low-fat era was born.

How Big Food Cashed In

The food industry moved fast. Shelves filled up with "low-fat" cookies, "fat-free" yogurt, and "heart-healthy" margarine.

Fat is what makes food taste good, so when it came out, something else had to go in. That something was sugar, corn syrup, and refined starch.

Americans followed the rules. Fat intake dropped 41% between 1980 and 1997. But nobody warned them what would happen next.

Total daily calories climbed from 2,234 in 1970 to 2,673 by 2008.[3,4] Obesity doubled. Type 2 diabetes exploded. And Alzheimer's disease quietly went from a rare diagnosis to the sixth leading cause of death in America.

Before 1977, less than 15% of Americans were obese. People were eating butter, eggs, red meat, and whole milk. And their brains were working.

The Whitehall II study closes the loop. Midlife obesity leads to dementia. And the low-fat diet is what made America obese.

How The "Low-Fat Lie" Starved Your Brain's Power Grid

Your brain is the most fat-dependent organ in your body. Nearly 60% of its dry weight is pure fat. It contains more cholesterol than any other organ you have.

Every memory you've ever made, every thought you think, every bit of who you are — all of it runs on a fatty acid called DHA.

Think of your brain as an electrical power grid. It needs three things to keep the lights on...

- **First, It Needs Insulation**. That's myelin — the fatty coating that wraps every nerve fiber and lets signals move fast. When you don't get enough dietary fat, myelin breaks down. Signals misfire. You get brain fog, memory slips, and the slow decline doctors call "age-related cognitive decline."
- **Second, It Needs Wiring.** The connections where brain cells talk to each other are built from DHA omega-3. And the best food sources of DHA on earth — wild-caught fish, organ meats, pastured egg yolks — were the exact foods Washington told America to stop eating.
- **Third, It Needs Fuel Converters.** Your brain runs on glucose, but it needs specific enzymes to turn that glucose into usable energy. Those enzymes depend on B vitamins — especially thiamine, B12, and folate.

In Alzheimer's patients, those enzymes are severely depleted.[5] And the foods richest in these vitamins — beef liver, red meat, eggs, pork — were the primary targets of the low-fat crusade.

So when Washington told you to swap steak and eggs for bagels and orange juice, three catastrophic things happened to your brain at once.

You cut off the DHA it needs to keep its wiring intact.

You flooded your bloodstream with insulin from all those refined carbs, building the midlife weight gain that the Whitehall II study now links directly to dementia.[6]

And you stripped away the B vitamins your brain's energy system needs to function — because the foods that carried them were suddenly off-limits.

The low-fat diet didn't just fail your brain. It knocked out the power at every level.

4 Steps To Feed Your Brain Like It's 1972

I'm going to give you something no neurologist, no government panel, and no drug company ever will: a clear, simple plan to protect and restore your brain — based on the foods your grandparents ate without a second thought.

Step 1: Restore Your Brain's Master Fat With DHA Omega-3

DHA is the main building block of your brain. It makes up more than 90% of the omega-3 fat in your neurons. Without enough of it, your brain cells can't talk to each other, membranes break down, and inflammation takes over.

The science on this is clear. A massive analysis of 48 studies and more than 103,000 people found that getting more DHA in your diet cut the risk of dementia by about 20%. Long-term omega-3 supplementation was linked to a 64% lower risk of Alzheimer's disease. And for every extra tenth of a gram of DHA you eat each day, your risk of cognitive decline drops another 8%.[7]

But here's what most doctors don't know — and what the supplement industry definitely doesn't want you to figure out. Dose matters enormously.

Researchers at USC did something almost no study has ever done — they gave participants supplemental DHA and then drew spinal fluid to see how much actually reached the brain. It got there.

But when they looked back at past trials that used 1 gram per day or less, those studies showed far weaker brain effects. The people hit hardest were those carrying the APOE4 gene — the gene that raises your Alzheimer's risk the most.

That's likely why so many omega-3 trials have come back disappointing. The dose wasn't getting the job done.[8]

That's why I'm specific about dose in my practice. To reduce the inflammation that drives

Alzheimer's, I recommend a minimum of 1,000 mg of DHA daily.

And I'm particular about the source. I recommend combining calamarine oil — made from squid caught in the pure waters off South America, which has one of the highest concentrations of DHA of any food on earth — with krill oil.

Krill don't live long enough to accumulate toxins. And their omega-3s are in phospholipid form, which passes through cell membranes far more efficiently than the triglyceride form found in most fish oil.

Your food prescription: Wild-caught salmon, sardines, mackerel, or anchovies three to four times per week. Pastured egg yolks daily. Grass-fed bone marrow when you can get it.

And supplement daily with a high-quality DHA formula built on calamarine and krill — not the generic fish oil capsules most doctors recommend.

Step 2: Rebuild Your Brain's Anti-Atrophy Shield With B Vitamins

Your brain shrinks as you age. That's a fact. But how fast it shrinks is not fixed — and the right B vitamins can put the brakes on.

In a study from Oxford University, researchers gave older adults with mild memory problems a simple daily combination of folic acid, B12, and B6 for two years. Across the whole group, brain shrinkage slowed by nearly 30%.[9]

But here's where it gets really interesting...

The people who benefited most were those with high homocysteine — a toxic amino acid that builds up in your blood when your B vitamin levels run low. In that group, brain shrinkage slowed by 53%.

In other words, the right B vitamins cut the rate of brain loss in half.

I test homocysteine in every patient I'm concerned about. If yours is above 10, B vitamins should be your first move — not a prescription drug.

A large review confirmed the same pattern — B vitamins slow mental decline, especially when started early and kept up long-term. And higher folate intake alone was tied to a 39% lower risk of dementia in people over 50.[10]

Then there's thiamine — vitamin B1 — the one almost nobody talks about. The thiamine-dependent enzymes your brain needs to make energy are depleted in Alzheimer's patients.

In animal studies, low thiamine alone creates the same damage seen in Alzheimer's — plaques, tangles, and memory loss. Restore the thiamine, and those changes reverse.[11]

Your food prescription: Grass-fed beef liver is the most brain-protective food on the planet. Ounce for ounce, nothing else comes close for B12 and folate. Eat it once or twice a week. Add pastured eggs, wild clams and mussels — and for thiamine, pork and sunflower seeds.

Supplement with a B-complex that includes methylfolate (not synthetic folic acid), methylcobalamin B12, and benfotiamine — a fat-soluble form of thiamine your body actually absorbs.

Step 3: Extinguish Your Brain's Inflammatory Fire With Curcumin

There is a slow, silent fire burning in the brains of Alzheimer's patients. It never goes out. It feeds amyloid plaques. It destroys the connections between brain cells. And mainstream medicine has no real answer for it.

But nature does.

Curcumin — the golden compound in turmeric — crosses the blood-brain barrier, latches onto amyloid plaques, and breaks up their formation.

An 18-month double-blind trial at UCLA found that a bioavailable form of curcumin improved memory and cut the buildup of amyloid and tau in the brain regions that matter most for memory — in older adults who did not yet have dementia.[12]

Your food prescription: Cook with turmeric every chance you get — always with black pepper and a fat like ghee or coconut oil, which help it absorb. Drink golden milk. Make curries.

And supplement daily with a high-quality curcumin formula — look for one with at least 90% curcuminoids and make sure it contains piperine, the black pepper extract that increases

curcumin's absorption by as much as 2,000%.[13] Standard turmeric capsules without piperine barely make it past your gut.

I recommend 1,000 mg every day.



The golden spice can cross the blood-brain barrier, attach to amyloid plaques, and break up their formation.

Step 4: Reclaim Your Brain's Forbidden Fuel With Real Food

Consider this your permission slip to eat the way your parents and grandparents did — before Washington decided it knew better.

Here's a "Brain-Rescue Grocery List" to make shopping easier.

- Pastured eggs — at least three a day. The yolks are loaded with choline, DHA, B12, and the cholesterol your brain runs on.
- Grass-fed butter and ghee
- Full-fat yogurt, kefir, and aged cheese
- Grass-fed beef and lamb — especially the organ meats: liver, heart, and kidney
- Wild-caught fatty fish — salmon, sardines, and mackerel
- Bone broth and bone marrow
- Avocados and extra virgin olive oil
- Dark leafy greens — for folate
- Turmeric with black pepper — in everything you can

These are not guilty pleasures. These are the foods your body was built to run on — the ones your grandparents ate without a second thought, before a Senate committee decided it knew better than ten thousand years of human nutrition.

For almost 50 years, Washington got it wrong. And the people who paid the price aren't in a lab study. They're in memory care units. They're forgetting their children's names.

You don't have to be one of them.

The fat they told you to fear was never the enemy. It was the fuel your brain was counting on.

And now that you know the truth, you can start giving your brain what it has been asking for all along — starting at your very next meal.

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When "Science" And "Clinical Studies" Turn Into Promotion, It Makes You Ask:

Are Medical Journals Just Another Arm Of Big Pharma?

If you believe medical journals are the final word in unbiased science, we need to talk.

Because what you've been told — that these journals are neutral gatekeepers of truth — is one of the most carefully maintained illusions in modern medicine.

And like all effective illusions, it only works if you don't look behind the curtain.

The problem is that many of those published studies aren't just science. They are also one of the pieces that make up carefully engineered Big Pharma advertising campaigns.

They're not ads in the traditional sense.

They're something much more powerful...

Something that doesn't feel like persuasion because they look like the truth.

Conventional medicine and Big Pharma will never admit it...

But many of the journals that the medical and science community — as well as patients seeking information — have been trained to trust, are operating inside a system that is deeply entangled with Big Pharma's billion-dollar sales machine.

I'm not talking about occasionally or accidentally. I mean systemically.

Once you see how that connection works, you won't read another medical study the same way again.

But the real issue isn't just that many medical journals are biased — it's that the entire system



Today, once-trusted medical journals are deeply tied to Big Pharma's billion-dollar profit machine.

they operate in is built on persuasion, rather than impartial science.

These journals quietly shape what you see...and what you don't.

In this ***Confidential Cures*** article, I'm going to show you why you should stop asking, "Can I trust this study?" And start asking, "Why am I relying on this system in the first place?"

You'll also learn how you can step outside this self-serving research-Big Pharma loop and take charge of your own healthcare.

Take A Deeper Look Behind The Curtain

Medical journals are not just influenced by Big Pharma. In most cases, they're part of the same ecosystem.

Here's how this cozy connection works:

- Drug companies fund the research
- Researchers depend on that funding
- Journals depend on those studies for relevance and impact
- And the final publication becomes a powerful tool — not just of science... but of persuasion

Once you understand that published research functions as persuasion, the next step is to learn how that persuasion is constructed.

It begins long before a research paper is ever submitted.

And by the time a study reaches a medical journal, the most important decisions have already been made — often invisibly.

The drug company has helped shape the trial. It may have influenced which patients are included, which outcomes are measured, and how long the study will run. It may even retain control over the data itself.

None of this needs to be overtly deceptive. Instead, it operates through subtle alignment. You see, studies are often designed in such a way that a favorable outcome becomes more likely — not guaranteed, but encouraged.

And when that outcome appears, it looks legitimate, because technically, it is.

This is how research becomes directional without appearing dishonest.

When researchers examined peer reviewers from elite journals — *The New England Journal of Medicine*, *The Lancet*, *JAMA*, *BMJ* — they uncovered something extremely uncomfortable:[1]

- Nearly 60% had received payments from drug or device companies
- More than $1 billion flowed to them in just three years

This is shockingly corrupt, because these are the gatekeepers... the people who decide what earns the label: "Evidence-based."

What Happens When Publications Become Promotion?

Once research appears in a leading journal, it undergoes an immediate transformation. Suddenly, it's no longer just a study. It becomes a reference point.

- Doctors cite it
- Guidelines incorporate it
- Pharma sales representatives repeat it
- Media outlets simplify and push it

And slowly, almost imperceptibly, it becomes accepted truth. In other words, medical gospel.

This is where the marketing function reaches its peak — not in advertisements or promotional materials, but in credibility.

You see, a published paper does something no advertisement can do. Speaking in the language of science, it bypasses skepticism and doubt and carries the weight of legitimacy.

If you read a lot of these studies, as I do, you begin to notice something else... The story often comes first.

Not that results are fabricated, but in the sense that there is already a direction — a goal around which the whole research project is organized.

What emerges from internal documents produced in litigation, isn't just questionable studies — it is evidence of coordinated publication strategies, where the narrative is being shaped before the paper is even written.[2]

In some instances, manuscripts were drafted by professional medical writers and later attributed to academic authors. The appearance is one of independence. But the underlying structure — and their aim — is something else entirely.

Too often, the end result is a tailored narrative supported by cherry-picked data that pushes a predetermined conclusion.

But perhaps the most powerful force of all in this system is not what's published. But what isn't.

What's NOT Printed Is Just As Important As What Is...

There is never a debate over data that is never seen. Yet, time and again, when full datasets have been uncovered — often through regulatory filings, litigation or independent analysis — a story emerges that is very different from the one presented in journals.

One of the clearest examples of this comes from a landmark analysis published in *The New England Journal of Medicine*, where researchers compared antidepressant trials submitted to the FDA with what appeared in medical journals.[3]

And what they found was shocking. Nearly a third of the trials were never published at all. And among those that were published, the picture was heavily distorted.

The full data revealed that about 51% of trials were truly positive — but the published literature made it appear as if 94% were positive.

In other words, those Big Pharma antidepressants were made to look almost twice as effective as they really were.

Even more concerning, many of the "negative" trials didn't simply disappear — they were rewritten or presented in ways that conveyed a positive outcome, despite failing to show any benefit.

This phenomenon — known as "publication bias" — is not rare or controversial. It is a recognized feature of modern medical research, where studies with positive results are far more likely to be published than those with neutral or negative findings.

When The System Meets Reality

The most concerning part of this system is that there are real-world outcomes that have real consequences on real people.

If a drug is made out to be effective — and safe — when it isn't, the false narrative has already done its damage.

This is what happened with Merck's arthritis drug rofecoxib — sold under the brand names Vioxx, Ceoxx, and Ceeoxx.

Leading journals promoted its "safety," helping drive widespread adoption. But internal data later revealed a clear increase in heart attack risk — information that wasn't fully disclosed in the original publications.

By the time the drug was pulled, it had already been linked to tens of thousands of serious cardiac events.[4]

A similar pattern played out with the GlaxoSmithKline antidepressant paroxetine in teenagers. A study known as "Study 329" was published in a leading journal and was then presented as proof that the drug was both safe and effective.

But when independent researchers later looked back at the original data, they found something very different — not only no meaningful benefit from the drug, but clear signals of harm, including an increased risk of suicidal behavior.

The published paper hadn't outright fabricated results. It had done something more subtle — and more dangerous. It reframed the data, downplayed the risks, and presented a reassuring narrative that simply wasn't true.[5]

These are just the tip of the iceberg. There are dozens of examples, including the opioid painkillers that doctors prescribed for anything from backache, depression, and fibromyalgia to headaches and even toothache.

In each case, the issue wasn't always outright fabrication. It was something more subtle — and arguably more dangerous.

This was, quite simply, a selective presentation of evidence that shaped perception early — and influenced practice before the full truth emerged.

Follow My Protocol To Re-establish Your Primal Health

I'm not telling you to reject medical research. After all, as a regular reader of my letters, you can see that I use this research all the time.

But you do need to see it for what it is — one layer of information, shaped by incentives and context. Your health doesn't have to depend solely on that layer.

The real shift happens when you take control and focus on your core physiology — nutrient sufficiency, metabolic balance, and inflammation control. That's where real Primal health lives.

You see, the further you move away from symptom suppression and toward supporting the system itself, the less you need a journal — or Big Pharma — to tell you what works.

Here's the protocol I recommend to my patients:

1. Restore Nutrient Sufficiency: Today, we are woefully deficient in the nutrients our bodies crave. At the same time, we are assaulted by pollution, processed and ultra-processed foods, toxic medicines, soil depletion, chronic stress, and more.

The modern world is quietly draining us and forcing our bodies into a state of perpetual undernourishment at the cellular level, and inflammatory reaction.

But instead of correcting that problem, conventional medicine prescribes drugs to manage the consequences.

A more intelligent approach is to restore what the body actually needs to function. For basic system support, I advise taking...

- **Magnesium For Nerve And Cardiovascular Stability**. More than 300 enzyme systems rely on magnesium to regulate key biochemical reactions in your body. You can get some from nuts, seeds, dairy, and leafy greens, but modern soil depletion has reduced levels in food. I recommend supplementing with 400 mg per day.
- **Zinc And Selenium For Immune Balance**. Zinc supports your body's defenses by helping immune cells develop and communicate properly, while also shortening infections. Meanwhile, selenium acts as a powerful antioxidant, protecting immune cells from oxidative damage and helping regulate inflammation and antiviral responses. Take **20 mg of zinc and 200 mcg of selenium daily.**
- **B Vitamins For Energy And Brain Function**. B vitamins help convert food into usable energy and support neurotransmitter production for focus, mood, and memory. A practical daily range is a B-complex providing roughly B1 (10 to 25 mg), B2 (10 to 25 mg), B6 (10 to 25 mg), B12 (500 to 1,000 mcg), and folate (400 to 800 mcg).

2. Stabilize Metabolic Function: Most chronic diseases today trace back to two core issues... metabolic dysfunction is the first of these.

I'm talking about blood sugar swings... insulin resistance... and energy instability.

Diseases linked to metabolic dysfunction include type 2 diabetes, obesity, metabolic syndrome, cardiovascular disease, high blood pressure, atherosclerosis, non-alcoholic fatty liver disease (NAFLD), and neurodegenerative conditions like Alzheimer's disease — sometimes called "type 3 diabetes" because of impaired brain glucose metabolism.

These are most often treated with medications, instead of correcting them at the source. You don't need a journal to tell you that your body runs better when:

- Blood sugar is stable
- Insulin sensitivity is preserved
- Energy production is efficient

This means prioritizing real food, protein sufficiency and time-restricted eating or metabolic rest when appropriate.

Start by choosing organic foods when you can. That means focusing all of your meals on high-quality whole foods — pastured beef, lamb, chicken and other properly raised, organic foods.

Fruits and vegetables, not genetically engineered grains, should make up the bulk of your carbohydrates.

My simple rule is to shop and buy local, in season, organic food. Nutrient-rich, properly raised food energizes your body and results in vigor, strength, and long-term health.

I also recommend giving your body periods of metabolic rest. That can be as simple as finishing dinner earlier and going 12–14 hours overnight without eating. This allows insulin levels to fall,

encourages fat burning, and helps reset your energy systems.

When metabolism is stable, your entire system becomes more resilient.

3. Control Inflammation At The Source: Inflammation is not your enemy. It's a natural part of your body's immune response. But chronic, unresolved inflammation is — and it's the second core issue driving most chronic diseases today.

Big Pharma approaches the problem by attempting to block inflammation at a single point in a complex system with drugs like Ibuprofen or Humira.

But your body doesn't run on isolated pathways. It operates as an interconnected system. So instead of forcing one switch "off" with a drug, the smarter move is to remove the drivers:

Clean up your diet, lower oxidative stress with something as simple as a daily handful of blueberries, fix sleep disruption, and support your gut by cutting processed carbs and adding foods like full-fat yogurt.

You should also support the regulators by consuming:

- **Omega-3 Fatty Acids**: These reduce inflammation by shifting the body away from pro-inflammatory signals and toward compounds that actively resolve it. The two key forms — DHA and EPA — are found in foods like wild-caught fish, grass-fed meat, and cold-water fish such as salmon, mackerel, sardines, and herring. But in my experience, it's difficult to get enough from diet alone. I recommend a daily intake of around 600 mg of DHA and 60 mg of EPA, ideally from cleaner sources like calamari or krill oil, rather than standard fish oil.
- **Polyphenols:** These natural compounds are found in plants — especially in berries, olive oil, tea and dark chocolate. They help protect the plant from environmental stress. And in the body, they act as antioxidants and regulate inflammatory signaling pathways, helping to calm chronic inflammation rather than simply blocking it at a single point, as Big Pharma drugs do.

These key nutrients don't suppress your body. They recalibrate it.

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Avoid Big Tech's Fake Anti-Aging "Cure"

And Discover The Biggest Anti-Aging Breakthrough Of Our Time

Have you heard of the tech entrepreneur who spends $2 million a year to reverse biological aging and delay death?

His name is Bryan Johnson. But he's better known as "the man who wants to live forever."

His Netflix documentary shows him taking 100-plus pills daily, getting monthly blood transfusions, and employing a team of doctors.

Yet, his lead physician admits the results are "minimal."[1]

But his latest revelation exposes a disturbing truth about taking anti-aging to the extreme...

Despite his fortune and access to the world's most advanced therapies, his aggressive approach has backfired in the worst possible way.

Because instead of slowing down his aging process, he actually accelerated it.

I understand the drive to slow aging and increase your healthspan. After all, healthy longevity is a cornerstone of my life and my practice.

But Johnson's methods were wrong from the start.

He spent millions on anti-aging "hacks." And when they didn't work, he just moved on to the next unproven scheme...

Including a very dangerous drug called rapamycin.

Johnson's Deadly Rapamycin Regimen

Rapamycin is an immunosuppressant cancer drug that works to control cellular growth by suppressing the immune system.

It's FDA approved for people who undergo organ transplants.



Real anti-aging doesn't come from swallowing hundreds of pills a day.

But it's a dangerous way to promote longevity.

The FDA even slapped a "black box" on it. That's the agency's most extreme warning for drugs that come with "serious or life-threatening risks" — like infections, pneumonia, and cancer.

But that hasn't stopped the National Institutes of Health from testing it as their latest "longevity pill."

In a mouse study, the drug extended the lifespan of the animals by up to 28%.

That was enough to allow the FDA to push for more human testing[2] — and to convince Johnson to take it off label.

Over a five-year period, he tried different doses and protocols. His approach was aggressive. And he believed the drug would do for him what it had done for the mice: improve his general health and slow the aging process.

But instead of stopping time, he aged more quickly.

He experienced serious side effects such as:

- High blood sugar
- Increased heart rate
- Abnormal fat levels in his blood
- Skin infections

He's lucky he stopped before his side effects were even worse.

And if he'd been my patient, I would have told him there's a more effective — and safe — way to slow down aging that doesn't require dangerous drugs or risky procedures.

The Biggest Anti-Aging Breakthrough Of Our Time

Everybody gets older. But that doesn't mean you have to feel older. You can stop and even reverse physical aging and keep your cells young and vital for much longer than you'd think.

Since the discovery of telomerase, the enzyme that rebuilds the length of your telomeres, we now understand the mechanism of aging. More importantly, we now know how to delay — and even reverse — it.

I consider telomeres to be the biggest medical breakthrough of the past hundred years.

Telomeres are the little caps on the end of each strand of your DNA that control how your cells age.

As you age, more of your cells have shorter telomeres. So cells, tissues, and organs are forced to stop refreshing themselves. That makes you feel older, slower, weaker, and tired.

So it's not surprising that short telomeres are directly linked to age-related diseases and death. The shorter your telomeres are, the weaker and older your body will be. No matter how old you actually are.

Short telomeres dramatically increase your chances of aging prematurely and developing age-related diseases like Alzheimer's and cancer.[3]

Research shows that short telomeres increase your risk of:[4,5,6,7,8]

- Alzheimer's by 28%
- Diabetes by 84%
- Death from heart disease by 318%
- A major cardiovascular event by 625%
- Death from infectious diseases by 854%
- And all-cause mortality by 20%

But increasing telomere length wards off disease and aging.[9]

What Causes Telomeres To Shorten?

Telomeres naturally shorten over time. Every time a cell divides, its telomeres get a little bit shorter. But that process can also be sped up by certain factors.

Telomeres are extremely vulnerable to damage. The biggest threats they face include:[10,11,12]

- Oxidative stress
- Inflammation
- Chronic stress

It's probably no surprise that these same issues play a role in age-related diseases. All of them attack your telomeres. And that speeds up cellular aging. So you feel older, sicker, and more worn down by life.

But it doesn't have to be that way. Because you can take steps to slow, stop, even reverse telomere shortening. Refresh every cell in your body. And turn back the aging clock.

Use Oxygen To Turn On Telomerase

Telomerase is a special enzyme that resets your cellular timeclock. It protects your telomeres and helps them rebuild and lengthen.

When you activate telomerase, your telomeres stop getting shorter. It can even restore them by adding back DNA sequences already lost to cell division. Telomerase stabilizes that DNA, allowing your cells to keep dividing and creating perfect copies.

That's how telomerase stops cellular aging and reverses it. Restoring youth to your cells means a more energetic, vital, ageless life for you. No matter how many birthday candles you've blown out.

You don't need crazy stunts and off-label medicines to stop the clock. You need to be proactive about telomere health.

One of the most effective ways to lengthen telomeres — and reverse human aging — is with hyperbaric oxygen therapy, or HBOT.

The research backs me up.

A breakthrough study proves — for the first time in humans — that it's not only possible to stop your body's biological clock in its tracks...but to reverse aging at the cellular level by 25 years...

In the study, researchers tracked 35 older adults for three months. None of the participants made any diet, lifestyle, or medication changes.[13]

The researchers determined that 60 sessions of HBOT therapy:

- Increased telomere length up to 50%
- Reduced senescent, or dying, cells by 40%

In other words, the volunteers' cells aged backward.

HBOT works by infusing your body with oxygen at higher-than-normal atmospheric pressure.

The combination of pressure and oxygen physically dissolves more oxygen into your red blood cells, boosting oxygen levels and encouraging healing and regeneration.

At the same time, HBOT activates the release of growth factors and stem cells, which promote healing and the regeneration of cells, tissues, blood vessels, and organs.

Researchers at the University of Pennsylvania found that after just one HBOT treatment, stem cell concentrations in subjects doubled.

After 20 treatments, they increased by a staggering 800%.[14]

Practice Mindful Meditation

Mindful meditation can maintain longer telomeres. The process helps reduce stress, oxidative stress, and inflammation... all of which can speed up telomere shortening and cell death.

Research shows that meditation keeps telomeres from shortening and slows biological aging.[15] One study showed that mindful meditation increases telomerase production, which is critical for lengthening telomeres.[16]

Another study found that people doing meditation training for three months had 33% higher telomerase activity in their white blood cells than those who weren't meditating.[17]

Here's a simple 15-minute exercise you can try today:

- **Clear Your Mind.** The goal is to rid your mind of all the excitatory energy in your environment.
- **Focus Your Conscious Attention On Your Breathing**. Think about the rhythm of your breath and dismiss any other thoughts. Constantly re-direct your attention to your breath.
- **Observe Your Breathing**. Pay attention to how long it takes you to inhale and exhale. Where does inhaling stop? Where does exhaling begin? Focus on the change and how it feels to go from inhaling to exhaling.
- **Elongate Your Exhalation**. This is where you start to exert control over your breathing to help you relax. Make sure you've inhaled fully, using your abdomen and lungs. Then, push out all of your breath slowly and fully. This is the part we usually forget, but it's the most crucial. As you exhale, you will feel yourself relax.

Four More Ways To Boost Telomerase And Reverse Aging

There is no need to spend millions of dollars chasing down longevity fixes that don't work. Several nutrients also act as telomerase activators. Here are four you can try today:

1. Folate. Homocysteine, a pro-inflammatory amino acid, is one of the greatest threats to your telomeres. Research shows that high homocysteine can triple the speed of telomere shortening due to cell division.[18] Folate, also known as vitamin B9, counteracts homocysteine. One study found that adding more folate can reduce homocysteine by up to 25%.[19]

Folate deficiencies can also speed up telomere shortening and destabilize telomeres.[20]

I recommend getting 800 mcg of folate every day for your telomeres. Grass-fed calf's liver is your best choice for loading up on folate. Dairy, poultry, meat, eggs, seafood, spinach, and broccoli are other good choices.

Folic acid is the synthetic form of folate found in supplements. I generally recommend increasing your folate intake. But if that's not possible, you can safely take 800 mcg of folic acid daily.

2. Astragalus. This plant is rich in a compound called cycloastragenol. Research shows that this compound increases telomerase activity, elongates telomeres, and stabilizes cells.[21]

A six-month placebo-controlled clinical trial found that people who took a standardized astragalus supplement:[22]

- Had significantly longer median telomere length
- A lower percentage of short telomeres
- Increased telomerase activity
- Experienced no toxicity or adverse effects

I was privileged to become the first doctor in the U.S. licensed to administer TA-65, a patented form of cycloastragenol. And research continues to prove the anti-aging value of this astragalus extract.

In one trial, participants who took TA-65 for three months had a much larger population of immune cells, more typical of people who were 20 years younger.[23]

Another arm of that study showed that this natural telomerase activator significantly reduced the number of cells with short telomeres.[24]

I recommend taking 100 mg of this cycloastragenol-rich extract daily to harness its full anti-aging powers.

3. NAD (Nicotinamide Adenine Dinucleotide). Every cell in your body contains a critical coenzyme called NAD. It sparks hundreds of cellular reactions that keep you young, healthy, and alive. NAD has many critical anti-aging functions including:[25,26]

- Stabilizing telomeres
- Repairing DNA
- Boosting sirtuins, anti-aging proteins
- Increasing cellular energy production

As you get older, your natural NAD production slows down dramatically.[27] By middle age, levels can drop by half.[28] That decrease speeds up telomere shortening and cellular breakdown. And those lead to rapid aging. So a big piece of anti-aging involves ramping NAD+ production back up.

You can quickly boost NAD levels by giving your body the supplies it needs to produce more. The best way to do this is by supplementing with NMN (nicotinamide mononucleotide), which quickly converts into NAD+.[29] Your body can also use niacin (vitamin B3) and L-tryptophan (an amino acid) to create NAD.

For full anti-aging benefits, I recommend getting 750 to 2,000 mg of niacin or NMN and 1,000 mg of L-tryptophan daily. But make sure to build up to that niacin or NMN dose very slowly to avoid flushing. Start with 250 mg every other day and slowly work up to the full daily dose.

4. Rhodiola Rosea. Rhodiola Rosea is a tough little yellow flower native to the arctic mountains of Eastern Siberia. It works as an adaptogen, which helps your body manage stress effectively. It also enhances mitochondrial energy production, critical for cellular health.

Research shows that rhodiola has anti-aging, anti-inflammatory, and DNA repair stimulating effects. It naturally and gently stimulates the mTOR anti-aging pathway.[30] This is what Johnson tried to achieve with rapamycin use, but failed.

Look for an extract standardized to contain at least 3% rosavins and 1% salidroside. That's the same ratio found in the natural root.

I recommend taking 250 mg daily on an empty stomach, preferably in the morning, because rhodiola stimulates your brain.

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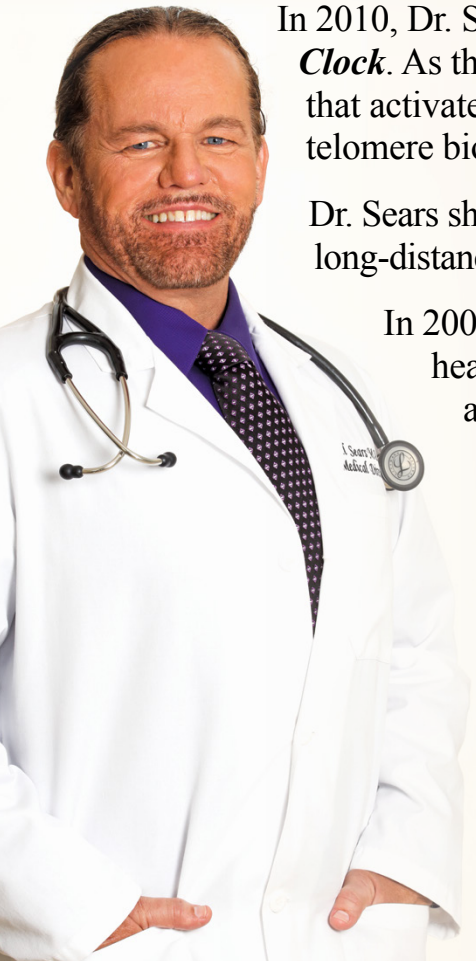
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The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations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

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).

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