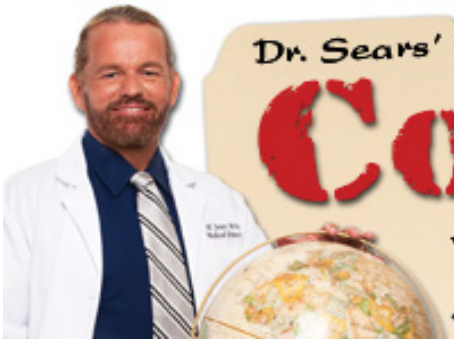


Dr. Sears'
Confidential Cures
Your Guide to Truth and Lies in Medicine from Around the World

February 2026 **Vol. XV Issue 2**

Dear Friend,

For more than 25 years, I've shown you how to reclaim your optimal health with Primal Nutrition. But that was only the first step.

Today, there's another step you must take if you want to give your body exactly what it needs to thrive in our modern world.

I call it Ortho Nutrition.

"Ortho" is the Greek word for "correct" or "straight." And that's exactly what this approach does. It helps you correct the damage the modern environment inflicts on your body every single day.

You see, the human body was designed for a very specific environment. But we no longer live in that environment.

We've altered our food, our soil, our water — and even the air we breathe — so dramatically that it's now nearly impossible to obtain the foundational nutrition our ancestors took for granted...

No matter how "healthy" you try to eat.

Ortho Nutrition allows you to correct the problems that come from no longer eating the food nature provided.

Instead, we rely on industrial producers — whose only goal is profit.

As a result, our food is nutrient-poor and doesn't provide the foundation to combat chronic disease.

In a perfect world, we wouldn't need Ortho Nutrition. But this isn't a perfect world.

More than 50 years ago, Nobel Prize–winning scientist Linus Pauling recognized this shift. He concluded that many chronic diseases are the result of metabolic starvation — the body's slow breakdown caused by inadequate nutrition.

His solution was OrthoMolecular medicine. And today, that principle is more relevant than ever.

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

- How megadoses of vitamins, minerals, trace elements, and amino acids can restore the body's optimum environment for proper metabolic function, as opposed to relying solely on Big Pharma's synthetic drugs. Linus Pauling called his solution OrthoMolecular medicine.
- The little-known metabolic syndrome that affects nine out of 10 Americans today... but only 12% have ever heard of. I'll share how you can recognize the symptoms, but even more importantly, how you can reverse the problem while you still have time.
- Why maintaining and restoring muscle mass is the number-one way to keep yourself out of a nursing home. I'll share the unique nutrient combination that reverses muscle loss and restores strength within 12 weeks.

To Your Good Health,



Al Sears, MD, CNS

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Big Pharma Buried This Lifesaving Breakthrough More Than 50 Years Ago... And The Medical Establishment Continues To Ignore It

But "OrthoMolecular Medicine" Can End Chronic Disease Without Drugs, Surgery, or Side Effects

The medical establishment wants you to believe that prescription drugs are the best solution to today's health crisis.

But as a regular reader, you know that mainstream medicine routinely ignores the most basic biological truth of all:

Your body is designed to heal itself — *if you give it what it actually needs.*

Of course, this goes against everything modern medicine preaches.

Traditionally trained doctors only practice what they've been taught in medical schools. Then they manage symptoms with synthetic drugs that block natural pathways and guarantee side effects...

While never addressing the root cause.

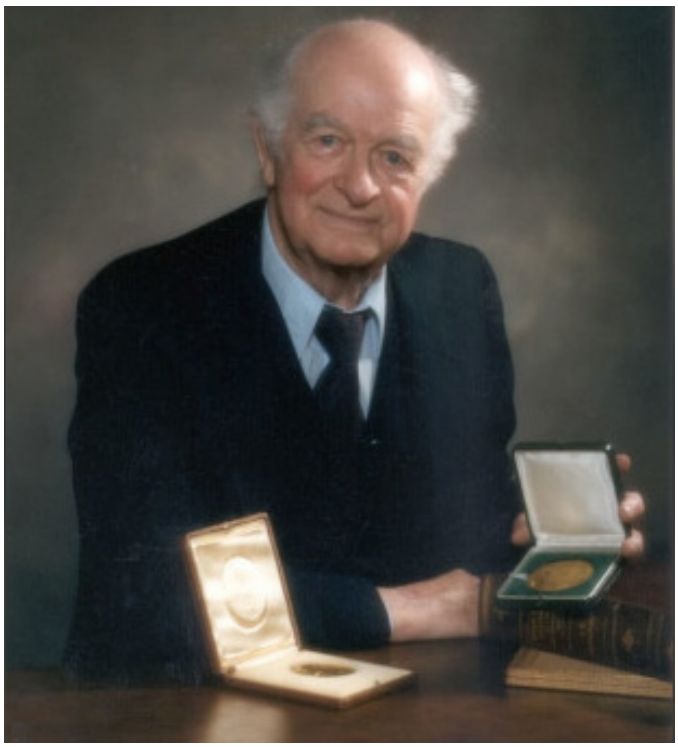
But more than 50 years ago, the only scientist to ever win two unshared Nobel Prizes — Linus Pauling — exposed the real culprit:

Most chronic diseases are simply metabolic starvation caused by a modern world stripped of the optimal natural molecules our genes expect.

He called his solution "OrthoMolecular Medicine."

Basically, it means giving your body the right molecules in the right amounts.

When he proved nutrients could outperform patented drugs, the pharmaceutical cartel launched a vicious campaign to discredit and bury his work.



Linus Pauling, the only scientist to ever win two unshared Nobel Prizes, created the field of OrthoMolecular Medicine. He realized most people became sick because their cells were starving.

Today, as chronic disease explodes despite trillions spent on drugs, Pauling's once-ridiculed ideas are being vindicated by research.

In this *Confidential Cures* article, I'll show you why the establishment is terrified of OrthoMolecular Medicine.

But you will also discover the undeniable proof that simple, unpatentable nutrients can do what trillion-dollar drug developments can't.

Most importantly, I'll give you the blueprint — the "right molecules" — to flood your system with the primal fuel it's desperate for.

You Are NOT A "Broken Machine"

Why haven't you heard of OrthoMolecular Medicine?

Because doctors are trapped in a system designed to treat disease, not create health.

The entire medical-industrial complex relies on the assumption that your body is a broken machine requiring synthetic, patentable chemicals to function.

They operate under the belief that a centralized group of elite academics knows better than millions of years of evolutionary wisdom.

These institutional gatekeepers dismiss the real-world success of natural therapies as "anecdotal" because the results don't fit their narrow, pharmaceutical-funded models.

It doesn't matter that traditional healers have used medicinal plants for millennia. It doesn't matter that thousands of patients report reversing chronic disease through nutrition.

If it lacks a double-blind, placebo-controlled trial funded by Big Pharma, it doesn't exist in their world.

This gatekeeping silences centuries of practical wisdom and dismisses the individual experimentation that's kept humanity healthy for 300,000 years.

Their top-down guidelines prioritize credentials and drugs over real-world clinical outcomes.

They'd rather defend a failing paradigm than acknowledge what works. But biology doesn't care about their profit margins or their consensus. The truth is in your DNA.

For 99.9% of human history, our ancestors thrived because their environment provided the raw materials their cells needed to repair, regenerate, and produce energy.

Today, we're living in a nutrient famine disguised as a caloric feast.

Our soil is depleted. Our livestock is fed grain instead of grass. Our grocery store shelves are lined with "food-like substances" that inflame our arteries and disrupt our hormones.

The result is a population that is overfed but starving to death at a cellular level.

Busting The Myth Of "Expensive Urine"

The mainstream media and the medical orthodoxy paint supplements as "expensive urine."

They claim eating a "balanced diet" gives you everything you need.

I wish they were right. I'd love if we could get all our nutrients from food alone. That's how it should work. But in our modern world, it's impossible.

The Ortho Level Of My Nutrition Pyramid

If you are a regular reader, you know that I developed a four-tiered Nutrition Pyramid designed to give your body exactly what it needs to thrive.

You see, we were built for a certain environment. But we no longer live in it. We've changed the world so fundamentally that we need nutritional supplements to get back to the basic nutrition our ancestors enjoyed.

I call the second level "Ortho Nutrition."

It allows you to correct or "straighten out" the problems that come from living in our toxic and undernourished environment.

(I've recently added a fifth tier to my Nutrition Pyramid. You'll learn more about it in an upcoming issue.)

OrthoMolecular Medicine is simple: providing optimal concentrations of substances *normally present in your body* prevents and treats disease more effectively than drugs.[1]

A statin isn't normally present in your body. A beta-blocker is alien to your biology. But nutrients are native to your biochemistry — and your body knows how to use them.

The establishment argues that the Recommended Daily Allowance (RDA) is sufficient. But the RDA is a starvation index. It's the minimum required to prevent acute death from diseases like scurvy or rickets. It has nothing to do with optimal function or longevity.

Why High Doses Work When "Normal" Amounts Fail

The medical establishment wants you to believe that vitamins just get flushed out if you take more than the RDA. They're wrong — and science proves it.

Here's what they don't want you to know: High-dose nutrient therapy works at the cellular level by fixing broken enzymes that can no longer do their job.

Your body runs on enzymes — thousands of them. These enzymes are like tiny machines that run every metabolic process that keeps you alive.

But over time, many of your enzymes develop what scientists call "reduced coenzyme binding affinity."

In plain English, they become inefficient. The vitamin or mineral cofactors they need to function can't bind properly anymore.

Think of it like a rusty lock that seized up. A single key — the RDA — won't open it. But if you flood the system with hundreds of keys — high doses of the nutrient that specific enzyme needs — you force the lock open.

Suddenly, that broken metabolic lock springs open.

This isn't theory — it's science. When you saturate your cells with high doses of nutrients, you rescue genetically compromised enzymes and restore normal function.[2]

The medical establishment knows this research exists. They just don't profit from it.

Linus Pauling Was Right About OrthoMolecular Levels Treating Cancer

As I mentioned earlier, Linus Pauling termed the phrase OrthoMolecular Medicine. And in 1976, he proved its effectiveness.

He gave high doses of vitamin C to 100 terminal and "untreatable" cancer patients. Then he compared the patients to patients with the same kind of cancer at the same stage who didn't get vitamin C.

The cancer patients who received only traditional cancer treatment lived for an average of six months. Pauling's patients lived for an average of six years.[3]

You'd think the medical community would herald this research as a huge breakthrough. That's not what happened...

When other researchers — including a team from the Mayo Clinic — failed to duplicate Pauling's results, his findings were dismissed as quackery.[4]

And the medical community lost interest in vitamin C as a cancer treatment.

Today, a study from the University of Iowa not only backs up Pauling's claims about vitamin C's cancer killing power, it also explains why other studies failed...

Including the Mayo Clinic study.

Iowa researchers now believe that unsuccessful attempts to treat cancer patients with vitamin C were due to how it was administered. You see, when large doses of vitamin C are given orally, your body breaks the "C" down and expels it.

On the other hand, the researchers found that when high doses of vitamin C were given intravenously, patients had blood levels that were *100 to 500 times higher* than if they had taken a supplement.

And that's why the Mayo Clinic study failed.[5] Pauling gave his patients intravenous vitamin C for the first 10 days of the study. The Mayo Clinic researchers used only an oral dose.

And the Mayo study patients stopped taking vitamin C after the two-and-a-half-month study ended. Pauling's patients took it for the rest of their lives.

More Clinical Proof Destroys The "Chronic Disease" Narrative

Let me give you more front-line clinical examples of what happens when you give the body the right molecules instead of patented drugs.

• **Congestive Heart Failure.** Imagine your heart only pumps 15% of the blood it should. Eventually blood builds up behind your heart, flooding your lungs, causing your heart to swell like a balloon.

With less blood flow to your brain, organs like your lungs, brain, and kidneys stop working from the loss of oxygen-carrying blood.

This is congestive heart failure (CHF). And if you follow mainstream medicine's recommendations, you'll eventually drown in your own blood.

Ortho doses of CoQ10 can bring CHF patients back from near death. CoQ10 researcher Dr. Peter Langsjoen found that when he quadrupled levels of CoQ10 in heart failure patients, heart function improved by a jaw-dropping 88%.[6]

This improvement was measured by the ejection fraction, a critical measure of how much blood the left ventricle pumps with each contraction.

Figuratively speaking, he brought his patients back from the dead.

• **Diabetes.** Higher vitamin K2 supplementation is linked with better insulin sensitivity, lower blood glucose, and a reduced risk of developing type 2 diabetes in populations studied.[7]

In a six-month trial, adults with type 2 diabetes who supplemented with vitamin K2 had significant reductions in fasting glucose, insulin, and HbA1c, along with improved glucose tolerance.[8]

• **Immunity.** During the Covid pandemic, the authorities pushed a Big Pharma solution. What they actively suppressed was that vitamin D supplementation substantially lowers your risk of acute respiratory infections.[9]

Two recent studies found that people with higher levels of vitamin D have substantially less risk of contracting viruses. And if infected, your vitamin D levels determine how sick you get.

A study in *Aging Clinical and Experimental Research* observed:[10]

- European populations known for low levels of vitamin D suffered the highest mortality rates.
- Deaths have been much lower where people have higher levels of vitamin D.
- Older adults with lower levels of vitamin D have been most affected.

Another study, by researchers at Queen Mary University of London, analyzed data from 11,000 participants.[11]

They found that supplementing with vitamin D greatly reduced the risk of contracting an acute respiratory tract infection such as influenza. And those with the lowest starting vitamin D levels benefited the most from supplementation.

It's Almost Impossible To Get Nutrition From Diet Alone

I've always been a strong advocate for getting your vitamins and nutrients from real food. That's how nature intended it. But here's the harsh reality:

Even if you eat perfectly — grass-fed meat, wild-caught fish, pastured eggs, and organic produce — it's not enough.

Modern agricultural practices have stripped up to 40% of the minerals, protein, and vitamins from fruits and vegetables over the past 70 years.[11]

Today, you'd have to eat three times as much just to match what your grandparents got from a single serving.

You still need to eat the best quality food you can find — but you can't rely on food alone to give your cells what they need.

Rebuild Your Metabolic Health With 4 Ortho Supplements

The goal isn't to get "normal levels." It's getting optimal levels. Here's what I recommend:

1. Vitamin C: Forget the RDA of 90 mg for men and 75 mg for women. I suggest supplementing with 3,000 mg to 5,000 mg if you're healthy. If you're sick, take as much as 20,000 mg per day.

But not just any drug store vitamin C will do. The chewable form you find there won't give you the boost you're looking for. Your body can only absorb about 500 mg of this conventional form of vitamin C before you hit saturation.

Look for liposomal-encapsulated supplements.

Liposomes wrap the vitamin C molecule in a thin layer of fat called phospholipids. Your cell membranes are made from the same fat, and the protective layer allows it to bypass your digestive system and "dock" with the vitamin receptors on your cells. This allows you to get up to 98% absorption.

I recommend my cancer patients have vitamin C IV therapy. It's the most effective way to flood your body with the vitamin and the method Pauling used in his cancer study.

IV administration allows for much higher concentrations in the bloodstream — up to 100 times higher than oral doses.

If you are interested in IV therapy, please contact my clinic at 561-784-7852. My staff is happy to help.

2. Vitamin D3. Studies suggest that around 50% of the population is vitamin D deficient. Based on what I see in my clinic, I think the numbers are much higher.

Most doctors will tell you that 30 ng/mL is sufficient. I'm afraid I have to disagree. While helpful, 30 ng/mL is on the lower end of where I want you to be.

I tell my patients that I want them somewhere between 60 ng/mL and 80 ng/mL. That's what I consider to be a therapeutic level. This usually requires at least 5,000 IUs a day taken with fat.

Look for a type of D3 called cholecalciferol. It's the same vitamin D that your body produces. Avoid the synthetic form of vitamin D2.

3. Vitamin K2 (MK-7). Vitamin K2 comes in several different forms called menaquinones. They're numbered from four to nine. The higher the number, the more bioavailable and long-lasting the K2.

Look for vitamin K2 in the form of menaquinone-7. It's much more bioactive than menaquinone-4.

You can find K2 at your health food store or online. I recommend 200 mcg of K2 a day to my patients.

And, as it's fat-soluble, take it with a meal to improve absorption.

4. CoQ10. Studies show that taking CoQ10 daily reduces arrhythmias, improves your heart's pumping ability, and reduces your risk of death from heart attacks. CoQ10 also lowers blood pressure and your atherosclerosis risk.

When CoQ10 pioneer Dr. Peter Langsjoen discovered he could reverse congestive heart failure with CoQ10, he used up to 450 mg to 900 mg a day.

He also used the "reduced" form of CoQ10 called ubiquinol, which is more readily absorbed and is eight times more powerful than standard CoQ10.

I tell patients to take 50 mg every day as a maintenance dose. But I tell my heart patients, especially those taking statins — which kills CoQ10 levels — to take 100 mg to 200 mg.

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Have You Heard Of CKM Syndrome?

90% Of Americans Are At Risk Of This Little-Known Deadly Metabolic Disease

But You Can Stop It In Its Tracks If You Start Now

There's a silent condition stalking Americans right now. It doesn't just attack your heart... or damage your kidneys... or wreck your metabolism.

*It **hits all three at once** — feeding on itself until your organs finally give out.*

It's called Cardiovascular-Kidney-Metabolic Syndrome, or CKM Syndrome. And while the name may be new, the damage it does is not.

The American Heart Association has finally admitted what many of us in medicine have known for years...[1]

Nearly 90% of American adults already have at least one risk factor for this condition. And 33% of Americans have three or more risk factors that contribute to this syndrome.

Yet only 12% of Americans have even heard of it.

Even worse, most people won't know they have it until a heart attack, stroke, or kidney failure forces the truth into the open.

You see, CKM Syndrome isn't a disease in the traditional sense.

It's what happens when your body's most essential systems — the ones responsible for circulation, filtration, and energy production — all begin to fail together.

Your heart struggles to pump efficiently. Your kidneys lose their ability to regulate fluid and pressure. And then your metabolism slows down, storing energy as fat instead of using it.



There is a large gap between risk and awareness when it comes to Cardiovascular-Kidney-Metabolic Syndrome.

Each failure worsens the others, pulling the body into a relentless downward spiral.

Conventional medicine has no real answer for CKM Syndrome — because it lacks a framework for treating a problem that doesn't belong to a single organ, a single specialty, or a single drug.

Modern medicine is built around silos. In other words, it's fragmented.

Cardiologists treat hearts... Endocrinologists focus on blood sugar... And a specialist known as a nephrologist treats kidneys.

Each looks at their own numbers, prescribes their own medications, and sends you on your way.

But practicing medicine this way ignores conditions that require a holistic, whole-body approach to healing.

It also fails to recognize that CKM Syndrome is, at its root, a state of chronic low energy at the cellular level.

This is why CKM Syndrome has been allowed to spread unchecked through nearly the entire adult population.

I'm not telling you this to scare you. I'm telling you so you can do something about it before it's too late.

In this *Confidential Cures* article, you will learn how CKM Syndrome can be reversed — despite what you may have been told. You'll also learn how you can recognize the symptoms, and about the "critical rescue window" when you still have time to fix the problem.

These Are The Symptoms Most Doctors Miss

What makes CKM Syndrome so dangerous isn't just what it does to your body. It's how long it can cause damage without being detected.

You see, CKM Syndrome doesn't begin with crushing chest pain or dramatic symptoms that send you rushing to the emergency room.

It starts in the background, quietly draining your energy while your lab results stay just close enough to "normal" to avoid serious concern.

You might notice fatigue that never seems to lift, no matter how much sleep you get — but your doctor will likely tell you it's nothing to worry about and perhaps blame your age.

Over time, you may also see subtle swelling in your ankles or feet at the end of the day. Your shoes feel tighter or your socks leave deeper impressions on your skin.[2]

This may sound like nothing, but they're early signs that your kidneys are struggling to regulate fluid — long before standard tests flag a problem.

Weight gain often follows, especially around your midsection. Not because you're eating more, but because your metabolism has shifted into conservation mode. Your body is no longer efficiently turning food into energy.

Instead, it stores it — a silent adaptation to declining cellular power.

Meanwhile, your blood sugar and blood pressure begin to creep upward, slowly enough that each increase is dismissed as "borderline."

Your doctor may tell you to monitor your glucose levels and blood pressure... or exercise a little more... or come back in six months.

Yet the damage continues beneath the surface.

What's happening during this stage is critical — and almost never explained...

Your heart is already working harder to push blood through stiffening vessels. Your kidneys are filtering more slowly, allowing metabolic waste to accumulate. And your cells are producing less ATP — the primary energy currency produced in your cells that all of your organs depend on to function.

But each system compensates for the others, masking the problem just long enough for CKM Syndrome to tighten its grip.

This is why so many people are blindsided by a heart attack, stroke or sudden kidney failure. The warning signs will be there — they just didn't look like "disease."

Key Risk Factors For CKM Syndrome

- **Excess Weight/Obesity:** Particularly abdominal obesity.
- **High Blood Pressure (Hypertension):** A major contributor to vascular damage.
- **High Blood Glucose/Diabetes:** Impaired fasting glucose or type 2 diabetes.
- **Abnormal Cholesterol/Lipids:** High triglyceride levels or low HDL cholesterol.
- **Reduced Kidney Function:** Often measured by an increased albumin-to-creatinine ratio.

CKM Syndrome thrives in this gray zone — where, technically, nothing is "wrong," but everything is quietly breaking down.

And by the time conventional medicine recognizes the pattern, the conversation usually shifts from prevention to management.

Medications are added. Numbers are controlled. But the underlying energy failure that started the process is left untouched.

The tragedy is that this early phase — the quiet phase — is also the most reversible.

It's Not Too Late To Reverse The Damage

There is a critical rescue window in CKM Syndrome that almost no one talks about — and once it closes, the conversation changes forever.

This is the period when your heart is beating harder to maintain circulation but not yet scarred... your kidneys are stressed but filtering just well enough to keep waste in check ... and your metabolism is sluggish but not yet broken.

Lab values may also be drifting in the wrong direction, but they haven't crossed the threshold in crisis.

To conventional medicine, this stage looks like it's time to monitor your vitals with a bit more care, but still do nothing — yet to your body, it's a last warning.

And that's why this phase is so important. Because once this window closes, everything changes and it might be too late to save yourself.

You see, persistent high blood pressure leads to permanent vascular damage. Ongoing insulin resistance stiffens arteries and scars kidneys. Chronic inflammation lays down fibrotic tissue that no diet or drug can ever fully undo.

Conventional medicine's "wait and see" approach is the worst possible strategy.

The real tragedy is that most people never realize this window exists — because doctors don't recognize that the source of the problem is a massive cellular energy deficit, and your symptoms are an early warning of systemic energy failure.

But when you attack the true source in time, you can intervene before structural damage sets in. You won't just slow CKM Syndrome down. You'll stop it cold.

Discover The Source Of The Crisis

Doctors recognize when your heart, kidneys and metabolism are in trouble so that's where they tend to focus their attention. But that's also where it goes wrong.

CKM Syndrome doesn't begin in your heart, or your kidneys, or your pancreas. It begins much deeper — in your cells.

Every beat of your heart, every drop of blood filtered by your kidneys, every calorie your metabolism converts into fuel depends on one thing — cellular energy.

And that energy is produced by your mitochondria, the little power generators inside each of your cells.

When your mitochondria are healthy, your organs function in sync.

Blood vessels relax and contract smoothly. Kidneys filter efficiently without excessive strain. Your metabolism burns fuel cleanly, without excess inflammation or fat storage. Energy flows through your system.

CKM Syndrome is what happens when that energy flow breaks down.

But mitochondrial dysfunction doesn't announce itself with a single symptom. It shows up as subtle inefficiencies — slightly higher blood pressure, slower glucose clearance, increased water retention, and chronic fatigue.

Each organ compensates for declining energy in its own way, masking the underlying problem — until it's too late.

Conventional medicine rarely recognizes this stage because it doesn't fit neatly into any specialty. There's no scan for mitochondrial output. No lab test for cellular energy sufficiency.

And no drug that restores coordinated energy production across tissues.

What drives this mitochondrial failure is not genetics or bad luck. It's the predictable result of modern metabolic stress...

- Decades of exposure to unstable industrial fats damage mitochondrial membranes.
- Chronic stress floods cells with cortisol and suppresses thyroid signaling.
- Nutrient depletion — especially magnesium — disrupts the electrical stability required for ATP production.
- Artificial light and sleep deprivation scramble circadian signals that mitochondria depend on for repair.

Over time, your cells lose the ability to generate energy efficiently. When that happens, inflammation rises, hormones drift out of balance, and organs stop communicating effectively.

This is why treating CKM Syndrome as an organ-level problem always falls short. You cannot medicate your way out of a cellular energy deficit. You cannot surgically repair metabolic coordination. And you cannot reverse systemic failure by chasing individual numbers.

The only way out is to restore mitochondrial function... because when you fix the energy deficit, the organs follow.

3 Steps Can Fix CKM Syndrome At Its Root

Reversing CKM Syndrome does not begin with managing numbers. It begins with restoring energy.

Every function that has gone wrong in CKM Syndrome — blood pressure regulation, kidney filtration, glucose control — depends on how efficiently your cells can produce ATP.

- **Step 1: Remove What Is Actively Poisoning Your Mitochondria.** Studies show that industrial seed oils loaded with linoleic acid destabilize cell membranes and impair mitochondrial respiration. This makes efficient energy production impossible.[3]

As long as these unhealthy fats remain in your diet, inflammation and oxidative stress continue to sabotage recovery.

I recommend replacing them with stable, traditional fats — like omega-3s, grass-fed butter, pasture-raised lard, coconut oil and duck fat. When you use these healthy fats, cells quickly regain their structural integrity and energy production can begin to normalize.

- **Step 2: Boost Magnesium Levels.** Mineral balance determines whether restored energy can be used safely — especially when it comes to magnesium.

This overlooked mineral governs electrical stability throughout the cardiovascular and renal systems. Without it, calcium accumulates where it doesn't belong, driving vascular stiffness, insulin resistance, and kidney stress.

Restoring magnesium levels allows smooth muscle to relax, blood vessels to respond normally, and energy to flow through tissues without destructive overload.

Boost levels with sea salt, nuts, seeds, and greens. But it's almost impossible to get what you need from food. Supplementing can fill in the gaps.

Magnesium citrate is the most absorbable form. I recommend between 600 mg and 1,000 mg a day. And always take your magnesium supplement with vitamin B6, which increases the amount of magnesium that accumulates in your cells.

- **Step 3: Turbo Charge Your Mitochondria**. Observations on patients at my own clinic have shown that if you keep your mitochondria healthy, your body will have all the energy it will ever need to stay strong and healthy.

I recommend five powerful and proven mitochondria boosters:

1. **CoQ10.** This super nutrient is key to delaying or preventing mitochondrial depletion. CoQ10's power begins with its antioxidant abilities, which protect your mitochondria against free radical damage. This stops them aging and dying.

   But more than this, CoQ10 is a high-octane fuel, and your mitochondria need it to produce ATP. Every cell in your body uses

CoQ10 to get energy from your mitochondria. It sparks them to make extra energy.

If you can't get CoQ10 through nutrient-rich dietary sources like liver, or from supplementing, your energy levels fall and your organs function below par. Cholesterol-busting statins also drastically reduce CoQ10 levels.

But a CoQ10 supplement can yield immediate benefits. To battle CKM Syndrome, I recommend at least 100 mg a day. And make sure it's the ubiquinol form of CoQ10, which is the most potent.

2. **PQQ**. While CoQ10 does an amazing job of squeezing more power out of your remaining mitochondria, it does nothing for the mitochondria you've already lost. That's where the little-known nutrient, pyrroloquinoline quinone, or PQQ, comes in.

   PQQ triggers your cells to build healthy new mitochondria, producing more fuel, so your cell systems work more energetically and more efficiently. At the same time, PQQ also protects your mitochondria, by neutralizing free radicals that damage and kill them.

   Good sources of PQQ are kiwi fruit, sweet green peppers, carrots, potatoes, cabbage, sweet potatoes, and bananas.

   But for CKM Syndrome sufferers, I recommend going straight to a supplement. Take 10 mg of PQQ daily with your CoQ10.

3. **Acetyl-L-Carnitine.** This amino acid plays a crucial role in making energy in your cells. It transports fatty acids into the mitochondria, where they are burned for fuel. It also carries toxic waste out before it can do damage.

   But as you age, carnitine levels in your tissues drop. That's why you need acetyl-L-carnitine (ALC). Your body converts L-carnitine to ALC. Studies show when your mitochondria slow down, ALC can fire them up again. Studies also show ALC reverses the malfunction in mitochondria.[4,5]

   The best source of L-carnitine is grass-fed red meat. But you can also supplement. I suggest taking at least 500 mg of ALC every day on an empty stomach. Look for a formula with only L-carnitine and not D, L-carnitine. D-carnitine is synthetic.

4. **N-Acetyl-Cysteine (NAC).** Another amino acid that's also a powerful antioxidant. NAC helps make glutathione, the body's most powerful antioxidant. Glutathione is the main line of defense for mitochondria. It helps prevent and repair oxidative damage, thus protecting your mitochondria.[6,7]

   I recommend supplementing with 500 mg per day.

5. **Rhodiola Rosea.** This tough, little yellow flower is native to the arctic mountains of Eastern Siberia and it's a great herb for enhancing mitochondrial energy production.

   I've seen its power to energize my patients firsthand. In just a few months, they are visibly younger and stronger. And they tell me they feel that way, too.

   You can find rhodiola tea in your local health food store. Or you can take it in capsule form. It's also called golden root or roseroot. But make sure you get a formula with enough of the herb's active compounds. Look for an extract standardized to contain at least 3% rosavins and 1% salidroside. That's the same ratio found in the natural root.

   Take 250 mg a day on an empty stomach, preferably in the morning, because rhodiola stimulates your brain.

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Natural Compound Combo Restores Muscle Mass In Just 12 Weeks

Keeping You On Your Feet — And Out Of The Nursing Home

My patients tell me their worst nightmare is to be stuck in a nursing home — frail, immobile, and without their independence.

I can't imagine anything worse. But here's the thing...

Most people who end up in nursing homes aren't sick.

They're in there because of a medical condition that has made them so weak from muscle loss they can no longer care for themselves.

I'm talking about sarcopenia. And even though it's extremely common — most people lose up to 8% of their muscle mass per decade after 40, and that number doubles after 70 — conventional doctors rarely talk to their patients about it.

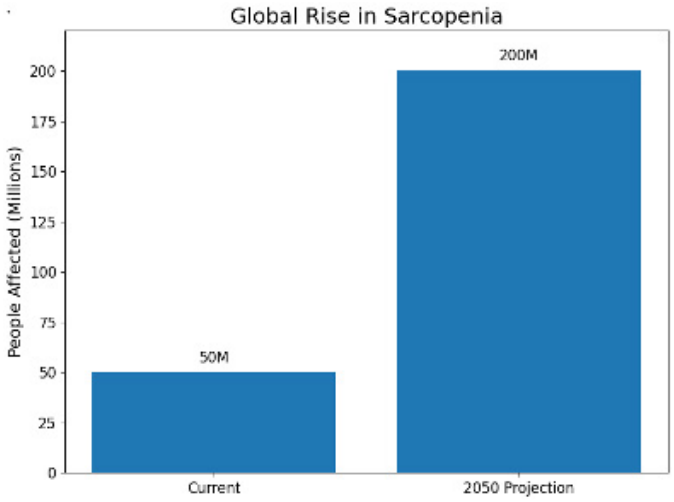
That's beginning to change. But not for the right reasons.

You see, as more and more people take GLP-1 receptor agonists (like Ozempic and Wegovy), muscle loss is becoming a dangerous threat.

Studies indicate that 25% to 40% of the weight lost with these drugs may be muscle rather than just fat, raising risks for sarcopenia and reduced mobility.[1]

And that's only adding to an ever-increasing epidemic.

As I tell my patients, sarcopenia is to muscle what osteoporosis is to bone — a slow and terrible, creeping frailty.



By 2050, the number of people projected to develop sarcopenia will quadruple — to 200 million.

But the effects of sarcopenia go beyond decreased muscle strength. It can lead to mobility problems and fragility, falls and fractures, diabetes, weight gain, and a loss of physical function and independence.

At the Sears Institute for Anti-Aging Medicine, I test my patients regularly for muscle loss. And I've helped thousands of patients prevent sarcopenia and gain muscle mass...no matter their age.

And we provide a protocol that helps them beat it. I've seen frail 80-year-olds double their muscle mass in just a few months.

If they can do it, so can you.

Why No One Is Talking About Sarcopenia

When I talk to my patients about sarcopenia, many tell me they've never heard of it.

Mainstream doctors rarely, if ever, bring it up with their patients...even though it affects over 50 million people worldwide, a number expected to rise to over 200 million by 2050.[2]

You won't see any TV ads about it either.

You see, there's no drug to treat it — so there's no profit for Big Pharma.

And while some pharmaceutical companies are currently investing in ways to make a buck off sarcopenia, it's not currently classified as a "disease." And without that classification, there's no hope of getting a drug to "cure" it approved by the FDA.

But there's good news. Not only can sarcopenia be stopped in its tracks — it can be reversed.

More on that in a moment. First, let's talk about the importance of maintaining muscle mass in all aspects of your health...

Muscle Loss Affects Much More Than Strength

When I taught anatomy and physiology to college students, I used to stump them with this question: "What are the functions of your muscles?"

Most students could only give me one function... That muscle moves your body.

But muscle does so much more than that.

Low muscle mass isn't just about weakness. There is growing evidence linking sarcopenia with functional disability, glucose intolerance, metabolic dysfunction, decreased physical activity, oxidative stress, and loss of hormone production.[3,4,5,6,7]

It's also linked to several major chronic conditions, including:

- **Heart Health.** Studies suggest that among people with cardiovascular disease, those who carry more lean muscle tend to live longer.

  In contrast, individuals with very low muscle mass face a much higher risk of early death.

  This points to muscle acting as a kind of protective tissue for the heart.

  Scientists are still uncovering the exact reasons, but one likely factor is the role of myokines — chemical messengers released by active muscle. These compounds may help calm inflammation throughout the body, which is a major driver of heart disease.

- **Diabetes.** Healthy muscle also plays an essential role in blood sugar control.

  After you eat carbohydrates, glucose enters the bloodstream. Your muscles then absorb much of that sugar, either burning it immediately for energy or storing it as glycogen for later use.

  This storage system helps prevent blood sugar from staying elevated too long. When muscle mass declines, the body has fewer places to "park" glucose, which may help explain why people with less muscle are more likely to develop insulin resistance and type 2 diabetes.

- **Cognitive Dysfunction.** Muscle strength doesn't just affect the body — it influences the brain as well.

  Research has found that reduced muscle strength is associated with Alzheimer's-related brain changes and a higher likelihood of cognitive decline. Sarcopenia is often present even in the early stages of dementia.

  Recent studies have also linked low muscle mass with symptoms such as poor memory, depression, apathy, and reduced motivation in people with mild cognitive impairment and early Alzheimer's disease. One report even found sarcopenia in nearly half of women diagnosed with mild Alzheimer's.

- **Osteoporosis.** Muscle and bone health are tightly connected. When muscles are active, they send signals that encourage bones to stay dense and strong.

  But in people with sarcopenia — especially those who are sedentary — the risk of osteoporosis increases. Less strength also

means greater instability, which raises the likelihood of falls and fractures.

Unfortunately, fear of falling can lead to even less movement, creating a cycle of inactivity that can reduce quality of life and increase the risk of depression.

Why You Need To Build Muscle — Starting Today

Losing your muscle mass creates a whole host of new problems including:

- Weakness
- Fatigue
- Chronic illness
- Slow metabolism
- Diminished sex drive
- Loss of balance
- Weight gain
- Wrinkled, sagging skin
- Brain fog
- Forgetfulness
- Depression
- Brittle bones
- Increased risk of falls and fractures
- Early death

Discover The Supplement That Stops Sarcopenia In Its Tracks

Scientists have now rediscovered a molecule that I've been recommending to my patients for years — and your body already knows how to use it.

It's a powerful, natural compound called β-Hydroxy β-Methylbutyrate, or HMB for short. And it can stop sarcopenia in its tracks.

Let me show you what I mean...

HMB is a metabolite of the amino acid leucine. You get leucine from high-protein foods like steak and eggs. But only about 5% of that leucine ever becomes HMB.

And here's the kicker... HMB is the form your body uses to protect and build muscle. In simple terms, HMB tells your muscles: "Don't break down."

That's why in dozens of clinical trials, HMB has been shown to:[8,9,10,11]

- Increase lean muscle mass
- Prevent muscle wasting in older adults
- Improve strength and function
- Accelerate recovery after illness or injury

Studies also show that HMB is even more powerful when combined with even modest physical activity — like walking or resistance exercise.

But even in people who are immobile or bedridden, HMB was still shown to reduce muscle loss.[12]

In other words, this natural compound is so powerful, you can build muscle without exercise.

You see, HMB works by:

1. **Inhibiting Muscle Protein Breakdown.** It blocks enzymes that break down muscle tissue.
2. **Stimulating Muscle Protein Synthesis.** It promotes the building of new muscle fibers.
3. **Decreasing Inflammation**. It reduces cytokines like TNF- α that are linked to wasting diseases like sarcopenia.

You'd think something this powerful would be shouted from every rooftop. But don't hold your breath.

Big Pharma can't patent HMB because it's a naturally occurring substance. Instead, it's racing to create synthetic lookalikes – drugs that mimic HMB — but with side effects, high costs, and little long-term data.

But you don't need these fake substances. You already have the blueprint in your body.

Studies show that supplementing with HMB — combined with vitamin D — can restore muscle mass and strength within 12 weeks.

Let me explain the connection...

You see, vitamin D isn't just for bones. It also activates muscle receptors and enhances protein synthesis. Low vitamin D means your muscles

can't respond properly. Studies show that HMB works better when your vitamin D levels are optimal.

One study found that when HMB was combined with 1,000 IU of vitamin D3, elderly adults gained significantly more lean muscle mass and functional strength than with HMB alone.[13]

To jumpstart your road to building more muscle mass, here's what I recommend:

- **Take 3 Grams Of HMB Daily:** Divide it into three doses. Your kidneys don't reabsorb HMB, so dividing your daily dosage into three separate doses throughout the day helps maintain steadier levels of the metabolite in your blood and will enhance its effectiveness.
- **Add Vitamin D3:** You should get at least 10,000 IUs a day, through a combination of sunshine, D3-rich foods like wild salmon, tuna in oil, pastured eggs, grass-fed beef, and supplements. To help reach this goal, take 5,000 IUs of a D3 supplement called cholecalciferol every morning.

Use Muscle To Build Muscle

While HMB will help you increase muscle and retain what you have, I tell my patients that ***not*** exercising is ***not*** an option.

Exercise is the most powerful tool for building muscle. And research proves it. Studies prove that people as old as 100 can still build muscle.

In one ground-breaking study, researchers took muscle samples from young adults and older adults.

They determined that the older adults were 59% weaker than the younger ones. Then the older group did exercises three times per week.

After just six months, the older group improved their muscle strength by about 50%.

But there was an even more remarkable side effect. Their muscle tissue was rejuvenated. In fact, most of the genes that express aging were reversed back to younger levels![14]

In other words, building muscle also reversed the aging process.

In a second study, 21 frail, older people took part in a strength program for 11 weeks. Their muscle mass increased by up to 60%. In addition, they had better balance, strength, and physical ability, making them less likely to fall.[15]

And a third study showed how an exercise similar to my PACE program helped 90-year-old patients rebuild muscle.[16]

In the study, the volunteers took part in a high-intensity resistance training workout, and the results were dramatic.

After eight weeks of training:

- Quadriceps strength increased by 174%.
- Mid-thigh muscle area grew by 9%.
- And walking (tandem gait) speed improved by 48%.

The authors framed this as evidence that age-related muscle weakness and atrophy—major drivers of mobility loss—are reversible.

Work Your Muscles The Right Way

Muscle loss is NOT inevitable. Your age doesn't have to dictate your health. We have proven that even elderly nursing home residents can restore their youthful muscle mass.

And build back 100% of lost muscle.

But I don't want you to go to the gym and lift weights. Yes, that will build some muscle, but it won't address the consequences of age-related sarcopenia.

Your upper extremities only contain about 15% of your body's muscle mass. You can increase their size by 200%, and I will barely be able to measure a difference in your body's total muscle mass.

To affect this number, you must go where the big muscles are. I'm talking about your quadriceps on the front of your thighs.

This is the same muscle group the 90-year-olds did in their nursing home.

How To Strengthen Your Quads

In a moment, I'll share a simple PACE move to increase the strength in your quads. First, let me tell what PACE is...

PACE stands for Progressively Accelerating Cardiopulmonary Exertion, and the concept is pretty simple: short, progressively accelerated bursts of intense exercise followed by rest.

There are a lot of ways to do PACE, but for building strength, your best bet is to do resistance training exercises. But you don't need to use weights or join a gym. Your body is the only equipment you need.

I'm talking about calisthenics, which use the resistance of your own body weight to make you stronger. And one of the best calisthenic workouts is called alternating lunges.

- Place your hands on your hips. Keep your back straight and hold your head high.
- Take a step forward with your right leg until your front knee is bent 90 degrees and your back knee almost touches the ground.
- Use your quad muscle to push back off your leading leg and return to starting position.
- Repeat with your left leg. Alternate until you are slightly out of breath.

To make it truly PACE, increase the challenge slightly with each set. That's the "progressivity."

And to get stronger quads and more muscle strength even faster, use "acceleration." That means shorten your recovery time between sets or get up to your desired intensity faster.

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Alternating Lunges

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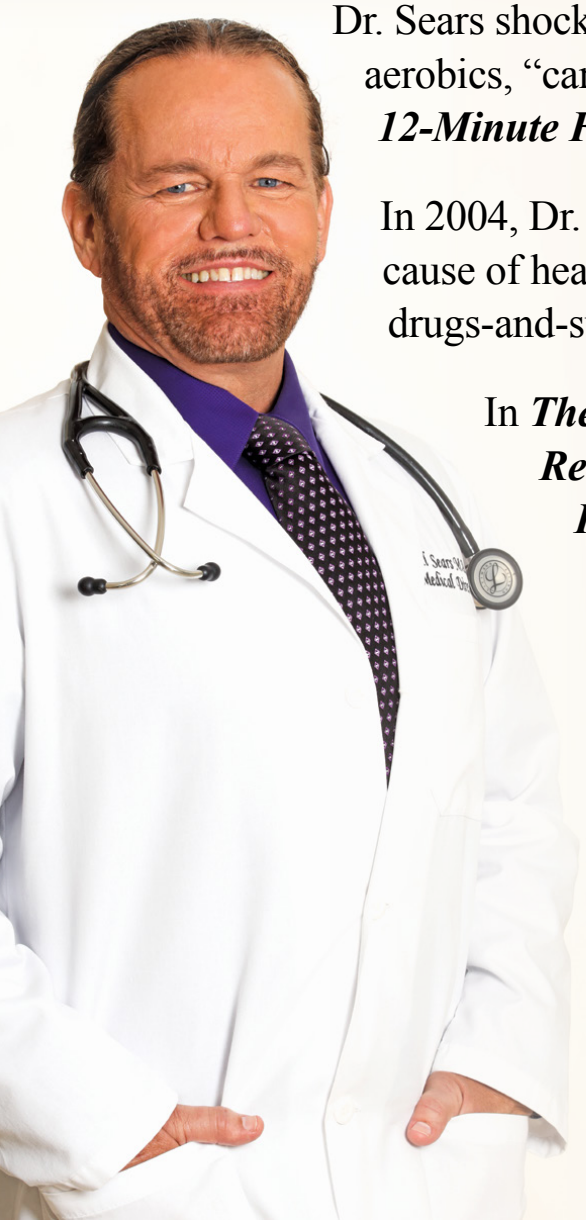
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Al Sears, MD

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).

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