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

January 2026 **Vol. XV Issue 1**

Dear Friend,

If there is one thing I've learned in my 30 plus years of treating patients and traveling the world to research traditional cures...

It's that nature knows best and always has.

And if there's one thing that I hope you learn as a reader of this newsletter, it's that we — I'm talking doctors, patients, consumers, and so-called experts — get into the most trouble when we turn away from nature.

It makes me wonder, how many times are we going to go down the wrong path?

There are so many examples of this that it's impossible to list them all.

But one of the best examples was when we were fooled into believing that heart disease was caused by cholesterol.

For 60 years, the United States, and eventually the world, wandered down this misguided path.

And it led us to become diseased, fat, tired, and in the worst health human history has ever faced.

The result is a nation where 87% of our older population has been prescribed a dangerous statin drug.

As a regular reader, you know that I advise every patient I treat to throw their statin in the trash.

This stance has turned me into an outlaw among conventional doctors, even though multiple studies have determined that there is no link between high cholesterol and an increased heart disease risk.

But Big Pharma is so desperate to sell more of these drugs, they're now prescribing them to children as young as 8-years-old — despite being in perfect health — simply on the basis of family history.

And they recently made the ridiculous claim that statins can also prevent cancer. Of course they can't.

Their latest push to sell one of the most profitable drugs in Big Pharma history is that statins are a "cure" for removing calcium from artery walls.

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

- Why calcium deposits in your arteries isn't a disease, or even a diagnosis. It's a signal that your blood vessels have been injured by inflammation and oxidative stress. I'll show you can address the root cause of arterial calcification without resorting to dangerous drugs.
- How oral bacteria trigger the whole-body inflammation that can lead to heart disease, diabetes, cancer, and more. But more importantly, I'll show you the natural protocol that can protect you — without harsh chemicals or expensive procedures.
- The bodybuilding supplement that not only fuels your muscles, it powers your brain energy production — increasing memory, function, and focus, even in patients previously diagnosed with Alzheimer's disease.

To Your Good Health,

Al Sears, MD, CNS

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Calcium In Your Arteries Isn't The Problem — It's The Proof

Why Your Body Sends A "Repair Mineral" To Damaged Blood Vessels — And What It's Really Trying To Tell You

Many of my patients have told me about a new scare tactic that is sweeping through cardiology practices across the country. The story is almost always the same...

A patient goes in feeling fine — until they undergo a routine heart scan and walk out shaken and confused.

They've just been told that the elevated level of calcium in their arteries has put them on the fast track to a heart attack or stroke.

Then they're advised that there's only one solution: They must begin lifelong statin therapy — immediately.

Doctors Insist You're Helpless To Do Anything About It

In some cases, patients are warned that there's no point in even trying anything else. "It's genetic," they're told. "This just runs in families."

And just like that, a prescription is written and you're instructed to be on these awful, toxic meds for the rest of your life.

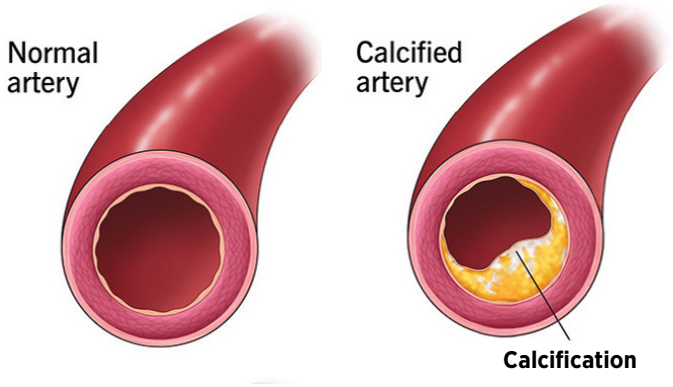
But here's the thing — you're being told to take statins because Big Pharma drugs reps have pushed a half-truth that ignores basic physiology and downplays legitimate risks. It also conveniently funnels people toward a highly lucrative drug that does nothing to address the real problem.

Let me explain...

Calcium in your arteries is not a disease, or even a diagnosis. It's a signal — a sign that something has gone wrong upstream.

Your body doesn't just randomly dump calcium into artery walls.

Coronary Artery Calcification



Calcium in your arteries isn't a disease or a diagnosis. It's a signal that something has gone wrong.

Of course, your body needs calcium. But it belongs in bones and teeth — not in arteries.

Calcium Is Also A Repair Mineral

So when blood vessels are injured by inflammation, oxidative stress, blood sugar spikes, or toxins, calcium gets recruited as a kind of biological patch.

Over time, those patches harden. Arteries lose elasticity and blood flow can become compromised.

But the process doesn't start with calcium. Calcium arrives only after the damage has already occurred.

The problem is, modern medicine has now latched onto calcium scores as a convenient fear trigger — without really explaining what they mean, or more importantly, what they don't.

In this ***Confidential Cures*** article, you'll learn the truth about calcium scores and how you can lower them... without exposing yourself to the dangers of statins.

Is Arterial Calcium Really "Genetic"?

If your cardiologist tells you that calcification in your arteries is inevitable because of genetics... Beware.

This claim has just enough truth to sound convincing — but it also has just enough omission to be misleading.

The truth is that researchers consistently find that the genes associated with cardiovascular disease often tend to act through pathways like inflammation, lipid metabolism, glucose handling, and other metabolic processes.[1]

But genetics do not dictate where calcium ends up in your body.

Think about it... If arterial calcification were purely genetic, then nutrition wouldn't matter. Vitamin status wouldn't matter. Lifestyle wouldn't matter.

Yet decades of research show that calcium metabolism is profoundly influenced by diet, micronutrients, and inflammation.[2]

In other words, you can control the calcium buildup in your arteries yourself — and it doesn't matter which genes you inherited from your parents, grandparents, or your Great Uncle Bob.

That's an inconvenient truth for a system built around Big Pharma's drugs-first solutions.

Why Statins Miss The Mark

Like most people in the developed world, the chances are that a doctor has cajoled, persuaded, scared, or even bullied you into taking statins to lower your cholesterol levels.

I advise my patients to throw their statins in the trash.

This stance has turned me into an outlaw among conventional doctors, even though multiple studies — including the landmark Framingham Heart Study — have found no link between high cholesterol and raised heart disease risk.[3]

But Big Pharma is so desperate to sell more of these drugs, they're now pushing for children as young as 8-years-old to take them — despite being in perfect health — simply on their basis of family history.[4]

While statins were never intended as a preventive drug for healthy children — modern guidelines — including clearance from the FDA — have steadily expanded their use to younger and younger patients labeled "high risk."

And recently they made the ridiculous claim that statins can also prevent cancer... they can't.

The sole anti-cancer benefit that can be said about statins is their mild anti-inflammatory effect.

But to prescribe these toxic drugs for an anti-inflammatory impact — especially when there are hundreds of safe and natural ways to cool inflammation — is one of the most irresponsible medical decisions I can imagine.

There is something else statins can't do...

They CANNOT remove calcium from artery walls, repair the endothelium, or correct the metabolic dysfunction that causes calcium misplacement in the first place.

Some studies suggest statins may even increase arterial calcification by converting softer, inflamed plaque into harder, calcified plaque.[5]

And once you start, you're told that you'll be on these drugs for the rest of your life. That's not preventive medicine. It's a one-size-fits-all response to a much more nuanced problem.

Meanwhile, patients are expected to accept a long list of side effects as the price of protection — including muscle pain and weakness, fatigue, cognitive dulling, blood sugar disruption, and a higher risk of developing diabetes.[6,7]

You see, from Big Pharma's business perspective, as soon as they can get you taking statins — for whatever reason — the larger the lifetime customer value is.

What Doctors Should Be Asking

Instead of obsessing over cholesterol numbers and calcium scores in isolation, the real questions your doctor should be asking are far more fundamental...

Why is calcium going to the wrong places, and how do we redirect it?

When calcium is guided back into bones and teeth, it doesn't linger in blood vessels. It leaves them behind. This isn't alternative thinking or fringe theory — it's basic human physiology.

And these questions determine whether calcium strengthens your skeleton or quietly stiffens your arteries.

You see, your body has evolved precise mechanisms to manage calcium safely, using specific vitamins and minerals as molecular "instructions."

When those instructions are followed, calcium reinforces structural strength where it's needed most. But when they're ignored, calcium becomes misplaced, and arteries pay the price.

This is where nutritional medicine — grounded in real biochemistry — has an advantage that drugs simply don't.

Let me show you what I mean...

Skip The Statins For A Smarter, Biology-Based Strategy

Instead of prescriptions for toxic meds, I recommend a four-prong protocol to my patients — because it addresses the root cause of arterial calcification, instead of masking it.

• **Increase Your Vitamin D Levels:** This fat-soluble vitamin is one of the core "primal" nutrients that kept our ancestors strong, potent, and disease free.

Dozens of studies back up vitamin D's power to help your body absorb calcium from the gut.

The best source of vitamin D is sunshine. You don't need more than 20 minutes in the sun to get all your vitamin D for the day. But because we spend most of our time inside — and winter is upon us anyway — you might have to get your vitamin D from elsewhere.

Some of the best food sources of vitamin D include salmon, mackerel, tuna fish, sardines, eggs, grass-fed beef, and cheese.



Old-fashioned cod liver oil is still a great source of vitamin D.

I also recommend supplementing with cholecalciferol, also called vitamin D3. This is the same vitamin D your body produces. Take 2,000 IUs every day.

You should aim for 5,000 to 10,000 IUs of vitamin D daily from a mix of sunshine, diet, and supplements.

Cod liver oil is also a great source of D3. One teaspoon a day is the equivalent of about eight capsules. You should avoid the synthetic form of vitamin D2 that's in most multivitamins. It's less potent and less absorbable.

It's well known to help your body absorb calcium from the gut. But what's rarely explained is it doesn't tell calcium where to go. That's the job of another important nutrient... K2.

• **Combine With Vitamin K2:** This powerful vitamin activates proteins — such as matrix Gla protein—that act like traffic controllers for calcium.

They pull calcium out of artery walls and prevent it from being deposited there in the first place, directing it instead into your bones. In one study, researchers found that K2 lowered calcium buildup in the arteries by 52%. And it slashed the risk of death by 26%.[8]

Japanese researchers have understood this relationship for decades, which is why high-dose vitamin K2 has been used extensively in Japan

with impressive results for both bone and cardiovascular health.[9]

But you need to take them both together. Taking vitamin D without adequate K2 is like increasing traffic without adding road signs. Calcium absorption goes up, but misplacement risk increases as well.

> "Low magnesium levels have been strongly associated with arterial stiffness, high blood pressure, coronary artery disease, and abnormal heart rhythms."

Goose liver is particularly high in vitamin K2. Three and a half ounces of goose liver will provide 369 mcg of K2.

Natto, the Japanese dish of fermented whole soybeans, is also rich in K2. There are 200 mcg of K2 in a half ounce of natto.

Other good sources of K2 include:

- Beef and organ meat
- Eggs
- Full-fat milk
- Full-fat cottage cheese
- Butter
- Cheese
- Sauerkraut
- Kefir

Of course, all of these foods must come from grass-fed animals.

You see, animals take in vitamin K1 from the grasses they eat. They convert it to vitamin K2 in their gut the same way we do. When you eat meat, fat, organs, and dairy from grass-fed animals you take in their vitamin K2.

Or you can also take a supplement. But make sure you get the right kind.

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 up to 90 mcg a day to my patients. And, because it's fat-soluble, take K2 with a meal to improve absorption.

- **Then, Add Aged Garlic Extract:** Garlic is one of the most extensively studied natural compounds for cardiovascular health — but not all garlic supplements are equal.

I recommend aged garlic extract because its properties have been tested in rigorous, placebo-controlled clinical trials.

In one study, researchers examined low-attenuation plaque, a particularly dangerous form of arterial plaque that's a combination of calcium and fat and strongly linked to heart attacks. The results were striking. Participants taking aged garlic extract experienced a 29% reduction in this plaque, while the placebo group saw 57% progression.[10]

That's not a modest benefit. That's a reversal.

Aged garlic extract works by reducing oxidative stress, calming inflammation within artery walls, improving endothelial function, and inhibiting abnormal calcium deposition — all processes statins largely ignore.

I recommend taking about 1,200 mg of aged garlic extract every day — one 600 mg capsule in the morning with breakfast and another in the evening with dinner.

- **Finally, Don't Forget The Magnesium:** This often-ignored mineral **i**s essential for keeping calcium soluble and properly distributed in your body. Without enough magnesium, calcium tends to harden in soft tissues — where you don't want it.

Low magnesium levels have been strongly associated with arterial stiffness, high blood pressure, coronary artery disease, and abnormal heart rhythms. Unfortunately, most people are deficient, and many supplements are poorly absorbed.[11]

That's why bioavailability matters.

Forms such as ionic magnesium, magnesium glycinate, and magnesium malate are far more effective at reaching cells, where they can counterbalance calcium and support vascular health.

You can get magnesium tablets, soft gel capsules, or a powdered magnesium citrate formula online and in health food stores. I recommend 600 mg per day.

Always confirm the source and quality of the mineral supplement. And make sure there are no extra fillers. These can cause more harm than good.

And take your magnesium supplement with vitamin B6, which increases the amount of magnesium that accumulates in your cells.

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Defending Your Brain Starts In Your Mouth

Mainstream Medicine Obsesses Over Neurons — While Ignoring The Real Source Of Cognitive Decline

Like most people, you probably brushed your teeth this morning. You rinsed, spit, and went on with your day. But in those two minutes of brushing, something happened that your dentist never warned you about:

Bacteria from your mouth entered your bloodstream through microscopic wounds in your gums.

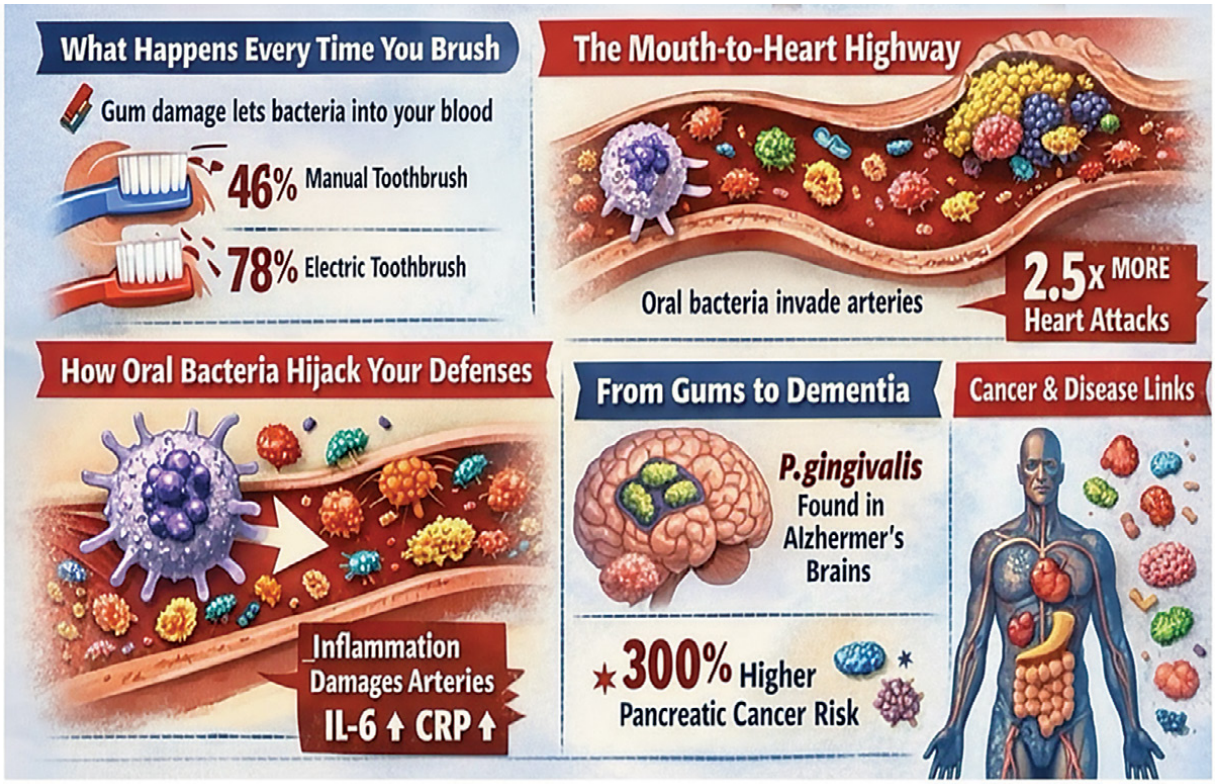
Right now, those bacteria are traveling through your circulatory system. Some are attaching to your arterial walls. Others are crossing the blood-brain barrier. Many are triggering inflammatory responses in distant organs throughout your body.

This happens every time you brush. And if your gums occasionally bleed — something that affects the majority of adults — the bacterial invasion is even worse.

Studies prove it clearly... Routine toothbrushing causes bacteria to enter the blood in 46% of people using manual toothbrushes, and up to 78% using electric toothbrushes.[1]

Yet dentists stay silent. They'll lecture you about flossing and sell you whitening treatments, but they won't tell you about the bacterial highway you're opening from your mouth to your heart.

The Inflammatory Cascade Your Dentist Never Warned You About



Why?

Because acknowledging this would force them to confront an uncomfortable reality: The same oral hygiene habits they've recommended for decades can actually contribute to systemic disease.

Those bleeding gums they dismiss as "nothing to worry about" are the first warning sign that bacteria are creating a direct pathway to your cardiovascular system, putting you at significantly higher risk of a heart attack.

Some studies show the risk is twice as high.[2]

Your oral microbiome — the trillions of bacteria living in your mouth — isn't separate from your overall health. When this bacterial ecosystem falls out of balance, the consequences include heart disease, diabetes, Alzheimer's, and cancer.

The medical establishment knows this. The research has been published in prestigious journals for years. But there's no profitable drug to treat it, so they've swept it under the rug.

Big Pharma can't patent natural solutions. So instead, they push antibiotics that make the problem worse by destroying beneficial bacteria along with harmful ones.

In this issue of *Confidential Cures*, you'll discover exactly how oral bacteria trigger whole-body inflammation. More importantly, I'll show you the natural protocol that can protect you — no harsh chemicals or expensive procedures required.

The Hidden Highway From Your Mouth To Your Heart

If you're one of the 70% of older adults with untreated gingivitis, this bacterial invasion isn't just happening occasionally — it's happening multiple times every single day.[3,4]

These aren't just random microbes. Research has identified specific dangerous species — including *Streptococcus* and *Fusobacterium* — that regularly invade your bloodstream during routine activities like brushing and chewing.[5,6]

These pathogens don't stay isolated. They travel throughout your body, seeding inflammation in distant organs.

Once inside, bacteria like *Porphyromonas gingivalis* actively attach to your arterial walls, establishing permanent colonies in the vessels that deliver oxygen to your vital organs.[7]

Scientists examining plaque scraped from heart attack victims' arteries found these oral bacteria deeply embedded within the blockages. This isn't speculation — patients with severe gum disease suffer 2.5 times more heart attacks than those with healthy gums.[8]

Even routine dental procedures send bacteria into your bloodstream — but your daily brushing habit does this far more often.[9]

Consider the math: You brush twice daily, 730 times per year. Compare that to two annual dental cleanings. Your toothbrush creates 365 times more opportunities for bacteria to invade your bloodstream than professional dental work.

How Oral Bacteria Hijack Your Immune System

What makes oral pathogens particularly dangerous is how they manipulate your body's defense system.

When white blood cells rush to attack bacterial invaders, they unleash inflammatory compounds. This "friendly fire" creates microscopic tears in your arterial walls — perfect breeding grounds for plaque buildup.[10]

It's like your immune system is helping the enemy plant explosives throughout your cardiovascular system.

The inflammatory cascade begins immediately. Once *P. gingivalis* enters your bloodstream, it doesn't die when engulfed by immune cells. Instead, these bacteria reprogram your immune cells to pump out destructive inflammatory signals throughout your body.[11]

The science behind this is fascinating and frightening.

Oral bacteria don't just cause local infection — they trigger a complex chain of events linking periodontal disease to inflammatory conditions throughout the body. They do this in a number of ways, including direct bacterial invasion, immune

cell manipulation, and the release of specific bacterial toxins.[12,13]

Within hours, your liver responds by flooding your bloodstream with C-reactive protein (CRP) — the universal marker of inflammation that cardiologists monitor for heart attack risk.

In one revealing study, when volunteers stopped oral hygiene for 21 days, their gingivitis didn't just cause gum bleeding. Blood tests showed inflammatory markers skyrocketing. Interleukin-6 (IL-6) jumped by 12.52 ng/L and CRP increased 0.24 mg/L.[14]

These aren't abstract numbers. IL-6 directly attacks pancreatic cells to worsen insulin resistance, while elevated CRP is a proven predictor of cardiovascular events.

Here's what really matters: The bacteria produce distinct toxins called lipid A molecules that specifically target your blood vessel walls.

These toxins don't cause random inflammation — they're designed to attack your cardiovascular system at the cellular level.[15] That's why oral bacteria show up preferentially in arterial plaque rather than randomly throughout the body.

The Brain Connection You Need To Know About

The damage doesn't stop at your heart.

Researchers have found oral bacteria in up to 22% of brain abscess cases — often in healthy people with no dental infections.[16] Even more concerning, these weren't people with obvious dental problems. They were ordinary folks who thought their oral health was fine.

The connection to cancer is equally disturbing. One comprehensive study connected periodontitis to a 300% higher risk of pancreatic cancer.[17] Other research has linked poor oral health to increased risk of colorectal[18] and breast[19] cancers.

But perhaps the most frightening discovery involves your brain.

Scientists examining the brains of Alzheimer's patients have found *P. gingivalis* — the same bacteria that causes gum disease — living inside brain tissue.[20] This bacterium produces toxic enzymes called *gingipains* that literally destroy brain cells and accelerate cognitive decline.[21]

Think about that for a moment. The bacteria from your gums can actually travel to your brain and contribute to dementia.

This isn't just correlation. Researchers found that people with chronic gum disease have significantly higher levels of these bacterial toxins in their cerebrospinal fluid. The more severe the gum disease, the worse the cognitive decline.[22]

Animal studies have confirmed the mechanism. When researchers infected mice with oral bacteria, they could track the bacteria's journey from the mouth to the brain. Within weeks, the mice showed signs of neuroinflammation and memory problems.[23]

The concept of a "mobile microbiome" — oral bacteria that travel to and colonize distant body sites — explains many of these mysterious connections. Studies have found oral pathogens in unexpected places throughout the body, from the placenta to the joints to the brain.[24]

Your mouth isn't separate from your body. It's Ground Zero for systemic inflammation that fuels virtually every chronic disease we face today — from heart disease and diabetes to cancer and Alzheimer's.

Why Mainstream Dentistry Misses The Point

Traditional dental care focuses on aesthetics and cavity prevention. Your dentist wants your teeth white, your breath fresh, and your cavities filled. But this narrow view ignores the bigger picture: your oral microbiome is directly connected to your overall health.

Most dentists have no training in the systemic effects of oral bacteria. They learned about drilling and filling, not about inflammatory pathways and cardiovascular disease. It's not entirely their fault — dental schools simply don't teach this material.

But here's what really bothers me: Even when dentists do learn about these connections, many still don't change their approach.

Why? Because the current system rewards procedures, not prevention. They make money from cleanings, fillings, and crowns — not from teaching you how to balance your oral microbiome naturally.

The problem isn't just "bad" bacteria. It's the imbalance of your entire oral ecosystem. The mouth contains complex bacterial communities — organized into what researchers call "microbial complexes" — that can shift from health-promoting to disease-causing.[25]

When beneficial bacteria are destroyed — often by harsh mouthwashes and antibacterial products your dentist recommends — harmful species take over.

Most commercial mouthwashes contain alcohol and harsh chemicals that kill everything in their path.

Yes, they'll temporarily reduce bacteria counts. But they're destroying the beneficial species you need while creating an environment where the most aggressive pathogens can dominate.

It's like using a nuclear weapon when you need precision surgery.

Think of your mouth like a garden. You don't want to kill everything and leave barren soil. You want diverse, thriving plant life that crowds out the weeds naturally.

The same principle applies to your oral microbiome. You need a balanced ecosystem where beneficial bacteria keep harmful species in check. When you destroy that balance with harsh chemicals, you're opening the door for the worst actors to take over.

This is why I've never recommended those strong antibacterial mouthwashes. They create more problems than they solve.

3 Steps To Rebuilding Your Oral Health

The good news is that you don't need expensive drugs or invasive procedures to protect yourself. I've developed a three-part protocol that restores balance to your oral microbiome while strengthening your body's defenses.

At the Sears Institute for Anti-Aging Medicine, I've seen patients reverse bleeding gums and inflammatory markers in a matter of weeks using this approach. One patient's C-reactive protein dropped from dangerously high to normal range. Others report clearer thinking and better energy — all from addressing their oral health naturally.

And treating periodontal disease doesn't just stop cardiovascular damage in its tracks, it can completely turn things around.

A landmark study published in the *New England Journal of Medicine* showed that periodontal treatment significantly improved blood vessel function in patients with gum disease.[26] This proves the connection works both ways: fix the mouth, help the heart.

Step 1: Strategic Oil Pulling. This ancient Ayurvedic practice has been used for thousands of years — and modern research is finally catching up to explain why it works so well.

Oil pulling creates an environment where harmful bacteria can't thrive — without destroying the beneficial microbes your mouth needs.

The key is in the biochemistry. Many harmful oral bacteria have lipid (fat) cell membranes. When you swish oil in your mouth, these bacteria literally get pulled into the oil through a process called emulsification. Meanwhile, beneficial bacteria that live deeper in your gum tissues remain safe.

It's simple, effective, and completely natural.



The ancient Ayurvedic practice of oil pulling can reduce up to 80% of dangerous bacteria.

Here's how to do it:

- Use 1 tablespoon of organic, cold-pressed coconut oil and swish gently for 15-20 minutes.
- If you're new to this, start with just five minutes and build up gradually. Do this first thing in the morning on an empty stomach, before brushing.
- Spit into the trash (the oil clogs drains).
- Rinse with warm water and brush normally.

Don't be alarmed if the oil becomes thick and milky. That means it's working.

Research shows oil pulling reduces harmful bacteria by up to 80% while maintaining the beneficial strains your mouth needs.[27] That's far more selective than any mouthwash on the market.

For enhanced antibacterial effects, you can add one drop of clove oil to your coconut oil. But start without it. Clove oil is potent and can cause sensitivity if overused.

Only use virgin, cold-pressed oils. Refined varieties lack the beneficial compounds that make this technique work. I prefer coconut oil because it contains lauric acid, which has natural antimicrobial properties.

Don't rush this process. Recent research shows five minutes is nearly as effective as traditional 20-minute sessions for reducing plaque, without causing jaw fatigue.

Repeat at night before bed, but don't rinse. This leaves a thin protective film that continues working overnight to neutralize harmful toxins.

Most people notice fresher breath immediately, with visible improvements in gum health within one to two weeks. Bleeding during brushing typically decreases within the first week.

Step 2: Support Your Microbiome With Smart Nutrition. Your oral bacteria feed on what you eat. Give them the right fuel and beneficial species thrive. Feed them sugar and processed carbs, and harmful bacteria take over.

Foods that support a healthy oral microbiome include fermented foods like sauerkraut, kimchi, and traditional yogurt; grass-fed meats and wild-caught fish; and healthy fats from olive oil, avocados, and coconut oil. These foods provide nutrients that beneficial bacteria need to thrive while starving out harmful species.

Foods that fuel harmful bacteria include refined sugars and high-fructose corn syrup, processed grains and starches, and industrial seed oils. These foods create an acidic environment in your mouth that allows pathogenic bacteria to multiply rapidly.

This is the same ancestral eating pattern I've recommended for years. It supports not just your oral health, but your entire body.

Step 3: Use Anti-Inflammatory Supplements. Mainstream dentistry obsesses over plaque scraping while ignoring the root cause of gum disease: runaway inflammation.

I've seen patients reverse periodontal disease in weeks by strategically combining four potent supplements.

- **Prep The Playing Field With Curcumin.** This powerful anti-inflammatory isn't just for arthritis. Curcumin blocks NF-kB, the master switch that triggers inflammatory responses.[28]

  Multiple clinical trials demonstrate that curcumin substantially reduces gum bleeding and inflammation, with visible improvements typically appearing within one month.[29]

  Take 500 mg twice daily, at breakfast and dinner. Look for a supplement that contains at least 1,000 mg of turmeric root combined with Bioperine® — a black pepper extract that's proven to boost curcumin absorption by up to 2,000%.[30]



Combining curcumin with black pepper blocks the master switch that causes an inflammatory response.

Without this crucial ingredient, most of the curcumin you take simply passes through your system unused.

- **Banish Bad Gums With Boswellia.** Frankincense resin contains boswellic acids that sabotage 5-LOX, an enzyme that shreds gum tissue and fuels systemic inflammation.[31] Unlike conventional anti-inflammatories, boswellia targets the inflammatory pathway that produces *leukotrienes* — the compounds that destroy periodontal tissue.

Clinical trials using topical boswellia applications show rapid improvements in gum inflammation — participants with moderate gingivitis experienced measurable reductions within 7 days, with continued improvement over 2 weeks.[32]

For comprehensive systemic benefits that support your entire body while targeting oral inflammation, oral supplementation is key. Take 400 mg of standardized extract with at least 65% boswellic acids, three times daily with meals.

Expect tender gums to firm up within 10-14 days as the boswellic acids reduce tissue-destroying inflammation and allow healing to begin.

- **Shut Down Inflammation With Omega-3s.** Here's what makes omega-3s so powerful: Your body converts EPA and DHA into specialized pro-resolving mediators — resolvins and protectins. These compounds don't just suppress inflammation. They actively switch it off and help damaged tissues heal.

Recent research shows resolvins and protectins work by shutting down the inflammatory cascade at multiple points. They reduce pro-inflammatory cytokines, clear out cellular debris, and restore normal tissue function.[33] This is why omega-3s are so effective for gum disease — they address the root cause of tissue destruction.

The EPA converts directly to resolvins, your body's natural "stop inflammation" signals that help tissues heal. This is the mechanism Big Pharma can't replicate with synthetic drugs.

I recommend a potent blend of deep-sea squid and krill oil providing at least 600 mg of DHA and 400 mg of EPA daily. This high-DHA combination is highly bioavailable, delivering the specific nutrients needed to douse systemic inflammation immediately.

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The "Gym Rat" Supplement That Belongs In Your Medicine Cabinet

Why Creatine May Be The Most Overlooked Brain Fuel In America

If you want to improve your memory and keep your brain power strong and functioning at full speed, your secret weapon could be hiding at the gym.

But I'm not talking about adding more workouts to your routine.

I'm talking about creatine. The same supplement bodybuilders swear by to build muscle can actually boost your brain power.

Of course, traditionally trained doctors won't tell you this. They'll tell you that cognitive decline is a normal part of aging.

But despite what you may have heard, cognitive decline is *not* inevitable.

Your brain does not have to slow down as you get older. If it does, it means...

You May Be Running Out Of Fuel

When you listen to the mainstream medical community, you'd think there's no way to escape that fate unless you're just plain lucky. They tell you that you can't escape or reverse cognitive decline. That you should expect it.

And their ideas are even worse when it comes to serious problems like Alzheimer's. They don't have a cure... But that doesn't stop them from selling you expensive, ineffective drugs. And since there's nothing they can offer you that will actually work, they tell you nothing can be done.

These are all lies.

There's quite a lot you can do to stop, slow, and reverse cognitive decline. You just have to know where to start.



Supplementing with creatine replenishes and regenerates ATP, your brain's primary fuel.

Your Brain Needs Much More Energy Than It's Getting

Your brain is an energy hog. It uses up about 20% of your body's daily energy supplies...even though it takes up only about 2% of the total weight.[1]

Powering your brain requires huge amounts of a molecule called ATP (adenosine triphosphate). The mitochondria in your brain cells create ATP using mainly glucose and oxygen collected from your bloodstream.[2]

Because your brain runs 24 hours a day, it needs to be fed energy constantly. But a lot can interfere with brain energy production. And some of issues can build up as you get older.

The main brain draining issue include:[3]

- Oxidative stress
- Decreased blood flow
- Slowed cellular repair
- Inflammation
- Decreased ATP production

Even if you already feel your brain slowing down... even if you haven't been actively addressing these brain drainers before now... you can still turn things around.

With the world's most popular bodybuilding supplement — creatine.

"Your brain needs energy all the time, and even more when you're feeling tired or stressed. Creatine can fill that energy gap..."

You Probably Need More Creatine

Your body makes its own supplies of creatine, but it gets used up quickly. It's a protein compound made up of three amino acids. And your body uses it mainly to fuel muscles.

Creatine's main job is energy management, making sure there's plenty of energy available to your cells and tissues. It creates a sort of energy "savings account."

You can tap into it as needed for extra power ups. And nothing needs more creatine energy than your brain.

But since your muscles suck up all the creatine they need as its first priority, you need a lot more if you want it to be used in other ways. Some foods can also add to your creatine supplies — meat and oily fish are especially rich sources.

But the best way to beef it up is with supplements. Creatine's supplement form has been used by bodybuilders to beef up their muscles for decades. Safely and effectively, even over the long-term.

So it's the perfect power-up for your brain.

How Creatine Powers Up Your Brain

Your brain needs energy all the time, and even more when you're feeling tired or stressed. Creatine can fill that energy gap, producing more ATP in brain cells and adding to energy reserves.

And creatine offers even more brain benefits:[4,5,6,7]

- Functioning as an antioxidant, eliminating free radicals to prevent oxidative damage
- Restoring healthy blood flow by encouraging arteries to relax and dilate, especially boosting microcirculation through the tiniest blood vessels in the brain
- Boosting cellular repair and mitochondrial function
- Delivering significant anti-inflammatory action, helping protect fragile brain cells

When your brain has all the energy and support it needs, it can function at the highest level... even reversing existing signs of cognitive decline and memory loss.

This Is Your Brain On Creatine

Even though creatine has been used safely for decades, scientists are just beginning to discover what it can do for your brain. And their results are mind-blowing.

A groundbreaking pilot study found that creatine supplements improved cognitive function in Alzheimer's patients.[8] The patients took 20 grams of creatine — more than the standard bodybuilding dose — for eight weeks.

And everything changed.

The creatine levels in their brains jumped up significantly by 11%. And the Alzheimer's patients saw improvements in:

- Working memory
- Executive function
- Focus
- Ability to ignore distractions

A review that included 16 studies and 492 subjects found that creatine supplements had significant positive effects on memory, processing speed, and attention. Researchers noted that the effects were most dramatic in people with various diseases and women.[9]

Another study found that even a single 20-gram dose of creatine improved brain energy and cognitive performance in sleep-deprived people.[10]

And a meta-analysis that includes six studies and 1,542 participants over age 55 showed that creatine supplementing brought on memory and attention improvements in older adults.[11]

Creatine is a clear winner for boosting brain power. And its benefits don't stop there.

Creatine Delivers Whole Body Benefits

Every cell in your body needs energy, antioxidant protection, healthy blood flow, and the ability to repair itself. That's how creatine delivers benefits beyond building muscles and boosting brain power.

Research shows that supplementing with creatine:[12,13]

- Balances cholesterol and triglyceride levels
- Decreases fat accumulation in the liver
- Lowers homocysteine levels
- Controls blood sugar
- Improves physical function for people with arthritis
- Slows or stops cancer progression
- Minimizes bone loss

How To Use Creatine To Improve Cognition

For a full brain boost, I recommend starting with 10 to 20 grams of creatine, split into two to four doses, every day for six to eight weeks. If you find you aren't tolerating 10 to 20 grams, start with 5 grams for the first week, and increase from there.

Take it with your food, the earlier in the day the better.

Splitting doses is important. It improves absorption, reduces GI upset, and maintains steadier plasma levels, which is important for brain uptake.

Once your brain creatine is elevated, you don't need higher doses forever.

I recommend reducing what you take until you are on a maintenance program of 3-5 grams of creatine daily.

Make sure you get a high-quality creatine supplement. Look for one labeled creatine monohydrate.

There are many products out there that don't contain what is written on the label. This is especially true for creatine gummy products sold on Amazon which contained NO creatine at all when tested.

3 More Steps To Boost Brain Power

There are two critical things you need to do to keep your brain firing on all cylinders: exercise it and nourish it.

And by doing both, you're giving your mind its best chance of staying sharp and clear for your whole life. No brain fog. No cognitive decline. Just quick thinking and total recall every day.

Step 1: Use Your Brain Every Day. Your brain needs constant stimulation to keep making new synaptic connections. The more synapses you have, the better and faster your brain will perform. Keeping the connections you have and creating new ones will make sure your mind stays active no matter how old you are.

There are many fun ways to exercise your brain and keep your mind challenged. Here are 3 of the best ways to give your brain a regular workout:

1. **Play Brain Games.** Crossword puzzles, sudoku, jigsaw puzzles, and logic games keep your mind stretching. There are also many brain-boosting apps you can download including CogniFit, BrainHQ, and Elevate. Playing these types of games improves cognitive function, attention, and motor speed.[14]
2. **Use Your Other Hand.** Doing routine tasks, like brushing your teeth or writing a to-do list, with your non-dominant hand creates new connections in your brain.[15]
3. **Learn Something New.** Your brain needs to learn new things. Whether it's drawing, playing music, speaking a new language, learning new skills boosts your brain power. Within six weeks you'll experience significant cognitive gains in several areas including attention, flexibility, and plasticity.[16]

Step 2: Nourish Your Brain: Your brain devours nutrients like it sucks up energy. As you age, your brain needs more targeted support to stay clear and sharp. This is especially true if you eat processed foods which are known to cause cognitive impairment.[17]

A 2026 study found that the amygdala — the part of your brain that forms memories and processes emotions — is particularly sensitive to refined foods, showing signs of impairment after just a few days eating junk food.[18]

Avoiding these hazardous foods and giving your brain more of the support it craves can restore and improve your brain function. In addition to the creatine boost, here are 5 critical supplements for maximizing your brain power.

- **Coenzyme Q10 (CoQ10)** pairs perfectly with creatine, forming a perfect "dynamic duo" for brain health. Research shows that combining these two nutrients increases their effectiveness when it comes to cognitive health.[19]

  The best CoQ10 food source is grass-fed beef. But it's hard to get enough from diet alone. I recommend taking 50 mg of ubiquinol CoQ10 daily. The ubiquinol form is 8 times more powerful and stays in your bloodstream longer than conventional CoQ10.

- **Acetyl L-carnitine (ALC)** keeps your brain firing on all cylinders, stopping Alzheimer's and dementia from taking hold.[20] It protects your brain cells, improves your mood, and sharpens your memory. It boosts blood flow in the brain, protecting your brain against damage from poor circulation that limits oxygen and nutrient delivery.[21]

  ALC boosts cellular repair functions so damaged brain cells can fix themselves and work normally again.[22] And it also triggers the release of a critical neurotransmitter, acetylcholine, which plays a key role in preventing cognitive decline and Alzheimer's disease.[23]

  I recommend taking 250 mg of acetyl L-carnitine every day.

- **Choline** provides the other crucial building block for acetylcholine, and you need it to preserve clear memory and thinking. Choline also helps resolve brain inflammation, reduces oxidative stress, and improves spatial learning and cognitive function.[24] Low choline levels have been directly linked to Alzheimer's disease and dementia.[25]

  The best food sources include egg yolks, chicken and beef liver, and salmon. Again, it's hard to get enough to maintain your brain from food alone. For a brain performance boost, my favorite supplement form is choline citrate. Women need 425 mg a day; men need 550 mg.

Step 3. Maximize Your Brain Power With The Right Workout. Earlier I said you didn't need to add more workouts to your routine. But switching your cardio routine for the *right kind* of exercise can increase cognition.

For nearly three decades, I've been helping my patients boost their brain health, stay sharp, and improve their memory at any age. In all that time, I've found that one of the best strategies is to stay active.

And science backs me up on this...

A recent study from McMaster University proves that high-intensity exercise improves memory. Researchers divided a group of 64 sedentary but otherwise healthy adults into three groups.

One group did high intensity interval training. A second group did moderate exercise. The third control group simply stretched.[26]

After 12 weeks, the people who exercised with high intensity saw their memory improve as much as 30%.

Those who engaged in moderate exercise or only stretching saw no improvement.

In an earlier study from the same university, researchers found that those who engaged in a high-intensity workout program increased their supply of brain-derived neurotrophic factor (BDNF).

BDNF is like a "growth hormone" for the brain. It increases the creation and growth of nearly every type of neuron. It also increases the lifespan of existing neurons.

And it helps the brain develop new neural connections called synapses. One study showed that people with the highest levels of BDNF develop dementia 50% less often than people with lower levels.[27]

In the McMaster study, the high-intensity sessions included four sets of exercise for four minutes, followed by a recovery period. That's similar to my PACE program... but it's not as effective as it could be.

At the **Sears Institute for Anti-Aging Medicine**, trials clearly show that short periods of exercise leaving you panting for breath are far superior for initiating growth and self-repair, plus greater BDNF production.

PACE is safe at any age. And it doesn't matter if you're out of shape. You start out easy, at your own level. Gradually, you increase your intensity as each move becomes easier.

I often recommend that patients begin with my favorite beginner move.

1. Stand upright with your legs together, arms extended in front of your chest, and elbows bent.
2. Lift your right knee toward your left elbow. At the same time, swing your right arm down and behind you.
3. Return to starting position.

Repeat the motion on the other side. Alternate those two marching-style movements until you reach your desired intensity. Then rest and recover.

Start slowly. It may take you a few sessions to build your strength and endurance. That's OK. You're boosting your brain the whole time.

For more PACE workouts, check out **my YouTube channel**. There you'll find 30 different exercises as well as a complete PACE workout.

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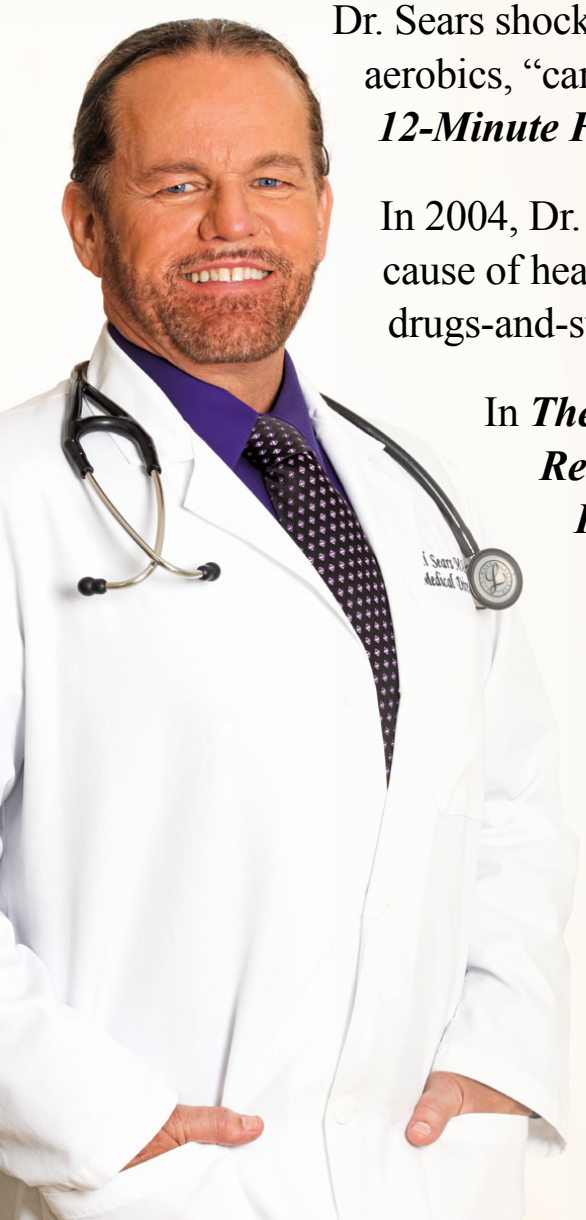
The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.

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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