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

March 2026 **Vol. XV Issue 3**

Dear Friend,

Over the past three decades, I have watched with increasing alarm the skyrocketing numbers of patients with type 2 diabetes coming to my wellness clinic.

The horrific trend I'm seeing mirrors exactly what's happening in the rest of America, Europe, and the world.

As a regular reader, you know the root cause of diabetes — not to mention almost every chronic disease we face today — starts with the starchy, processed *"carbage"* that passes for food today.

Your body wasn't designed to handle all those carbohydrates.

But it turns out that it's not just the massive increase in processed junk we consume that's leading to a diabetes epidemic...

Big Pharma is also a major contributor to this explosion in the number of diabetics.

Our modern-day diabetes plague has been caused both by Big Food's fake foods and Big Pharma's drugs — specifically statins.

A recent analysis that pooled data from 150,000 people determined that taking a statin increased the risk of developing diabetes by 36%.

It makes perfect scientific sense because statins activate a specialized immune response that blocks insulin from controlling your blood sugar.

I believe that by continuing to push these unnecessary, cholesterol-busting drugs on an ever-increasing public, Big Pharma and the doctors who do its bidding violate the most sacred rule of medicine:

"First, do no harm."

In your March 2026 issue of ***Confidential Cures***, you will learn:

- How the pharmaceutical industry downplayed the danger of the statin-diabetes link for decades — while pulling in billions in profit. More importantly, I'll show you practical steps you can take to control your blood sugar and safeguard your heart...without becoming another victim of Big Pharma's cholesterol-to-diabetes pipeline.
- About a 5,000-year-old remedy from high in the Himalayan mountains that helps your body fight the toxic world you actually live in. You'll also learn about the ancient healing power of minerals, most of which are missing from the modern diet.
- How a mysterious "magic milk" that science still can't replicate is linked to longevity, sharper brain function, and powerful metabolic benefits. You'll also learn why this ancient probiotic outperforms modern medicine in ways researchers are only beginning to understand.

To Your Good Health,

Al Sears, MD, CNS

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New Research Confirms:

Cholesterol-Lowering Drugs TRIPLE Your Diabetes Risk

But You Can Avoid Big Pharma's Cholesterol-Diabetes Pipeline

For decades, tens of thousands of people across America — maybe even you or someone you love — were told that the benefits of taking a daily statin far outweighed any potential risk.

The only side effect, according to cardiologists, are "rare muscle aches."

Patients trusted their doctor and filled the prescription.

Statins are the most prescribed drugs in America. By 2019, a staggering 818 million prescriptions had been written and filled.[1] So they must be safe, right?

Wrong.

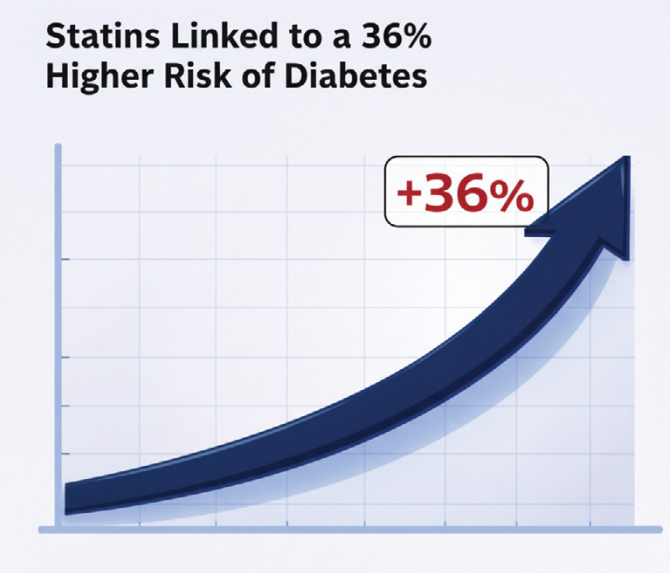
I've been warning my patients about statins — and challenging mainstream medicine's long-held view that cholesterol is harmful — since I wrote my best-selling book *The Doctor's Heart Cure*. Cholesterol doesn't cause heart disease. Inflammation does. And statins don't prevent heart attacks.

Now the largest statin analysis ever conducted has finally confirmed another dangerous side effect I've warned my patients about for years...

Statins drive blood sugar higher. Even worse, they trigger new-onset diabetes.[2]

And when your doctor increases your dose because it's "not working well enough," your risk of developing diabetes doesn't just inch upward...

It jumps by a staggering 36%.[3]



High-intensity doses of statins — routinely prescribed by cardiologists — increase the risk of type 2 diabetes by 36%.

Let that sink in...

If you're already facing metabolic challenges — your fasting glucose is 105, your waistline has crept past 40 inches, or you've gained weight — that statin "adjustment" can be the difference between borderline and a diabetes diagnosis.

This diagnosis then locks you into a lifetime of more drugs, more finger pricks, more doctor visits, and more dependency on the very system that pushed you into this metabolic trap in the first place.

In this ***Confidential Cures*** article, I'll show you exactly how statins sabotage your insulin sensitivity and cripple your pancreatic beta cells. I'll expose how the pharmaceutical industry has quietly minimized this risk for years by burying the warnings in fine print... all while raking in billions.

Most importantly, I'll give you steps you can take to protect your heart and blood sugar without turning you into another casualty of Big Pharma's cholesterol-diabetes pipeline.

The Proof They Tried To Hide

For years, the medical establishment dismissed statin-related diabetes as "rare" — or something that only happened to patients who were already at risk.

The FDA slapped a warning on the label in 2012. But more than likely, your doctor never mentioned it.

The party line was simple: The cardiovascular benefits outweigh the small diabetes risk. But the data tells a very different story...

In 2024, the Cholesterol Treatment Trialists' Collaboration published what may be the most comprehensive statin analysis ever conducted.

They pooled individual patient data from 23 trials — more than 150,000 people followed for four to five years.[4]

The findings were impossible to spin. Low-to-moderate intensity statins raised new-onset diabetes by about 10% compared to placebo. High-intensity doses — the aggressive dose cardiologists routinely prescribe — pushed that risk to 36%.

And it wasn't just new diabetes diagnoses.

The same analysis found that statins drove steady, relentless increases in fasting glucose and HbA1c — your long-term blood sugar marker.

The average shifts sound small until you realize that 62% of new diabetes cases in this analysis occurred in people who simply had high-normal blood sugar at baseline.

These weren't sick people. They were people just like you — hovering near the threshold. Until a statin pushed them over.

In a separate 2024 study, researchers followed heart attack survivors and found that high-intensity statin therapy was associated with a 32% higher rate of new-onset diabetes.[5]

These were real patients who were given a drug their doctors called lifesaving. And they were handed a second diagnosis in return.

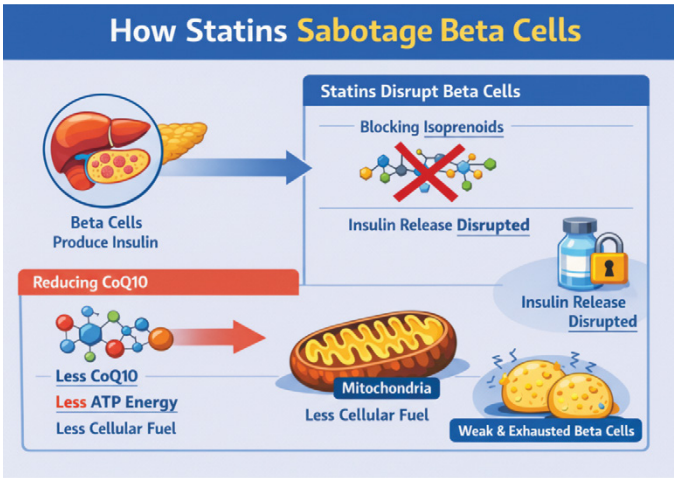
How Statins Sabotage Your Metabolism

Here's what your cardiologist isn't telling you: Every time you swallow that statin, it's doing something to your pancreas, your muscle cells, and your metabolism that goes far beyond cholesterol.

Let me show you what I mean...

Your pancreatic beta cells are the cells responsible for producing insulin. Statins disrupt how these cells work at the most basic level. They block the production of compounds called isoprenoids — molecules your beta cells need to release insulin properly.

They reduce CoQ10, which your mitochondria — the energy generators inside every cell — depend on to function. Less CoQ10 means less ATP, the fuel your cells run on. Less fuel means your beta cells can't do their job.



They also interfere with calcium channels inside your beta cells. Calcium is the trigger that actually releases insulin into your bloodstream.

Disrupt that trigger, and insulin secretion slows down or stalls.[6]

A nine-year study published in 2025 put hard numbers to this damage...

Statin users showed a 5% to 6% reduction in insulin sensitivity and a 5% to 8% reduction in beta cell function compared to non-users.

Rosuvastatin (Crestor) and simvastatin (Zocor) showed the most pronounced effects.[7]

Outside the pancreas, statins block that same isoprenoid pathway in your muscle cells — crippling the glucose transporters that pull sugar out of your bloodstream and driving insulin resistance deeper.

Fewer transporters mean less glucose uptake — and more sugar sitting in your bloodstream where it doesn't belong.[8]

Then there's the weight gain connection.

Large trials including the JUPITER study have documented consistent weight gain in statin users — and the weight tends to land in your midsection.[9]

Belly fat isn't passive. It's metabolically active tissue that releases inflammatory compounds and makes insulin resistance worse. The more it accumulates, the harder your already-stressed pancreas has to work.

And here's the finding that exposes the whole racket for what it is: A 2024 study using six years of genetic and clinical data found that low LDL cholesterol — whether from statins or genetics — was independently linked to higher rates of type 2 diabetes.[10]

In other words, the very goal your doctor is chasing — that magic LDL number under 70 — is part of the problem.

Protect Your Heart in 3 Easy Steps — Without Wrecking Your Metabolism

I've been treating patients with heart disease for decades, and I can tell you that the choices mainstream medicine offers you — take the statin or risk your heart — is false.

An important warning:

Don't stop taking statins without medical supervision. Abrupt disuse can cause a rebound effect, especially if you have existing cardiovascular issues. Work with a doctor who will support this process.

There's a better way. And I use it in my clinic every day.

But I want to be clear about something before we go any further. I'm not going to help you find a "safer" statin dose. There isn't one.

The data you just read makes that plain — these drugs damage your beta cells, destroy your insulin sensitivity, and push people with perfectly normal blood sugar straight into a diabetes diagnosis.

No dose of that is acceptable when there are better options.

What I am going to give you is a roadmap to get off these drugs entirely — and the tools to prove to your doctor that you don't need them in the first place.

If your current doctor won't have that conversation, find one who will. Here's where to start...

Step 1: Build Your Case — And Get Off Statins for Good

Ask for a complete metabolic workup. You want fasting glucose, HbA1c, fasting insulin, triglycerides, HDL, waist circumference, and blood pressure.

That panel tells the real story. In my experience, most patients who've been on statins for years are already showing signs of metabolic damage — creeping glucose, rising insulin, and thickening waistlines.

Your doctor has been watching your LDL while your metabolism quietly deteriorates.

Next, ask for imaging — a coronary calcium scan or carotid intima-media thickness test. These show whether there is actual plaque in your arteries. Hard evidence, not guesswork.

In many cases, the arteries are clean. The patient was never at significant risk to begin with. They were treating a number on paper.

A number that, as the Framingham Heart Study confirmed decades ago, has no reliable link to your actual risk of a heart attack.[11]

If your scan comes back clean and your absolute cardiovascular risk is low, you have everything you need to make the case.

Bring your doctor the data. Show them that high-intensity statins raise diabetes risk by 36%. Then point to your own metabolic numbers and ask a direct question:

What is this drug protecting me from?

Then track everything once you begin the transition off statins — fasting glucose, HbA1c, lipids, blood pressure. Bring that record to every appointment.

Step 2: Rebuild Your Metabolic Reserve With PACE

If you need a statin, your doctor probably told you to do some light cardio and keep your heart rate moderate and steady.

That's 100% wrong. And for someone already under metabolic pressure from statins, it can make things worse.

You see, statins damage your insulin sensitivity and wear down the cells in your pancreas that produce insulin.

Slow, steady cardio won't fix it.

What triggers a real reset is intensity. Short, hard bursts of effort force your muscles to pull glucose directly out of your bloodstream — no insulin required. Think of it as a built-in bypass switch for insulin resistance.

This is why I prescribe PACE — Progressively Accelerating Cardiopulmonary Exertion — for patients dealing with statin-related metabolic damage.

The idea behind it is straightforward. You push hard for a short burst, recover fully, then go again — a little harder or a little faster than the last time.

That's it. That progressive challenge is what builds reserve capacity — the extra power your heart and lungs can call on when your body really needs it.

A study of more than 44,000 men confirmed what I've seen in my clinic for years — exercise intensity reduced the risk of coronary heart disease independent of how long the workout lasted.[12]

PACE also works no matter where you're starting from. You don't have to be in great shape to start.

Walk, cycle, do squats, climb stairs... Push until you're breathing hard and talking is difficult. Then stop and recover fully. Repeat, using a little more effort than before.

Two to three sessions a week is enough to start moving your insulin sensitivity in the right direction. The key is simply to keep raising the bar, even slightly, every time.

You're already working to protect your heart. PACE makes sure you're not wrecking your metabolism in the process. For a full PACE workout, **click here** and subscribe to my YouTube channel.

Step 3: Target Your Metabolism With These 4 Nutrients

Next, I recommend targeted nutritional support. Each of these compounds addresses something specific that statins are doing to your metabolic health.

1. CoQ10 Plus PQQ. Statins deplete CoQ10. So you need to replace what was stolen.

A 2022 meta-analysis found CoQ10 supplementation significantly reduced fasting glucose, HbA1c, fasting insulin, and insulin resistance in diabetic patients.[13]

But CoQ10 alone only fuels the mitochondria you already have. That's where PQQ — pyrroloquinoline quinone — comes in. It triggers the growth of new mitochondria through biogenesis, and has been shown to improve blood sugar control, insulin levels, and insulin sensitivity.[14]

The heart benefits are just as real.

A two-year trial of 420 heart failure patients found CoQ10 cut cardiovascular mortality nearly in half.[15] And PQQ directly protects heart tissue from the oxidative damage that leads to cardiac injury in the first place.[16]

The best CoQ10 food sources are organ meats — especially pork heart, beef heart and beef liver. Grass-fed beef, wild-caught mackerel and herring, and pastured pork and eggs round out the list.

For PQQ, choose parsley, kiwi, organ meats, natto, and green peppers.

But food isn't enough. I recommend 50 mg of ubiquinol and 20 mg of PQQ daily.

2. Berberine. I've been recommending this compound for years. It remains one of the most impressive metabolic tools I know.

In patients with type 2 diabetes, berberine has repeatedly brought down fasting glucose, post-meal glucose, and HbA1c — with some trials showing results comparable to metformin.[17]

Studies also show it significantly lowers triglycerides — addressing the lipid marker that actually matters.[18]

And it does something statins never could... Fight the inflammation and arterial damage that's the real cause of heart disease.[19]

A dose of 1,000 mg to 1,500 mg is effective for most people. I wouldn't go higher unless you speak with your doctor first.

3. Trimethylglycine (TMG). TMG is a natural methyl donor. It supports a key biochemical process your body uses to protect blood vessels and regulate metabolism.

Studies show it lowers homocysteine, an independent risk factor for heart disease most doctors never test for.[20]

Some studies also show improvements in insulin sensitivity and liver fat metabolism.[21]

TMG fills in a real gap — especially if you have elevated homocysteine or any sign of fatty liver.

The best sources are beets, spinach, and wheat germ. Or you can find it in supplement form. I recommend 500 mg daily.

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Doctors Say Your Body Detoxes Itself... But That Advice Is Dangerously Outdated

Discover The Himalayan "Destroyer of Weakness" That Helps Cells Flush Out Modern Toxins

Today, over 90% of Americans have detectable environmental chemicals in their bodies.

Yet, when you walk into your doctor's office and mention the word detox, you'll almost certainly hear the same well-rehearsed response:

"Detox is a waste of time and money," you're told. "Your liver and kidneys already take care of that."

According to this view, your body has all the detoxification systems it needs. Your liver processes toxins. Your kidneys filter them out. Your lungs and lymphatic system finish the job.

Case closed. Or so they tell you.

You see, that neat explanation ignores one inconvenient reality...

Your body did not evolve for the chemical world you live in today.

For nearly all of human history, the toxins humans encountered were relatively limited — naturally occurring plant compounds, smoke from fires, bacteria, parasites, and small amounts of naturally occurring metals.

Your detox organs evolved over hundreds of thousands of years to manage those exposures.

But in just the past century, something extraordinary happened. Human industry has released tens of thousands of synthetic chemicals into the environment.



Data from the CDC shows that detectable levels of heavy metals such as lead, mercury, cadmium, and arsenic are found in nearly all people tested in the U.S.

I'm talking about pesticides... plasticizers... industrial solvents... flame retardants... heavy metals... air pollutants... pharmaceutical residues... and microplastics.

These compounds now circulate through the air you breathe, the water you drink, and the food you eat.

These toxins accumulate slowly in human tissues. Some disrupt hormones. Others damage mitochondria — the tiny power plants inside your cells.

Many promote chronic inflammation that quietly erodes health for decades before symptoms appear

and leads to diseases like diabetes, Alzheimer's, Parkinson's, cancer, heart disease, and more.

Yet despite this unprecedented chemical assault, conventional medicine continues to repeat the same line — "Your body handles detox just fine."

It's an appealing theory. But it's biologically naive.

Ancient medical systems understood something that modern conventional medicine seems to have forgotten... Sometimes your body needs support to eliminate toxins effectively.

For thousands of years, traditional physicians used specific natural compounds to strengthen the organs responsible for detoxification.

In this ***Confidential Cures*** article, I'm going to teach you about a 5,000-year-old remedy from high in the Himalayan mountains that helps your body fight the toxic world you actually live in. You'll also learn about the ancient healing power of minerals, most of which are missing from the modern diet.

Discover The "Destroyer of Weakness" That Modern Medicine Ignores

For more than five millennia, Ayurvedic physicians have revered a mysterious substance that slowly seeps from cracks in Himalayan rocks whenever temperatures rise.

This dark, mineral-rich resin is called Shilajit — the name comes from Sanskrit. Shila means rock and Jit means conqueror.

Together they form a phrase that's often translated as "the destroyer of weakness."

Ancient Ayurvedic texts such as the Charaka Samhita and Sushruta Samhita describe Shilajit as a "rasayana" — a rejuvenating substance used to restore vitality, strength, and longevity.[1]

Traditional physicians used it to treat an astonishing range of conditions, including fatigue, diabetes, urinary disorders, infertility, digestive problems, and cognitive decline.

In many ancient writings it was considered so powerful that healers claimed it could enhance the benefits of almost any other remedy.

How Mountain Monkeys Led Humans To A Powerful Remedy

And according to Himalayan folklore, the discovery of Shilajit began with a simple observation.

Villagers noticed something unusual about troops of white monkeys living high in the mountains.[2]

The animals would climb cliffs and scrape a dark resin from the rocks. They ate it regularly — and they always appeared remarkably strong, resilient, and long-lived.

According to the legend, curious villagers tried the substance themselves.

And the results were so powerful, Shilajit quickly became one of the most prized rejuvenating compounds in traditional medicine — sometimes even described as a sacred gift from Lord Shiva himself.

For thousands of years, Shilajit has been a cornerstone of Ayurvedic therapy — but only recently has modern science begun to understand why it works.

Bind and Remove Toxins With Mineral Resin

Shilajit forms slowly over centuries as plants and organic materials decompose under immense pressure inside mountain rock.

Studies have now shown that the resulting resin contains an extraordinary mix of biologically active compounds — more than 80 trace minerals, antioxidants, and two remarkable substances known as fulvic acid and humic acid.[3]

These compounds give Shilajit some of its most important biological effects — including detoxification.

Fulvic acid has a molecular structure that allows it to bind to certain toxins and heavy metals, forming complexes that can be transported out of tissues and eliminated through the body's natural detox pathways.[4]

This mission is critical in our modern world.

Heavy metals, such as lead, mercury, arsenic, and cadmium, have become widespread contaminants in today's environment.

They accumulate slowly in human tissues and disrupt critical biological processes — from mitochondrial energy production to nerve signaling and hormone regulation.[5]

Many researchers now believe chronic exposure to these metals contributes to fatigue, neurological problems, metabolic dysfunction, and accelerated aging.

But fulvic acid appears to function like a natural chelator, binding to certain metals and helping to escort them out of the body.

In other words, Shilajit doesn't replace your detox organs... It helps them work more efficiently in a toxic modern environment.



Shilajit helps your detox organs work more efficiently in our toxic modern environment.

Detox Begins In Your Cells

Another misconception about detoxification is that it happens only in the liver.

In reality, detoxification begins at the cellular level.

Environmental toxins generate enormous amounts of oxidative stress — unstable molecules known as free radicals that damage proteins, DNA, and cellular membranes.

Your mitochondria are particularly vulnerable, and that's where the real damage begins.

You see, when DNA becomes damaged, it causes mitochondria to misfire. Over time, your mitochondria start to deplete — some die off, and those that remain become weaker. And so do the cells they inhabit, which grow old and don't function as well as younger cells.

This isn't just a byproduct of aging — it's the source of the aging process itself. Organs and organ systems fail, and diseases begin to strike.

But research shows that Shilajit contains a powerful array of antioxidants that help neutralize these free radicals and protect mitochondria from damage.[6]

But fulvic acid adds another intriguing dimension...

Scientists also found this compound may act as a nutrient transporter, helping minerals and other nutrients cross cell membranes more efficiently.[7]

That means nutrients reach the cells where they're needed — while metabolic waste and toxins are more easily carried away.

This dual action may explain why ancient physicians regarded Shilajit not only as a detoxifier, but also as a rejuvenator... It helps cleanse the internal environment while strengthening the cells themselves.

Strengthen And Reinvigorate Your Body's Detox Organs

Your body's two most important detox organs are, of course, your liver and kidneys. The liver processes toxins and prepares them for elimination. And the kidneys filter the blood and remove waste through urine.

But these organs now face a toxic burden far greater than anything humans encountered in the past.

In traditional Ayurvedic medicine, Shilajit has long been used as a tonic to support your detox organs.

Multiple studies suggest that it may help protect liver tissue from oxidative damage while at the same time supporting kidney filtration processes.[8]

Rather than forcing the body through extreme "cleanses" or fasting regimens, Shilajit works in a far more intelligent and gentle way.

It strengthens the organs that already perform detoxification, allowing them to operate more efficiently under modern toxic stress.

Why Missing Minerals Make Toxins More Dangerous

There's another reason most doctors struggle to understand detoxification — they largely ignore the role of trace minerals.

Many environmental toxins accumulate in the body because they displace the essential minerals within your tissues.

For example:

- Lead can replace calcium in bones and cells.
- Mercury interferes with selenium-dependent enzymes.
- Cadmium disrupts zinc metabolism.

When mineral levels are low, toxins find open biochemical opportunities in your body.

But the good news is that when essential minerals are restored, those toxins often lose their foothold.

This is one reason Shilajit exerts such wide-ranging effects.

It contains a natural matrix of trace minerals delivered in a highly bioavailable form — exactly the kind of mineral support modern diets often lack.

When these minerals are present, detoxification enzymes can function far more efficiently.

Here at the Sears Institute for Anti-Aging Medicine, I've spent years helping patients safely remove toxins from their bodies using traditional therapies, such as intravenous and oral chelation.

Chelation remains one of the most effective tools we have for removing heavy metals and environmental toxins.

But after studying the remarkable properties of Shilajit and its unique mineral compounds, I realized something important.

Detoxification doesn't just require removing toxins. It also requires restoring the minerals that toxins displace.

That insight led me to expand my chelation strategy to include what I call a complete mineral detox approach — chelation first and mineral restoration second.

Let me show you what I mean...

Try The 2-Step Detox Strategy I Use With My Patients

The first step of the detox process starts with intravenous chelation. The word *chelation* comes from the Greek word for "claw."

And that's exactly what chelating agents do. They grab onto toxic metals circulating in your bloodstream and pull them out of the body so they can be safely eliminated.

In intravenous chelation therapy, I administer calcium disodium EDTA directly into the bloodstream. This compound quickly binds to heavy metals such as lead, cadmium, and mercury.

Once attached, those toxins can no longer damage tissues. They're filtered out through the kidneys and eliminated from the body.

The treatment itself is simple and painless. In a short session, the chelating agent circulates through your bloodstream, binds to toxic metals, and begins escorting them out.

You can also begin the detox process at home with oral chelation — though I've found that patients get the best results when they combine IV chelation with oral chelation.

But even if you don't do the IV chelation, you can still get great results from oral chelation, and you can take these agents in your own home. Here's what I recommend:

- **Activated Charcoal:** Like EDTA, activated charcoal locks onto toxic molecules. Then it ejects them from your body. Just a tiny amount can absorb and wash away years of toxin and heavy metal buildup.

  Look for activated charcoal as a very fine, black powder in your local health food store

or online. I like activated charcoal made from coconut shells. Take 20 to 30 grams mixed with water once a day for one to two weeks.

- **Modified Citrus Pectin:** The inner peel of citrus fruits contains one of the most potent detox substances I've ever found. In one USDA study, people taking modified citrus pectin for six days were able to excrete 150% more mercury... 230% more cadmium, and... 560% more lead.[9]

  But make sure you get the right kind. The citrus pectin used in clinical studies is specially "modified" for absorption, so it can easily find and bind to toxins.

  You can find modified citrus pectin online. I recommend taking 5 grams a day.

The Next Step — Restore The Minerals Your Body Needs

But detoxification doesn't end with removing toxins. In many ways, that's only half the job.

Heavy metals and environmental toxins disrupt the body partly because they displace essential minerals inside cells.

The other half is restoring the minerals your detox systems depend on.

Unfortunately, modern diets make that harder than ever. Industrial farming has stripped many of the trace minerals from our soils. Food processing removes even more.

As a result, many people today are operating with mineral deficiencies that quietly weaken the very systems responsible for detoxification.

Your liver needs minerals to manufacture bile... the digestive fluid that helps carry fat-soluble toxins out of the body.

Your cells need minerals to power the enzymes that neutralize harmful compounds.

Even the bacteria living in your gut rely on minerals to maintain a healthy intestinal barrier — one of your body's most important defenses against toxins.

When those minerals are restored, detox pathways begin functioning far more efficiently.

Rebuild Your Detox Defenses With These Essential Minerals

That's where Shilajit and various trace minerals play a powerful supporting role. Here are just a few of the minerals I recommend:

1. **Zinc**: Zinc plays a critical role in your body's natural defense system against toxins. It works by stimulating the production of a protective protein called metallothionein. This protein is rich in amino acids that act like tiny molecular "magnets" for toxic metals.

Metallothionein binds to dangerous heavy metals such as cadmium and mercury, isolating them so they cause less damage inside your tissues.

At the same time, it neutralizes destructive free radicals and supports your body's glutathione system. This is one of the most important detox defenses in your body.

Zinc also protects in another important way.

Many toxic metals share similar chemical properties with essential minerals your body needs. Because of this, they compete for the same spots inside your cells. But when your body has enough zinc, zinc can take those spots first. This makes it harder for toxic metals to enter your cells and cause harm.

Foods richest in zinc include grass-fed beef, organ meat, and lamb, kefir, yogurt, cashews, and pastured chicken. To supplement, I recommend zinc bisglycinate, which is highly absorbable.



Grass-fed beef and organ meats are the best sources of highly bioavailable zinc.

2. **Aquamin:** Aquamin is derived from red marine algae harvested from pristine ocean waters. What makes it unique is that it delivers calcium, magnesium, and more than 70 trace minerals in a natural matrix that your body can easily absorb.

These minerals help support the basic biological systems that detox depends on... including liver function, bile production, and the health of your intestinal barrier.

And emerging research suggests Aquamin may provide another important benefit.



Red marine algae supports liver function, bile production, and the health of your intestinal barrier — all systems that detox depends on.

Studies have shown that it can help support a healthier balance of microbes in the colon — the community of bacteria that helps regulate inflammation, digestion, and toxin metabolism.

In other words, Aquamin doesn't act like a chelating agent that grabs toxins directly. Instead, it helps strengthen the internal systems your body already uses to process and eliminate them. Think of it as reinforcing the biological machinery that keeps your detox pathways running smoothly.

I recommend 100 mg to 200 mg taken daily with food.

3. **Boron:** This often-overlooked trace mineral plays an important role in detox and cellular repair. Delivered in the highly absorbable form bororganic glycine, boron helps regulate inflammatory pathways and improves the body's ability to utilize other minerals.

It also supports key detox enzymes while stabilizing cellular membranes.

Like selenium, boron levels in food have declined in recent decades. Restoring adequate boron intake helps reinforce the body's natural detox systems while supporting bone health, hormone balance, and metabolic stability.

It's not easy to get the boron you need through food. I suggest supplementing with 3 mg daily.

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Why My Favorite Magic Milk Is The Most Powerful Probiotic On Earth

Have you heard of kefir? This "magic milk" is one of my favorite examples of how nature has science beat.

Even though they know exactly what's in kefir, they can't duplicate it.

Scientists have all the ability and technology in the world to alter molecules and make synthetic drugs. But they can't create kefir grains no matter how hard they try.

You can only obtain real kefir by growing and dividing already existing grains.

Yet the origin of the kefir grains themselves is still a mystery.

No one knows where they came from.

The people of the Caucasus Mountains, where kefir is said to have originated, say the kefir grains are a gift from the prophet Mohammed. And if they reveal kefir's secret it will lose its "magic."

Others believe kefir grains are manna, the miracle food God provided to Moses in the Bible.

Whatever its origin, we know that the Caucasus have been drinking kefir for over a thousand years. And they are known for routinely living to well over 100 years old.

Kefir was so highly prized by the Caucasus that it was passed down by families for generations. They never sold it. They never told traders or travelers about its benefits.

So for centuries, kefir and its incredible health benefits remained virtually unknown outside the region.



Kefir originated in the Caucasus Mountains, where villagers fermented milk in animal-skin bags hung in doorways.

In traditional Caucasus villages, families fermented milk in leather bags or clay containers using small clusters of bacteria and yeast known as "kefir grains." These grains aren't actually grains at all. They're living colonies of beneficial microbes.

And they produce one of the most complex probiotic foods known to science.

Researchers have identified 30 to 60 different strains of beneficial bacteria and yeast in traditional kefir. Compare that to commercial yogurt, which usually contains only two or three strains.

This microbial diversity appears to be the key. These microbes produce a powerful cascade of health-promoting compounds, including natural antibiotics, anti-inflammatory peptides, digestive enzymes, and immune-regulating molecules.

In other words, kefir acts less like a food and more like a living metabolic therapy that focuses on improving gut health.

Discover Your Body's Hidden Command Center

Today, we realize that the gut microbiome controls far more than digestion. It regulates:

- Immune function
- Inflammation levels
- Metabolism
- Brain chemistry
- Hormone balance

When your microbiome is damaged — as it is in most Western populations — chronic disease follows. I'm talking about diabetes... heart disease... autoimmune disorders... metabolic disease... and obesity.

But the Caucasus historically consumed fermented foods like kefir every day. These foods continually reseeded the gut with beneficial microbes, helping maintain a balanced internal ecosystem.

That microbial balance appears to be one of the strongest predictors of healthy aging.

One compound produced during kefir fermentation deserves special attention. It's called kefiran. This is a unique polysaccharide that has been shown to protect the gut lining, reduce inflammation, and slow metabolic aging by improving mitochondrial function.

In other words, it helps your cells produce energy more efficiently — one of the core drivers of longevity.

But the kefiran in kefir also interacts directly with the immune cells that live in your gut. And that matters because roughly 80% of your immune system resides in the gastrointestinal tract.

But that's not all that lives in your gut...

Your digestive tract is also home to more than 38 trillion bacteria.

Researchers once believed that bacteria and immune cells were mortal enemies in an endless war. And that your immune cells' most important task was to fight bacteria.



Kefir grains, known as a gift from the phophet, were hidden from the world before the early 20th century.

But in the last decade, breakthrough research has proved this wrong.

Instead of being enemies, bacteria and your immune cells work together to fight disease and keep your body in balance.

You see, your immune system promotes the growth of beneficial bacteria and helps maintain a balanced microbial environment. In return, a healthy microbiome produces molecular signals that support the development of immune cells.

It's a perfect symbiotic environment that produces the antibodies that fight infection. These tiny microorganisms are experts at killing the deadly viruses and bacteria that enter your body through the air and your food.

Along with a weakened immune system, an out-of-whack gut microbiome leads to a wide range of chronic diseases, including heart disease, cancer, Alzheimer's, autoimmune diseases, obesity, depression, and inflammatory bowel disease.

As you can see, keeping your microbiome healthy is the key to overall good health.

What Modern Science Confirms About Kefir

Today, research supports the health benefits of kefir that for generations remained hidden from the rest of the world.

■ **Metabolic Diseases.** Metabolic health involves every chemical reaction in your body. Those include transforming your food into energy... regulating insulin and blood sugar levels... managing hormone release to control things like hunger and satiety... balancing your blood pressure... and burning calories.

Metabolic balance is critical to wellness and vitality. An unbalanced metabolic system can lead to obesity, diabetes, hypertension, liver disease, and heart disease.

Kefir keeps your metabolic health on track to help you avoid or treat these chronic diseases.

- **Type 2 Diabetes.** The probiotics in kefir manage blood sugar levels and insulin to keep type 2 diabetes under control. One clinical study found that drinking kefir lowered blood sugar by an average of almost 23 points. It also significantly reduced HbA1c — a measure of long-term blood sugar control — bringing it back down to prediabetes levels.[1]

  Another clinical trial found that kefir significantly reduces insulin resistance, a key factor in managing diabetes.[2]

- **Nonalcoholic Fatty Liver Disease (NAFLD).** Early research revealed kefir's ability to improve fatty liver syndrome, reducing fat accumulation in the liver.[3]

  One study found that kefir could even manage NASH (Non-alcoholic steatohepatitis), the more aggressive form of fatty liver disease, by improving liver function tests and reducing liver scarring and inflammation.[4]

- **High Blood Pressure.** Kefir contains numerous bioactive peptides, including some that work like ACE inhibitors, commonly used to treat hypertension.[5] A clinical trial found that daily kefir consumption significantly decreased systolic (top number) blood pressure levels.[6]

  Another showed that kefir decreased blood pressure parameters as well as many other symptoms of metabolic syndrome.[7]

- **Obesity.** Kefir can have a positive impact on body weight and weight distribution. A clinical trial that included 75 overweight or obese women found that drinking four servings of kefir daily saw significant weight loss and decreased waist circumference.[8]

  And an animal study showed that using traditional homemade kefir instead of commercial kefir dramatically decreased weight gain even with high fat diets, lowered cholesterol levels, and reduced triglycerides.[9]

■ **Neurological Conditions.** A healthy, balanced gut microbiome also has a profound effect on cognitive function. And kefir can take that to the next level.

One clinical study showed that kefir improved cognition in patients with Alzheimer's disease. The kefir helped restore memory, recover spatial abilities, and boost executive function in those patients.[10]

And a 2025 review of seven scientific studies found that kefir increased antioxidant and anti-inflammatory activity, reduced beta-amyloid plaque buildup in the brain, stopped brain cell death. The researchers concluded that kefir could be a valuable treatment for Alzheimer's patients.

■ **Mental Health.** The connection between the gut and the brain has become a major focus of kefir research. A healthy gut produces a wealth of feel-good neurotransmitters including serotonin and dopamine.

Kefir contains tryptophan, one of the building blocks of serotonin, ensuring a plentiful supply that can restore low levels associated with mental health issues including depression.

- **Major Depressive Disorder.** A clinical study found that kefir significantly decreased symptoms of depression in older adults after just eight weeks.[11]

- **Social Anxiety.** Research shows that consuming fermented foods like kefir reduces social anxiety symptoms in young adults.[12]

■ **Bone Health.** Kefir is especially rich in calcium and vitamin K2, two nutrients critical for increasing bone density and preventing bone loss. A six-month clinical trial found that kefir increased bone turnover and increased hip bone mass density in patients with osteoporosis.[13]

■ **Gastrointestinal Disorders.** Kefir's diverse probiotic properties make it a perfect solution for gastrointestinal (GI) diseases and discomfort. It's been clinically studied as treatment for many GI disorders including:

- **Irritable Bowel Syndrome.** IBS comes with a long list of uncomfortable symptoms such as painful gas and bloating, diarrhea, and constipation. Kefir can erase those symptoms and keep the disease from acting up.

  A 2025 meta-analysis that included 16 clinical trials and 1,264 IBS patients found that fermented milk products like kefir brought significant IBS symptom relief.[14]

- **Inflammatory Bowel Disease.** IBD includes a few conditions, such as Crohn's disease, that involve chronic intestinal inflammation. Gut microbiome health directly affects IBD severity and symptoms — rectal bleeding, intense abdominal pain, diarrhea, and extreme fatigue.

  Research shows that kefir significantly reduces gut inflammation and substantially improves quality of life in IBD patients.[15]

- **Lactose Intolerance.** The probiotic bacteria in kefir produce an enzyme called lactase that helps break down lactose. Clinical research shows that kefir improves lactose digestion and improves symptoms of lactose intolerance including flatulence.[16]

  Consuming kefir regularly can improve tolerance to lactose over time.

- **Helicobacter Pylori Infection.** Kefir improves effectiveness and tolerance of the standard triple antibiotic therapy for H. pylori, a common cause of painful stomach ulcers.

  In a clinical trial, 78% of patients who got kefir achieved complete cures, compared to just 50% of the patients who got just the triple antibiotic therapy. The kefir group patients also had fewer and less severe side effects from the drugs.[17]

■ **Emerging Research Areas.** Though we don't have any human clinical trials for these diseases yet, kefir shows great promise in lab settings for treating a wide variety of diseases. This seems to stem from kefir's powerful anti-inflammatory and antioxidant properties.

Research is ongoing for many illnesses including:

- Breast, colon, and gastric cancers
- Kidney disease
- Rheumatoid arthritis
- Allergies
- Asthma
- Covid

How To Reap The Biggest Kefir Benefits

"Magic" milk gives you the biggest health benefits of any probiotic food. It's packed with up to six times more varieties of good bacteria than your typical probiotic yogurt.

The most beneficial kefir contains healthy yeast, which store-bought brands don't. Manufacturers stop the yeast process before packaging. If they didn't, the fermentation process would continue... and the sealed containers could burst.

I get my kefir from A.N., my friend and farmer who also gets me my organic eggs. But you can make your own — it's surprisingly simple. The first step is obtaining kefir grains. You can find them online and create your own kefir.

Here's my recipe:

Feed Your Gut With Healthy Homemade Kefir



Begin by obtaining "kefir grains" — the yeast and bacterial clumps that resemble cauliflower florets. You'll find them online, and some kefir-lovers just give them away.

Here's my recipe:

Ingredients:

- 1 quart of grass-fed whole milk
- Kefir grains
- Large glass pitcher
- One-quart mason jar with lid
- Colander

Directions:

1. Put 2-3 heaping tablespoons of kefir grains into the mason jar.
2. Shake the milk, then pour it into the jar as well.
3. Place the lid on the jar, but do not twist or seal it. Place it in a cupboard and keep the room temperature between 72 and 78 degrees. The warmer it is, the faster it ferments.
4. Store it for about 24 hours. Upon opening the jar you'll notice the curd-like grains have risen to the top, and the milk is a thicker consistency, like buttermilk. You should detect a slightly sour, fermented smell.
5. To strain, place the colander over the glass pitcher. Pour the contents of the mason jar into the colander.
6. Stir the colander to aid the separation of the kefir grains that remain behind. Pour the kefir into a mason jar and store it in the refrigerator.

Make sure to save the leftover kefir grains. You can use them again to repeat the process!

Drinking a glass of cold kefir is my favorite way of getting all its incredible health benefits.

But kefir can be much more than just a drink. You can use it as a healthy substitute in all kinds of recipes.

Here are a couple of my favorites:

Tender Meat Marinade

Kefir isn't just "another marinade base"... it actually changes the structure of the meat in a way most marinades don't. Its lactic acid and protein-digesting enzymes makes meat not only more tender, but easier to digest.

Ingredients:

- 1 cup homemade kefir
- 1 Tbsp olive oil
- 3 cloves garlic (crushed)
- 1 tsp sea salt
- ½ tsp black pepper
- 1 tsp paprika
- 1 tsp fresh rosemary (or ½ tsp dried)

Directions:

1. Combine all ingredients and coat the steak evenly.
2. Marinate:
   - Tender cuts (ribeye, strip): 2–6 hours.
   - Tougher cuts (flank, skirt): up to 12 hours.
3. Grill or cook as usual.

Kefir Tzatziki Sauce



This is a great addition to steak, lamb, or grilled vegetables.

Ingredients:

- 1 cup thick homemade kefir (strain if too thin)
- ½ cup chopped cucumber (patted dry)
- 2 cloves garlic
- 1 Tbsp olive oil
- 1 Tbsp lemon juice
- 1 Tbsp chopped fresh dill
- Salt and black pepper, to taste

Directions:

Mix and chill 1 hour.

Use it to top your meat, or pour in a bowl as a veggie dip.

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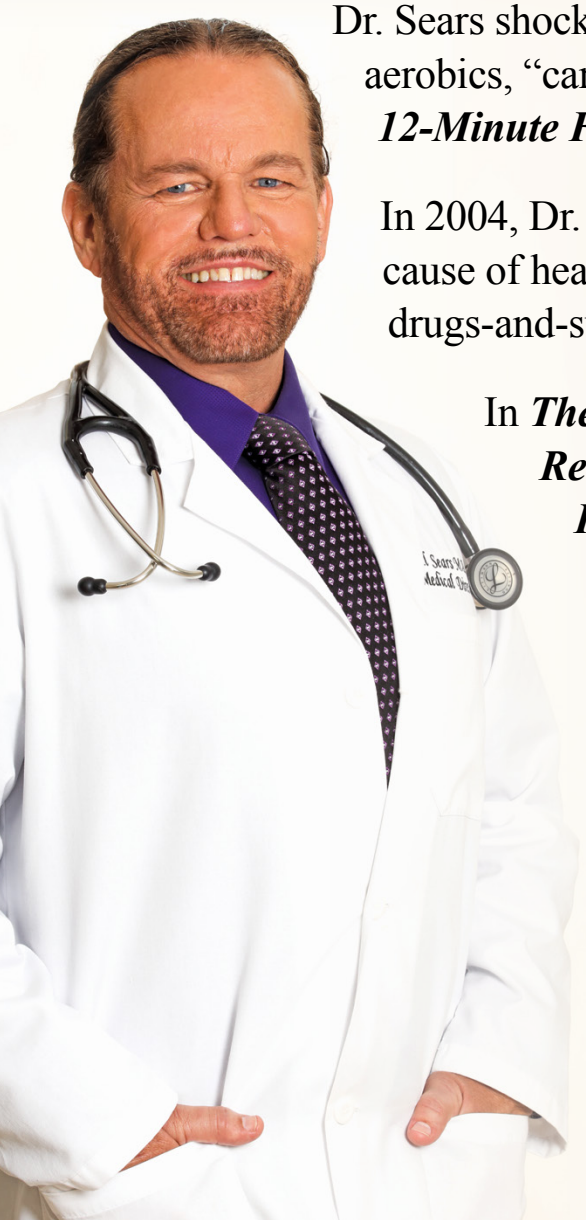
The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.

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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