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

May 2026 **Vol. XV Issue 5**

Dear Friend,

I've been sounding the alarm about pesticides and toxins for decades. Today, the situation is becoming even more urgent.

Recent findings reveal just how terribly poisoned our farmlands are... And it's worse than anyone could have expected.

In a remarkable new study, researchers studied 92 dangerous pesticides and herbicides routinely used in 168 countries.

Their startling conclusion...

Almost two-thirds of all global farmland exhibits dangerous levels of one or more toxins.

And they reported that nearly a third of all farmlands have pesticide levels that are ***more than 1,000*** times above safe and acceptable levels.

That's a stunning indictment of global agriculture. And it's going to get worse.

Americans are now exposed to more than 1 billion pounds of pesticides each year, and herbicide use in industrial agriculture has climbed sharply in recent decades.

One of the worst offenders is glyphosate, the active ingredient in Roundup.

It's classified as a probable human carcinogen by the World Health Organization.

In addition to cancer, it has been linked to Parkinson's and Alzheimer's... hormone disruption... gut microbiome damage... fatty liver disease... and neurodevelopmental issues in children.

Sadly, when it comes to Big Food, greed always comes before your health.

Despite decades of effort by environmental pressure groups — as well as the Make America Healthy Again movement and recent efforts in Washington to strip glyphosate from the Farm Bill — this common and dangerous substance remains with us.

Unless you're living in a bubble, you can't altogether escape pesticides and other toxins. But you don't have to accept this system. There are simple ways to dramatically reduce your exposure.

In your May 2026 issue of ***Confidential Cures***, you will discover:

- Simple steps you can take today to protect yourself from glyphosate. More importantly, though, you'll discover how to turn on your body's built-in detoxification system using nutrition and supplementation.
- Why cancer isn't caused by a "gene mutation" or broken strands of DNA, but instead is a metabolic disease driven by insulin resistance. Inside, you'll learn the four steps you can take that will starve cancer at its root.
- The popular arthroscopic surgery that leaves 98% of patients with knee pain in worse shape than those who didn't undergo the procedure. I'll share the regenerative therapies I use in my clinic that has my patients back to doing what they love — without drugs or surgery.

To Your Good Health,



Al Sears, MD, CNS

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Big Food Is Poisoning Your Food ... And Getting Away With It

Here's How You Can Protect Your Health — Even When The Government Won't

I've never been one to sugarcoat the truth when it comes to glyphosate — the active ingredient in Roundup.

In my view, it is one of the most dangerous chemical intrusions into our food supply in modern history.

Like most Americans, you were probably taught to believe that if a chemical is approved for use in food, it must have gone through rigorous long-term testing and been proven safe.

It's a comforting idea.

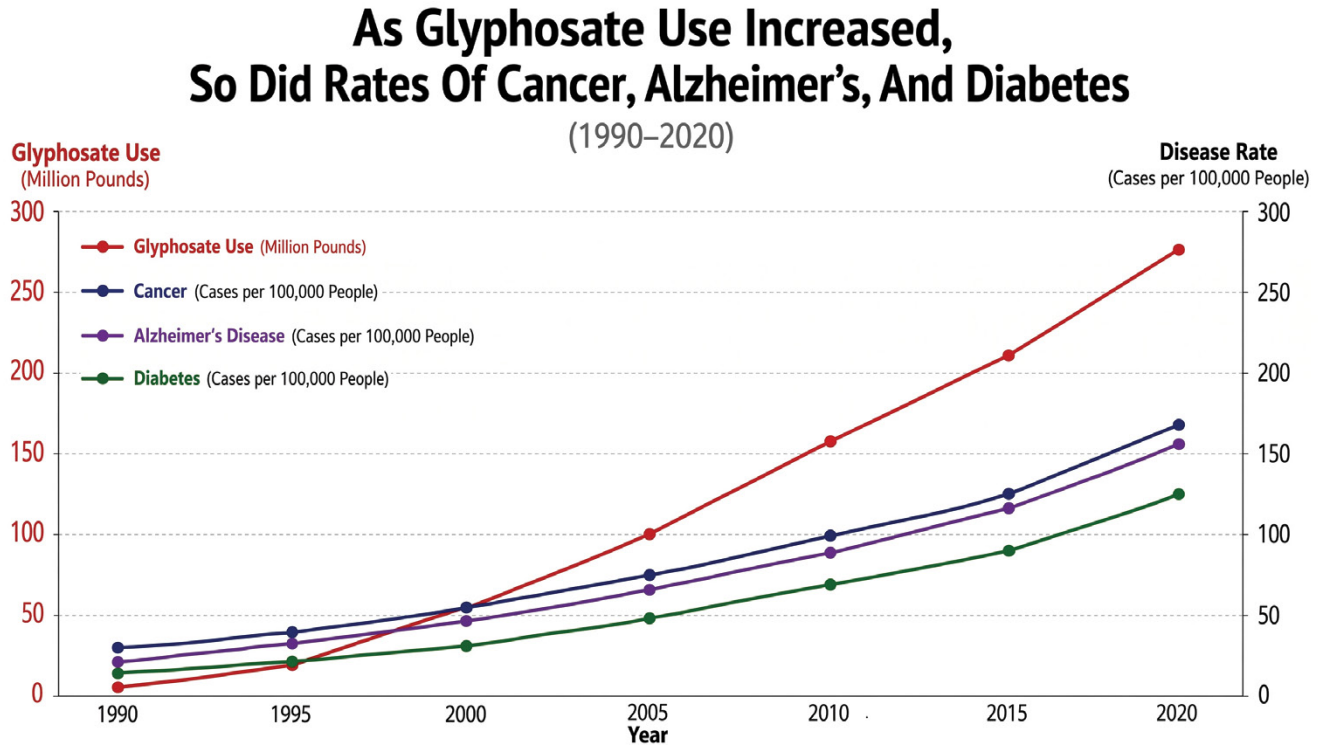
Unfortunately, it's rarely the truth.

In reality, many foods and the substances that go in them are approved based on limited data, short-term studies, or outdated assumptions. Meanwhile, their long-term effects on the human body remain unclear for years — even decades.

When it comes to Big Food, greed always comes before your health.

And by the time concerns begin to surface, many of these chemicals and additives are already deeply embedded in everyday life.

That's exactly the situation we're facing today with glyphosate.



From 1990 to 2020, glyphosate use on GMO crops skyrocketed — and rates of cancer, Alzheimer's, and diabetes climbed alongside it.

This chemical is still sold as the active ingredient in the pesticide Roundup in many commercial garden centers in America and elsewhere around the world.

It continues to be sprayed onto crops and public landscaping... baked into our food supply chains... and is still protected at the highest levels of power.

Despite decades of effort by environmental pressure groups — as well as the Make America Healthy Again movement and recent efforts in Washington to strip glyphosate from the Farm Bill — this common and dangerous substance remains with us.

Even as I write this newsletter, the chemical industry is pushing harder than ever to lock in permanent legal immunity for this toxin — while, at the same time, expanding its use across America.

But if there is one thing I've learned in my decades of practicing medicine...

It's that you should never trust regulators to protect your health.

In this *Confidential Cures* article, you're going to learn how to protect yourself even when the government won't.

The Promise That Never Came

The MAHA movement championed by Robert F. Kennedy Jr. promised something long overdue — a real fight against the near-complete takeover of our food supply by powerful chemical and agricultural corporations.

And many people believed we were finally approaching a turning point.

At last, there was someone in Washington who might finally challenge Big Food... Big Agra... and Big Chem.

Together these massive corporations, which control the entire supply chain from "field to fork," have turned our dinner plates into profit machines — at the expense of our health.

To be fair, there have been some encouraging signals. There has been a push to make American medical schools finally teach doctors about nutrition, along with a renewed focus on chronic disease. These are important signs of progress.[1]



Read The Label!

Bayer – which owns Roundup – reformulated some of its consumer products sold in stores.

These products don't use glyphosate as the active ingredient.

However, formulations using glyphosate are still sold.

And it's up to you to spot the difference.

A quick way to tell:

- If it says "glyphosate isopropylamine salt," it's the traditional formula.
- It's glyphosate-free if it lists ingredients like triclopyr, diquat, fluazifop, and imazapic.

But when it comes to glyphosate — the single most pervasive chemical in our food system — the silence has been deafening.

Worse yet, recent developments suggest we may be moving in the opposite direction.

Reports indicate political and legal efforts are under way to shield manufacturers from liability tied to glyphosate exposure.[2]

In other words, instead of questioning the system, they're trying to protect it permanently.

Over the past few years, a rising tide of lawsuits from people alleging harm after long-term glyphosate exposure has zeroed in on a simple issue — did the companies provide adequate warnings about the potential risks of this toxin.

But manufacturers, led by Big Agra-Big Pharma giant Bayer, the German owner of Monsanto, have pushed back. They claim their product labeling complies with federal standards, and they should not face additional liability under state law.

That argument is now working its way up to the Supreme Court of the United States.

Meanwhile, some lawmakers in Congress have floated proposals — particularly during recent debates over the Farm Bill — that would further insulate these companies by baking liability limits into federal law.

Some of those provisions were softened or stripped after push back from average Americans.

But don't be fooled — the broader push to protect these companies, and not the public — is still very much alive.

This Was Never About Weeds

So what's at the root of it all? Let me explain.

Glyphosate is marketed as a weed killer. That's the public story — but the real story is about control of your food supply.

And it's about a massive chemical experiment being conducted on you and your family without your informed consent.

Originally, glyphosate was developed by Monsanto to work hand-in-glove with genetically engineered crops.

Farmers across America spray entire fields with it. The weeds die, while the genetically engineered crops survive.

The system is incredibly efficient for industrial agriculture. It is profitable for chemical companies.

And it allows large-scale farming operations to produce enormous yields at lower cost.

But there's a problem. Residues of this hormone-disrupting, microbiome-killing, cancer-inducing chemical end up in your food.

For years, Monsanto and federal regulators insisted glyphosate was perfectly safe.

Today, scientific research has linked glyphosate exposure with:[3,4,5,6,7,8,9,10,11]

- Diseases of the brain, like Parkinson's and Alzheimer's
- Type 2 diabetes
- Non-alcoholic fatty liver disease
- Kidney damage
- Neurodegenerative diseases
- Anxiety-like behaviors
- Developmental disorders including autism spectrum conditions
- The blood cancer Non-Hodgkin lymphoma
- Stimulation of breast cancer cell growth
- Digestive issues
- Lower sperm count and reproductive issues

Researchers have also warned that glyphosate can disrupt your gut microbiome — the ecosystem of bacteria that regulates immunity, metabolism, inflammation, and even brain function.

It's Not Just on Farms

If glyphosate were limited to industrial agriculture, that would be bad enough. But there's more...

While many countries have restricted the sale of glyphosate in garden centers for backyard use — some consumer versions in the US have been reformulated without glyphosate — it still hasn't disappeared.

And despite the efforts for retail limitations, it continues to be sprayed extensively across America in:

- Public parks
- School grounds
- Playgrounds
- Ballparks
- Roadside vegetation

And in reality, Roundup remains readily available in many parts of America, as well as in the UK, Australia, New Zealand, and China.

Millions of Americans continue to spray Roundup containing glyphosate in their backyards and vegetable gardens.

You need to always check labels before use.

Otherwise, if you grow your own vegetables in an effort to eat healthier, you could end up exposing yourself and your family to the same toxic chemical system industrial agriculture relies on.

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

Don't Wait for Washington — 5 Simple Steps To Protect Yourself Now

The good news is you don't have to accept this system. There are simple ways to reduce your exposure. Here are the tips I share with my patients:

1. Practice Avoidance: This means never use gardening products that contain glyphosate in your home or yard.

Instead, use the methods that worked for centuries before chemical herbicides existed. Safer weed-control methods include:

- Hand weeding
- Mulching with wood chips or straw
- Killing weeds with boiling water
- Horticultural vinegar sprays
- Flame weeders for paths and driveways

Also, if you use any shared community spaces, you should advocate for reduced chemical use with your HOA and neighbors.

2. Rethink Your Food Sources: Avoid Genetically Modified crops whenever you can. Almost all corn, canola, and cottonseed oils, as well as soybean crops in the United States, are genetically modified.

These crops, which form the backbone of almost all processed foods and animal feed, have been manipulated to tolerate nasty herbicides like glyphosate, so stay away from them.

Choose foods labeled organic and **non-GMO whenever you can**. These labels are among the few tools that consumers have to ensure their food is free of glyphosate and the most aggressive forms of genetic manipulation.

One study found that adults and children who started to eat organic had 70% lower levels of glyphosate after six days.

Instead, focus all of your meals on high-quality whole foods — pastured beef, lamb, chicken and other properly raised, organic foods. Fruits and vegetables, not genetically engineered grains, should be the only carbohydrates you consume.

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

You can also visit websites like **www.EatWild.com** and **www.localharvest.org**, which provide lists of certified organic farmers known to produce safe, wholesome raw dairy products, as well as grass-fed beef and other organic produce.

3. Filter Your Water: Even if your local water authority reports high safety standards, that doesn't necessarily mean your drinking water is free from trace contaminants.

Municipal water systems are designed to remove acute hazards, like bacteria, heavy metals, and certain chemicals.

But they are not always optimized to eliminate the residues of agricultural compounds like glyphosate, especially as testing standards and filtration technologies vary widely by region.

That means small amounts can persist.

And while each individual exposure may be low, the concern — as it is with food — is cumulative. You don't drink just one glass. You drink water every single day. And it adds up.

I recommend investing in a high-quality water filtration system — not the cheapest option on

the shelf, but one specifically designed to reduce a broad spectrum of contaminants, including herbicide and pesticide residues.

4. Check The Price Look-Up (PLU) Stickers. One simple way to reduce your exposure to glyphosate is to pay attention to the small PLU stickers on your produce.

Those numbers can tell you a great deal about how your food was grown before it ever reached your kitchen.



Checking the PLU code will reveal if your produce was grown with or without chemical weed killers.

If the code has four digits, the produce was likely grown conventionally using synthetic pesticides and herbicides, including glyphosate.

If the code begins with a "9" and has five digits, it means the produce is certified organic and was grown without the routine use of glyphosate-based weed killers.

Most people never pay attention to these labels, which is exactly how Big Food prefers it.

5. Support Natural Detox Pathways. Unfortunately, many classic detox remedies, such as activated charcoal or modified citrus pectin — which work well with heavy metals and other pollutants — are not much help when it comes to glyphosate.

That's because glyphosate does not bioaccumulate in the same way as heavy metals.[12]

Instead, I recommend supporting your body's natural detoxification pathways.

Studies show that switching to an organic diet can reduce detectable levels of glyphosate within days, not months.[13]

Your body also has built-in detoxification systems. You can support them through nutrition and supplementation, including:

- **Glycine.** Glyphosate is structurally similar to the amino acid glycine. Because of this, it can sometimes replace glycine during protein formation. When that happens, the proteins fold incorrectly and stop working properly, triggering a range of harmful effects.[14] Increasing glycine may help reduce the amount of glyphosate that becomes incorporated into proteins.

  Glycine also supports glutathione production, helps maintain the integrity of the gut lining, and supports healthy liver function.

  Foods rich in glycine include bone broth, chicken skin, pumpkin seeds, and watercress.

- **Trace Minerals That Work As Natural Antioxidants.** I'm talking about selenium, zinc, copper, manganese, and iron.

  Good food sources include pastured eggs, grass-fed beef and liver, lamb, oysters, mussels, sardines, clams, pumpkin seeds, dark chocolate, black tea, pineapple, hazelnuts, and Brazil nuts.

Supporting liver function is also key.

Your liver is your body's primary filtration system responsible for processing and neutralizing a wide range of environmental compounds before they can circulate more widely in your system.

Enhancing liver function means giving your body the nutrients it needs to carry out its normal, highly sophisticated detoxification processes — especially those involved in antioxidant defense and cellular repair.

Nutrients that protect these pathways include:

- **Milk Thistle.** This "liver herb" has an active compound called silymarin. In clinical settings, milk thistle has been used as a therapy to mitigate toxic liver injury from pesticide poisoning.[15]

  I recommend 200 mg of dried milk thistle extract twice a day. And make sure the capsules contain at least 80% silymarin.

- **N-Acetylcysteine (NAC).** NAC works mainly by helping your body produce glutathione — one of your liver's major antioxidant and

detoxification compounds. In animal studies, NAC helped protect the brain, liver, kidneys, and heart by restoring the body's antioxidant defenses in rats exposed to glyphosate.[16]

I advise supplementing with 500 mg per day.

- **Alpha-Lipoic Acid.** Alpha-lipoic acid helps your body defend itself by boosting glutathione — your cells' master detoxifier — and reducing the oxidative stress linked to herbicide exposure.

  In a 2023 study published in *Toxicology Reports*, researchers found that alpha-lipoic acid helped protect against glyphosate-induced liver and kidney damage by lowering inflammation and restoring antioxidant activity.[17]

  Start with 250 mg a day. But you can take up to 600 mg a day.

Chelate Glyphosate From Your Body With Shilajit

At the Sears Institute, I've helped my patients remove toxins like heavy metals from their blood using a therapy called chelation.

The word "chelate" comes from the Greek word that means "claw." And that's what chelation does. The toxins are "clawed" painlessly out of your body.

But traditional chelation therapy doesn't work on chemicals like glyphosate. Fortunately, I've found a chelating agent that does.

I'm talking about shilajit.

Shilajit acts as a natural chelator thanks to its high concentration of fulvic acid and humic acid. These are powerful organic compounds formed over centuries from decomposed plant matter in the mountainous regions of the Himalayas.

Researchers found that fulvic and humic acid can bind to environmental toxins like glyphosate, helping your body eliminate them more efficiently. Here's how it works:

- **The Chelation Effect.** Fulvic acid has a unique molecular structure that latches onto toxic chemicals like glyphosate. It traps and converts them into molecules that your body can flush out through the kidneys and digestive tract.
- **Gut Microbiome Protection.** Humic and fulvic acids bind to glyphosate before it can damage the beneficial bacteria living in your gut.
- **Tissue and Blood Binding.** The larger humic acid molecules remain in the digestive tract, where they bind to glyphosate in the intestines. Smaller fulvic acid molecules enter the bloodstream, helping target glyphosate that has accumulated deep within your tissues.
- **Cellular Support.** Shilajit helps restore healthy cellular function and supports your mitochondria — the tiny energy factories inside your cells. It also delivers trace minerals and nutrients that support your liver and kidneys, the two organs most responsible for detoxification.

Today, the shilajit market is flooded with fake resin, diluted powders, contaminated products, and cheap fillers.

Some products contain almost no active compounds at all. Others can contain unsafe levels of contaminants.

If you're ready to supplement, here's what I recommend:

1. Look For Third-Party Testing. A high-quality shilajit product will include a Certificate of Analysis, or COA.

This testing verifies safety, purity, and potency. It focuses on detecting heavy metals (lead, arsenic, mercury, cadmium), microbial contamination (bacteria, fungi, mold), and pesticide residues.

If it doesn't have one, don't buy it.

2. Read The Ingredient Label. A 2024 analysis found that fulvic acid amounts in various shilajit products varied by over 32,000%, with some products containing as little as 6.9 mg per serving.[18] Look for at least 40% fulvic acid, and 10% humic acid.

And make sure it comes from the Himalayan mountain range. Himalayan sources yield resin with higher fulvic acid concentrations.

3. Take It First Thing In The Morning. Shilajit is best taken in the morning or early afternoon, preferably on an empty stomach or between meals for better absorption.

Many people use it earlier in the day because it may support energy production, stamina, and mental focus. Avoid taking it late at night since it can keep you up.

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Landmark Study Exposes Real Cause Of 12 Different Kinds Of Cancers

Switch On The "Metabolic Reset" That Starves Cancer — And Can Help Stop A Worldwide Epidemic

Most doctors will tell you cancer is a genetic disease — a story of mutated DNA, runaway cells, and tumors born from bad luck in your biology.

They've built an entire industry around that belief.

But they're wrong.

Decades of emerging research point to a different truth: Cancer is a metabolic disease — not something that happens to you.

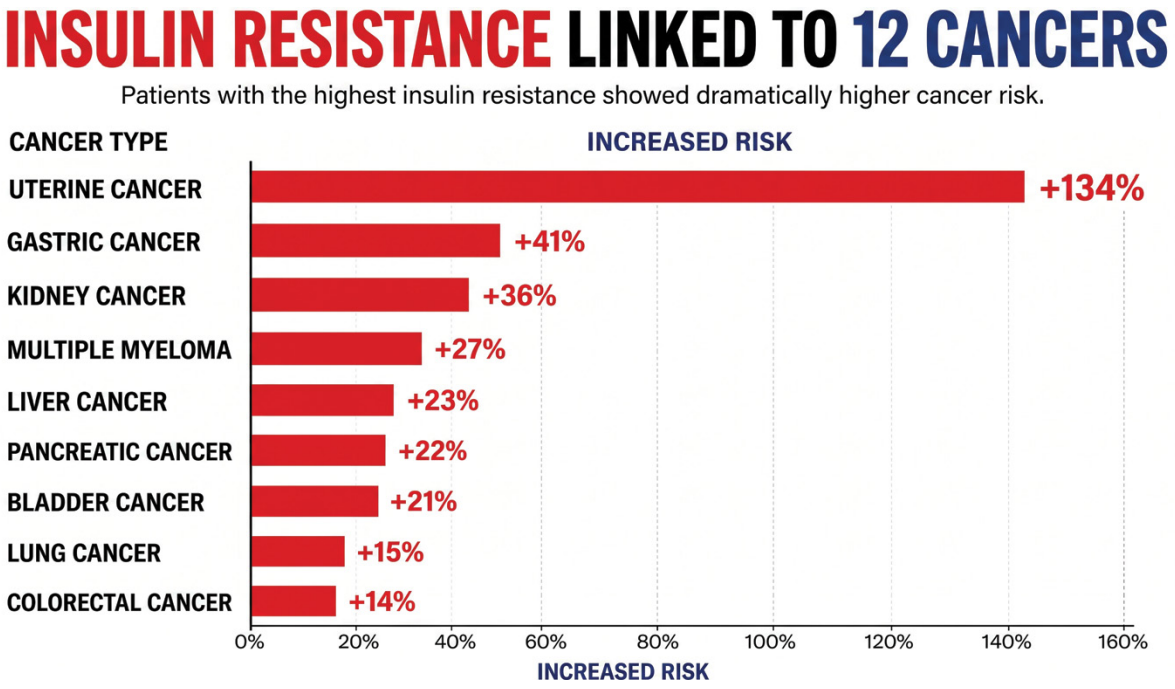
In other words, it's something you *feed*. Or something you can *starve*.

Let me show you what I mean...

In February, a team of researchers fed nearly a half-million patient health records into a pair of advanced computer-analysis programs — the kind that can detect hidden patterns in massive datasets faster and more reliably than any human reviewer.

They were hunting for connections the medical establishment has been too busy — or too uninterested — to look for.

What they found should have stopped every oncologist in America cold.



A groundbreaking new analysis determined that insulin resistance was associated with a dozen different kinds of cancer.

Insulin resistance — the silent metabolic dysfunction sitting quietly under the belts of roughly 40% of non-diabetic American adults[1] — was significantly associated with a 25% increased risk of 12 different cancers.

For uterine cancer specifically, the risk climbed 134%.[2]

Twelve cancers. One metabolic flaw.

And one simple blood test mainstream cancer doctors almost never order.

I've watched the oncology industry pour a trillion dollars into the "War on Cancer" since Richard Nixon coined the phrase in 1971.

I've watched them develop drugs that add weeks to a stage IV patient's life at a cost of hundreds of thousands of dollars. I've watched them chart tumor genomes while the metabolic engine driving those tumors goes completely unmeasured.

What I have *not* watched them do — almost ever — is test a cancer patient's fasting insulin.

They will order a PET scan that costs more than a new car. They will order BRCA sequencing. They will order circulating tumor DNA panels.

But a $12 fasting insulin test — the single best window into the metabolic engine running underneath the tumor — is almost never ordered.

That's not an oversight. That's a blind spot, and it's lethal.

The German biochemist Otto Warburg won the Nobel Prize in 1931 for his work on cellular respiration. Back in the 1920s, he discovered that cancer cells burn glucose for fuel even when oxygen is available — something healthy cells don't do.

We've known this for nearly a century. The tumor is a glutton. And the modern American diet — engineered in food-science labs to spike blood sugar and keep insulin elevated around the clock — functions as an all-you-can-eat buffet for rogue cells.

In this issue of *Confidential Cures*, I'll show you what the new research just confirmed, walk you through the three cellular threats insulin resistance unleashes, and lay out the four-step "Primal Metabolic Reset" I've refined over three decades in practice.

It doesn't require chemotherapy. It doesn't require a single prescription.

It requires the one thing the cancer industry cannot sell you: ancestral wisdom.

Discover The "Metabolic Fertilizer" Mainstream Oncology Ignores

Earlier, I mentioned that researchers fed almost half a million patient charts into an advanced computer program. Let's look at what it actually found.

The team fed nine routine clinical measurements into their analysis — including body mass index, waist circumference, triglycerides, and HDL cholesterol — and then checked the results against actual cancer outcomes in 477,243 adults.

When they sorted the population by predicted insulin resistance and tracked who developed cancer over the following years, the most insulin-resistant group showed a significantly elevated risk for 12 specific cancers.[3]

Here's the partial list, with the approximate risk increases:

- Uterine cancer — up 134%
- Gastric cancer — up 41%
- Kidney cancer — up 36%
- Multiple myeloma — up 27%
- Liver cancer — up 23%
- Pancreatic cancer — up 22%
- Bladder cancer — up 21%
- Lung cancer — up 15%
- Colorectal cancer — up 14%

These are not statistical whispers. These are dose-response signals running straight through the metabolic machinery of the modern Western body.

Now pair this with a landmark study out of the University of Toronto.

Researchers tracked 512 women with early-stage breast cancer that had not spread for nearly five years. They measured fasting insulin at the start and then waited to see what would happen.

"The average American now consumes roughly 100 pounds of added sugar and caloric sweeteners a year."

The researchers found that women with the ***highest fasting insulin*** levels had roughly ***double the risk*** of the cancer coming back and more than ***triple the risk*** of death compared with women who had the lowest levels.[4]

Let that sink in for a moment...

In women who had already beaten the tumor and moved on with their lives, it was not the original diagnosis, not the lymph node status, not the estrogen receptor score that most strongly predicted who would die.

It was fasting insulin.

That study was published in the *Journal of Clinical Oncology* in 2002. Twenty-four years ago. In all that time, has fasting insulin entered the standard breast-cancer workup?

Incredibly, the answer is no.

It's not because the research is weak or the mechanism is unclear. It's because you can't patent a fasting insulin test the way you can patent a monoclonal antibody that costs $14,000 a month.

The incentives of the pharmaceutical industry and the incentives of your biology have been pulling in opposite directions for a very long time.

3 Threats Fueling The Modern Cancer Epidemic

To understand why insulin resistance is driving this epidemic, you have to understand what chronically elevated insulin actually does inside your tissues.

There are three distinct cellular threats working in parallel.

1. The Unlimited Fuel Supply. A healthy human cell can burn either glucose or fat. Like a deep-rooted plant drawing nourishment from changing soil conditions, it can adapt to whatever fuel is available. A cancer cell cannot.

Because of damaged mitochondria, a cancer cell is forced to burn glucose for fuel even when oxygen is available — what scientists call the Warburg effect.

The tumor does not merely prefer glucose. It *depends* on glucose.

Every time you spike your blood sugar with a glass of orange juice or a bowl of the "heart-healthy whole grain" cereal the USDA has been pushing for decades, you're topping up the fuel tank of every pre-cancerous cell in your body.

The average American now consumes roughly 100 pounds of added sugar and caloric sweeteners a year.[5] In 1822, that number was about 6 pounds. Our genes haven't changed. Our fuel supply has changed beyond recognition.

2. The Stuck Growth Switch. Insulin is a growth hormone. So is its close relative, insulin-like growth factor 1, or IGF-1. When either is elevated, they lock onto cellular receptors and flip on a master regulator called mTOR.[6]

Think of mTOR as the "grow now" switch. When it's on, cells divide, multiply, and refuse to die when they should. In a world of periodic fasting and modest meals — the world our biology was built for — mTOR cycles on and off the way it is supposed to.

In a world of six meals a day plus snacks, mTOR is wedged in the "ON" position like a jammed light switch. Cells that should have died off linger. Damaged cells that should have been cleared keep dividing.

This is exactly the environment where cancer takes hold.

3. The Toxic Terrain. The third threat is the most insidious — and the hardest for mainstream medicine to see — because it works through your epigenome, the set of chemical switches that control which of your genes get turned on and which get silenced, rather than changing your DNA itself.

Visceral fat — the deep belly fat that accumulates when insulin is chronically elevated

— is not inert storage tissue. It's an endocrine organ.[7]

It pumps out inflammatory signals like TNF-alpha and IL-6 that poison the surrounding cellular environment.

It also produces an enzyme called aromatase, which converts testosterone into estrogen.

This is part of why insulin-resistant men lose muscle and gain breast tissue — and why women with belly fat after menopause carry a sharply higher risk for hormone-driven cancers.

And critically, the chronic inflammation that comes with insulin resistance can flip those switches the wrong way — turning off the very genes your body uses to suppress cancer, like your p53 tumor suppressor gene.

Your genetic code does not have to be broken for cancer to take hold. The settings just have to be wrong.

Visceral fat also accelerates the buildup of what I call zombie cells — damaged cells that refuse to die and instead leak out a toxic mix of inflammatory signals known as SASP, the senescence-associated secretory phenotype. These zombie cells do not form tumors themselves. They prepare the soil where tumors grow.

Three threats, but one common root. Once you repair the root, you disarm all three at the same time. No drug can do that.

The Primal Reset: 4 Steps to Starve Cancer at Its Root

Here's what I want you to start doing this week...

Step #1: "Rewild" Your Diet

Eliminate refined sugar and refined grain. I'm not talking about reducing. I mean get rid of them entirely.

That means no bread, no pasta, no cereal, no fruit juice, no corn syrup, no added sugar.

You're returning your body to the fuel mix it was designed to run on — pastured meat, wild-caught fish, whole eggs, low-sugar fruit like berries, leafy greens, above-ground vegetables, nuts, and healthy fats like olive oil, avocado, grass-fed butter, and coconut oil.

Once you stop flooding your body with sugar, insulin falls — and you shut off the metabolic signals driving insulin resistance.

Step #2: Shrink Your Eating Window

Compress your eating window to 6 to 8 hours. For most of my patients, that means a first meal at noon and a final meal by 7 p.m.

During the 16 to 18 hours your body is not being fed, insulin drops to its floor.

AMPK — the cellular energy sensor that works against mTOR — switches on. Autophagy kicks in, and your cells begin breaking down damaged components and clearing out cellular debris. This is your body's built-in cancer-prevention machinery, and it only runs when insulin is low.

Research confirms that fasting and time-restricted eating lower fasting insulin, slow tumor progression, and can make conventional cancer treatment more effective while protecting healthy tissue.[8]

Step #3: Move Like Your Life Depends on It

Forget jogging or 45 minutes on a stationary bike. That's not how your ancestors moved, and it's a poor way to restore insulin sensitivity.

What works is brief, intense bursts of effort — what I call PACE, or Progressively Accelerating Cardiopulmonary Exertion.

The idea is simple: Push yourself to your maximum output, recover fully, then do it again — each time increasing the challenge a little more.

That might mean walking briskly if you're just starting out, or sprinting if you're already conditioned. It doesn't matter where you begin. What matters is that you keep raising the bar. Two or three sessions a week is enough.

This kind of movement rapidly empties the sugar stores in your muscles. Every carbohydrate you eat afterward gets pulled into muscle tissue rather than stuffed into fat cells. Your insulin receptors regain their sensitivity within weeks.

Step #4: Stack Your Defenses

Four targeted supplements help reinforce the metabolic repair process you've already started with diet and fasting.

1. **Berberine.** This plant compound — used in traditional Chinese and Ayurvedic medicine for thousands of years — activates AMPK, improves insulin sensitivity, and directly dials down the mTOR pathway. Studies show it has direct anti-tumor activity across multiple cancer types.[9]

   I recommend 500 mg, two to three times daily with meals.

2. **Fisetin.** Found in small amounts in strawberries — though not in levels that make a therapeutic difference — fisetin the most powerful natural senolytic identified to date. Senolytics help your body identify and clear away senescent "zombie cells" that cluster around tumors and feed their growth.

   Studies show it reduces markers of cellular aging, clears damaged tissue, and extended both healthspan and lifespan in animal studies.[10]

   I recommend you supplement with 100 mg of fisetin once a day. And to increase the bioavailability by as much as 25 times, look for a supplement that also includes fenugreek. This helps protect the fisetin during digestion.

3. **Chromium.** Stripped from our soil and our grain-fed meat by modern industrial farming techniques, this trace mineral restores healthy insulin receptor signaling and improves how your cells respond to insulin.[11]

   You can get chromium from grass-fed beef, broccoli, and green beans. But I also recommend supplementing with 400 to 600 mcg of chromium picolinate daily, taken with meals.

4. **Quercetin**. Found in red onions, apples, and kale, this natural plant flavonoid acts as both a potent anti-inflammatory and a senolytic.[12,13]

   I recommend 1,000 mg daily. Be sure to look for a special kind of quercetin called isoquercetin.

   Compared to the more common rutinoside form, isoquercetin is better absorbed and reaches the bloodstream 10 times faster.

My favorite form of quercetin comes from the African Buchu plant. I was introduced to it by one of the most unique herbalists I've ever met.

Her name was Nakirijja, and even when she was well into her 90s, a large number of people were still coming to her to be healed.



Nakirijja was one of the most inspirational healers I've met. She practiced herbal medicine for more than 70 years.

She taught me how to make this simple tea:

- Place four teaspoons of dried Buchu leaves into two cups of boiling water.
- Let soak for about 10 minutes.
- Strain out the leaves.
- Add a spoonful of honey to sweeten.

Buchu is a strong herb, so start slowly. It may cause gastrointestinal irritation, so take it with meals.

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Popular Surgery Makes Knees Worse — Leaving Patients With More Discomfort And Poorer Function

But This 1-2 Regenerative Punch Knocks Out Pain Without Drugs

As a regenerative medicine doctor, I see a lot of knee injuries in my older patients. Sometimes it's from a sports injury.

But more often, it's a result of chronic inflammation... loss of muscle strength... or simply moving the wrong way.

My patients are frustrated. And they're in pain. They want to get back to the activities they love, like tennis and golf.

Many times, they've been to see an orthopedic surgeon before coming to me.

You see, they've been conditioned to think surgery is their only option. And those surgeons almost always say the same thing...

They tell my patients that they NEED an arthroscopic meniscectomy, or APM.

I view any surgery as a last resort. But this surgery comes with a special set of problems.

During this procedure, a surgeon goes into your knee and trims away the torn pieces of your meniscus.

But here's what they don't tell you...

This operation doesn't *repair* ripped cartilage. It just removes the torn pieces. And that can leave your knee weaker than before.

Now, a breakthrough new study confirms what I've warned my patients about for years.

Researchers followed patients with degenerative meniscus tears who were randomly assigned to either meniscus surgery or a placebo procedure.



Patients who undergo surgery for a degenerative meniscus tear often experience increased knee pain and reduced function afterward.

Surgery Leaves Patients In More Pain

After 10 years, the patients who underwent the actual surgery didn't improve.[1]

In fact, they were worse off. Key findings from the decade-long study reveal that patients had:

- **Worse Long-Term Results:** Patients who had APM reported more knee pain and poorer function after a decade compared to those who did not have the procedure.
- **Accelerated Osteoarthritis:** The removal of cushioning meniscus tissue causes the joint to bear more stress, leading to a higher rate of osteoarthritis progression — with one study indicating 81% of the surgery group showed osteoarthritis progression compared to 70% in the sham group.

- **No Advantage Over Placebo:** The 10-year data confirms that simply "cleaning up" a degenerative tear offers zero benefit over a sham operation, proving the surgery is, in most cases, unnecessary.
- **Higher Reoperation Risk:** Patients who underwent APM were more likely to require further surgeries, including potential total knee replacements.

That doesn't surprise me.

You see, this operation is based on a flawed idea — that knee pain is caused by a torn piece of cartilage, and that removing the damaged tissue will solve the problem.

But in older patients, knee pain is often part of a larger degenerative process. Cutting away tissue doesn't reverse that process. It can accelerate it.

1. **First,** the procedure doesn't restore damaged cartilage. Instead, it cuts away portions of the meniscus that cushion and stabilize your knee.
2. **Second,** this operation leaves you with an 80-100% risk of developing osteoarthritis.[2]
3. **Third,** it increases your odds of needing a total knee replacement three-fold.[3]
4. **Fourth,** new research found that fewer than 15% of patients who had the surgery felt better immediately after the operation.
5. **Finally,** less than 2.4% said they felt any pain relief after six months.[4]

Get Back To Doing What You Love

There is a better way to get back to the activities you enjoy. I'm talking about using regenerative treatments that harness the healing power of the body...

Including stem cell therapy.

Stem cells have already begun to revolutionize medicine. And before long, I have no doubt they will completely transform modern health by eradicating pain, treating illnesses, and changing the way your body ages.

Stem cells are the basic building blocks of your entire body. And they have the ability to treat almost every condition and disease ever known.

Researchers at some of the world's leading institutes and universities continue to make unbelievable discoveries in the field of stem cells.

A top regenerative medicine researcher at University College London called stem cells a "medical game-changer on a par with antibiotics." And a scientist at Harvard Medical School called them "The biggest revolution in...medicine in my generation."

As you know, stem cells are your body's stockpile of immature cells that have the ability to develop into almost any type of cell within the body, whether it's a heart cell, a blood cell — or a cartilage cell.

When stem cells are introduced into a damaged area, they release signaling molecules that reduce inflammation, increase tissue repair, and activate the body's natural healing process.

Study results back this up:

- In 2020, researchers followed 60 patients with chronic knee pain due to meniscal tears. Half received stem cell therapy, while the other half had hyaluronic acid injections. After six months, those who had stem cell therapy reported a pain reduction of 40% and a functional improvement of 39%. The control group had an average pain reduction of just 14%.[5]
- Another study, published in the *American Journal of Sports Medicine* in 2022, looked at the use of bone marrow-derived stem cells for meniscus repair in 55 patients. The researchers found that the stem cell treatment led to significant improvements in pain, function, and quality of life. MRI scans showed evidence of meniscus healing in 78% of patients.[6]
- A third study showed that stem cells could regenerate meniscus tissue and stimulate healing — even in patients who had already undergone surgery.[7]

Stem cell therapy even works in so-called "white zones," which are areas that typically don't heal well.

But stem cell therapy goes beyond treating only the meniscus.

Researchers treated 121 patients with severe knee osteoarthritis with stem cells. Before the therapy, 38% of participants reported a grade 3 pain score, and 62% rated a grade 4. After a single injection, pain scores in both groups were slashed in half.[8]

And 30 patients with torn and swollen tendons had a single stem cell injection. All reported significant improvement in short- and medium-term follow-ups.[9]

Combine Stem Cell With PRP For More Dramatic Results

Here at the Sears Institute for Anti-Aging Medicine, I help patients suffering from joint pain by combining stem cell therapy with enhanced PRP.

Conventional medicine has finally been forced to accept how incredibly safe and effective platelet-rich plasma therapy actually is.

And it's thanks to patients like you who are demanding that traditionally trained doctors give you an alternative to Big Pharma's dangerous drugs.

I recently read a copy of *The Journal of Family Practice*. It's a pretty conservative publication of peer-reviewed medical articles. So I was surprised to see a patient getting PRP on the cover.

Of course, when it comes to natural, non-drug therapies like PRP, mainstream publications like this one are quick to hedge their bets. Even this article kept saying things like "we need more research"... "and we don't really know for sure."

But the gist of the article contains solid proof that when it comes to knee osteoarthritis, PRP is the best treatment you can get. It's better than drugs with no serious side effects other than maybe a little swelling at the injection site.

My patients at the Sears Institute don't need proof or validation from journals like this to know the real benefits of PRP. They see how effectively it works every day.

And just look at what the article in the *Journal of Family Practice* concluded: "... reproducible data have demonstrated the superiority of PRP over other nonsurgical treatment options for knee OA."

The evidence is undeniable.

In a 2021 meta-analysis of 18 studies, researchers compared PRP to hyaluronic acid injections (HA) in patients with knee osteoarthritis. Pain measurement scores revealed a *44% improvement in PRP patients* versus 12% in the HA group.[10]

The same study also concluded PRP patients had "significantly less pain" after 11 months as well as "higher levels of function and lower levels of symptoms."

A second study looked at 75 patients suffering from mild to moderate knee osteoarthritis.[11] Twenty-five got PRP, 25 received HA, and another 25 got a glucocorticosteroid (CS) injection. Pain measurement tests were taken at baseline, 6, 12, and 26 weeks.

By the end of the trial, the researchers concluded that:

"Injections of PRP can provide...significant functional improvement for at least six months in patients with mild to moderate knee osteoarthritis that is superior to HA or CS injections."

My patients are seeing these same results every day. And it's helping them get back to doing the things they love.

The Power Behind Enhanced PRP

As you probably know, PRP uses platelets — colorless cell fragments that help your blood clot — to rebuild a damaged tendon or cartilage.

PRP doesn't just relieve pain. It jumpstarts the healing process. But at the Sears Institute, we go one step further and provide enhanced PRP therapy.

We use a combination of platelet-rich plasma (PRP) and platelet-poor plasma (PPP) that capture a higher concentration of plasma proteins, called alpha-2-macroglobulin (a2M), and growth factors.

Using a2M drastically changes the biochemistry of a joint. It stops disease progression by binding to and removing cartilage-destroying inflammatory proteins. This provides long-term relief from pain.

But here's what truly sets us apart from every other PRP provider in the country...

Each patient receives pre- and post-optimal platelet and stem cell activation using:

- Intramuscular glutathione injection
- IV nicotinamide adenine dinucleotide (NAD)
- Hyperbaric oxygen before and after PRP procedures

This triple punch is guaranteed to improve clinical outcomes.

As a regular reader, you know that HBOT therapy is one of the most effective regenerative therapies that exist today.

HBOT provides lifesaving treatment for numerous chronic conditions, ranging from diabetes, stroke, and spinal cord injuries to Alzheimer's, arthritis, and heart disease. And so many more.

We are the only clinic that combines enhanced PRP therapy with hyperbaric oxygen to provide up to 800% more healing power.

When you use HBOT and PRP therapy together, you're ramping up the number of activated stem cells in your bloodstream. These then go to work with "turbo-charged" healing power on the parts of your body that need repair.

In one study, researchers from the University of Pennsylvania gave a series of 20 HBOT treatments to 18 people.

Following just one two-hour treatment, stem cells increased by 50%. After 20 HBOT treatments, stem cells increased by 800%.[12]

5 More Ways To Supercharge Your Stem Cells

I believe stem cell therapy will one day replace surgery for most orthopedic problems, including arthritis, inflamed tendons, torn muscles, injured ligaments, and damaged joint cartilage.

Meanwhile, there are ways you can boost your stem cell production right at home.

1. Wake Up Sleeping Stem Cells With This Vitamin. Research shows that vitamin K2 can reactivate "sleeping" adult stem cells. It gets them back to work...keeping your joints youthful and strong.

Goose liver is your best food source. Just 3.5 ounces provides 370 mcg of K2. Grass-fed meats are also good sources.

But it's hard to get all you need from food. I suggest supplementing with 90 mcg of K2 a day. Look for menaquinone-7. It's much more bioactive than menaquinone-4.

2. Supplement With This B Vitamin. A recent study from the University of Georgia and Tufts University found that vitamin B9 — or folate — can stimulate stem cell proliferation.

A further study found that folate derivatives can protect chondrocytes (cartilage cells) and reduce inflammation, which is vital for maintaining knee health.[13]

I recommend getting 800 mcg of folate daily. Grass-fed calf liver is one of your best sources. Dairy, poultry, meat, eggs, seafood, and dark leafy greens are also good choices.

If you want to supplement, avoid the synthetic "folic acid" form of B9. Look for products that say "5-MTHF." That's the active form of B9.

3. Activate Stem Cells With Holy Fruit. New research has found a way to dramatically increase the number of stem cells circulating in the blood using the "holy fruit of the Himalayas," or sea buckthorn berry.[14]

In the study, 12 healthy adults had their blood drawn before and after eating either seaberry extract or a placebo. Data on stem cell activity was analyzed following each blood draw.

Within two hours of eating the berry, researchers found that progenitor and mesenchymal stem cells capable of repair increased 24.2%.

These multipotent stem cells found in bone marrow have the ability to develop into multiple specialized cells.

To get the results researchers saw in the study, take 500 mg daily. It's available as a soft gel, powder and juice. Choose certified organic, non-GMO products.



Eating Himalayan holy fruit increased stem cell activity 24% in two hours.

4. Eat More Seaweed. Seaweed contains an important molecule called fucoidan. This compound increases the release of adult stem cells into the bloodstream.[15] It also helps mobilize those stem cells so they can travel to the parts of the body that need repair and renewal.

Fucoidan is found primarily in brown seaweed and makes a delicious salad. You can also supplement. I suggest 400 mg a day.

5. Dine On Forgotten Superfood. Bone marrow is loaded with the stem cell activators your body needs to build, repair and maintain your cartilage.[16]

Our ancestors devoured it — and piles of animal bones broken open have been found in almost every ancient fire pit from the Paleolithic period.

I like roasting bone marrows for 20 minutes in a 450-degree oven. Then I toss them with a little virgin olive oil, fresh lemon juice, and sea salt for a delicious delicacy.

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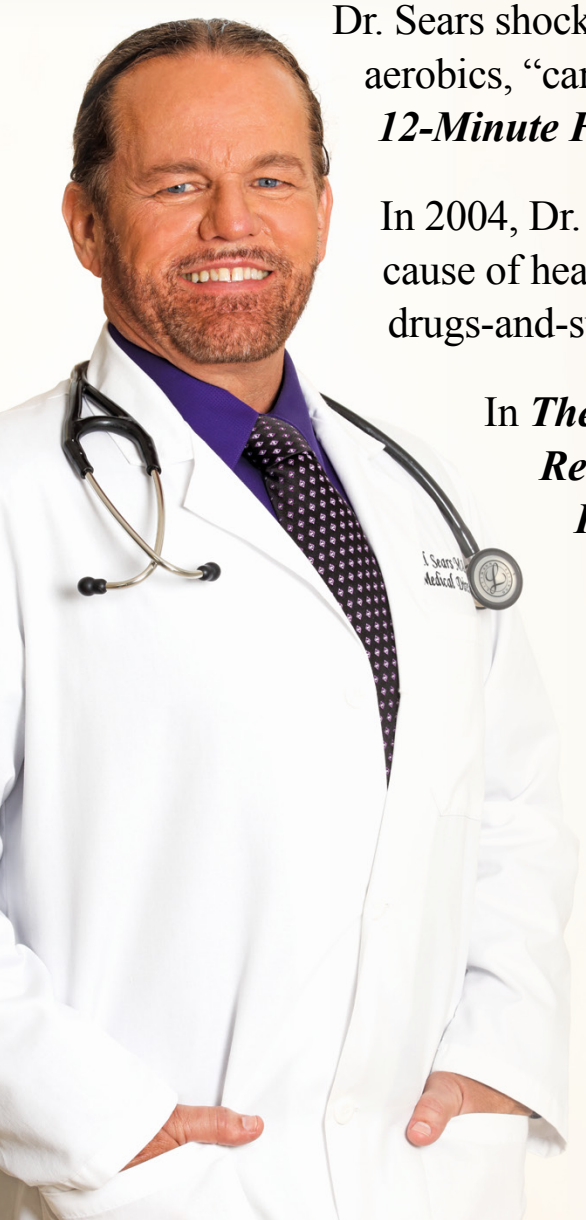
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Al Sears, MD

Al Sears, MD, CNS, is a medical doctor and one of the nation's first board-certified anti-aging physicians.

As a board-certified clinical nutritionist, strength coach, ACE-certified fitness trainer and author, Dr. Sears enjoys a worldwide readership and has appeared on more than 50 national radio programs, ABC News, CNN and ESPN.

In 2010, Dr. Sears unveiled his proven anti-aging strategies in ***Reset Your Biological Clock***. As the first U.S. doctor licensed to administer a groundbreaking DNA therapy that activates the gene that regulates telomerase, Dr. Sears made history by bringing telomere biology to the general public.



Dr. Sears shocked the fitness world by revealing the dangers of aerobics, "cardio" and long-distance running in his book, ***PACE: The 12-Minute Fitness Revolution***.

In 2004, Dr. Sears was one of the first doctors to document the true cause of heart disease and expose the misguided and often fatal drugs-and-surgery approach to heart health.

In ***The Ageless Heart Manual: Advanced Strategies to Reverse Heart Disease and Restore Your Heart's Pumping Power***, Dr. Sears outlines the easy-to-follow solution that effectively eliminates your risk of heart disease, high blood pressure and stroke.

An avid lecturer, Dr. Sears regularly speaks at conferences sponsored by the American Academy of Anti-Aging Medicine (A4M), the American College for the Advancement of Medicine (ACAM) and the Age Management Medicine Group (AMMG).

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