



Dr. Sears'

CONFIDENTIAL CURES

Your Guide to Truth and Lies in
Medicine from Around the World

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Wipe Out Fatigue with the Forbidden Natural Source of Pure Clean Energy

It really gets my goat that they try and get you to believe this stuff.

"Your metabolism is slowing down..."

That's what your doctor says when you're over 40 and you don't seem to have the energy you once did.

It's true your metabolism changes as you get older... but there's more to the story.

Sure, your gender and your genes determine some of your metabolic rate, or the pace your body creates and uses energy.

But the reality is your metabolism doesn't get "slower," it gets *less efficient*. And the older you get the harder it is for your body to respond in the same way it did when you were younger.

But you can speed up your metabolism and have a lot more energy than you've been told...

Because here's a secret: Nature designed you for high energy.

Unfortunately, the modern medical establishment has been nagging you for 30 years to stop doing something your body needs so you can have all the energy, enthusiasm and relaxed, confident happiness you were built for.

But you can get that energy back with one simple step I show the patients who come to my Wellness Center.

And it doesn't matter what condition you're in now. I've seen it all. And I've fully restored high energy and a bright outlook to patients you might consider "lost causes."

The Big Fat Mess

Modern health experts claim that dietary fat – one of three main nutrients the human body needs to survive and thrive – is bad for you.

But modern medicine didn't think it through.

If they did, they would have realized that taking one of your three macronutrients and telling you not to eat it anymore is a universally bad idea.

Continued on the next page...



Eat plenty of omega-3-rich raw nuts and seeds for energy.

In This Issue...

Wipe Out Fatigue with Pure Clean Energy.....	1
The Natural Cure For Congestive Heart Failure.....	4
Get a Surge of Mental Energy and Fight Aging	7

A minority of doctors including myself have been advising the contrary. Because you need fat to give you energy. Fat supplies more than twice the calories per gram of carbohydrate, and produces zero insulin response, meaning you don't turn it into body fat.

Why would the powers that be advise you not to eat one of your most naturally energizing foods? Because natural is not "proprietary."

By proprietary I mean something that they manufacture, patent, trademark, corner the market and sell it to you at a huge profit.

Fats in nature have a fixed cost. But carbohydrates... you can grow them in huge quantities, get the government to subsidize and pay you for growing them, add synthetic fat substitutes, and sell them for cheaper than dirt.

With natural healthy fat, it's hard to make a 5,000% profit like you can selling a box of cereal.

I've devoted much of my professional career to this subject. I've read scores of books on nutrition, I'm a certified clinical nutritionist and I've helped thousands of patients get more energy and beat fatigue.

Yet their misinformation campaign is still overwhelming, even to me.

The truth is, our bodies need fat to absorb vitamins and nutrients that help us "get up and go."

In fact, vitamins A, D, E, K and the energy-producing CoQ10 can't even be absorbed without fat. And when you deprive yourself of fat, you eat more carbs. This modern overabundance of carbs tells your body that you need to slow your metabolism and store energy as fat. Then your energy isn't available to you.

Traditionally, humans ate a lot more fat than we do today. And yet we're the ones suffering from chronic fatigue and low energy.

The blueprint, then, to restore your energy levels involves restoring your diet back to what your body was built for, which means eating more fat, and more of the right fat...

How To Fix It: Stay Energetic And Strong With The Right Fats

Part 1 – Omega 3 fatty acids: You can get these from animal and plant sources. It's important to get omega-3s from both plants and animal sources, because the ability to convert ALA from plants into EPA and DHA can vary from person to person. So getting an animal source is essential.

Plant-based omega-3s are mainly alpha linoleic acid (ALA). Your body breaks this down into the two types of omega-3 you need to keep your telomeres longer, EPA and DHA.

Animal-based omega-3s have some ALA, but mostly contain EPA and DHA.

Animal sources of omega-3 are cold-water, high-fat fish like mackerel, wild salmon, lake trout and herring. But to get enough EPA and DHA on a daily basis, which you need if you're going to have more energy, I recommend cod liver oil.

The best fish oils, which means the ones that are most absorbable and give you the biggest boost, are the ones in their original "triglyceride form." This triglyceride form is worth the little extra you'll pay for it.

Also, eat plenty of raw nuts and seeds. Walnuts, Brazil nuts, almonds and pumpkin seeds are some of my omega-3-rich favorites. I also use Sacha Inchi oil. Packing more than 48% ALA, Sacha Inchi oil is one of the richest plant-based sources of omega-3 in the world. That's 5.15 grams of linoleic acid in each tablespoon full.

I like to put Sacha Inchi oil on salads, and use it in my stir-fry recipes, but you can also just take a tablespoon full. It has a clean fresh taste.

You should try to get 3-5 grams of omega-3's every day... but it's also important to remember that taking in too many omega-6 fatty acids causes inflammation, which shortens telomeres. So stay away from farm-fed fish and processed meats. These man-made creations have unhealthy amounts of omega-6

Part 2) Avoid Trans fats (fake fat): Trans-fat is the result of "hydrogenation." When a hydrogen molecule is added to vegetable oils, it turns them to fatty solids.

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Trans fat gets into your cells and your brain and blocks the receptor that controls your metabolism and makes you feel energized.

These fatty solids also replace animal fats. Your body doesn't recognize them as food, and when you eat this kind of fat your body feels like it has no energy.

Here's a chart I use to give you an idea of which foods have more of the energizing saturated and monounsaturated fats and which have man-made trans-fats:

Fat (1 tablespoon)	Saturated Fat (grams)	Mono-unsaturated Fat (grams)	Poly-unsaturated Fat (grams)	Trans Fats
Lard	5.0	5.8	1.4	0.0
Butter	7.2	3.3	0.5	0.0
Margarine	1.6	4.2	2.4	3.0
Vegetable shortening	3.2	5.7	3.3	1.7
Olive Oil	1.8	10.0	1.2	0.0
Beef tallow	6.4	5.4	0.5	0.0

Also, remember that thousands of different products in the grocery store contain trans fat.

Did you know that if a product has .5 mg or less of trans fat per serving the manufacturer can put "zero trans fat" on the label? So even though that "healthier" snack food package says "zero trans fat" you are still getting trans fat.

Part 3) Other Healthy fats: Stearic acid, an energizing fatty acid that your body metabolizes a bit more slowly than other fats. It also helps you use and store protein, your body's number

1 food energy source. ¹ You can get stearic acid in beef and pork, skinless chicken, olive oil, cheese, and chocolate.

Perhaps the best source of energizing healthy fat is the coconut. Coconut oil is rich in medium-chain fats cupric and lauric acid. Unlike longer-chain fatty acids, the medium-chain fatty acids in coconut oil are tiny enough to enter your cells' mitochondria directly.

This means your cells use the fat from coconut oil for energy instantly, instead of storing it for later use.

Once you try this approach to eating, you'll agree that it's more enjoyable and easier to follow, and you'll enhance your energy, much more than if you follow the government's high-carbohydrate "food plate" or the American Heart Association's low-fat approach.

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¹ Ranhotra G, Gelroth J, Leinen S. "Energy Value of a Fat High in Stearic Acid." *Journal of Food Science*, 1998; Volume 63, Issue 2, pages 363-365.

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The Natural Cure For Congestive Heart Failure, Cardiologists Are Angrily Tossing In The Garbage...

When C.B. first came to me as a new patient, she was suffering from congestive heart failure.

We talked about the drug her cardiologist recommended her to take and I shared with her a confidential cure for CHF that the medical establishment won't recognize.

We have hard evidence—which I'll share with you in a moment—that proves this cure works. However, they continue to ignore it in favor of their toxic, impotent drugs.

I gave C.B. a bottle of this powerfully heart-energizing nutrient before she left.

C.B. went back to her cardiologist, and told him about the congestive heart failure cure. She pulled out the bottle to ask him what he thought.

But before she could say anything, he reached across his desk and ripped the bottle out of her hand. Stunned, C.B. watched in horror as he angrily threw it in the garbage.

A few weeks later, I found C.B. sitting in my reception area and asked her how she was doing. She shrugged, but once in the privacy of my office, I got the full story about her cardiologist.

Inside I boiled with anger over what happened, but calmly I got C.B. a new bottle.

I said, "I recommend it to all my patients who suffer from congestive heart failure, because it works wonders to energize the heart, reduce oxidized fat in blood vessels, and destroy free radicals lurking in the heart. We've even found that 50-75% of people with heart disease have a shortage of it, and it can be catastrophic for your heart."

The cure her cardiologist threw in the trash? CoQ10.

It's Your Body's Most Powerful Energy Booster... And Is Essential For Your Heart...

The human body demands coenzyme Q10 to survive.

It's no secret that this essential antioxidant is important to maintain a healthy heart, and is an essential cofactor your body uses to derive energy you cannot survive without.

It is especially important to the energy-guzzling organs, like your heart, brain, kidneys, and liver. CoQ10 provides your body with "high octane" fuel.

There are more than 100 studies at major universities and hospitals linking CoQ10 deficiency with heart disease. Further studies show taking CoQ10 revitalizes heart function and can dramatically relieve heart disease symptoms.

What first piqued my interest in CoQ10 as a heart cure was a landmark study by Dr. Folkers and Dr. Langsjoen that found CoQ10 deficiency in a majority of people with heart disease.¹

Since then, I've been fighting to bring this confidential cure to people's attention...in my practice, my writings, and in my lectures...so NO ONE faces congestive heart failure without CoQ10.

In their study, Researchers measured the levels of CoQ10 in heart issue biopsies, and found low levels of CoQ10 in 50 to 75% of patients with various types of heart disease.

From 1985 to 1993, Dr. Folkers and Dr. Langsjoen observed 424 people who received CoQ10 and conventional treatments for heart disease.

They assessed patient progress according to the New York heart association functional scale, which range from I (the least serious) to IV (the most serious).

After taking CoQ10, 58% of the patients improved at least one category, 28% moved up two categories, and 1.2% moved up three categories. In addition, 43% cut back or eliminated their cardiac medication.

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Energize Your Heart With The Right CoQ10

As you know from being a *Confidential Cures* member there are two forms of CoQ10, Ubiquinone and Ubiquinol.

Ubiquinol is what I recommend to my patients, because it is 8 times more bioavailable than ubiquinone. That means you get 8 times more from ubiquinol than you would from the same dose of ubiquinone.

This has been critical in cases of severe congestive heart failure.

In 2008, Dr. Langsjoen studied the effects of Ubiquinol on CHF. He found that the most severe cases of congestive heart failure (CHF) failed to absorb enough supplemental ubiquinone at dosages up to 900 mg/day. They saw little clinical improvement because of it.²

Dr. Langsjoen believed that the swelling in these patients was slowing CoQ10 absorption.

He identified seven patients with advanced CHF and low levels of CoQ10 on ubiquinone. All seven of these patients were changed to ubiquinol.

After the change, CoQ10 levels increased 306%. The volume of blood pumped out of the ventricle improved from 22% up to 39%. They called clinical improvement “remarkable”, with NYHA class improving from a mean of IV to a mean of II.

Ubiquinol dramatically improved absorption in patients with severe heart failure. The improvement in plasma CoQ10 levels is correlated with both clinical improvement and improvement in measurement of left ventricular function.

Why It Helps Cure Congestive Heart Failure

Deprive your heart of CoQ10 and its available energy declines, leading to a decrease in the blood your heart can pump. If your heart pumps less blood than it receives, fluid backs up and your heart swells like a water balloon. That's what congestive heart failure is.

It can affect either the right or left side of the heart.

The left side pumps oxygen-rich blood from the lungs to the rest of the body. The right side pumps the oxygen-depleted blood from the body back to the lungs that replenish the oxygen.

When the left side of the heart is damaged, the blood backs up into the lungs, causing wheezing and shortness of breath (even during rest), fatigue, sleep disturbances, and a dry, hacking cough when lying down.

When the right side of the heart is damaged, the blood collects in the legs and liver causing swollen feet and ankles, swollen neck veins, pain below the ribs, fatigue, and lethargy.

People with congestive heart failure tend to have oddly low levels of CoQ10. They also have many problems with their mitochondria, probably caused by the low levels of healing CoQ10.

Mitochondria are the structures in your cells that manufacture energy at the cellular level.

Virtually every cell has its own energy-producing mitochondria designed to meet its needs.

Your heart relies on mitochondrial metabolism to provide the energy so it can pump blood to oxygenate the organs of the body.

So you can imagine, with the heart having so many mitochondria and relying on its production...a shortage of CoQ10 could be catastrophic for your heart.

While some medication can improve heart function temporarily, they often delay death by no more than a few months or years. The five-year survival rate for people with congestive heart failure is 50 percent, and many people with it suffer from severe functional disabilities.

CoQ10 offers hope for people with congestive heart failure. CoQ10 changes how the heart functions and strengthens cells. Patients with congestive heart failure can dramatically prolong their lives by taking CoQ10. In one study, taking CoQ10 cut the average yearly death rate of patients with heart failure by 26 to 59 percent.³

Many patients reverse their heart failure by taking regular doses of CoQ10.

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How To Get Plenty of CoQ10

Your body has several ways to obtain CoQ10 to meet your physical demands.

Only very young and vigorously healthy people seem to make enough internally. As we age, we rapidly become more dependent on dietary sources. Your gut can absorb it from the foods you eat, but it has become difficult to get optimal levels of CoQ10 from the typical modern diet.

Organ meat from animals is the primary food source of CoQ10.

Can you remember the last time you dined on deer kidney, goat brains, or lamb heart?

Even if you did, the organs of grass fed animals have up to ten times more CoQ10 than the organs of grain fed animals. Unless you regularly consume wild game or eat internal organs of grass fed animals, it is difficult to get enough CoQ10.

Here is a simple guide to dosing to be reasonably sure your body is getting adequate CoQ10 to produce energy for your organs and to protect your heart from common deficiencies.

- If you are over 30, take 30 milligrams of CoQ10 per day.
- If you are over 60, increase the dose to 60 milligrams
- If you have high blood pressure, heart disease, or are a vegetarian increase your dose to 100 milligrams of CoQ10 a day.
- If you are take cholesterol lowering “Statin” drugs, take at least 100 milligrams of CoQ10 a day. These prescription drugs block the body’s production of CoQ10.

You can buy CoQ10 in the form of tablets, chewable wafers, or gel caps. Powdered capsules are not well absorbed. Gel caps or chewable forms are absorbed better. Because CoQ10 is a fat-soluble nutrient, take it with fat for optimal absorption.

I strongly recommend that you look for a CoQ10 supplement that features Ubiquinol. As I mentioned, Ubiquinol is more bioavailable, absorbs 8 times faster than ubiquinone, and has proven to absorb better even in the most severe cases of congestive heart failure.

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Get A Surge Of Mental Energy, Better Concentration, And Fight Aging With The Nutrient The FDA Turned Its Back On

It works so well the FDA planned to approve it. It boosts brainpower, improves mood and learning, gives you more mental energy, and fights aging.

So why have you never heard of a wonder drug that does all of this?

Because the companies making it didn't have the millions of dollars it takes to get something approved as a pharmaceutical. So when the money dried up, the FDA dropped it like a hot potato in exchange for Ritalin and other drugs.

What a shame. Unlike the synthetic drugs the FDA pushes through its pipeline, this natural compound provides a safe and non-addictive solution to a variety of cognitive and energy problems.

Brain cells produce the chemical acetylcholine, which you need for mental energy, memory and alertness. DMAE helps your brain cells replace this chemical naturally.¹

People who use DMAE get a noticeable boost in their ability to concentrate. DMAE also gives you an improvement in your memory, especially short-term memory, plus improved sleep, which is very important in today's high stress, deadline-oriented world.

Doctors had already been using it in the 1960s and 70s to help people focus and stay alert and sharp.² Using it gave people better test scores. Studies showed it worked as well as Ritalin³ and other drugs that increase mental energy and focus.

But in the early 1980s, the FDA decided they needed more studies to prove its effectiveness before they would approve it. But the manufacturers didn't have millions of dollars to do the expensive retesting required.

So, since the manufacturer couldn't pay, the FDA turned its head and walked away.

I've been following the controversy over this for years. And I've used this in hundreds of patients to help them stimulate their brainpower, and improve concentration and memory.

Today I'm going to show you how to use it to strengthen your mind and fight aging. It can even help alleviate modern stress and problems concentrating.

The "Other" Brain Food

You've heard the common reference to fish as 'brain food.' There is truth in the saying because fish have omega 3 fats. These good fats make up our brain cells. But some fish contain another important nutrient you don't hear much about.

I'm talking about Dimethylaminoethanol or DMAE for short.

DMAE is an amino acid you produce in your brain. It's also a brain stimulating compound found in anchovies, sardines and other fish. Studies show it increases levels of acetylcholine. This is the memory and learning chemical in the brain.⁴

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That's because your body does a simple conversion, and combines DMAE with choline to make the neurotransmitter acetylcholine.

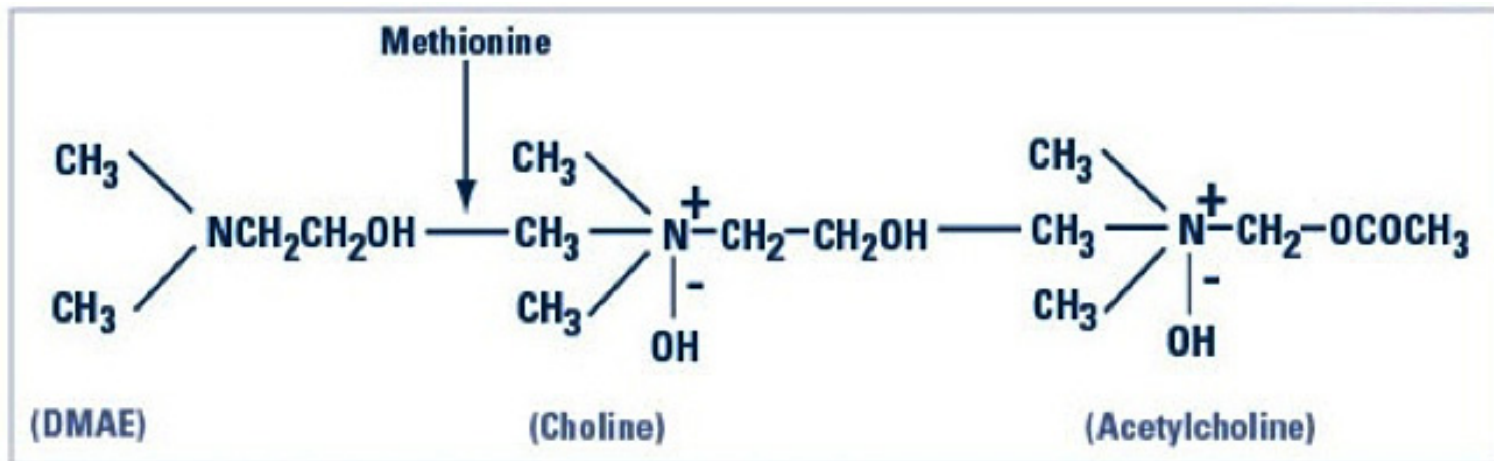


Figure 1. Chemical conversion of DMAE to choline and acetylcholine.

This process is what allows you to think clearly and creatively, stay strong and energized, and have that “spring in your step.”

You need acetylcholine for all the basics like thought, memory and sleep. It even controls how you move. Your muscles receive commands from your brain via acetylcholine. That means DMAE is vital to the process of your sense of balance and stability.

Clinical studies show DMAE can:⁵

- Accelerate mental speed and your ability to process thoughts and ideas
- Improve your concentration and eliminate early morning “fogginess”
- Promote a better mood
- Decrease irritability and over activity
- Increase attention without causing drowsiness

Safe, Effective ... And Forgotten

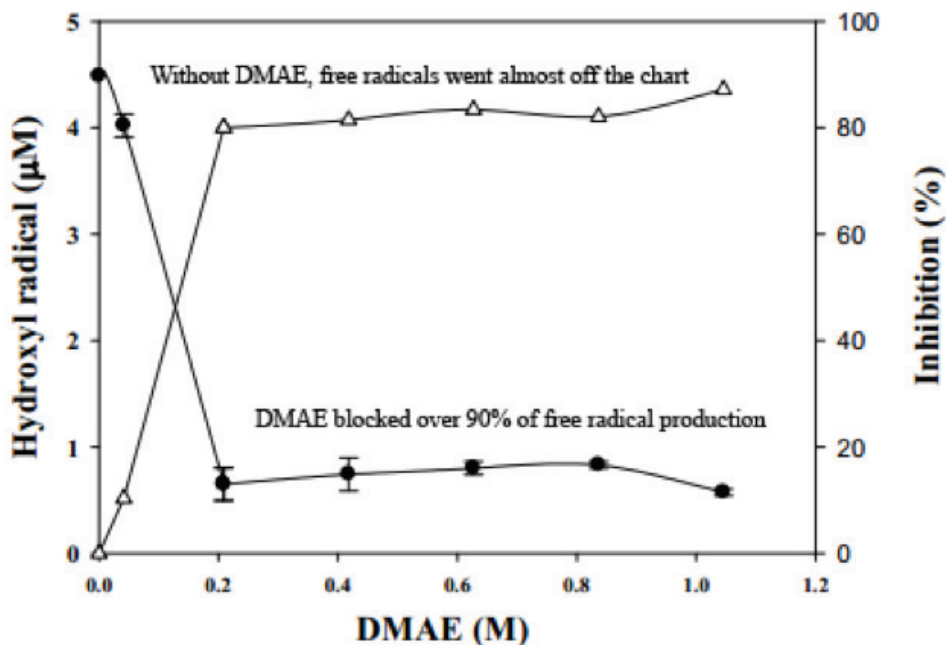
Many of my patients notice an improvement in their memory, concentration, focus, mental clarity, and even sleep. It's no wonder that doctors in Europe commonly prescribe the drug Centrophoxine, whose central ingredient is DMAE, to boost cognitive function.

DMAE crosses readily into the brain, and by helping to make acetylcholine, tests show DMAE produces improvements in brain-wave patterns in parts of the brain that play a pivotal role in memory and attention span.

And here's something even alternative doctors don't know about DMAE: It's a powerful antioxidant.

DMAE isn't studied that much anymore, so I had to search for quite a while. But I found an overlooked animal study where the researchers discovered a new effect no one had ever noticed before: DMAE is a powerhouse antioxidant.

They gave the animals a solution that causes the body to produce free radicals. And the researchers were startled when DMAE shut down the free radical production, whereas in the control animals, free radical formation skyrocketed,⁶ as you can see in this chart:



Source: Malanga, et. al. Drug Metab Lett. 2012;6(1):54-9.

In another animal study, researchers looking at DMAE noticed that it inhibits the formation of the aging pigment lipofuscin.

It's thought that lipofuscin is formed by free radicals reacting to the inefficient breakdown of fatty acids. This happens to everyone, and it accumulates with age in all body tissues. On your skin, this can sometimes appear as "liver spots."

The brains of the animals that got DMAE had *nine times less of this aging pigment* than the control animals. Not only that, but DMAE flushes away this lipofuscin completely.⁷

Removal of lipofuscin may mean that **DMAE removes aging cells from the body.**

DMAE also fights other effects of aging, too. It stabilizes cell membranes preserving them from the changes of aging. In a study with mice, scientists found DMAE increased longevity.⁸

DMAE also seems to limit other aging symptoms in brain and heart muscle.⁹

A Stronger Mind, Better Mood, Long Lasting Mental Energy

Very few doctors are nutritionally aware enough to prescribe DMAE to their patients who may have a lack of mental energy and suffer from memory and attention lapses. They just attribute these lapses to "what commonly occurs with normal aging" instead of a nutrient deficiency.

The best sources for natural DMAE are wild-caught fish like salmon and small, oily fish like pilchards.

I know some people don't eat fish, or don't eat the small ones like herring because of the strong taste. Fortunately, even though the FDA dropped the ball, you can still get DMAE as a supplement.

How much should you take? Clinical studies of DMAE have used doses of up to 1600 mg per day with no reports of side effects and no known drug interactions.¹⁰



The best sources for natural DMAE are wild-caught fish like salmon and small, oily fish.

I recommend from 35-50 mg a day if you're currently healthy. For anti-aging and mental energy, you can take from 100-300 mg twice a day.

You'll mostly see tablets or capsules in doses from 50 to 150 mg. Regardless of the amount, start slowly with a low dose and see how you respond before increasing the amount.

You may feel mild stimulation with your first dose or it may take a week or so to see results. Also, take DMAE with meals so it gets fully absorbed. Just break open a capsule and mix it in with your favorite morning drink for an effective brain "kick start" to the day.

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Al Sears, M.D., 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 Doctor's Heart Cure***, 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).

The information and material provided in this letter are 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 competent medical professional before acting on any recommendations in this publication.