



Dr. Sears'

# CONFIDENTIAL CURES

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

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## We've Been Fed a Bunch of Bull Fat

The pharma-medical-agra complex's worst nightmare has come true. Not only were they wrong about what caused the biggest health problem in America, but their recommended solution made the problem worse.

The gatekeepers of health in this country, groups like the American Heart Association, claim the path to good health and avoiding chronic disease is a low-fat diet.

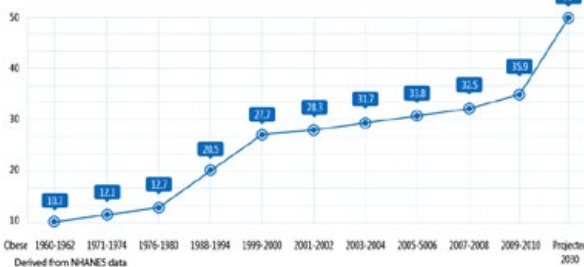
But from the minute our consumption of real healthy fats from animals dropped off the table...



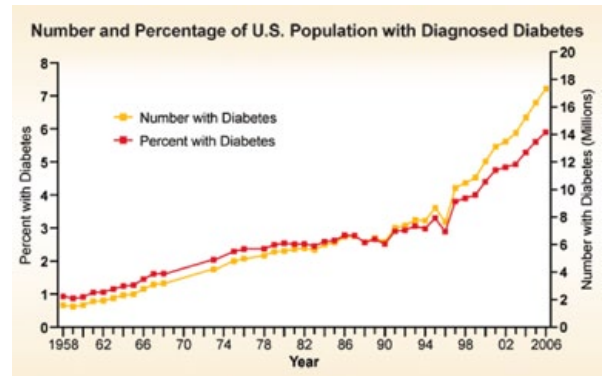
Sorry for the poor quality of these images. But this information isn't made readily available through regular outlets because the powers that be don't want you to know about it. So it comes from government sources, and, well, what can I say? That's what we're stuck with.

...and our consumption of processed fats started to rise, so did the prevalence of chronic diseases like obesity:

Prevalence of Obesity Among U.S. Adults Aged 20-74



...and diabetes:



From CDC.gov

Of course, the correlation between the advice to eat low-fat and the disease incidence doesn't prove cause and effect.

But let's at least put it in the proper context with this little-appreciated fact: Fat intake in modern America is 33%.<sup>1</sup> That's lower than the 38% hunter-gatherer diet that we all ate for almost all of human existence.

In 1910, people ate as much as 18 pounds of butter a year. In the year 2000, butter consumption went below 4 pounds. When we were eating saturated fat-laden butter, mortality from heart disease was below 10 percent. Today mortality from heart disease is 40 to 45 percent.<sup>2</sup>

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Meanwhile, a study from the University of Buffalo shows that people who eat more fat reduce their risk of heart disease by 15%.<sup>3</sup>

It's time to stop counting grams of fat.

If you want to live a long, healthy life, forget about the modern recommendations to eat like a rabbit. Instead, ditch the real saboteur of modern diets – processed carbohydrates – and eat MORE fat.

You have a natural desire for healthy fats. You'll stay healthy and disease-free. Losing weight will come easier and faster. And you will wake up charged with energy that will last the whole day.

I've helped hundreds of people use this approach. My files are full of patients who have made remarkable transformations.

Today we'll look at how the "low-fat" myth continues, why these well-intentioned diets put you at unnatural and unnecessary risks, and how to take in more healthy fats so you can get lean, have enough energy to do what you want, and avoid the modern plague of chronic disease.

## Diets of People with the Lowest Risk of Heart Disease



**Maasai** – Kenya and Tanzania, Africa. Meat, milk, and blood from cattle. Butter for infants. Diet 66% saturated fat



**Inuit (Eskimos)** – Arctic. Whale meat and blubber. Diet 75% saturated fat



**Rendille** – Kaisut Desert, NE Kenya, Africa. Camel milk and meat, and "Banjo," a mixture of camel milk/blood. 63% Sat Fat



**Tokelau** – Three atoll islands, New Zealand. Fish and coconut. Diet 60% saturated fat

## Going Against Human Nature

Our modern diet has replaced protein-rich foods that have healthy fats, like meat and eggs, with "low-fat" processed foods made from refined carbohydrates. Think "whole grain" bread and granola.

The advertising and labels seem to promise these foods are better for you because they're "fat-free." But without fat, your brain would be the size of a frog's. Without fat, you wouldn't be alive.

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## The War Against Saturated Fat

The war against saturated fats started way back in the late 1950s.

A researcher by the name of Ancel Keys was investigating cardiovascular disease. His goal was to prove eating high amounts of saturated fat was linked to heart disease.

He published the "7 Countries Study," successfully showing fat as the major cause of heart problems.

His research was praised and soon became gospel. He even became known as the "father" of the Lipid Hypothesis. That's the theory that high cholesterol causes heart disease... and in turn, eating a lot of fat causes high cholesterol.

But there was a slight problem with Keys' research. Something he deliberately ignored. Keys only chose to use data from seven countries that matched exactly what he wanted to prove.

The truth is there were at least a half-dozen other countries with examples that proved the exact opposite. Countries where people routinely ate tons of fat – yet rarely experienced heart disease. When it didn't fit his hypothesis, he ignored the data.

Unfortunately, Keys' research caught on over the years. One group in particular – the Center for Science in the Public Interest (CSPI) – ran with Keys' ideas. They launched what began an all out-war against all saturated fats. In fact, CSPI coined the term "artery-clogging" fat.

Here are just a few of the many benefits you get from natural fat:

- More energy
- Better heart health
- Sharper memory, mental focus and brainpower
- Better eyesight and a lower risk for macular degeneration
- Better skin and healthier hair
- Anti-inflammatory protection from arthritis

In fact:

1. Your heart is covered with a layer of “animal fat” that it uses as an energy booster during times of stress.
2. The walls of every cell in your body are made up of fatty building blocks called lipids.
3. The “sheath” that surrounds all your nerves is made of a fatty substance called myelin. Without enough fat, you could suffer *demyelination*. Your nerves would lose their insulation and wouldn’t transmit their signals efficiently. You would move and think much more slowly.
4. Without fat you wouldn’t be able to deliver nutrients to your body. Vitamins A, D, E, K and CoQ10 can’t be absorbed without fat.

Plus, low-fat foods have proportionately more carbohydrate. When you eat carbs, it spikes your blood sugar. A wave of insulin floods your body. Insulin then, in turn, triggers your liver to produce more triglycerides and body fat. When this happens repeatedly, your body gets stuck on a program of making and storing body fat.

How much insulin do you secrete in response to dietary fat? Zero. Carbs trigger insulin.

Low-fat foods aren’t the answer. Because dietary fat is good for you.

So, where did the low-fat mistake originate?

## The Origins of the Modern Dietary Nightmare

About 10,000 years ago, people began to domesticate plants and animals. There was a gradual switch from hunting and gathering to husbandry and farming. These could support a larger population. Quality was traded for quantity.

Archaeologists can identify the start of this Agricultural Revolution in the fossil record. Through skeletal remains, they have found that farming communities were more malnourished and disease-ridden than their hunter-gatherer predecessors.

Hunter-gatherer skeletons in Greece show the average height was about 5’9”. Upon the advent of agriculture, Greeks suddenly shrank to a mere 5’. Even today, the Greek population has not fully regained the height of their primitive predecessors.

The record of native people in the Illinois and Ohio River valleys also demonstrate the health consequences of agriculture.

*“Archaeologists have excavated some 800 skeletons that paint a picture of the health changes that occurred when a hunter-gatherer culture gave way to intensive maize farming around A. D. 1150 ... Compared to the hunter-gatherers who preceded them, the farmers had a nearly 50% increase ... in malnutrition, a fourfold increase in iron-deficiency anemia ...[and] a threefold rise in infectious disease.”<sup>4</sup>*

But native cultures that put animal fats at the center of their diet show no trace of heart attacks or heart disease. The Inuits of Alaska eat a diet that’s over 80% animal fat. And before they were exposed to the typical Western diet, they had no history of heart disease.

The Native American Indians also had a diet high in saturated fat. Fat was so important to their diets that they often selectively hunted for animals that had more fat. They had remarkably good health without any signs of heart disease.

The record is consistent. When hunter-gatherers switched to farming, their fat intake went down, and their carbohydrate intake went up.

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The incidence of malnutrition and diseases rose in every case I can find.

## Over-Consumption of Carbohydrate Gets Worse

In 1977, a Senate Committee led by George McGovern released its “Dietary Goals for the United States.” Without real evidence, it identified fat as the culprit. They did not know that native diets contained more fat than modern diets do.

The National Institutes of Health jumped on the “ban fat” wagon. In 1984, they announced Americans must cut their fat intake. The food industry quickly produced a slew of “low-fat” products. But without the tasty fat, the food produced was bland. High amounts of sugar became a common additive. Americans replaced fat with refined carbohydrates and sugar.

Rates of obesity and diabetes were pretty constant throughout the 1950s and 1960s, then suddenly began a dramatic rise.<sup>5</sup> These rates began rising at the time the health authorities told us we must eat low-fat. We obeyed, and there was an explosion of disease.

Add to this mistaken low-fat theory the reality of economics and you get a recipe for a health disaster. How much profit can you make selling an egg when everyone else can sell them? But carbs can be processed into proprietary blends, like cereal. The mark-up can be thousands of percent.

## Back to the Future for Optimal Health

The good news is that fixing this mess is not as hard as you might think. The key is NOT to deprive yourself of the fatty foods you were born to eat. All it takes is two steps: skip the carbs.

The best part is that foods rich in fat and protein are the best-tasting. You just need to make sure you eat the right kinds of fats in the right ratios.

Follow a few simple rules for selecting your food, and you will be able to eat better-tasting foods, reduce your risk of disease, and feel more satisfied.

**Rule 1)** I tell patients who come to my Wellness Center that I recommend eating as many different natural foods as

possible to get the widest variety of healthy fats.

But it's important that you get it from the best sources. Look for meat and animal products that come from organic, grass-fed, and free-range animals. Wild game is also a great source.

Think back before the onset of Agriculture, what our ancestors ate. They ate wild game, fish, berries, plants, and nuts. If a food doesn't have to be processed, it is probably good for you.

You want to make sure you eat a quality source of protein with every meal, fill your plate with low-glycemic veggies and fruits, and limit anything made from grains

Skip the starchy junk-food snacks, but also avoid cereal, granola, potatoes and “whole-grain” breads... they're also junk foods loaded with carbs and devoid of healthy fat. Snack on nuts and berries, instead of processed foods with added sugar.

Don't be fooled by academia and federal mandates. They are all subject to the pressure of big lobbying. None of them care what's actually good for your health. Not if it cuts into their bottom line.

**Rule 2)** I'll tell you what I tell my patients. You should get at least 50% of your fat from saturated fats.

One idea is to try replacing corn and canola oil with good old-fashioned lard. Get it from natural sources. But beware – the lard sold in most grocery stores is typically hydrogenated to give it a longer shelf life. It's not the real stuff. One rule of thumb: If it's not refrigerated, you don't want it.

Also, look for foods with stearic acid. It's one of many saturated fatty acids. You can find it in beef and pork, skinless chicken, olive oil, cheese, and chocolate. Other healthy saturated fats include lauric, myristic and palmitic acids.

So, do what I do. Throw a big, juicy grass-fed steak or lamb chop on the grill and enjoy. But remember, for meat to be its healthiest, it should be cooked as little as possible. Quickly sear the meat on both sides, leaving the healthy fat intact and the inside rare.

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**Rule 3)** One of the best reasons to eat natural pasture-raised meat is that it's your best source of a powerful nutrient you may not have heard of, conjugated linoleic acid (CLA).<sup>6</sup>

That's important because this fatty acid is a potent tool you can use to fight chronic diseases like diabetes. CLA is so strong it mimics the effect of synthetic diabetic drugs, but without side effects. In one animal study, CLA improved insulin action and reduced blood sugar significantly. Even better, the early results from clinical trials with people are just as promising.<sup>7</sup>

CLA is a potent cancer-fighting substance in our diet. It also increases your metabolic rate, enhances lean muscle tissue growth, and lowers cholesterol and triglycerides. And did you know it can offset the effect of antibiotics in your food?<sup>8</sup>

So if you can't get enough grass-fed beef, supplement with CLA. I recommend you get 800 to 1000 mg a day.

Make sure it's the cis-9 trans-11 form, as this is the one that gives you the most health benefits.

In upcoming issues of *Confidential Cures* I'll be talking more about the other types of healthy fats, monounsaturated

and polyunsaturated fats. ■

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## Life-Saving, Fat-Filled Tropical Miracle Food

The sweat was pouring off us in the heavy midday heat on Bali.

After hiking in the low mountains around the garden and rice paddies, passed down from his father, we were a little tired from the hundred-degree heat ... and from walking all afternoon. And we were about as thirsty as you can get.

Just at the moment we stopped to look out over the plateau, a girl who works on one of the nearby plantations came walking by with a bundle of coconuts.

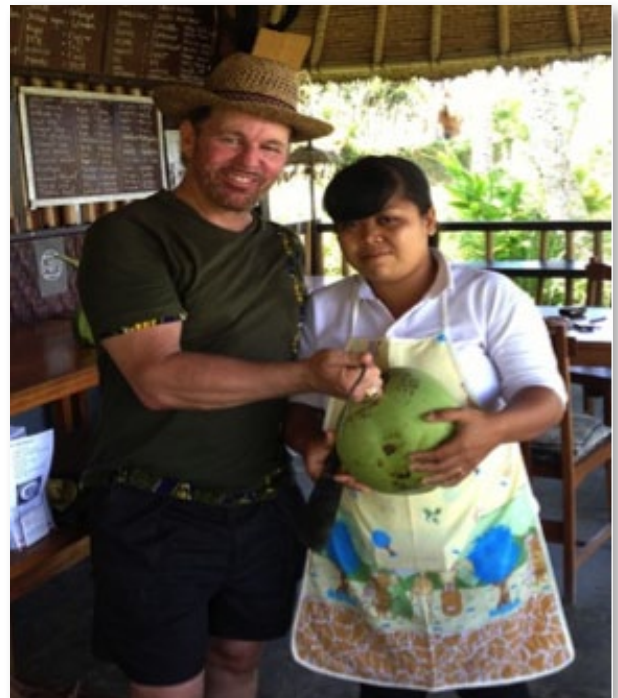
"May I have two of those?" Westi asked her.

She gave us two of the coconuts.

Westi set them on the ground and produced what looked like a narrow meat cleaver.

"We call this a Bali knife. Very useful."

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**This was the biggest coconut I had ever seen... I wanted a photo of it before Westi and I cut it open to drink the delicious water out of it.**

Westi is the master of understatement. I discovered he uses it for *everything*.

He handed it to me. “That’s incredibly beautiful.”

I had never seen anything like it. I gave it back to him... and then my new friend did something I had never seen.

He sat down on the ground and grabbed a coconut. With incredible speed and ease he shaved off a little piece and set it aside. Then he chopped a V-shaped hole with his heavy knife, chopped a slit perpendicular to it, picked up the shaved piece, bent it a little, and made a spout.

Voila! Drinking cup!

In a few seconds we were drinking cool, refreshing coconut water right from the source.

Everywhere I’ve traveled they have a different way of opening a coconut, and his was the best I’ve ever seen.

And I really appreciated the cool drink at the time in the heavy heat and altitude...

On the day I was to leave, Westi made a little presentation of giving me my own Bali knife as a present.

It’s like a half-knife, half hatchet. The Balinese use them as all-purpose tools.

He grabbed a coconut off a nearby tree so I could film him using my new knife to demonstrate how to make a drinking cup out of a coconut.



**At home, I now use my Bali knife to cut the coconuts from the trees. Lucky for me I can reach this one so I don't have to climb ...**



**With my friend Westi and me in his shop in Ubud, Bali.**

Here I was, struggling for years to cut open coconuts at my house in Florida... and now I’ve got a Bali knife.

I’ve managed not to cut myself too badly using it in my yard, too.

It’s great because I used to kind of spill the water all over the place when I chopped open coconuts, but I’m getting the hang of my Bali knife. Now I can drink coconut water right from the source.

We have coconut palms here in South Florida. Seeing them always gives me the feeling of lazy afternoons at the beach, and warm tropical breezes.

I have coconut trees in my yard, too, and I love to eat coconut ... but until I got my Bali knife, it always involved a great deal of care and skill to get the darned things open.

Now I don’t have to worry about it anymore, thanks to Westi.

But even though I think of coconut as a staple food now, just like they do in Bali, Jamaica and other parts of the world, the coconut wasn’t always thought of as a good thing.

In fact, there was a pretty forceful campaign to get Americans to think of foods with “tropical oils” like coconut oil as deadly. And it worked very well.

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## Lobbying Good Fats Out of Your Diet

When the mistaken notion that saturated fats are bad for you started to take hold, the edible oil industry seized its opportunity. Their goal was to promote polyunsaturated vegetable oils and vilify anything else. Especially “tropical oils” with saturated fat.

With the help of lobbying, the industry got the government to incorporate the notion that their synthetically altered vegetable fats were a healthy part of the diet into the country’s eating guidelines.

Their “proof” was studies done with synthetically altered coconut oil.

Researchers fed animals hydrogenated coconut oil. It was purposefully altered to make it completely devoid of any essential fatty acids.

Ironically, the hydrogenated coconut oil was selected instead of hydrogenated cottonseed, corn or soybean oil, because it was a soft enough fat for blending into the animals’ diets. What made it that way is the unique fat that gives coconut its many health benefits – the medium-chain saturated fatty acids.

The animals fed the hydrogenated coconut oil as their only fat source naturally became deficient in essential fatty acids. So their cholesterol levels increased.

Coconut oil was declared universally bad for you based on cholesterol hysteria, and that was that.



**Once I get the coconuts down, I shave them a bit until I see the white coconut meat at the top. Then I refrigerate them so I can have a drink whenever I want. They keep forever.**

People feared eating coconuts for almost 50 years, because it had tropical oil in it that was supposedly bad for your heart.

What arrogance... to tell people that something tropical is bad for us. When we live in a northern latitude country that has completely lost its roots that connect it to where it came from and what is healthy.

We all ate those tropical oils for 99.9% of our previous existence. Then we lost memory of it after migrating and now we say, “Oh, you can’t eat this.”

How absurd.

The things that are naturally food are almost universally good for you. We’re finding that every natural food that we ever ate is full of the right ingredients. Full of antioxidants. Full of vitamins.

Coconuts, in particular, are an excellent way to get two things lacking in the Western diet: protein and natural fiber. Coconuts also have zero starch, and the brain-healthy nutrient choline.

## Among the Healthiest Oils in the World

Now we know that coconut oil is the opposite of dangerous. It’s among the healthiest oils in the world.

Coconuts have a unique kind of fat you’ll find in less than a half-dozen foods anywhere in the world. They’re called medium-chain fatty acids (or medium-chain triglycerides – MCTs).

These fats – capric acid and lauric acid – are very rare. They are only found in human breast milk, cow’s milk, goat’s milk, and coconut and palm kernel oils (which is not the same as palm oil). And these fats have great benefits for your brain and are among the heart-healthiest fats you can get from any food. MCTs reinforce your skin and strengthen your immunity to fight infection from bacteria and viruses.

But, MCTs also fight depression and inflammation, two major brain-robbing conditions. Scientists are also studying these fats because they may fight Alzheimer’s. And animal studies have shown that these fats can protect neurons from injury and cell death.

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Nursing babies get about one gram of lauric acid per kilogram of body weight each day. You can get about two grams of lauric acid from one tablespoon of dried coconut. Quality coconut milk will contain about three and a half grams for every two ounces. Coconut oil has almost seven grams per tablespoon.

When you eat MCTs, you convert them into monoglycerides and medium-chain fatty acids. These fats are very different from the fats in vegetable oils. When you eat lauric acid, it boosts your immune system to help the body fight infections and diseases. And MCTs have many other health benefits:

- Lauric acid is known to be anti-viral, anti-fungal and anti-bacterial.
- Cosmetic makers find coconut oil to be gold, because the MCTs are also good for your skin. The MCTs in coconut oil reinforce your protective skin barrier, called the acid mantle, and increase your proteins that hold on to water.
- Coconut oil protects against overexposure to the sun, too, which is why it's used in suntan lotion.
- Lauric acid transforms into a substance called Monolaurin that can strengthen your immunity and fight infection from bacteria and viruses.
- 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.
- Coconut oil can help reduce the symptoms of type-2 diabetes, and people who incorporate medium-chain fatty acids, such as those found in coconut oil, into their diets can lose body fat.
- Coconut oil also helps improve your HDL to LDL ratio ("good" vs. "bad" cholesterol) and reduces the amount of fat your body stores.

In Sri Lanka, about 50% of calories from the typical diet come from coconut oil. Yet, heart disease is virtually non-existent there, as well as in Bali.

Researchers, perplexed by this, decided to see what happened when they took a group of young men and had them eat corn and soybean oil instead of coconut oil.

The results weren't pretty.

Their HDL level plunged 42 percent – which put them far below what's considered healthy. Their LDL/HDL ratio increased 30 percent.

These results simply confirm what countless studies are finding. Coconut oil is good for your heart and helps increase your good HDL cholesterol.

For example, a study published in the *Journal of Nutrition* studied 25 women. They were given three different diets: A diet high in coconut oil, a low-fat diet with small amounts of coconut oil, or a diet high in polyunsaturated fats. Each diet lasted 3 weeks.

As you might guess, the highest increase in HDL was when the women ate the high-fat, coconut oil diet.<sup>1</sup>

## Misconception and Minerals

One thing coconuts *don't* have is a lot of vitamins.

Many so-called skin-care and health experts keep telling you that coconuts are healthy because they're "high" in this or that vitamin, but it's just not true.

A cup of raw coconut only has 0.2 mg of vitamin E, 2 mg of vitamin C, no vitamin A, almost zero B vitamins, and 0.2 micrograms of vitamin K.<sup>2</sup>

What coconuts do have is lots of minerals. A cup of coconut has a good amount of iron, zinc, copper, selenium, potassium ... and magnesium.

And, as you get older, not only do you lose magnesium from the place where you store most of it – your bones – but magnesium stored in bones isn't completely bioavailable as you age.

But you can change all that by drinking coconut water... which has other health benefits as well.

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## Pure, Clean Water

Young, green coconuts, produce the coconut water Westi and I drank in Bali... but it's not just for drinking. It's also naturally sterile. In tropical countries where coconut trees grow wild, they use a combination of coconut water and coconut oil to heal skin injuries faster.

Take a drink and you'll be re-vitalized almost immediately. Within five minutes you'll feel a burst of energy, have clarity of mind and a sense of well-being.

One of the reasons is that coconut water can boost thyroid function. Having your thyroid work efficiently is essential for boosting your metabolism and energy production.

Coconut water is also loaded with the electrolyte potassium. That makes it a pretty good substitute for those sugary "sports drinks" after your P.A.C.E. workout.

Research also supports using green coconut water for an upset stomach and diarrhea. Sometimes it's hard to drink much water when your stomach is upset. But you need lots of water to rehydrate when you have diarrhea. That's one thing that's great about coconut water. It's just as good as plain water for rehydration... but it's gentler on your stomach, so you can drink more.

Coconut water is also cleaner than most other water. So it's often safer to drink than the local water when you're traveling. In fact, coconut water is so pure, I've sometimes seen it used as an emergency IV fluid in surgery.

If you don't have coconut trees in your yard like I do, you can still get coconut water. Many health-food stores sell fresh coconuts now. The raw, fresh water will always be the best tasting coconut water you can get. It's slightly sweet and very mild-tasting.

The next best thing is pre-packaged, "virgin" or no-sugar-added coconut water. There are quite a few companies selling it now, so it's easy to get at your local grocery store or health-food store.

For general health purposes, eating raw coconut is a great way to get protein, natural fiber and healthy fats.

**When you're looking for coconut oil**, try to find unrefined oil such as virgin coconut oil instead...most oils are refined, bleached and deodorized (RBD) and are processed with chemicals. Three to four tablespoons a day

of coconut oil will provide enough lauric acid to build the immune system.

It's not hard to put coconut oil to work for you, either. You see, it's solid at room temperature... about the consistency of soft margarine. So it's easy to work with.

For most recipes, you can simply add an equal amount of coconut oil in place of butter, margarine or shortening. You can also use coconut oil in place of butter when you sauté.

The taste is a little different, so you may want to experiment a bit. I think coconut oil's mild flavor is delicious, though, and love to use it in my recipes.

- **Fry with it.** Coconut oil has a high smoke point. That means that it won't degrade at high temperatures – leaving all the fatty acids intact. It's especially great for pan searing. If you do cook with it, consider getting it with no flavor. This is known as "expeller-pressed" coconut oil.
- **Make a smoothie.** Scoop a healthy serving of coconut oil (it'll probably be solid, but that's okay) into the blender. Mix in your favorite fresh fruits. Maybe even add some protein powder. Add organic milk and a little ice. Blend it all and enjoy a tasty, heart-healthy smoothie.
- **Bake with it.** It's okay to have your favorite foods from time to time. And if you like to bake cookies, brownies, or anything else, go for it. Just substitute expeller-pressed coconut oil for vegetable oil. Not only will everything taste better, but most of the fat you'll be eating will get burned off right away. ■

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# The One Cholesterol Cure You'll Never Get From Your Cardiologist...

Here's something that might shock you...

Did you know that 75% of people who have heart attacks have "normal" cholesterol?<sup>1</sup>

It's true. These numbers come from the landmark Framingham Heart Study that has been ongoing since the 1940s. It's the most reliable data on heart disease.

Why? Because, in a time when drug companies sponsor, pay for, and manipulate clinical studies to prop up their best-selling drugs... this study is untouched by corporate hands.

There's just one problem. The medical establishment is ignoring data that doesn't support their cholesterol theory.

Have you ever tried to challenge your doctor on cholesterol? They're so adamant about treating "high cholesterol," they'll refuse to see you as a patient if you don't buy into their propaganda.

That's why people come to me.

The truth is cholesterol isn't the cause of heart disease. Inflammation is.

Inflammation acts on cholesterol, but isn't caused by it. It's guilty by association.

Pharmaceutical companies quickly engineered a drug to stop your body from making "cholesterol."

They supported this myth with billions of dollars in advertising campaigns, lining the pockets of doctors and well-placed editorials in leading publications.

They've convinced the whole world cholesterol is the enemy, and high cholesterol means you have one foot in the grave. It couldn't be further from the truth.

## They Are So Wrong It's Laughable...

The worst part of this cholesterol myth is mainstream doctors all around the world are getting away with lowering people's cholesterol even if they don't have any disease.

It's alarming, because they're making people sick. You don't want to remove cholesterol at all.

You want to protect yourself by raising your levels of good healthy HDL cholesterol instead.

The fact is, the higher your cholesterol is, the better your life is. You need cholesterol to make vitamin D, to make sex hormones, and to make the membranes of your cells and your brain.

With my patients who have inflammation I try to get their HDL to be as high as half of their triglycerides.

There's no evidence that high cholesterol increases heart risk if your HDL is at least half your triglycerides. If you can make your HDL higher than your triglycerides, that's even better.

My HDL is twice as high as my triglycerides, and I'm proud of my high cholesterol. A good HDL level is about 45. We want your triglycerides to be below 150, normally.

But if you can get your triglycerides down to 100 and your HDL up to 50, then it doesn't matter what your total cholesterol is. There is no risk.

Let me repeat that: As long as your HDL is high enough, you're at little to no risk of heart disease. Even if your total cholesterol is 305.<sup>2</sup>

Why isn't this simple and powerful advice getting through? Because there's no drug to boost HDL. So it's not part of the medical establishment and pharmaceutical companies' agenda.

But I've found a potent natural cure that helps boost your HDL. There is just one catch. To this point, the FDA has been hiding it from you.

*Continued on the next page...*

## The Crimson Super-Food That Can Help Boost Your HDL Better Than Anything in Existence...

I call this new HDL booster a crimson super-food, because it's closer to a super-food than a vitamin, and is a red pigment.

In fact, the FDA even classifies it as red food dye, but it's actually a carotenoid named astaxanthin and the world's strongest antioxidant.

Carotenoids are a red or yellow pigment found in plants and certain animal tissues. You can find astaxanthin in the muscles of wild salmon and in microalgae.

It's 6,000 times more effective than vitamin C, 800 times more than CoQ10 and 550 times more than vitamin E and green tea.<sup>3,4</sup>

It gets itself into every cell of your body. Protecting the fat-soluble and water-soluble parts of your cells. It can aid athletic performance, bolster your eyes, and even help boost male fertility. Where it really shines is with cholesterol.

Astaxanthin helps improve blood lipid profiles by decreasing bad LDL cholesterol and triglycerides, and by increasing good HDL cholesterol.

I've been using it in my practice for years to help my patients bolster HDLs and level off LDLs.

Over 20 years ago, an early study demonstrated astaxanthin raised good HDL cholesterol in rats. But in the past decade I've read a few key human studies that have been very helpful in furthering my astaxanthin HDL research.

In 2003, an unpublished human study from *Eastern European* looked at men with high cholesterol. They supplemented with 4 mg of astaxanthin for 30 days.

At the end of the study, subjects showed an average decrease in the total cholesterol and of LDL of 17%, and an average decrease of triglycerides of 24%.<sup>5</sup>

In 2010, the first-ever randomized, placebo-controlled human study was done in Japan.

They found that use of astaxanthin significantly increases triglyceride and HDL cholesterol.<sup>6</sup>

At the end of the study, participants receiving 12 and 18 mgs of astaxanthin experienced significant increases in the HDL cholesterol levels of 10% and 15% respectively.

The medical research and my own work in my clinic clearly demonstrate how astaxanthin helps increase HDL cholesterol, lower LDL, and lower triglycerides. I can't recommend it enough, to help keep your cholesterol at healthy levels.

### How Can You Get Astaxanthin?

Perhaps the best source is salmon. Make sure it's wild-caught salmon, which contains far more natural astaxanthin than farm-raised salmon.

Four ounces of farm-raised Atlantic salmon contains about 0.5 to 1.1 mg of astaxanthin. Wild-caught sockeye salmon contains 4.5 mg.<sup>7</sup>

You can also find astaxanthin in pink-colored seafood like lobster, crab and shrimp.

I know some people just aren't into eating fish. If this is you, try a supplement. I recommend you take as much as 10 mg of astaxanthin a day.

Unfortunately, most astaxanthin supplements aren't natural. Many manufacturers use petrochemicals to make synthetic astaxanthin. That form is more than 20 times weaker than natural astaxanthin.

Yet, they will tell you all about the benefits from the different scientific studies. Problem is, those studies use 10 mg of natural astaxanthin.

Also, make sure to look at how much astaxanthin you're getting in your supplement. Many only give you 5 mg of even the natural astaxanthin. But all the studies on its HDL-raising, antioxidant and brain-boosting power use 10 mg. ■

#### References:

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## Share Your Story With Me

I've made it my personal mission to bring you back hidden and forgotten cures from around the world, and return to your body what's missing from our modern environment so you can live a full life without worry.

I often hear great things about my books, special reports, and products from patients who come in to my clinic. But I'd love to hear from you, too.

[Click here to take a moment below to share your thoughts with me.](#)



### Al Sears, M.D.

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.