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

February 2014 Vol. III Issue II

"Thorny Tree" is Overlooked Cure from Celebrated Cancer Doc's Herbal Healing Arsenal

The photos almost stunned me…

I saw resolution of advanced cancers. Breast cancer, skin cancer, prostate cancer… the AIDS-related cancer Kaposi's sarcoma… even HIV-infected people who had quite disfiguring wounds.

One picture shows it, and in the next picture it's gone. Healed using only African medicinal herbs.

One woman had a mass in the breast – a several kilogram mass – and it's now gone.

A child had swollen lymph nodes and ulcers on his body, and he's been almost fully healed.

A woman with lesions in her mouth, cured.

It makes you wonder, what made those go away? Is it the use of the herbs?

Gifted Healer

Around 80% of the people in Africa still rely only on traditional medicines and remedies. The problem is, knowledge of how to use healing plants and herbs in Africa is becoming lost.

Fortunately, the people in Uganda have Dr. Victor Kiwalabye, the very knowledgeable, very gifted herbalist and traditional healer who cured the people in the photos.

It was a bit difficult to form a working relationship with him, because he doesn't speak much English and he's very busy.

But we've since had some good meetings with him, and he's going to be a great asset when we write our upcoming book on healing remedies from Africa.

My staff at Wellness Research Uganda got this great photo of Dr. Kiwalabye (left) who is establishing his own herbal garden in Uganda. He's working with Richard Othieno (right), a talented herbalist and botanist who has an incredible categorical recall of African plants and their medicinal uses.

I'm very pleased to have him, because he has ways of fighting all kinds of cancers.

It's not enough to fully publish a scientific study, because you don't know how many times they used the herb. Maybe this herb was one in a thousand? You

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In This Issue…

don't know. But when you see the pictures, they're pretty impressive.

And, Dr. Kiwalabye has been recognized by the Ugandan government because of his success in treating cancer patients.

He doesn't share his secrets easily, but he uses the local plants and herbs from the area around his home country of Uganda, many of which have anticancer properties.

I've written to you about cerasee (my friend Ivey Harris uses it in Jamaica), graviola (soursop that my friend Westi grows in Bali), moringa (the edible African tree), and hypoxis (the anti-cancer and HIV African potato that Dr. Kizito introduced me to).

But one of the most intriguing Ugandan plants that fights cancer is the maytenus tree – here they call it the Red Spike Thorn or Thorny Staff Tree.

This spiky shrub Ugandans call "thorny tree" has a lot of hidden cancer-fighting power. It's one of the local herbs available to Dr. Kiwalabye as he helps cure people of disease around Uganda.

They're really a sort of messy-looking shrubs, with gray-green leaves growing out of these spikes. At the ends are white sweet-smelling flowers.

Maytenus interested me for two reasons. First, when I traveled to the Peruvian Amazon, they have a maytenus tree that grows there called Chuchuhuasi (hard to pronounce but hard to forget). It's kind of a cure-all pain reliever. Second, the first time I came to Africa, Dr. Mawanda showed me the Ugandan version, maytenus senegalensis, because it has unique anti-tumor compounds.

Now that I'm here and I know what to look for, I see the large shrub growing everywhere. They're easy to spot because from August to February, they have these little edible reddish berries that grow on them. Richard Othieno said they were sweet and he was right, but they have a little tartness to them as well.

With my interest aroused, I decided to look into it a little further. What I first saw was a study done way back in February of 1972 that found a "novel" component of maytenus could fight leukemia.[1]

The study was published in *The Journal of the American Chemical Society* … and promptly forgotten by the medical community. No one paid attention to what they had found.

But they should have looked more closely. Because maytenus senegalensis has an amazing array of plant antioxidants and nutrients … it's full of phenols, flavonoids, glycosides, saponins, alkaloids, tannins, triterpenoids[2]… almost every plant antioxidant and cancer fighter we know, and a few that are new.

Mainstream medicine still ignores these natural compounds that beat modern diseases. All the attention and money goes toward drugs and surgery after the fact, and they don't give much thought to preventing cancer in the first place. That's why I feel the need to spend so much time traveling and researching… so I can bring these natural cures and remedies back to you.

Overlooked Cancer-Fighting Power

Most of the research I've seen on maytenus has been done in places where the tree is common, like India, Japan and China, but little in the West. Yet that research gives us plenty of evidence for its effectiveness against cancer.

For instance, the maytenus is common in Asia and India. And Ayurvedic and Traditional Chinese Medicine doctors often use it as an anti-inflammatory, antioxidant, and to heal cancers and kill off tumors.

In South America they make decoctions of it and use as an analgesic that you can both drink and rub on the skin. Maytenus is proven to be very good at relieving pain and inflammation.[3]

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Maytenus is just one of over a hundred herbs Dr. Kiwalabye uses at his Victor Herbalists Research Association (VIHERA) to treat cancer, ulcers, diabetes, liver cirrhosis, asthma, and HIV-related illnesses.

Maytenus senegalensis contains:

- **Epigallocatechin** (the cancer-fighter in green tea)
- **Kaempferol** (the cancer-killing antioxidant)
- **Quercetin** (antioxidant and anti-cancer)
- **Beta-sitosterol** (prostate cancer fighter)
- **Mytansinoids** (strongly anti-tumor)[4]

Clinical trials from other places around the world have also given us plenty of evidence of maytenus' anti-cancer effects.

Researchers from the University de La Laguna in Spain got together with the Department of Complementary and Alternative Medicine at Japan's Kanazawa University to look at maytenus and its cancer-preventive power. They found that one of the compounds, a sesquiterpene, is not only anti-tumor, but it promotes other anti-tumor activity in the body. And it's chemopreventive, which means it stops cancer from forming. [5]

Another group of researchers from the University de La Laguna partnered with the Kyoto Prefectural University in Japan and studied another type of maytenus and found the same chemopreventive effects.[6]

The journal Molecules has a study from China showing that a component of maytenus significantly reduced both the volume and weight of cancerous tumors and stopped the cancer's ability to grow blood vessels and spread. [7]

Maytenus also has MECG, a relative of EGCG. In a one of the few studies I found done in the West, The Cancer Center at the University of Minnesota looked into MECG. The researchers found that tea drinkers with the most MECG had almost a 60% lower chance of colorectal cancer than people who had gotten the least MECG.[8]

In Brazil, traditional healers use maytenus widely used in traditional Brazilian medicine to relieve nausea and treat ulcers. But when researchers at the Federal University of Rio Grande do Norte in Brazil tested the effects of maytenus, they were surprised at another of its effects… it killed liver and colorectal cancer cells and protected normal cells.[9]

Healing Roots

Local healers in Africa use the bark of the maytenus as a very powerful antibacterial tonic. Studies prove it to be very effective against many harmful bacteria like E Coli and Staph.[10]

They also use decoctions of the roots to relieve coughs and colds and to treat malaria. And they use the leaves to make soothing eye drops.

You can grow one of these wild-looking shrubs yourself. They grow from seeds, they don't seem to mind what soil

Along with Dr. Sekagya, Dr. Kiwalabye recently attended a traditional healers' conference at the University of New Mexico, where Dr. Kiwalabye cured patients under observation using only herbs.

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they grow in, and they don't seem to need much water, either, although they don't like the cold.

The smell of the white flowers is really pleasant, and you might even get some berries.

Right now, maytenus senegalensis isn't available in the West unless you grow it, but that doesn't mean the health benefits of maytenus aren't available.

You can get the Peruvian version of maytenus from websites like sunfoods.com (they have a nice Chuchuhuasi tea). Teabrasil.com sells the dried maytenus leaves in bulk.

You can make a tea with the raw parts of the maytenus tree, but it's better to do like they do in Africa and make a decoction. These are more appropriate for hard, woody substances that will disperse their constituents into water, like the roots, bark and stems of the maytenus plant.

What you want to do is use one part water to one ounce of the herb or root. Simply:

- Pour the water into a pot or container (avoid aluminum).
- Cut or crush the leaves or other constituents of the maytenus, if you have them, and add them to the water.
- Turn on the heat to medium.
- Simmer without a lid until about a quarter of the water has evaporated.
- Cool and strain… and enjoy! ■

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Hidden Cancer Connection

Two Simple Steps to Help You Prevent the Five "Epidemic" Cancers

I'd always been a little reluctant to talk about cancer.

I wanted to make sure I didn't do any harm by saying there are all these alternatives for preventing and fighting cancer.

But, as I've seen what other people are doing and claiming, they're either so mistaken, or so far out there in left field, that I thought it was time to come out very strongly on this issue.

Did you know that when the journal *Nature Reviews Drug Discovery*

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went to verify the supposedly breakthrough cancer research done by Pharma giant Bayer, they could only reproduce the results from 25% of them?[1]

These were not obscure studies. These were the big ones that were supposedly showing how great their anti-cancer drugs were. Bayer had to stop the trials in progress, because the drugs were found simply to not work.

Then the prestigious journal Nature did a similar study looking to reproduce the results of 53 landmark studies on cancer done by the huge Biotech firm Amgen … and they could only replicate six of them.[2]

Don't get me wrong, there are plenty of good people in the cancer research field doing great work, and the rate of most cancers has stabilized or gone down.

But there are five exceptions where the incidence is continuing to rise to the point of epidemic. And as much as mainstream medicine would like you to believe their drugs work, the fact is, in most cases, they don't. And in the case of **breast cancer, ovarian cancer, endometrial cancer, cervical cancer and prostate cancer,** mainstream medicine's approach is failing.

Ignoring the Cause

A big part of the problem is that standard medicine continues to actively criticize and try to suppress people like me who have been treating patients whose cancers are clearly being stimulated by the environment we've created.

Thousands of chemicals are getting into your body that are disrupting your hormone system, and these chemicals mimic the female hormone estrogen. Excess estrogen can disrupt your entire endocrine system, causing weight gain and dramatically boosting your chance of developing those five cancers in particular, and probably more.

The extra dose of estrogen can make your menstrual cycle more painful. It wreaks havoc and makes you feel burned out, irritable and upset. And as the levels rise inside you, all that extra estrogen ramps up your risk for heart attack, stroke, and cancer.[3,4]

Why those five cancers I just mentioned in particular? Because they all have one thing in common: Estrogen receptors.

I Bet Your Doctor Never Told You This…

Researchers have been slow to come around to the idea that "estrogen-mimics" in our food and environment are having an effect on us humans. But I can tell you from 20 years of medical experience, excess amounts of estrogen in our environment are causing disastrous changes for both men and women. I see it in my patients almost every day.

There are almost no clinical trials that have studied estrogen dominance and its effects. Truth is, most doctors don't even realize excess estrogen is the "hidden cause" of the problems a lot of men and women face every day.

But as I've shown you, while clinical trials are helpful sometimes, even with the ones that have legitimate results, modern medicine often gets hung up on the placebo vs. the drug, and completely ignores the evidence right in front of them in the real world.

It's the same way they ignore the oldest systems of medicine in the world, even though they have thousands of years of real-world trials behind them.

Today, science can lag as many as 15 years behind what doctors in practice know.

In the case of estrogen dominance, it's been more than 20 years, and modern science still hasn't gotten around to studying this effect that only I and a few other doctors have caught on to.

Cancer Treatment Malpractice

What's more, no one wants to stand up and tell you that you can do something about it. And that there are natural things that can help prevent these cancers that all have estrogen in common.

But I've had the experience now of having people who have cancer come to me for treatment who have already been to what are supposed to be the best cancer treatment places in the country, and nobody is addressing this fundamental cause.

I saw a patient recently who has stage four breast cancer. I'll tell you more about her story in the future. But she's been all over the place for care, and no one has ever told her if her breast cancer had estrogen receptors, or whether it was

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estrogen positive or progesterone positive.

After a mastectomy, chemotherapy, the cancer spreading to her backbone, and radiation treatment… still, after all that time and until she came to me… no one had mentioned a possible estrogen problem. No one ever bothered to measure her estrogen.

The number one thing that you have to do with breast cancer, endometrial cancer, cervical, ovarian and prostate cancer is measure the estrogen in the blood.

Unless you're doing that, it's malpractice. Most places are doing biopsies on tissue samples that test for estrogen receptors, but most of them don't do anything with the results.

Probably only 2% of the patients who come to me with those cancers have had their estrogen measured. The vast majority have had no mention of it.

Every once in a while, they're given a hormonal blockade with some kind of drug, but still no measurement in the blood. So the doctor doesn't even know the starting point and endpoint, or the effectiveness, of the therapy.

But for prostate cancer, that can be curative. You give a DHT blocker, you give an androgen analogue, and you give something that removes estrogen, and with all three of those together there's no hormonal stimulation for the cancer to grow.

But not many men are getting that therapy.

So with this evolution of my awareness, I feel like now is the time to come out strongly and talk about where some of these cancers are coming from and how to prevent and cure them.

I don't mind being a lightning rod … if I get flak for it, well, so be it. I'm doing what I think is right for you.

Environment Gone Wild

One of the most widespread of these chemical offenders is bisphenol-A. I mentioned it back in your November issue of ***Confidential Cures*** because BPA is known to increase hormone-dependent cancers.[5]

BPA is what they call a "high-volume" chemical. Manufacturers produce over 6 billion pounds of it, and more than 100 tons are released into the atmosphere each year.[6]

It's still used in plastics, food and drink packaging, water bottles, compact discs, impact-resistant safety equipment, and medical devices. Epoxy resins used as lacquers to coat metal products such as food cans, bottle tops, and water supply pipes contain BPA. Some dental sealants and composites may also contribute to BPA exposure.

If you don't think this is a serious problem, consider this: the 2003-2004 National Health and Nutrition Examination Survey (NHANES III) conducted by the Centers for Disease Control and Prevention (CDC) found detectable levels of BPA in 93 percent of 2,517 urine samples from people six years and older.[7]

It often comes from hidden sources, too, like the thermal printers used to print store receipts. The BPA doesn't stay on the receipt, making it easy to be absorbed by anyone handling the paper.

We have very little research examining these compounds' long-term effects on humans, but several studies concluded that low-level, continuous exposure to BPA can be disastrous.

BPA is known to promote prostate cancer,[8] ovarian cancer … even bone tumors.[9]

And you absorb as much as 60% of the BPA you get on your skin.[10]

Some manufacturers have stopped using BPA … but they haven't stopped using bisphenols. They replaced it

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with bisphenol S, which disrupts cell signaling at extremely low doses.[11] They're also using bisphenol F and bisphenol P. And bisphenol E, G, M… there's even bisphenol AF, AB and Z.

BPA, while it's probably the worst offender, is only one cancer-causing, endocrine disrupting chemical that's inside us now. There are thousands of others that are similar. Accumulate enough of these toxins and you might suffer, at the very least, fatigue, headaches, muscle soreness, bloating, and depression. And as I've shown you, at the worst, you may develop chronic disease and cancer.

So what can you do, right now, to avoid and get rid of as much of this chemical burden as possible? Here are the two steps I recommend to my patients.

Step 1) The Eight Easy Ways to Get Rid of Fake Estrogens

The first step to bringing your estrogen levels back to normal is eliminating estrogen imposters from your environment:

1. Drink pure water: In many areas of the U.S., the water supply is highly contaminated with fake estrogens. You may be able to counteract this with a good water filter. Unfortunately, research on which filters best remove estrogenic chemicals and other hormones is still sketchy. But ceramic filters are probably your best choice as they filter out impurities larger than .22 microns.

2. Eat unprocessed foods: If you eat commercial beef or chicken, you may be exposing yourself to estrogenic ingredients like processed so Plus, most farmers use herbicides, pesticides, antibiotics, and hormones to increase output. This increases the estrogen content of the meat. You can avoid this by choosing grass-fed beef and hormone-free poultry and other animal products. They are better for you, and they taste better, too.

3. Avoid synthetic detergents and cosmetics: Detergents and cosmetics often contain chemicals with estrogen-like actions. These get absorbed through your skin and add to your body's estrogen levels. Instead, choose natural cleaning and cosmetic products from your local health store.

Eating brassica vegetables helps flush excess estrogen right out of your body.

4. Use natural painkillers: Tylenol and other drugs that contain acetaminophen show evidence of behaving like estrogen in the body. Choose a natural painkiller like white willow bark instead.

5. Rethink your sun exposure: Several common ingredients in sunscreen have been found to mimic estrogen, disrupt hormones and accelerate the growth of estrogen-sensitive cancers. For example, a compound known as 4-MBC causes breast cancer cells to grow faster.[3] Oxybenzone has been found to disrupt reproduction and affect hormone levels.[4]

Getting some sun every day is one of the best ways to boost your vitamin D levels and fight cancer. If you're going to be out in the sun for a long period of time, you can avoid sunburn with a natural mineral sunscreen. Look for a chemical-free formula that uses zinc oxide. It sits on top of the skin to block and reflect the sun's rays without the unwanted side effects.

6. Take in more phytochemicals: As opposed to man-made chemicals, plant nutrients (or phytochemicals) have the power to heal. In fact, quercetin, ellagic acid, resveratrol, and pterostilbene inhibit the growth of estrogen-positive cancers like breast cancer:

- Ellagic acid not only protects your healthy cells

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from free radical damage, but it also helps to detox would-be cancer-causing cells and prevent cancer cells from reproducing. In one study, in looking at a certain kind of microRNA signal that's a marker for developing breast cancer, ellagic acid stopped breast cancer tumor formation, and reversed the dysfunction in the mRNA.

- Researchers have used pterostilbene to kill breast cancer cells.[12]

- Kaempferol helps guard you agains the fake estrogens that may attach to your estrogen receptors by blocking the pathways used by cancer-causing estrogenic cells.[13]

- Quercetin is one of the only flavonoids that directly stops cancer cell formation caused by estrogen.[14]

My favorite foods with quercetin are plants I've found in my travels around the world. They are buchu from Africa, beluntas from Bali, and quinoa from Peru. Onions and apples also have quercetin. You can find ellagic acid in walnuts, and some of the same foods that have resveratrol and pterostilbene – blueberries, cranberries, raspberries, strawberries, pecans and pomegranates. (In your third article in this issue, I'll tell you even more about the cancer-killing power of resveratrol, and the best sources.)

7. Eat more brassica vegetables: broccoli, cauliflower, cabbage, kale, bok choy and Brussels sprouts: These vegetables have two nutrients your body needs to flush out excess estrogen and fight cancer cells.[15]

- Indole-3-carbinol, also called I3C

- Diindolylmethane, or DIM

I3C and DIM work by binding to excess estrogen in your body and flushing it out. But I want you to know they don't block your natural estrogen production. What they do is make estrogen more soluble in your urine. They won't upset your levels if they're already in the normal range.

8. Shed excess fat: Chemicals tend to accumulate in fat, because most are fat-soluble, which means they get transported by way of fat. The best thing to do is short-duration, progressively challenging workouts, like the ones I show you in my PACE program, to help you burn off more fat per calorie than cardio, aerobics or any endurance exercise. Plus, you melt off fat long after you work out. You can get lots of information about PACE, including the science behind how it works, specific descriptions of how to exercise with PACE, and workouts for any fitness level by going here.

Once you've reduced your exposure to fake estrogens entering your body, it's time to clean up the most prevalent one that's already there, BPA.

Step 2) How to Cleanse Yourself of BPA

- Choose cloudy-colored plastics instead of clear bottles They are usually BPA-free. So are bottles used to pump and store expressed breast milk with the brand name Medela.

- Reduce your consumption of canned foods and soda. Many tin and aluminum cans have an epoxy liner made with BPA, which leaches into the food or drink. Refrain from canned goods except those – like Eden Foods and Heinz – that are transitioning to BPA-free lining alternatives.[16]

- Do not heat plastic containers in microwaves. Many claim to be microwave-safe, but no definitive testing has been done to determine whether a wide variety of these products – from disposable containers to Tupperware – actually leach chemicals into food. Instead, use ceramic, glass and other microwaveable dishware.

- Look at the recycling labels on the bottom of plastic items and avoid #3 and #7 plastics, because they often contain BPA. Instead use those marked #1, #2 and #4, which do not contain BPA. ■

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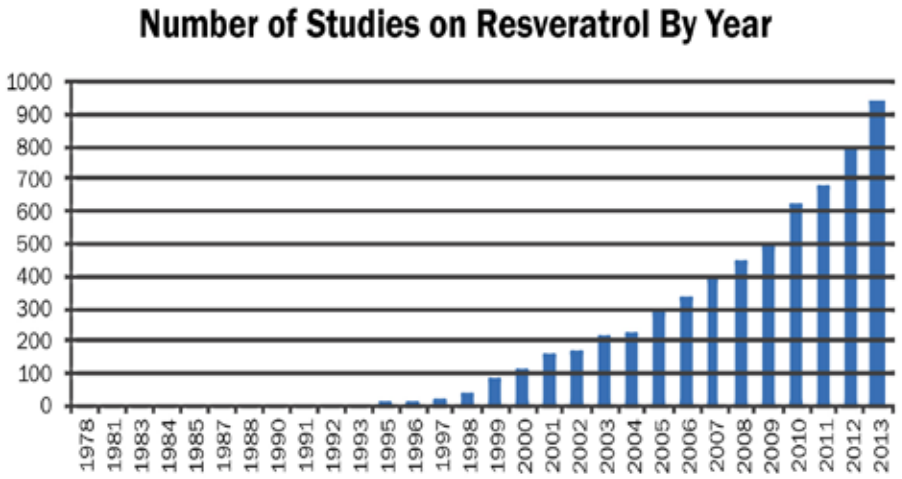
Beat Drug Companies At Their Own Game and Use the Natural Cancer Killer They Discarded

In 2008, GlaxoSmithKline paid $720 million to buy Sirtris, a pharmaceutical company looking to make an anti-aging drug out of resveratrol.

By 2011, the company ended its clinical trials of resveratrol. Last year, GSK shut down the Sirtris office. The company said it would no longer do resveratrol research.

Since then, media outlets have pronounced "the death of resveratrol." The head of Sirtris even told The New York Times that "Resveratrol is not that important any more."



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Something doesn't smell right, there… especially since there's more research into resveratrol now than ever.

That's reason enough to make anyone skeptical of the "news" that resveratrol doesn't matter or isn't effective. Almost a thousand published studies in 2013 and more than 3,000 in the past few years says it's just not true.

No, the truth is that the drug they wanted to make – they called it SRT501, which is essentially resveratrol under a different name – wasn't different enough from resveratrol itself for them to patent it.

That means they couldn't find something they couldn't make a profitable drug from it. After all, if natural resveratrol is just as good, other companies can make it and sell it. And drug companies don't like competition.

And I think the dirty little secret is that GSK had good reason to be interested in making a patented version of resveratrol…

Not only is it one of the most remarkable antioxidants we know of… and not only does it lower blood pressure, rejuvenate skin, protect you from heart disease, and even lengthen your telomeres…

Even more remarkable is that **resveratrol fights cancer.**

So, whether or not the drug companies and the mainstream media want me to talk about it or not, I don't care if they want to make a drug out of it. I want you to know that cancer is preventable, and I'm going to keep talking about all the ways I know of to help you stop cancer.

And plain and simple, resveratrol is one of them. It can kill many different kinds of cancer cells and slow tumor growth. And in a minute, I'm going to show you why, and tell you how to benefit the most from resveratrol.

Powerful Protector

Resveratrol is a plant-protecting compound known as a phytoalexin. It has in it a key enzyme called *stilbene synthase*. Not all plants carry this enzyme, and that's why not all plants can make resveratrol.

Plants make phytoalexins for self-defense. Whether there's bad weather, or an attack by insects or microbes, plants use phytoalexins to protect themselves when they're under stress from their environment.

When you take resveratrol, it transfers this protective power to you.

Resveratrol helps transmit cell signals that buy your body more time to repair DNA damage, a main cause of cancer formation. Even better, resveratrol can induce cell repair all by itself. One study found that resveratrol causes cells to make new mitochondria.[1] Increasing the number and power of these cellular power plants can help your cells defend themselves from cancerous formation and invasion.

But there's much more…

Research also shows that resveratrol can slow the growth of cancer.[2] It turns on your immune system, lowers inflammation and acts as a powerful antioxidant.

Someday, doctors may turn to resveratrol instead of drugs or surgery as a first-line defense and treatment for prostate cancer. In mice, it's been shown to **reduce prostate cancer risk as much as 87%.** And in those who'd already developed prostate cancer, resveratrol slowed tumor growth up to 49%.[3]

Researchers at MD Anderson Cancer Center in Houston consider resveratrol the best way to fight prostate cancer. Their studies show that resveratrol blocks prostate cancer at every stage. It works through more than a dozen different anticancer mechanisms in your body.

For women, resveratrol may prove just as powerful in the fight against breast cancer. Another study on mice found that it slowed tumor growth and killed off cancer cells and the blood vessels they need to grow.[4]

Toxic to Cancer Cells

Resveratrol targets cancer cells selectively. It's toxic to cancer cells but doesn't harm healthy cells. It also modulates hormones, stops cancer cells from multiplying, and can actually destroy cancer cells.[5]

One of the reasons for this is that resveratrol ramps up expression of the P53 protein, one of your body's natural tumor-suppressors, which is strongly correlated with cancer cell-killing activity.

Also, even though resveratrol is an antioxidant, it does the opposite to cancer cells, oxidizing the cells and causing

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massive damage and cancer cell death.

This is truly amazing, if you think about it. Resveratrol acts just like chemotherapy in mice, but naturally and without any of the horrific side effects of chemo. And while it stimulates blood vessel growth to benefit the heart, it kills the blood vessels that feed tumors.

When it comes to preventing cancer and heart disease, resveratrol is your guardian angel.

What's more, a number of studies suggest that resveratrol may prevent leukemia,[6] pancreatic cancer, colon cancer,[7] and lung cancer.

In fact, in a new study I just saw in the newest online issue of the journal Autophagy, when it comes to colorectal cancer, your body recycles resveratrol and saves it to attack cancer calls again.[8]

Breast cancer is another victim of the power of resveratrol. In a new study done a few weeks ago, researchers used resveratrol to stop breast cancer cell growth and cause cancer cells to die. The more they used, the more breast cancer cells died.[9]

Because resveratrol is absorbed and metabolized so quickly in the intestines, it also has a powerful effect against gastric cancer. In one study, after just one day, a small amount of resveratrol caused massive gastric cancer cell death.[10] Resveratrol also increases a biomarker called DHC(er) that indicates gastric cancer cells are being killed off.

Liver cancer is one of the most common cancers around the world. So researchers at the Institute of Traditional Chinese Medicine in Oncology in China looked into whether or not resveratrol paired with curcumin, which works against colon cancer, would be effective against liver cancer.

The same way it works on many other cancers, the more resveratrol you use against liver cancer, the better it works. Not only did resveratrol stop the growth and spread of liver cancer cells, but it also ramped up oxidation inside cancer cells, helping to kill them off.[11]

Resveratrol is even effective against rare oral cancers. In a study that hasn't even been printed yet, scientists treated oral squamous cancer cells with a small amount of resveratrol. After only an hour, the cancer cells' ability to move, stick together, and invade other cells dropped by 49%. After two hours, the cancer cells were even weaker – resveratrol had hampered them by over 58%.[12]

Plants use resveratrol to protect themselves from the harmful effects of too much sun. It may be able to do the same thing for humans.

Scientists looked at resveratrol's effects on skin tumor development in mice caused by harmful UVB rays.[13] They used it just like a lotion, applying it to the skin twice weekly for 28 weeks. Not only did it prevent skin cancer, it also slowed tumor growth significantly.

In fact, I found some incredible research out of the Proteomics Laboratory at the Indian Institute of Toxicology. They combined resveratrol with ultraviolet B rays from the sun and killed off skin cancer cells. The combination also reduced skin inflammation.[14]

The good news is, you don't have to wait while the big drug companies try and create a synthetic version of resveratrol, and then tell you it's ok to pay attention to it again. You can get all the benefits right now easily, the natural and healthy way.

How to Get the Most Powerful Resveratrol

Drinking one or two glasses of red wine is one way to get some resveratrol. The muscadine wines have the most. My favorite is Pisco, the distilled wine spirit from Peru. It's

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hard to get in the United States, but there are some places in Napa where you can get it.

Also, wines from Burgundy and Argentina's Cafayate Valley have resveratrol. Most red wines from California and Australia will have lower amounts.

If you're not a fan of red wine, resveratrol is also in:

- Raisins
- Purple grape juice
- Peanuts
- Vaccinium berries
(blueberries, bilberries, mulberries, blueberries, cranberries)
- Eucalyptus
- Pistachios
- Dark chocolate

The problem lies in getting sufficient amounts of resveratrol. Resveratrol from food and wine gives you great antioxidant protection. But you'd need to drink almost a hundred glasses of wine a day to experience the true anti-aging and anti-cancer benefits of resveratrol.

This is because not all resveratrol is created equally. The kind of resveratrol I give to my patients is from Japanese knotweed root, because it has trans-resveratrol. (Japanese knotweed root resembles bamboo, but it's not related.)

Trans-resveratrol has the same molecules as "regular resveratrol," but trans has a different structure, a different bond, allowing it to be more stable and easily absorbed.

The kind from grapes – sis-resveratrol – is not as stable and not as easily absorbed.

Knotweed or "itadori" tea is a valuable source of resveratrol. The plant is edible, and looks and tastes a bit like rhubarb. You can get the leaves at any health-food store, and even grow it yourself. Here's the recipe I use:

Itadori Infusion – 4 Easy Steps

1. I like to boil water for my tea in a teakettle or a covered pan, because sometimes boiling in an open container can make the tea taste flat.

2. While the water is boiling, put the knotweed in a cup or pot, depending on how much you want. You should use 1 tablespoon of leaves per quart, or 1 teaspoon per cup, of water.

3. Pour the boiling water over the leaves and cover.

4. Keep the container covered and steep for 5-10 minutes. I like to add a bit of ginger to my tea, because I like the flavor and it's good for your stomach and digestion. But for even more resveratrol, try adding some cranberries to the leaves before pouring the boiling water over them.

If you don't drink tea, you can take a knotweed extract as a supplement. Make sure it's a standardized extract, so it's high-potency.

Resveratrol supplements are a good option as well. They're inexpensive and completely safe. You can take it any time of day, with or without food. Try to get the more bioactive trans-resveratrol form instead of sis-resveratrol.

I recommend taking up to 50mg a day to get the full benefits. ■

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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).