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Aloe Vera – The Cancer Cure the FDA Crushed

Over a hundred agents descended on the wellness clinics of Joe DiStefano and Dr. Daniel Mayer... armed officials from the FDA, DEA, Customs, U.S. Marshals Services, Florida Department of Law Enforcement, and the Hillsborough County Sheriff's Office.

Agents proceeded to block the health workers from administering to the patients who were receiving treatments.

Law enforcement officials began to ask if the patients wanted to stop the treatments, and all of them said no.

One patient with liver cancer who was becoming well again because of the treatments said to the agents, "We're all adults here making free will choices. Why don't you get out of here and leave us alone?"

The FDA agent yelled back, "This will be your last treatment!"¹

The government also raided DiStefano's home and confiscated everything.

What was DiStefano and Dr. Mayer's crime?

Aloe vera.

"Unapproved Drug"

The agents also raided Dr. Ivan Danhoff. He has both an M.D. and a PhD, has published more than 80 research papers, and was even a consultant to the FDA that was now putting him under lock and key.

Danhoff had created pure extract of the whole Aloe leaf he called "Albarin." He had tested it in hundreds of people around the world.



He had even applied for clinical trials and the approval of the FDA.

Then, nutritionist Joe DiStefano and Dr. Daniel Mayer began to use it in their wellness clinics.

The treatments were so successful that oncologists in the area became upset at the possible loss of business to their practices. They got together and complained to the FDA that DiStefano and Mayer were administering an unapproved drug.

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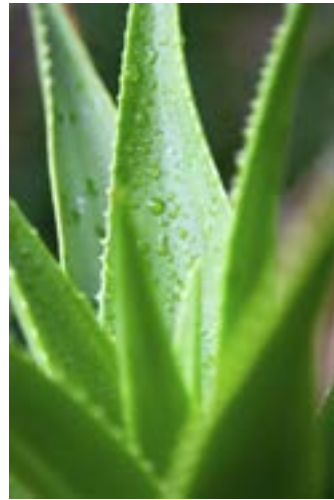
The FDA responded... not to ensure your choice and control over your own health... not to protect the interests of citizens... but to protect the interests of the multi-billion-dollar cancer drug treatment machine that funds their budget.

Cancer Cure Not in Chemicals

Today, for every three people in a room, chances are that two of them will die from cancer.

Just the word cancer evokes fear. It's the 800-pound gorilla in the room.

The medical journals and newsletters I get are often filled with articles about it. Once someone mentions it, it's all you can think about.



You probably won't be surprised that most of the cancer-related articles in medical publications are only about drug treatments.

I've even read research on whether or not aspirin prevents cancer. I wonder who's sponsoring those studies. Are they really trying to tell us people are getting cancer because of a deficiency of aspirin?

The truth is, cancer rates are not rising because we're deficient in man-made chemicals. Cancer is increasing because man-made chemicals are creating a toxic environment.

You would think the powers that be would look under every rock, in every nook and cranny, to find a cure for this disease.

But the opposite is true. For all of our institutions dedicated to this one job, whether it's the American Cancer Society or even the government's National Cancer Institute, we still don't have a cure.

The prestigious *Journal of the American Medical Association* wrote that people have about the same chance of surviving five years with most cancers as people did over 50 years ago.²

The institutions you put your trust in have abandoned you. They've abdicated their responsibility and partnered with Big Pharma to offer you drug "treatments," but no cure.

Worse, if you propose a natural cure for cancer and try to help people – even if you're a doctor – the FDA will shut you down, arrest you, lock you up and bankrupt you.

That's what happened to nutritionist Joe DiStefano, Dr. Daniel Mayer and Ivan Danhoff, M.D., PhD. They had discovered a non-toxic therapy that appeared to be helping cancer patients.

Skin Savior Is a Cancer Fighter?

You know Aloe as the skin-soothing gel available at any supermarket or drugstore.

Aloe has a very prominent place in herbal tradition, being maybe the first plant ever written about for its medicinal purposes on ancient Mesopotamian clay tablet dated from 2000 BC.

When I visited Bali, I saw that it's a centuries-old traditional healer there, too. They have so many uses for Aloe, and it's grown and tended in every yard and landscape.

I have aloe in my yard here in South Florida, and it's great. Any time I have a burn or a cut, I can just take a leaf, break it open and squeeze the gel onto the burn. Instant relief, and clean healing.



One of the biggest in the Asphodeloideae family of plants – which includes Aloe – that I've ever seen was in Peru. It was growing wild just a few yards from my friend Dr. Octavio Zolezzi's research office...

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But Aloe holds another secret...

Aloe has 23 polypeptides that stimulate the immune system, and 20 polysaccharides that increase the action of white blood cells and compounds within the body that attack and fight viruses and cancer, like interferon and interleukin.

That means more "killer" T-cells, and enhanced strength of "killer" T-cells. Research shows one of the Aloe polysaccharides, acetylated mannose, can double the number of both "killer" and "helper" T-cells within three weeks.

In fact, the Department of Agriculture approved Aloe vera to treat soft tissue cancer in animals back in 1992.

Despite the power of Aloe and other cancer-fighters I've written to you about in past issues of *Confidential Cures*, there has been almost no study of Aloe's anti-cancer effects in the U.S.

The medical establishment, the FDA and their partners in Big Pharma want you to think drugs are the only solution to health problems.

But drugs are only tested over the short term. Plants and herbs have been used to heal people for all of human history... and they're still the only form of medicine for 80% of the world's population.

We've been conditioned to think of medicine as something you buy. But in Africa, Jamaica, Peru, Bali and the other countries I've traveled to, they've used traditional medicines from plants all their lives.

For them, it's natural to get what you need right from your own backyard.

It's only after scientists get wind that something is effective that they begin to study it...

And if the FDA cracks down? Research gets dropped like a hot potato here in the U.S.

That's why there aren't many clinical trials on the effectiveness of Aloe against cancer.

So I had to look deeper into Aloe, and I found some remarkable science to back up Aloe's anti-cancer use.

For example, the Laboratories of Medical Research at the University of Verona in Italy list Aloe vera specifically

as one of the foods that can prevent the initiation and the progression of cancer formation in the digestive tract.³

A new study out of South Africa looked at Aloe's ability to kill glandular cancer cells (adenocarcinoma), liver cancer cells and brain cancer cells.

They took Aloe gel straight from the leaves and at very small concentrations, Aloe caused some cancer cells to die. At higher concentrations, even more cancer cells died.⁴

Aloe vera was especially good at causing liver cancer cells to die... all without causing any inflammation. And material from the Aloe leaf stopped glandular cancer cells cold. The more they used, the more cancer cells died.

Another new study tested Aloe's antioxidant strength to protect the heart. But what they found was an anti-cancer surprise...



Aloe Turns on Your Body's Strongest Antioxidants and Uses Them to Stop Cancer

And after only 14 days, the researchers saw that not only was Aloe protective, but it also boosted two of the body's strongest antioxidants, SOD and glutathione.⁵

What do antioxidants have to do with cancer?

Continued on the next page...



On the island of Bali, my friend I Madi Westi showed me a few different kinds of Aloe that he grows on his land. Some are dark and some are light near the roots, and each has a different smell and texture, but all are natural healers.

Free radicals from oxidation can cause the DNA mutations that contribute to healthy cells converting to cancer cells. And high glutathione levels are known to prevent illness, slow aging and reduce cancer risk.

Lectins and emodines are two anti-tumor compounds in Aloe vera which work with an increase in the tumor necrosis factor stimulated by Aloe vera to destroy malignant cancer tumors.

One compound in particular, Aloe-emodin – which is in the gel, sap and leaves of Aloe vera – is both strongly antiviral AND can kill tumor cells all on its own. Aloe-emodin attacks many different kinds of tumors, such as lung cancer, liver cancer, breast cancer tumors, and more.⁶

It's remarkable in that it does everything you want in a natural cancer killer: It disrupts cancer cells, causes them to die, stops the spread of cancer, cuts off the blood supply of tumors, AND strengthens the body's immune system at the same time.⁷

Plus, Aloe-emodin shows a high specificity for neuroectodermal tumor cells. These are very dangerous central nervous system tumors.⁸

It's so strong that the German Cancer Research Center is studying Aloe-emodin for its anti-cancer effect. That's important because, unlike the U.S, where we have a government agency dedicated to stifling natural cures, Germany has set up the Federal Institute for Drugs and

Medical Devices (Commission E) specifically for testing and approving natural cures. And Aloe makes the list.

How to Use Aloe for a Healthy Body, Not Just Healthy Skin

When you break open an Aloe leaf, you notice right away that the gel is clear and pure. That's because the gel contains 96% water. This is Aloe's skin-saving secret.

If you live in the south, you may have Aloe plants growing wild like I do in my yard.

In that case, you can just cut open the ripe leaves and squeeze the gel into a glass container.

Fresh Aloe will keep for a week in the fridge, or indefinitely in the freezer. But, one of the ways you can increase the shelf life is to add vitamins. For every 1/4 cup of gel, add 500 mg. of Vitamin C (ascorbic acid) and 400 IU of Vitamin E. Blend it, and it will keep for many months in the refrigerator.



If you live in a colder climate and you want to purchase Aloe, you should know that 95% of the Aloe products on the market are either diluted or improperly processed. So you want to be careful when choosing an Aloe product for internal use.

Most use only the inner gel of the Aloe vera leaf, which has a lower concentration of beneficial components. The outer leaf and rind has 200% more than the inner gel. Processing the plant with high heat also destroys many of the beneficial ingredients of Aloe.

Continued on the next page...

The best products should be cold processed using the whole leaf with the aloin removed. Aloin is the irritating chemical in the plant that can cause diarrhea or intestinal cramping.■

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Legalized Food Poisoning?

How to Ditch the "Stinking," Brain-Busting, Performance-Robbing Chemical That's Draining Your Energy

Do you suffer from chronic fatigue and hear, "There's no cure for you"?

Is your blood pressure too high, and now your doctor wants to give you a drug to lower it?

Has your doctor told you the cysts in your breasts or ovaries could lead to cancer?

Do you suffer from lack of performance and low sex drive?

All of these may have a central cause...

Luckily, it's a cause you can do something about.

Loss of energy, chronic fatigue, stubborn weight gain, sex drive problems and even cysts may be a result of a hidden chemical... one the FDA says is safe... but is far from it.



There's a chemical hiding in most breads and many other baked goods and carb-heavy foods common in the Western diet... a chemical that's stealing your good health, bit by bit.

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It's been banned for use in food in over a hundred countries. Yet this chemical and its derivatives are being used in more U.S. products than ever before.

That's a problem. Because this chemical culprit binds to receptors inside your cells normally reserved for iodine, an essential nutrient that's anti-bacterial, anti-viral, and anti-cancer.

It can cause testicular damage, impotence and low sex drive in men, and can lead to prostate cancer.

For women, when this chemical replaces iodine, you're at risk for breast, ovarian, thyroid, and uterine cancers.

This chemical can also cause a complete loss of energy, chronic fatigue, and a slower metabolism.

Even a small amount can lower IQ by 15 points!¹

The tragedy is that many doctors don't recognize the role this chemical has in disease, or that it can cause many diseases and illnesses.

Today, I'm going to help you take back your health and restore your energy and enthusiasm... and help you stop the threat of cancer from this chemical.

I'll give you tips on how to spot the different forms of this poisonous hidden danger, how to avoid them, and what products are free of this chemical that the FDA has given the thumbs up to put in your food.

I'm talking about **bromine**.

Why Is Bromine So Dangerous?

Bromine is an element whose name comes from the Greek word for "stench" or stinky odor. It's also part of the family of elements that includes chlorine and iodine.

That's what makes bromine such a danger to your health.

Your body needs iodine to survive... but with the prevalence of bromine in our environment, and with all of it that's used in our food and everyday products, even if you get enough iodine it may not ever make it into the cells that need it most.

The reason is that bromine and its derivatives used in all that food and products can replace iodine on your iodine receptors.

That disrupts your entire hormone system.

In fact a huge rise in bromine and a fall in iodine in our bodies is another contributor to the rise of breast and prostate cancers.

Bromine can hide in many products you come in contact with every day because it comes in many forms:

- Methyl bromide is a pesticide. They use it on California strawberries.
- Brominated vegetable oil (BVO) is in sports drinks and sodas.
- Potassium bromate is a dough conditioner found in commercial bakery products and some flours.
- Plastics also have bromine, especially those in computers and cars. Researchers at the Ecology Center tested 200 popular car models and found bromine and chlorine were the most common chemicals you breathe in with that "new car smell."²
- Medications also have bromines, including some inhalers and over-the-counter nasal sprays.
- Bromine is used to sanitize pool and hot tub water.
- Bromine is so good at stopping chemical reactions that it's the main chemical in flame retardants. *Polybromo diphenyl ethers* (PBDEs) are used in fabrics, carpets, and that mattress you spend eight hours a night sleeping on and breathing right next to.

That means there's a patented flame retardant in your sugary citrus drink and sandwich bread.

Gatorade is phasing it out. But drink almost any other citrus-flavored sports drink or soda and it's in there.

That's bad news because every little bit adds up.

Bromine Buildup

Even though the FDA allows bromines to be present in foods at low levels, those levels are for each individual serving.

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One loaf of bread. One drink.

Problem is, bromine builds up in the body. There have been a few case studies of people showing up to the hospital bleeding from open wounds, or needing dialysis to recover from bromine poisoning from food.

The list of symptoms from bromine overload is long³ ...

- ◆ eye twitching
- ◆ foot twitching
- ◆ tingling in hands or feet
- ◆ depression
- ◆ anxiety
- ◆ hallucinations
- ◆ sensitivity to light
- ◆ mouth and tongue sores and cuts or "sore mouth"
- ◆ acne-like skin eruptions
- ◆ skin "cuts"
- ◆ hair loss
- ◆ leg and hip ache (feels like arthritis)
- ◆ rash (bromaderma)
- ◆ metallic taste
- ◆ sinus ache
- ◆ runny nose
- ◆ sedation
- ◆ lethargy
- ◆ body odor (remember bromos is Greek for stench)
- ◆ dry mouth
- ◆ ureteral spasm
- ◆ frequent urination (mistaken for urinary infection)
- ◆ diarrhea
- ◆ constipation
- ◆ vision changes
- ◆ irritability
- ◆ kidney pain
- ◆ breast tenderness

People have also experienced memory loss and nerve problems. And bromine can cause heart arrhythmias, too.

That's why brominated vegetable oil has been banned from food and beverages in Europe and Japan.

Bromine Warning... From 100 Years Ago!

Dr. R.E. Lee was the chief chemist of the Fleischmann Co., famous for their baking products.

Before that, he was chief of the fermentation lab at the Bureau of Chemistry. You might know it better by its newer name, the Food and Drug Administration.

Listen to what he wrote about potassium bromate, the type of bromine used in baking: "Potassium bromate is poison ... it is strictly a chemical product, and does not occur anywhere in nature. The claims that it is used in small quantities do not alter the fact that it is poison, nor will it influence the feeling of the public towards the use of poison..."

"The United States Government Bureau, the Pure Food Board, and the Food Experts at the Bureau of Chemistry absolutely do not approve of the use of these chemicals."

"It makes no difference to the housewife whether the quantity is large or small, or whether it is necessary to eat one or twenty [of something] to get a poisonous dose. Her suspicions are aroused when she knows that there is something ... that should not be there."⁶

These words were written almost 100 years ago.

Can you imagine my saying today that the government and the FDA don't approve of the use of chemicals in food?

100 years ago, it was the food industry that wanted to put the chemicals in, and the government that wanted to keep the chemicals out.

Now the FDA and Big Pharma, Big Chemical, Big Agra, and Big Medicine are partners. Together with the USDA, they're all in the "sell more" business. Which means I have to keep talking about the dangers from these chemical "alien molecules" in our food here in the U.S., even though bromine has been banned in food by a hundred countries.

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California declared potassium bromate a cancer-causing agent and doesn't allow breads with it to be sold there.

But for the FDA, it's a different story. They allow bromine in bread. And in 1970, the FDA approved the "interim" use of BVO in fruit-flavored drinks.

Brominated vegetable oil is still listed as "interim approved" more than 40 years later, even though we have studies showing us the dangers.

To me, BVO is the worst of all the bromines, because we have teenagers drinking six 20-ounce bottles of soda with the stuff per day.

Bromine is moving to the head of a long list of attackers that our bodies haven't adapted quickly enough to flush out.

But you can give your body the help it needs to overcome the bromine and other chemicals the FDA and its corporate partners have allowed into your everyday life.

Just follow the two simple steps I'm going to show you and you can get rid of bromine along with other toxicants to help you live a longer, disease-free life. You can reduce or eliminate numerous problems such as fatigue, weight gain, low energy, chronic pain, digestive troubles, depression, poor eyesight, and even prevent cancer.

Step 1) Load up your cells with iodine before bromine gets in:

You probably already know that iodine is your thyroid's number one nutrient. Your thyroid stores 75% of the body's iodine and can't function without it.

But it becomes even more important to get enough iodine with the threat of bromine taking its place...

How much iodine do you need? For starters, iodine is a trace mineral, so we're talking about very small amounts. Less than a milligram a day.

But it's tougher to get from your diet these days.

Trace minerals used to be easy to find in our water and soil and, therefore, in our food supply... until modern industry made them scarce. That means you might be missing out on iodine and not even know it.

Most crops, from which you would have normally gotten your iodine, are grown on nutrient-depleted soil that lacks iodine. Here are some foods that still have iodine in them:

- ✓ Cod
- ✓ Clams
- ✓ Shrimp
- ✓ Haddock
- ✓ Oysters
- ✓ Salmon
- ✓ Sardines
- ✓ Pineapple
- ✓ Eggs
- ✓ Dairy Products

The easiest way to get enough iodine is to season your food with iodized sea salt. You can also try eating edible marine plants, such as wakame and nori, which are high in iodine. Or you can take iodized oil capsules and supplements.

One thing to be aware of is that the recommended dietary allowance (RDA) of 150 mcg. a day is only meant to be the barest minimum you should get. It's the *lowest* amount you can take and not be deficient. I recommend getting 300 mcg. of iodine, preferably nascent iodine, daily to stop bromine overload.

But iodine doesn't work alone. It needs other minerals and micronutrients that help your thyroid stay in top shape and can give you back your energy and slim you down as well. The most important are magnesium, selenium, zinc and manganese. A good multivitamin will have them.

Step 2) Purify your body with my three-part detox protocol:

Because of toxins like bromine, toxin and heavy metal testing is going to be one of the most important things we do in my new anti-aging and wellness center.

Elements like bromine and arsenic, along with metals like lead, cadmium, aluminum and mercury, accumulate in us from everyday things in our environment like fumes from burning waste and mercury in fillings.

To detoxify yourself of bromine and other poisons, I recommend you do these three things:

A) Detoxify with the most ancient food: Chlorella is maybe the oldest food in the world. It's an edible algae.

C. Pyreneidosa is the form with the best detoxifying properties. Most people can tolerate high doses of it. Take 1 gram with breakfast, lunch, and dinner. You can increase the dose to up to 3 grams 3 to 4 times a day.

B) Blast out the bromine with these four nutrients: Sadly, doctors aren't taught nutrition in medical school. So they're usually not aware there are nutrients that can flush bromine and other toxins from your body. Here are the four I use most in my medical practice:

1. Selenium is a potent detoxifier. For most people, I recommend fresh, freeze-dried, or aged garlic, which contains a bioactive form of selenium. Start with one capsule or one clove and slowly increase to three capsules or cloves after each meal. You can also eat one Brazil nut every day. Each has around 100 mcg.

2. N-acetyl cysteine (NAC) is remarkable. It boosts your levels of one of your body's strongest antioxidants, glutathione. And it detoxifies.

When researchers bathed cells in lead, the DNA of the NAC-treated cells lived longer, and had their DNA protected from damage.⁴ NAC directly boosts cells' antioxidant defense mechanisms to defend against toxicity.

3. SAM-e is also an effective detoxifier when it comes to poisoning from toxic metals and elements. It also boosts glutathione levels, which helps protect your cells. Take 200 mg. a day.

4. Alphalipoic acid (ALA) is called the "universal antioxidant" because it fights free radical damage to cells in both fatty and watery areas of the body. It goes everywhere. And it can extend the life of other antioxidants like vitamins C and E, and CoQ10.

And, ALA is able to chelate transient ions – which means it's effective at treating heavy metal intoxication. Take 250 mg. a day.

C) Use your body's natural detoxifying system: Sweating is your body's most basic and powerful way to detoxify. Sweating is also a very fast way to get rid of impurities, since it opens pores to flush out impurities more efficiently.

To work up a good sweat through exercise, I recommend

you use **shorter but more challenging periods of exertion.** This pumps more blood through your body, oxygenating and detoxifying your cells, and carrying estrogenic compounds away.

Light exercises lasting a long time don't give you this benefit. They don't raise your oxygen levels enough. The key is to keep the duration brief and just increase the challenge a little bit each time to make sure you work up a sweat. This will pump oxygen-rich blood to your vital organs by up to 18 times more than walking, for example.⁵

Another way to sweat out the toxins is with a **sauna.** During a 10- to 20-minute session in the sauna, your heart rate increases by 50-75%. This provides some of the same metabolic results as exercise, and will improve circulation and oxygenate your tissues.

There are a few different kinds of saunas. You're probably familiar with traditional saunas that use steam or electrically generated heat. These heat the air around your body and cause you to gradually work up a sweat.

A newer type of sauna is a "far infrared" sauna. These heat your body directly and let you use a lower temperature. And, they're designed to be safe to touch, and comfortable to sit against.

You should sit upright for it to work properly, but you sweat more and faster than with traditional saunas. This helps your microcirculation and pushes more toxins out of your body.

Sunlighten Saunas makes an excellent infrared sauna you can try for yourself, and get the benefits right in your own home. Vital Saunas also makes a nice far infrared sauna, as does Aqualine Saunas.■

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Six Sweet Secrets to Sidestep the Sugar-Cancer Connection

Do you feel a little bit naughty when you reach for some sugar to add it to your morning cup of coffee for a decadent little sugar rush? You're not alone.

Eating is an emotional experience. Too bad modern diet advice takes all the fun out of eating.

Nutritionists and diet gurus make you feel like you're locked away in a dungeon somewhere and you're only allowed to eat gruel.

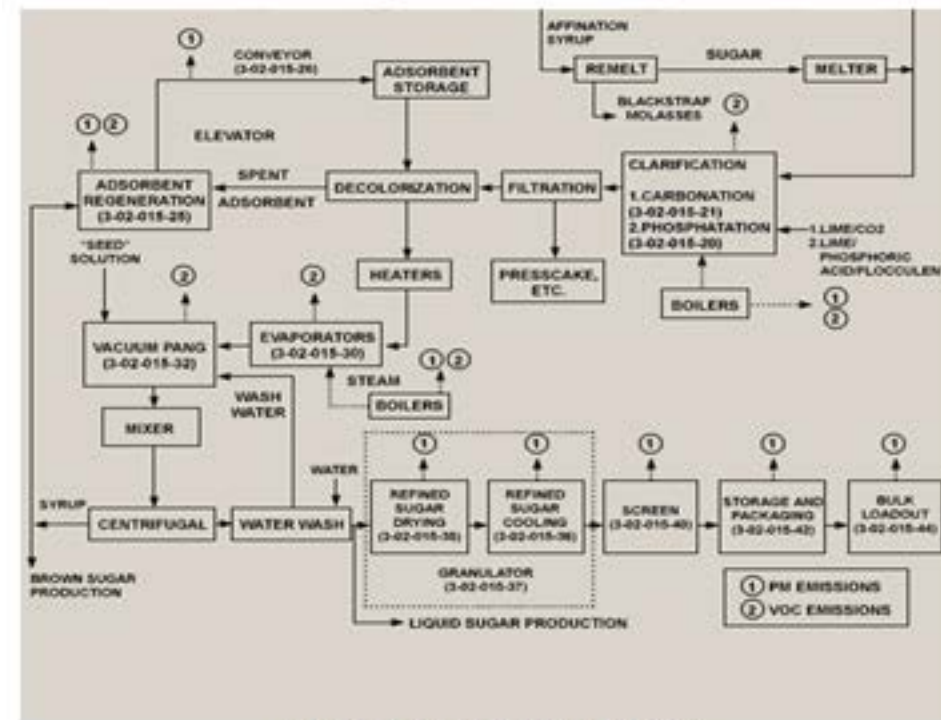
My basic philosophy of eating is to eat foods that you enjoy in their natural, unadulterated forms.

The problem with table sugar is that it's nowhere near natural.

Take a look at the chart to the right and you'll see all the steps it takes to make the white stuff. Not exactly straight from the field to your table.

And eating a lot of it can be dangerous. For the short rush you may get from eating it, you're exposing yourself to some deadly health threats.

The ridiculously complicated process of making refined sugar:



Source: www.foodmarketexchange.com

The Problem: Eight Awful Effects of Sugar

1. Cancer cells feed on sugar.

Why do they feed on sugar? Because these cells tend not to have a large oxygen supply. They're forced to figure out another way to get energy. Cancer cells actually seem to prefer a low-oxygen environment and they prefer using sugar to feed on.

Cancer stem cells love sugar because it's the energy source they use to stay alive in order to perpetuate more cancer.

Dr. Otto Warburg, who won the Nobel Prize in Germany in 1931, discovered that many cancers do exactly that – they love to feed on sugar.

Cancer loves sugar so much that it's how oncologists detect cancerous masses. When they do a PET scan, they inject radioactive sugar, and wherever it lights up, whichever cells have sucked up the radioactive glucose, they know that's cancer.

2. Eating sugar leaves you open to infection and disease.

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I remember reading a study that found eating only three ounces of sugar during a meal or snack almost stops white blood cells from being able to destroy bacteria and viruses.¹ And that's ALL sugars – fructose, glucose or sucrose. This immune suppression starts about 30 minutes after you eat the sugar and can last for up to *five hours*.

Processed sugar also creates an acidic environment in your mouth that causes demineralization of the tooth surface. This makes your teeth vulnerable to bacterial attack.²

The reason is that germs love sugar. The sugar in your body sends out chemical signals that draw them like moths to a flame. By reading the "sugar code" on your cell walls, these pathogens target cells all over your body.

3. Sugary foods could make you go blind.

In a study published in *Investigative Ophthalmology & Visual Science*, researchers in Australia found that a high-glycemic diet (eating foods that spike your blood sugar) increase cataract risk.

They looked at the eating habits of more than 1,600 people and found that the ones who ate the highest glycemic foods more than *tripled* their risk for cataracts.³

4. Sugar will leach essential minerals right out of your system.

A can of soda has around nine teaspoons of processed sugar. But it only takes *two* teaspoons of sugar to throw off the natural balance of minerals in your blood. Starting with depleting chromium, the mineral that helps your insulin process all that sugar in the first place.

5. Sugary foods make your body toxic.

Sugar causes your calcium to go up and your phosphorous to go down, which can lead to calcium toxicity. You can get kidney stones, gall stones, arthritis and hardening of the arteries.

6. Sugar reduces zinc absorption.

Your body needs zinc for your immune system to work right.

When you don't have enough zinc, you can start to lose your sense of taste... which makes you want foods with more sugar and flavorings to make up for it, diminishing your taste sensation even more. It becomes a vicious cycle.

7. Too much sugar in your food can shrink your bones.

In an animal study, they took bone-building cells (osteoblasts) and dosed them with sugar (glucose). The more sugar they gave the cells that are supposed to build your bones, the more damage it did. There was less cell growth, more cell death, reduced activity of ALP (an enzyme that helps build bone), less calcium absorption, and more free radical damage.⁴

8. Sugar can put you in a bad mood.

One study found that refined sugar stimulates your adrenal glands to unnaturally release a cascade of hormones that can adversely affect your behavior, making you upset, angry and even depressed.

But what are you going to do... make all your food and drinks bland and tasteless? Then you'll be eating like you're trapped in a dungeon.

The Solution: Seven Alternative Sugar Solutions

Fortunately, not everything sweet is an enemy.

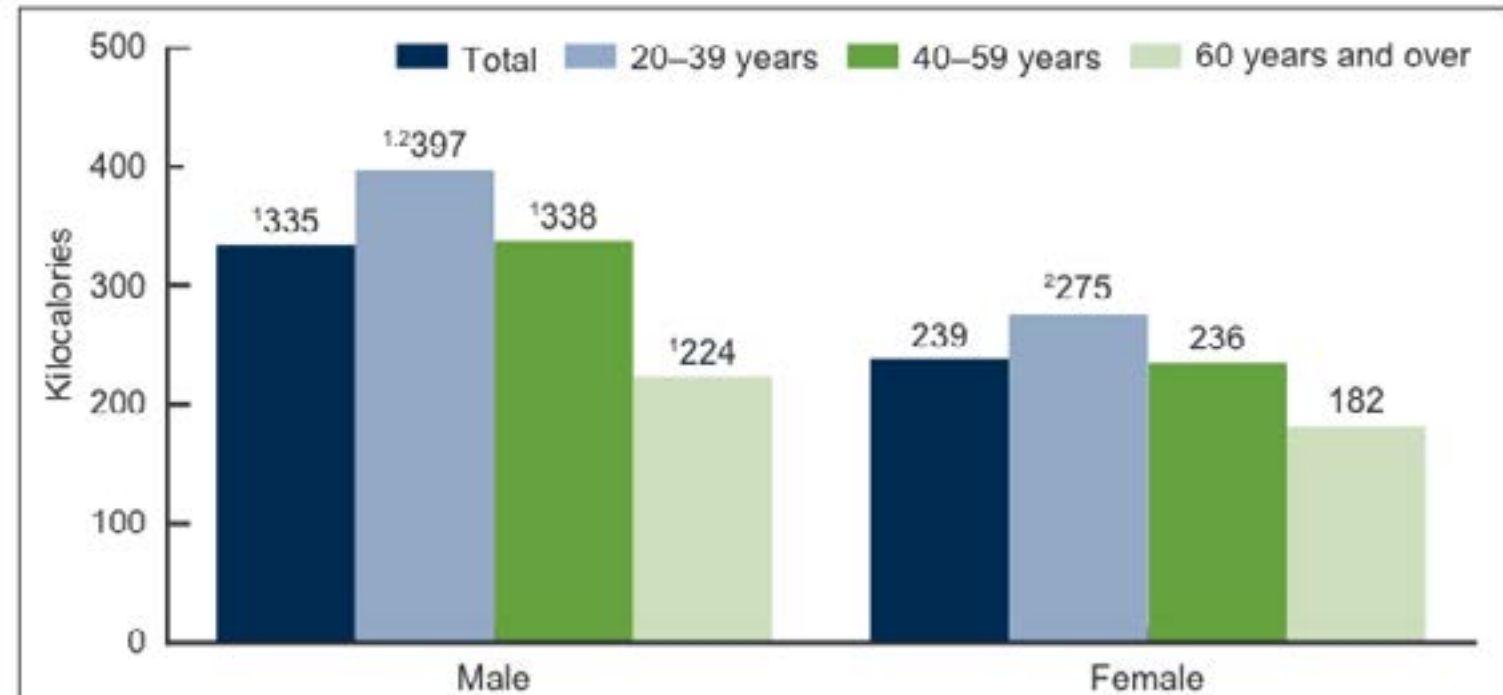
I've traveled all over the world looking for natural products I can bring back to my clinic to help my patients. And along the way I've found some delicious and healthy alternatives to refined cane sugar that don't spike your blood sugar and cause health disasters.

One thing to remember is that no matter what their makers say, Rapadura, Panela, Sucanat, Muscavado, Turbinado, Jaggery, palm sugar and "organic raw" sugar act the same in your body as plain old cane sugar. They're less refined, so they may still have some minerals in them, but does anyone eat sugar for its health benefits?

Here are some you've probably never heard of, but that I recommend to sweeten your foods and drinks:

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Mean kilocalories from added sugars among adults aged 20 and over by age group and sex, United States, 2005-2010
Source: CDC/NCHS, National Health and Nutrition Survey, 2005-2010



People get 10-15% of their calories from added sugar ... 300-400 calories a day!

1) Save your stomach with Peru's favorite sugar – When I was traveling in the mountains of Peru, I learned about Yacon, a fruit-like vegetable called the “jewel of the Andes.” Ancient Incas used to eat the roots for endurance and to keep from getting thirsty.

Yacon is good for diabetics because it has fructooligosaccharides, a kind of sugar you can't digest, so it doesn't affect blood sugar. But what I like about it is that yacon has inulin, a prebiotic. It helps you digest other foods and enhances immunity because it promotes beneficial bacteria in your intestines.⁶ It has an apple/caramel/honey flavor that you can try as a dressing, or add it to your morning coffee or tea.

2) Discover Inca “gold” – Lucuma is a fruit grown in the high valleys along the coast of Peru and its sugar tastes sort of like maple syrup. But where maple syrup has to be heated and processed to get maple sugar, lucuma is just dried and ground. So it keeps all its nutrients and antioxidants.

Lucuma was called “Gold of the Incas.” In South America they use it to make ice cream and to sweeten milk. But you can also add it to water to make juice, or even use it as a sugar replacement when you bake.

They grow some in Hawaii and California now, but you can find authentic lucuma in a Peruvian restaurant or a Latin market near you.

3) Protect yourself with a different sugar? – Erythritol has a chemical-sounding name, but it's really just a type of sugar alcohol, or *polyol* which occurs naturally in fruits and vegetables. It's easy to digest, yet it's not metabolized by your body. That means it's teeth-friendly, and blood sugar friendly.

Erythritol also has another benefit... it's an antioxidant. Studies show it has a protective effect against oxidative stress on the lining of your blood vessels.⁷

I don't think erythritol's polyol cousin xylitol is too bad. But some studies have shown problems at high doses. Also, a lot of what you can buy at the store is overly processed, and made cheaply from Chinese corn instead of from its real source – the xylan fiber of the birch tree. Stick with erythritol.

4) Use China's ancient sugar – Momordica (Luo Han Guo) is a low-glycemic sugar substitute that's almost unknown in America, but it's 250-300 times sweeter than sugar and loaded with vitamin C.

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The Chinese have been using the dark brown juice from the fruit they call the “longevity fruit” for thousands of years.

Like honey, studies show that powder from momordica helps heal cuts and wounds.⁸ It can also help keep your teeth healthy.

It's a zero on the glycemic index, and has a little bit of a caramel flavor, so it tastes great in tea.

5) Try the all-American sweetener – Folks in the southern United States have been making syrup from sweet sorghum stalks for almost 300 years.⁹ They use sorghum syrup as a substitute for sugar and to brew gluten-free beer.

Sorghum syrup is full of vitamin B6, iron, calcium, magnesium, potassium and selenium. But maybe the best thing about sorghum syrup is that you don't have to put it in the refrigerator, and it won't mold. And if it crystallizes like honey, just heat it a tiny bit to return it to a liquid.

6) Make delicious drinks with South American “sweet herb” – I've steered my patients away from artificial sugars for years, and suggested they use the very sweet zero-calorie herb “stevia” instead.

Most of my patients had never heard of the herb Stevia. Yet it's far from new. The Pre-Columbian Indian culture, the Guarani, originally called Stevia “Kaa-he-he,” meaning “sweet herb.”

Hundreds of years later, Paraguay, Brazil, Korea, and Japan used the sweet leaf and its extracts for sweetening herbal teas and flavoring their foods.

Unfortunately, because of Monsanto's complaint to the FDA about stevia, which they want to patent and produce themselves as a product called PureVia, stevia is not allowed in the United States as a food additive.

At the time stevia was being studied in the early 1990s, someone made an anonymous complaint to the FDA that stevia was unsafe. Many people think it was a Monsanto lawyer named Michael Taylor.

The FDA banned it as an additive. So you're only allowed to buy it as a supplement.

Stevia is an all-natural sweetener that's been used for hundreds of years with no side effects. You can use it to

sweeten tea, lemonade and even food. It's about eight times sweeter than sugar, so a little goes a long way.

7) Sweeten summer drinks with my grandmother's secret – Here are two ideas you can use to make water a little more fun and tasty this summer, so you don't have to settle for those sugar-water drinks from the store.

If you have kids, you can take whatever fruits they like the best – watermelon, pineapple or even strawberries – and add them to a large pitcher of water the night before. The next day, you'll have a perfectly naturally sweetened fruit-flavored drink.

Or you can try my grandmother's wonderful natural solution. She called it “summer lemonade.” She made it from freshly squeezed lemons, water and a splash of apple juice. She served it over ice with a slice of orange and a slice of lime.■

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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.

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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*.

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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.

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