



Dr. Sears'

CONFIDENTIAL CURES

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

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How the Cancer Industry Was Born

The incidence of cancer today is not a “normal” part of life.

Toxins and chemicals are interfering with your natural ability to defend yourself. Our bodies haven’t adapted to the huge increase in these man-made toxins over a very short period.

And ironically, in response to this epidemic, we’re adding more toxic chemicals in hopes of a cure.

How did this happen?

It began with the birth of the chemical industry ... which became the drug industry.

Cancer is big business. The National Cancer Institute estimates the total U.S. bill for cancer care was \$124.57 billion in 2010 (the most recent year they have data for).¹

That’s not even including the National Cancer Institute’s \$5 billion budget, the almost \$3 billion worth of budgets for over 260 non-profit organizations dedicated to cancer research.

How did the Cancer Industry get so big? It’s a history of a perverse conflict of interest.

Hijacking Medicine – The Flexner Report

Our story starts with *The Flexner Report* – a Carnegie-funded review of medical schools in North America.

An educator named Abraham Flexner was hired by the Carnegie Foundation to review the state of medical education... and recommend improvements.

Flexner visited 155 of the 160 existing medical schools and issued a scathing report.

His solution was to cut the number of schools... close schools that didn’t meet his view of scientific standards... and improve the quality of doctors by cutting their numbers, too.

Schools that agreed to follow Flexner’s guidelines – including an emphasis on scientific research (as practiced by the drug industry) – had access to funds. Schools that didn’t, felt the wrath of Rockefeller-funded governing boards.²

Many of Flexner’s guidelines were good and necessary. But branches of medicine Flexner didn’t agree with were nearly dealt a deathblow. Few Osteopathic medical schools survived. Naturopathy and chiropractic – which Flexner considered “quackery” – were almost wiped out.

There were other consequences, too. Only the rich could afford a medical school education. The number of women and minorities studying medicine dropped to near zero. The number of doctors practicing in rural areas began to dwindle.

The number of medical schools in North America dropped, too. From 160 schools in 1905, the number slipped to 85 in just 20 years.

And the training in the remaining schools focused more on research and the scientific method – as defined by the men with the money.

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As practiced by that most scientific of industries... the **chemical and drug companies.**

The stage was set to end virtually all opposition through quasi-government panels and boards funded by drug and chemical money. And to create endless generations of pill-pushing “scientific” doctors.

The coup was complete. And your chances of overcoming cancer had become very dim indeed.

The Kindness of Strangers... Wealthy Strangers

Even into the 20th century, hospitals were places of healing. Business was as a necessary evil. Religious organizations founded many hospitals. Wealthy families financed others.

A big enough donation almost guaranteed a seat on the board of directors. Sitting on the board carried a little power. And it was a point of prestige for members of 19th-century society.

This was the situation when former president Ulysses S. Grant developed throat cancer. Suddenly, this once rare disease was on everyone’s mind. And plenty of wealthy Americans saw it as a worthy cause.

In 1884, a group of rich New Yorkers – including Joseph W. Drexel and John Jacob Astor III – financed the New York Cancer Hospital.

At first, the hospital was a ray of hope. But cancer remained a killer... and the hospital became a place of dread.

To fight this image, the board of directors changed the hospital’s name. More than once. New York Cancer Hospital became General Memorial Hospital. Then General Memorial Hospital for the Treatment of Cancer and Allied Diseases.

Eventually, the hospital moved to New York’s East Side. And it found another new name: Memorial Sloan-Kettering Cancer Center.

But where John Jacob Astor III was interested in Memorial Hospital, his descendants weren’t. They moved on to other concerns.

In 1927, another powerful man bought his way in... a man with an agenda.

John D. Rockefeller had already given a bundle to the American Society for the Control of Cancer. (Later known as the American Cancer Society.) So it was natural to put his money behind Memorial.

Especially when that money bought more influence with Rockefeller’s friends ... the big players in the growing drug industry.

“Memorial Hospital” still exists as part of the Sloan-Kettering Cancer Center. Today, Sloan-Kettering has three allied locations. One of them is Rockefeller University.

John D. first funded the university in 1901. Back then, it was called the Rockefeller Institute for Medical Research. Its first director was Simon Flexnor.

Flexnor was educated at Johns Hopkins... another Rockefeller-funded institution. And before funding the Institute, Rockefeller also paid for the University of Chicago medical school.

If you’re starting to think “monopoly” here, you’re not too far off.

Rockefeller was buying control of the American medical establishment.

Somewhere along the line, the notion of curing people was lost. Instead, research and funds go mostly to chemotherapy... designer drugs... cancer vaccines... and other routes that funnel money into the pockets of drug companies that Rockefeller and his allies built... and not to curing cancer.

Here’s a truth about cancer ... you don’t get cancer because your aunt or great-grandfather or anyone else in your family had it.

The high rate of occurrence is indicative of how far from our natural environment we’ve strayed. Man-made chemicals, toxicants and pollutants, combined with the loss of nutrient protection from food make us more vulnerable.

But that also means that when you restore natural protectors to your body, you have a good chance of avoiding cancer altogether.

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Here are some of the most powerful cancer fighters we have in nature ...

And that's not all ... I'm going to show you the future of cancer fighting and tell you what others are doing to fight back against the epidemic of cancer.

Oldest Cancer Fighter Is New Again

There's a vitamin you may have heard of that can beat cancer.

Problem is, almost everything you've been told about it is completely wrong.

For example, the media reported that it caused cancer.

One patient of mine who had prostate cancer, J.M., wrote me saying, "Help! I take 600 IU a day. I am in the middle of pouring through the information and am wondering... could it possibly be that the push for this vitamin has led to prostate cancers? I am perplexed."

I don't blame J.M.

This vitamin is essential for life. But the human body has no need for synthetic chemicals.

And this is where the problem begins.

Because most of the scientific research into the effects of this vitamin were done using a lab-created look-alike that's only half as biologically active as the natural form. ³

And that's only half the story.

Because what some scientists and many doctors fail to recognize is that this vitamin has eight different forms – and the four that give you the most cancer protection aren't even the ones in the study that confused my patient.

Four To Fight Cancer

You see, vitamin E is really a combination of eight different forms. There are four tocopherols and four tocotrienols. In nature, they occur together, and make up the most important chain-breaking fat-soluble antioxidant we have.

Vitamin E protects you because it stands guard on the outer layer (the membrane) of all your cells.

It's your cells' first line of defense against attacks from things like pollution, toxins, and other free-radical damage that makes them older and weaker.

Vitamin E works to prevent cancer partly because your immune cells rely on it. They must have it to keep you from getting sick.

But the tocotrienols are the real cancer-preventers.⁴ They put a cold stop to free-radical attacks on cell membranes, which can cause formation of cancers.⁵

Vitamin E blocks the formation of carcinogens from smoke (cigarette, chimney or industrial), and from nitrites in the cured (processed and preserved) meats typical of the Western diet.

Here are just some of the ways tocotrienols protect you from cancer: ⁶

- Cause tumor-cell death
- Slow tumor growth
- Starve tumors from receiving nutrients
- Inhibit the spread of cancer cells
- Stops carcinogenesis

One study found that the gamma-tocotrienol form of vitamin E not only stops prostate cancer cells from forming, it also keeps any cancer cells from invading. And, vitamin E also sensitizes cancerous cells so that other treatments can kill them. ⁷

A recent study shocked doctors when tocotrienol supplementation dramatically extend the lifespan of mice with pancreatic cancer.⁸ Pancreatic cancer is a very aggressive and deadly human cancer. People usually only live for a few months after being diagnosed.

True to form, after 16 weeks of treatment, just 10% of mice with pancreatic cancer lived when they received a placebo. Only 30% that got the chemo drug *gemcitabine* lived. Yet a remarkable 70% of mice in the tocotrienol group lived.

Tocotrienols are the perfect multi-action nutrient when it comes to cancer. They disrupt cancer cells at every turn.

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And, tocotrienols have their anticancer effect separately from the general antioxidant effects of vitamin E. So something else is going on there to defeat cancer.⁹

You can find high concentrations of tocotrienols in palm oil and some in coconut oil. Keep in mind that soybean oil and sunflower oil have no tocotrienols.

Personally, my favorite oil is annatto. I first encountered it in the Andes Mountains. After you ascend the Andes from the east and start down into the Amazon basin, annatto grows in the foothills before you get to the dense rainforest.

The natives there recognize annatto as a powerful health tonic, and even use it as a dye. This is because annatto has compounds with a unique reddish-orange color that are chemically similar to beta-carotene – which gives carrots their color.



Annatto growing in the Andes Mountains.

Annatto oil is full of tocotrienols, especially the delta tocotrienol, and has almost no tocopherols.

Eggs and Avocados – Eggs and avocados are almost perfect foods. Whether it's vitamins, proteins, minerals or nutrients, they're a great source for all of them including tocotrienols.

Beta-carotene-filled foods – Cranberries and carrots have tocotrienols, too.

Grass-Fed Beef – Do you know why all those nutritionists tell you that beef doesn't have a lot of vitamin E? Because the only beef they know about – commercial, grain-fed beef – doesn't have a lot of vitamin E. Grass-fed beef, on the other hand, has four times as much.¹⁰

Supplements – Remember, getting your vitamin E from natural sources will give you a mix of tocotrienols and tocopherols. Plus, your vitamin E will have all its micronutrients, co-factors and minerals, just like nature intended.

But, most people are unlikely to eat a wide enough variety of foods to get enough tocotrienols. Look for “mixed tocotrienols” on the label.

Also, take tocotrienols a few hours apart from other sources of vitamin E so that the alpha-tocopherol doesn't lessen their benefits.

The Simplest Cancer Fighters are the Strongest

You should know that one of the most important things you can do to prevent cancer is to strengthen your cells, so they're more disease-resistant. And that means making sure your body has the energy and the nutrients to repair and maintain those cells.

The three most important nutrients you need to keep your cells strong are also the ones chronically deficient in today's world. They are vitamin C, vitamin D and CoQ10.

1. Vitamin C is an antioxidant that disarms damaging free radicals before they can attack healthy cells and stimulate tumor growth.

We also now know that the protective caps on the ends of your DNA, called telomeres, are very sensitive to this kind of damage. The shorter your telomeres, the older your cells act and the more susceptible they are to becoming cancerous.

The exciting discovery about vitamin C is that it's very effective at defending your DNA. One study showed it reduces telomere shortening by over 50%.¹¹

We get some vitamin C from our food, but not nearly enough.

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The foods with the most vitamin C include dark green, leafy vegetables, and “superfruits” like the acerola cherry. Also, you probably don’t think of them this way, but peppers are the kings of vegetable vitamin C. Watercress is also a little-known but rich source of vitamin C.

If you choose to supplement, try to get 1,500 mg twice a day if you’re healthy. If you’re under a lot of stress, or if you are sick, you can take as much as 20,000 mg per day.

2. Low **Vitamin D** levels are strongly linked to cancer. A report out of a university in Nebraska showed that vitamin D has the potential to lower the risk of *all* cancers in women by 77 percent.¹²

Researchers at the University of California San Diego found you can lower your risk of breast cancer by 50 percent, and colon cancer by more than 65 percent, simply by boosting your vitamin D levels through sunlight, diet or supplements.^{13, 14}

A Harvard-sponsored report published in the *Journal of the National Cancer Institute* revealed that when men raise their vitamin D intake, they can lower their overall risk of cancer death by 29 percent, drop rates of “digestive tract” cancers by 43 percent (throat, stomach and colon), and reduce death rates from these cancers by 45 percent.¹⁵

The best source of vitamin D is sunshine. Your skin produces vitamin D when the sun’s rays shine on you. Ten to 20 minutes of full sunshine gets you a full day’s supply of it. To supplement with vitamin D, make sure you take the natural form, D3. I recommend at least 2,000 IU per day but 5,000 IU a day is better.

3. CoQ10 is one of the most overlooked nutrients. The government doesn’t even have a recommended daily intake for it. But it’s the fuel your cells use to make energy. That means it’s the primary source of energy for the immune cells that get suppressed by cancer. CoQ10 restores their ability to fight back and attack cancer cells. Like vitamin C, it’s also a powerful antioxidant that blocks free radicals from damaging your DNA.

Besides helping to prevent cancer, there are many clinical trials in which CoQ10 helps heal people who

already have cancer. In one, researchers in Denmark studied a group of breast cancer patients. They gave them CoQ10, plus a combination of other antioxidants and essential fatty acids.

The entire group had a partial remission of the cancer. Two of the patients received larger doses of CoQ10 (390 mg) and *their tumors disappeared*.¹⁶ In no way am I saying stop your cancer treatment and only take CoQ10. What I am showing you is the power of this important nutrient against cancer.

The best way to get CoQ10 is by eating red meat from grass-fed animals. Grain-fed meat is not a good source of CoQ10. If you want to supplement, the form you get is very important. I recommend 50 mg of the ubiquinol form, which is 8 times stronger and is better absorbed than the old form.

Future Cancer Fighters

The past and current methods of treating cancer, and the money machine behind them, are pretty dark and sinister.

But the future of cancer prevention, detection and treatment looks pretty bright to me.

I don’t know if you saw the reports that were all over the media last week, but Google is investing millions to help detect cancer at the molecular level, before it becomes deadly.

Google X research lab’s Life Sciences Team is developing a “wearable” – some kind of device or band that you would wear on your body.

What they’re looking into doing is implant microscopic magnetic nanoparticles – only a thousandth the size of a red blood cell – that are coated to be able to detect molecules of different kinds of cancers.

The magnetized nanoparticles would then be attracted to the wearable so that when you turn it on and they get near the device, the nanoparticles will be able to communicate the presence of cancer to you.

And did you see the cover of *Forbes* magazine in June?

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It was a special issue on how Novartis' CEO is spending a huge part of his almost \$10 billion research budget to try and cure cancer.

Forbes tells the story of an experimental treatment that sounds a lot like ozone therapy, which I described in my **"The 8th Element: Nature's Universal Cancer Killer"** report.

Ozone therapy involves removing blood, infusing it with ozone and removing waste, then reinserting the blood into your veins.

When 6-year-old Emily Whitehead was diagnosed with cancer, nothing seemed to help. So doctors did something similar: They took blood from her and filtered out the white blood cells, then reinfused it into her veins.

The Scientists at the University of Pennsylvania then used a modified HIV virus to genetically reprogram those white cells so that they would attack her cancer, and they reinserted those cells into her bloodstream.

But the white blood cells started to attack both the cancer and her body as well ... until doctors gave Emily a rheumatoid arthritis drug that stopped the immune attack, but allowed the cells to keep killing the cancer.

It worked. She's cancer free after two years.

There are a lot of smart, good people working on defeating cancer.

Some are working on ways to cut off cancer's energy supply, and some are working on killing cancer stem cells that are very difficult to kill (and are one of the reasons why chemo and radiation often don't work).

Some are even figuring out new ways to stop tumors from being able to pump out acids so they choke themselves out of existence.

And of course oxygen therapy, like ozone, hyperbaric oxygen and other oxygenating is being looked at for all of its healing power.

It's an exciting time ... and even though cancer incidence has risen, there's a lot to give us hope that we'll turn the corner and be able to eradicate cancer in a very short time. ■

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Radiation: How to Avoid the Nightmare

Today, *half* of all cancer patients receive radiation therapy despite the danger – that the industry is well aware of.

In fact the National Cancer Institute says, “Radiation late side effects can include:

- Fibrosis (the replacement of normal tissue with scar tissue, leading to restricted movement of the affected area).
- Damage to the bowels, causing diarrhea and bleeding.
- Memory loss.
- Infertility (inability to have a child).
- “A *second cancer caused by radiation exposure.*”¹

The National Council on Radiation Protection and Measurements (NCRP), in their Report Number 160, said that Americans are exposed to 7 times more radiation than 20 years ago. Mostly because of a jump in medical uses of radiation.²

Reuter’s news service reports, “There is documented evidence associating an accumulated dose of 90 mSv from *two or three CT scans* with an increased risk of cancer. The evidence is reasonably convincing for adults and very convincing for children.”³

Having just two or three CAT scans raises your risk of cancer.

A 2003 NCI report said there are, “*a growing number of radiation-related second cancers.*”

A recent article in the *Journal of the American Medical Association*. According to the article, the use of CAT scans tripled from 1996 through 2010.

Is all that radiation exposure needed? Not according to a report from CBS News. More than a third of all CT scans are unnecessary.

But that excess radiation represents \$35 billion in income for the medical industry.⁴

Take IMRT, as another example. IMRT stands for intensity-modulated radiation therapy, and it’s a common prostate cancer treatment. In 1992, the procedure was pretty much unknown. By 2004, 75% of radiation oncologists were using the procedure.⁵

A course of IMRT can cost \$40,000. Prostatectomy –removal of the prostate – costs only \$16,000. And implanting radioactive “seeds” runs around \$19,000.

Yet a report in the medical journal *Reviews in Urology* didn’t brag about the effectiveness of radiation therapy. Instead, the report said, “... patients continue to fail radiation therapy at too high a rate.”⁶

Perhaps even scarier than radiation’s dangers and overuse are the mistakes. And they’re all too common.

According to ABC News, Cedars-Sinai Medical Center in Los Angeles made 206 of these mistakes over 18 months starting in 2009. That’s how many people received 8 to 10 times more radiation than the normal dose... to their heads. It was, the hospital explained, a “misunderstanding” about programming their CT scanner.⁷

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From 2005 to 2010, some cancer patients at a Springfield, MO, hospital were exposed to as much as 70% more radiation than their treatment called for. The hospital called the levels of radiation involved “dangerous.”⁸

And a *New York Times* investigation uncovered 621 radiation errors in New York hospitals. *In almost half the cases, the radiation treatment was directed on the wrong part of the patient’s body.*⁹

Fortunately, there is a brighter side to this story...

Cancer’s Achilles Heel

The truth is that although cancer is more likely than ever, it’s also more treatable than ever. We’re making a lot of progress and many cancers are no longer a death sentence.

What gives me even more hope is that although cancer incidence has gone up, it illustrates cancer’s fatal flaw. Cancer is a product of how far we’ve strayed from our natural environment.

That means cures aren’t chemotherapy drugs. They’re natural compounds that kill off cancer cells.

Also, if you’ve already been exposed to radiation, I’m going to show you how to protect yourself (naturally) as well.

1) Fungi vs Radiation

After the Chernobyl reactor blew up in Ukraine in 1986, scientists noticed that a certain type of mushroom tended to grow in the area most affected by the radiation.

What we’ve since discovered is that, like plants that grow toward the radiation coming from the sun, dark fungi – those blackened by the skin pigment melanin – gravitate toward contaminant radiation as well.

In fact, the radioactive water at many commercial nuclear reactors have organisms that produce melanin – the pigment that reacts to sunlight to make our skin dark – grow in it.

The truth is that scientists never knew why many fungi were black. Now they think it’s because they have an ability to soak up radiation.

When I was doing my research for this issue of *Confidential Cures*, I read a report in *Scientific American* where Jennifer Riesz, a biophysicist at the University of Queensland in Australia, said that melanin “... is very good at absorbing energy and then dissipating it as quickly as possible. It does this by very efficiently changing the energy into heat” or even energy that can be used by the mushroom.¹⁰

Meaning that before radiation can burn you and cause symptoms of poisoning, mushrooms can dissipate the energy and possibly save you from radiation’s effects.

The authors divided a group of mice and gave some a mushroom used in East Asian cuisine, called Judas’ ear or jelly ear (*Auricularia auricula-judae*) one hour before dosing them with a powerful blast of radiation that would be dangerously high for a human. The other mice got no mushrooms.

All the mice fed no mushrooms died in 13 days. But over 90% of the mushroom-fed mice lived. Just to be sure, they gave some mice the white mushrooms you might find in the grocery store, and they died as well. Only mice fed white mushrooms that were supplemented with melanin survived.¹¹

Mushrooms are so good at absorbing radiation that scientists think space travelers might be able to survive by growing mushrooms in the cosmic rays found in outer space, protecting astronauts from the extreme background radiation.

The darkest mushrooms are the best ones to eat if you’ve gotten a dose of radiation. But, there are some others that are edible as well that you may not have heard of:

- **Chicken of the Woods:** *Laetiporus sulphureus* or sulfur shelf. You can find them growing on hardwood trees, logs and roots. It’s best to eat only the younger tender portions that have brackets.



- **Black Trumpet:** *Craterellus cornucopioides*. Grows in the woods, often in moss. Some people don't like the way these look when they're cooked, but I think they're the best edible mushroom.

- **Sweet Tooth:** *Hydnum repandum*. These aren't too common but you can find them growing on the ground among hardwoods and conifers. They're an edible toothed mushroom related to the chanterelle.

- **Maitake:** *Grifola frondosa* is known as maitake, or "dancing mushroom" in Japan. It has many culinary and medicinal uses and grows at the base of hardwood trees.

- **Reishi:** *Ganoderma lucidum* has the longest record of medicinal use. They grow on hardwood stumps and logs. The cap has a kidney or fan-shape with a reddish, wet, lacquered appearance when young. The shiny, reddish cap is one of the main identifying features of reishi mushrooms.



The other main feature of reishi mushrooms is that they are powerful immune boosters which can help fight off the effects of radiation and cancer. Studies show that reishi mushrooms have at least *six* ways of fighting cancer.¹²

2) Flush the Radiation

Mushrooms aren't the only thing that can protect you from radiation.

If you have already been exposed, these are the most important things you can use to help flush the radiation from your body and keep it from hurting you:

- **Savior at Chernobyl.** When the reactor blew up at Chernobyl, the one thing that saved more lives than anything else was giving the people potassium iodide.

Why does that work? Your thyroid is where all the iodine in your body goes. If there's radioactive iodine in the air, your thyroid will absorb it like any other iodine, and keep it there.

Potassium iodide is non-radioactive iodine. When you take it, it will fill your thyroid so it doesn't absorb any iodine that might become radioactive from the radiation.

The standard dose is a 130mg pill. Your body will then eliminate radioactive iodine through your urine. This prevents about 99% of the damage you might otherwise get.

- **Particle accelerator.** Prussian blue is a type of dye that binds to particles of radioactive cesium and other radioactive elements. You then eliminate the radioactive particles in your stool. This speeds up the elimination of the radioactive particles so they are not absorbed into your cells.

- **The radiation chelator.** This would also have been necessary after Chernobyl. DTPA (Diethylenetriamine pentaacetic) binds to metals, including plutonium, americium and curium. You eliminate this through your urine, speeding up the process of getting rid of radioactive particles thereby reducing the amount of radiation absorbed.

- **Radiation-fighting protein** – If your bone marrow has been affected by radiation treatment of any kind, you may have trouble producing white blood cells. This may call for a protein called granulocyte colony-stimulating factor. This helps your body make white blood cells which counter radiation sickness, and infection. These proteins are in products that you may get at the hospital called Neupogen and Neulasta.

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3) What to do now

Here are four important things to remember if you are ever exposed to significant radiation:

1. Don't apply ointments to radiation burns – These will hold in radioactive particles. Soap and water are best to remove them. Dress any burn and do not change the dressing frequently.
2. Leave radiated area – Continued exposure is much more harmful than one-time exposure. Going indoors, or getting away from the irradiated area sounds simple, but it reduces exposure.
3. Take off and discard affected clothing – removing these eliminates about 90 percent of radioactive particles.
4. Radiation sickness is not contagious – once you are away from the radiation and the affected person is decontaminated, it is safe to care for them. ■

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Did Big Pharma's Corruption of American Medicine Kill President Eisenhower?

Read the Shocking Story and Protect Yourself from a Similar Fate

Our story of corruption begins in post WWI Germany.

Germany's economy was in a shambles. World War I had left the country devastated... and broke.

Six of Germany's biggest chemical companies were talking merger...

With survival at stake, any differences were forgotten and the deal was made. The companies united to form the chemical/industrial giant I. G. Farben in 1925.

Early on, Farben executives saw the National Socialist Party – the Nazis – as natural allies.

Hitler and the Nazis favored rearming Germany. And that could only mean profits for a chemical giant. Especially one that was reaching its tentacles out into more and more businesses.

Seeing opportunity in the expansionist military ambitions of Hitler, Farben reportedly gave the Nazis 4.5 million marks in 1933. By 1945, their contributions reached 40 million marks.

In the United States, businesses noticed Farben's growth and influence. Some aggressively pursued ties with this rising star of German industry. One of them was John D. Rockefeller's Standard Oil.

Reports say Frank Howard, a Rockefeller V.P., made a trip to Germany in 1939. But this wasn't the only – or the first – connection between Farben and Standard Oil. By the time of Howard's visit, the companies were already thoroughly entwined. And the relationship appears to have remained strong even into the Second World War.

When Farben created an American subsidiary, Standard Oil provided assistance. Subsequently, Walter Teagle, Standard Oil's president, was named to the new company's board of directors.

Our modern drug industry largely grew out of these early chemical industry partnerships. Many drugs are actually made from chemical byproducts. The first chemotherapy drug sold, for example, was developed from mustard gas.

Farben had long-standing agreements with the Swiss drug firms Sandoz and Ciba-Geigy. The cartel also owned a large stake in U.S. drug maker H. A. Metz Laboratories.

And two of the Farben cartel's original members – Bayer and Hoechst – were already major drug makers. So the new Farben was well positioned to profit from a less natural plant based and more industrial production based shift in medical care.

But they weren't alone. Standard Oil also had connections to the world of chemical drugs.

Frank Howard, the Standard Oil V.P. who visited Germany in 1939, was the chairman of the Sloan Kettering Institute's research committee during the 1930's. And Howard's assistant, Dusty Rhoads, was responsible for their chemotherapy experiments.

Standard's founder, John D. Rockefeller, had also purchased major influence in the medical community with large donations and endowments.

Among those who benefitted from Rockefeller's millions were Sloan Kettering, the American College of Surgeons, and the NY Academy of Medicine.

And Rockefeller benefitted – either directly or indirectly – many medical schools in the U.S. to the tune of some \$100 million.

Powerful men within both Standard Oil and I. G. Farben were in prime positions to profit from the drug industry.

But when World War II ended, Farben had bet heavily on the losing side. Surely this must have spelled the end of the cartel.

Not by a long shot.

Reborn, Reformed, and Ready to Resume Business

After World War II, I.G. Farben was broken into pieces, splitting off companies you probably recognize: Bayer, BASF and Hoechst.

Thanks to the Marshall Plan, which emphasized rebuilding war-torn Germany, these companies were able to thrive once again. In fact, the *Wall Street Journal* listed these three as the world's largest chemical companies in 1988 – with combined sales of \$72 billion.

Not bad for companies involved in some of the worst war crimes in history.

But it was their drug-making arms that got the biggest gift.

I. G. Farben subsidiaries had provided experimental drugs and vaccines to doctors working at the Nazi's concentration camps. Thousands of prisoners became guinea pigs... and thousands died horrible deaths.

Yet part of the plan to rebuild Germany included rebuilding – and apparently rehabilitating – her drug industry.

Even then, drugs were big business, and Farben's American allies had been setting the stage for obscene drug profits for years.

Continued on the next page...

Ike's Warning

Near the end of his farewell address to America, President Eisenhower warned of “scientific technological elite.” A development that signaled the end of scientific discovery based on the pursuit of truth. He warned of a danger in an unelected and unchecked power’s growing influence in technology and science.

Ike was warning America about the small group of drug companies I just described that consolidated and grabbed power and political influence.

By the Eisenhower era, the drug industry was dominated by a handful of conglomerates.

A cartel we know today as “Big Pharma.”

They were already leveraging control of scientific research for massive profits.

Eisenhower undoubtedly saw this trend. As you’re about to see, he even experienced the results personally.

The first huge victory this new “scientific technological elite” that still affects us all today occurred soon after Ike’s warning. Our war hero and president, Eisenhower, had a massive heart attack...

The Greatest (and Most Profitable) Con the World Has Ever Known

On June 24, 1956, an American Heart Association fund-raiser aired on the three major television networks. The MC interviewed, among others, Irving Page and Jeremiah Stamler of the American Heart Association, and a little-known economist named Ancel Keys – father of the theory that a natural component of our cells and hormones, cholesterol caused heart disease and heart attacks.

He called it the “lipid hypothesis.” Panelists presented it as the cause of the heart disease epidemic and launched the Prudent Diet, one in which corn oil, margarine, chicken and cold cereal replaced butter, lard, beef and eggs.

One of the panelists, however, Dr. Dudley White, dissented.

White noted that heart disease in the form of myocardial infarction was nonexistent in 1900 when egg consumption was three times what it was in 1956 and when corn oil was unavailable.

Dr. White said: “I began my practice as a cardiologist in 1921 and I never saw an MI (myocardial infarction, or heart attack) patent until 1928. Back in the MI free days before 1920, the fats were butter and lard and I think that we would all benefit from the kind of diet that we had at a time when no one had ever heard the word corn oil.”¹

Problem was, no one listened to Dr. White... there was little profit in locally farmed lard and butter. So no one championed that cause. But cereals, grains and corn could be turned into proprietary products and massed produced with massive profits.

You see, Big Pharma and Big Ag were working around the clock to make sure people believed they needed to stop eating protein and fat and start eating the processed foods they were selling.

They needed someone famous to be the face of their campaign... and they found him in Dwight Eisenhower.

After Ike had his heart attack, the media hung on every word of his recovery... especially his diet and medications.

What they heard was that Eisenhower was eating to “lower his cholesterol,” and replacing his high fat diet with margarine, fruit and toast.

Dr. White

The great irony of it all is that Eisenhower’s doctor was none other than Dr. Dudley White.

He had said that the “lipid hypothesis” was a total mistake, yet regrettably he too jumped on the bandwagon.

And this mistaken reading of bad science had powerful backers like Procter & Gamble, with billions of dollars on the table selling vegetable oils in place of fat-heavy cooking.

Butter consumption started dropping fast. Margarine filled in the gap, rising from about two pounds per person at the turn of the century to about eight. Even worse, vegetable oil consumption more than tripled from just under three pounds per person per year to more than ten.²

And because the entire “heart health” industry is now built on the myth that cholesterol is what causes heart disease, the train keeps rolling. Even proof to the contrary doesn’t seem to matter anymore.

Continued on the next page...

For example, did you know that when blood cholesterol levels *decrease*, the risk of dying actually *increases*?

In a study from Yale University, researchers at the Department of Cardiovascular Medicine discovered people with *low cholesterol had nearly twice as many heart attacks as those with high cholesterol levels.* ³

High levels of cholesterol may essentially have a protective effect in older individuals.

Don't get me wrong. There is no doubt that blood cholesterol plays a role in the accumulation of plaque in the arteries. As plaque builds up the arteries narrow and blood flow is restricted. This can lead to heart attacks and strokes.

Still, mainstream medicine has completely missed the boat on the reality of the problem: The presence of cholesterol in the blood isn't harmful. Cholesterol is the thing that heart disease acts upon.

It's there at the scene of the crime, but if was falsely blamed for it.

The truth is that the culprit has always been inflammation.

And what makes it even worse is that the inflammation in our blood vessels is caused by the low fat diet recommended for years by mainstream medicine.

Perpetuating the Myth: Big Bucks for Drug Makers

If heart attacks aren't caused by cholesterol... and if cholesterol does, in fact, offer protective benefits as we age... why all the focus on lowering cholesterol with drugs?

It all comes down to Big Pharma.

Pharmaceutical companies have made billions of dollars perpetuating the myth that cholesterol causes heart disease, even though there are no studies to back them up. Statin drugs alone generate about \$26 billion in revenues each year and account for about 6.5 percent of the total market share. And they're expensive for the user, costing about \$1,000 to \$1,500 per year.

The drug companies have bamboozled both the public and the medical profession into buying their hype.

They run million dollar ad campaigns that convince unsuspecting men and women they need these drugs to live a longer and healthier life with their families.

Even if you've never experienced symptoms of cardiovascular disease, the companies running the ads suggest you mention their drug to your doctor and ask him to prescribe it to you.

At the same time, these big pharmaceutical companies send out teams of drugs reps to your local doctor's office – armed with free samples, glossy brochures and hand-picked studies.

Without even realizing it, many physicians get caught up in the marketing blitz. And since most doctors do not normally spend a lot of time reviewing studies, they often are not aware they are being sold half-truths and creative statistics. Unfortunately, the majority of them never take the time to learn the whole story.

As a result, most doctors still consider cholesterol screening to be one of the best predictors of heart attack. If your cholesterol levels are even the slightest bit high, they pull out the prescription pad and write up a prescription for a cholesterol-lowering drug – despite the fact that nearly 75 percent of people who have heart attacks have normal cholesterol. ⁴

And don't forget the fact that today doctors are trained to treat with drugs. Writing out a prescription is often their first line of treatment when, in fact, medication should only be prescribed when less harmful treatments have failed.

Plus, talking to you about diet and supplements takes time. Since your doctor needs to get you out of his office so he can see his next patient, it is much easier for him to reach for the prescription pad. In 10 seconds, he has a solution. "Here take this. I'll see you in 6 months."

But the truth is, you should not "lower your cholesterol." Cholesterol is a good thing.

In fact, *higher* cholesterol saves lives. A 10-year study in the prestigious journal *Lancet* proved people with higher cholesterol had a lower risk of dying from any cause. ⁵

Continued on the next page...

Killing Eisenhower

Ancel Keys ended up on the cover of *Time Magazine* for his work on the study he published supposedly showing that high cholesterol caused heart disease.

Two weeks after the TV broadcast, the American Heart Association officially adopted the cholesterol theory of heart disease.

Unfortunately, Eisenhower found out firsthand just how misguided this theory was...

Throughout the 1960's, after his presidency, *Eisenhower suffered from 7 heart attacks and 14 myocardial infarctions... even as he stuck religiously to the "heart-healthy diet."*

In 1969, he died from his last heart attack.

Big Pharma, Big Agra and the medical establishment had killed one of the most beloved war heroes and presidents in America's history.

Their wrongheaded theory on cholesterol is still killing millions of Americans every year.

And the drug they make billions off of, that's intended to help you by lowering cholesterol is just as dangerous as their advice.

The JUPITER trial published by the New England Journal of Medicine showed people who took a statin had a frightening 26% increase in diabetes.

Hundreds of cases of statin-induced memory loss have been reported to MedWatch, the FDA's system for filing adverse drug events.

Drugmakers were forced to amend the "label" on statins to warn people in black and white that liver damage, memory loss and confusion, and nerve pain are side effects of statins.

The FDA and doctors have also closed their eyes to other dangerous side effects of these drugs. The list is long and frightening. Here are a few more:

✓ Inability to concentrate	✓ Confusion or disorientation
✓ Amnesia	✓ Fatigue
✓ Shortness of breath	✓ Muscle weakness
✓ Nerve pain	✓ Impotence

✓ Depression and other mood disorders	✓ Rhabdomyolysis (painful bursting of muscle cells)
✓ Lowered sex drive	✓ Weakened immune system
✓ Liver damage	✓ Death

That's not even the worst of it.

Many patients on statins have had to go to the hospital because of intracerebral hemorrhage. If that's sounds scary it is, because that means their brains were bleeding. And if you had a brain bleed before, your risk of another goes up by 15% if you take a statin.

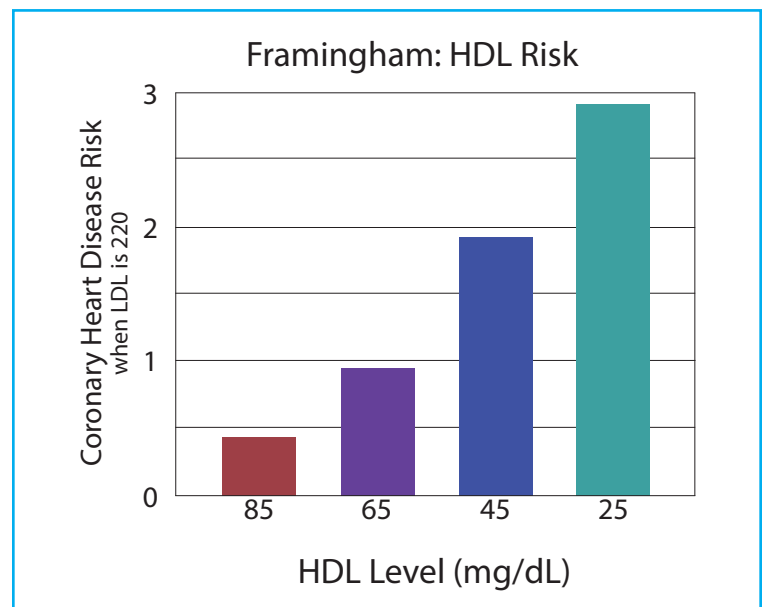
The truth is, you don't want to remove cholesterol, especially by taking a statin drug. It's the part of your body that the bad guys – inflammation and oxidation – are acting on. Life without cholesterol is miserable. You will be weak, slow, frail, and impotent.

Instead of lowering cholesterol, you can protect your heart and live longer by raising your levels of the good cholesterol, HDL.

HDL is your trump card against heart attack and heart disease regardless of your LDL cholesterol level.

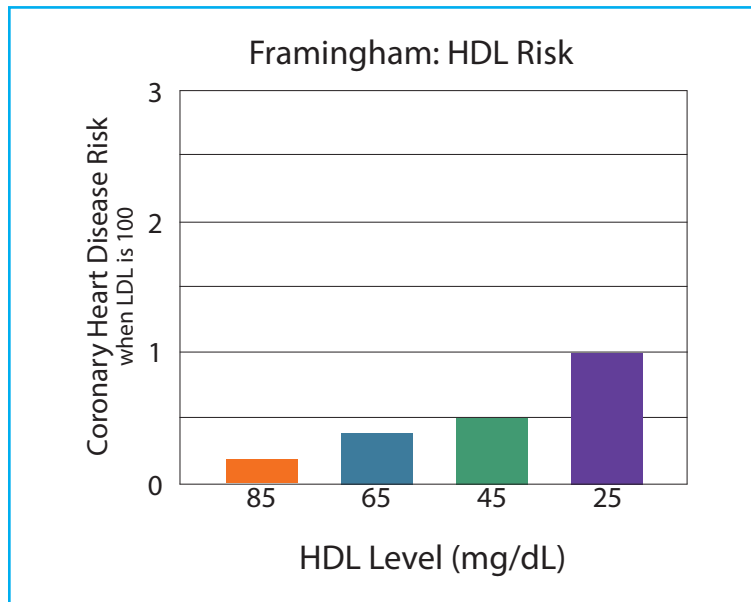
Have a look at these two graphs. The data comes from the Framingham Heart Study, the largest and best-known study on heart health in the world.

In the first graph you can see that as your HDL rises, your heart risk drops to near zero.



Continued on the next page...

In the second graph, you can see how protective HDL is. Even as your LDL rises, as long as your HDL is high enough, you have almost zero heart risk.



In my free newsletter, I've talked about some of the ways to raise HDL like taking niacin, using more intense exertion, and having a drink of alcohol in moderation.

But here in *Confidential Cures*, I want to give you a more in-depth look at some of the new things we're using at my wellness center to help patients reliably and quickly raise their HDL giving them more heart protection than they ever thought possible.

Five Secrets to Sky-High HDL

1. Better than Fish Oil – One of the first nutritional supplements that we found which raised HDL was fish oil.

I don't use fish oil anymore. On the one hand, I want my patients to benefit from it... but I don't want them to be exposed to the potential poisons.

My research into the fish oil problem shows most fish oils you buy from your local grocery store or health-food store come from European waters, which are highly industrialized... *and highly polluted.*

Even the "farm-raised" fish are polluted. And there's often no way to tell from looking at the bottle where the fish come from – or whether they've been properly decontaminated.

In a report to the European Union, the *Scientific Committee on Food* said fish from fish farms and the region's seas are regularly contaminated by mercury, dioxins and similar toxins.

A good alternative to the pollution in fish oil is krill oil. It comes from the pure waters of the Antarctic, the cleanest place on earth.

In my own practice, I've helped many of my patients improve their overall health simply by boosting their omega-3s with krill oil.

Krill makes it easier to get your omega-3s by eliminating the fishy-smelling oils and delivering the omega-3s in a much more penetrating phospholipid form. Besides being pure and clean, krill reaches into cells in a way fish oil can't, and it had much more of the omega-3 called DHA than regular fish oil.

Why is that important? Because DHA raises HDL. ⁶ One study I found tooled at 38 men and gave them each DHA every day for just a few weeks. Their HDL shot through the roof. ⁷

What I've been doing at my wellness center is combining krill oil with calamari, or squid oil. The source I use is from squid that live deep off the clear waters of Argentina. They swim as far as 1,600 feet below the surface. That's five football fields deep, well BELOW the mercury, PCBs and toxins. This keeps them clean.

Look for pure krill oil farmed from the crystal clear and frozen waters of the Austral-Antarctic Circumpolar Ocean – possibly the purest place on earth. And, get your squid oil from the deep-seas of the South Pacific. You want to get at least 600 mg of DHA and 400 mg of EPA from your krill and squid oil supplement. That's a gram of omega-3s, in total, but 2 grams is best for raising HDL.

2. The HDL-helping super vegetable – Kale is a cruciferous vegetable (like cauliflower and broccoli) that has a pretty impressive list of over 45 flavonoids going for it. That's great for your overall health, but what really got me interested in kale is that it is a powerful promoter of HDL.

In one little-known study I found out of South Korea, a group of 32 men raised their HDL by an astounding 27% just by drinking 5 ounces of kale juice a day for a few weeks. ⁸

Continued on the next page...



My assistant Sandy has been making green drinks that include kale for breakfast.

It's best to steam your kale. You see, the fiber-related components in kale have an easier time binding with bile acids in your digestive tract when they've been cooked. This binding is important because it's what helps you excrete oxidized cholesterol and keep healthy HDL, raising your levels. Raw kale does this too, just not as well.

2. Potent HDL-booster right from the fridge – You might know that eating garlic can raise HDL, but one of the problems with that is that some people don't like the smell. What you might not know is that garlic's cousin, the onion, raises HDL just as well.

Research from Tufts University shows that eating onions every day can increase HDL by as much as 30%. So if you've got borderline low HDL of 50 mg/dL, you could raise it to a protective level of 65.

3. The tropical fatty secret to higher HDL – Coconuts are one of my favorite foods, and coconut oil can't be beat for all its uses. But coconut also has a very rare healthy saturated fat called lauric acid. That's important because lauric acid can strongly boost HDL cholesterol.⁹

In fact, the total HDL boost you get from lauric acid is more like what you get from krill oil. A study from the Netherlands looked at 60 other clinical trials and found that in each one, lauric acid "greatly increased" HDL cholesterol.

So do what I do and eat some coconut every day. It's mild and delicious and will protect your heart.



Harvesting coconuts in Bali.

4. Kalanji and HDL – There are lots of websites and even alternative doctors who throw around the term "HDL." But what is HDL really? It's the smallest of the lipoproteins, and is made up of a lipid coating that has inside of it a protein called apolipoprotein A1.

As it turns out, if you want to get your body to build more apolipoprotein A1 to increase your HDL cholesterol, you can use Black Seed extract (*Nigella sativa*).¹⁰ The pods of the *Nigella sativa* plant, also known as kalanji, are the source of black seeds.

In animal studies, black seed extract raised HDL from 44 to an astonishing 80 in just 20 weeks.¹¹

In another study, 92 people took 1 gram a day for 12 weeks and it sent their HDL soaring.¹² You can get black seed extract as a cold-pressed oil of the seeds, or as a capsule.

5. Italy's secret heart-healthy fruit – Have you ever heard of bergamot? It's a small, pear-shaped citrus fruit that grows on small trees near the coast of southern Italy.

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The oil is aromatic and is used for aromatherapy. But when Italian researchers looked into the fruit extract, they tested 237 people with high cholesterol.

Their LDL went down, their triglycerides dropped from 267 to 158 ... and every person had their HDL raise by an incredible amount. Some by as much as 64.6%! ¹³ You can find the extract in capsules or tablets at your local health food store. They will contain a standardized bergamot extract. Take 500 mg twice a day.

The important thing about bergamot is that it acts like a natural statin. So I recommend taking 50 mg a day of ubiquinone CoQ10 with bergamot extract to protect your heart and raise HDL to protective levels. ■

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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.](#)

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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).