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How This “Miracle Mineral” Could Save Your Life

In the last 100 years or so, Americans and Europeans have “cleansed” their earth and water of one of the most essential minerals for human health.

Over that same period of time, we’ve seen a startling increase in “modern” chronic-disease epidemics – mental illness, diabetes, heart disease, cancer, osteoporosis, insomnia and arthritis to name just a few.

This is no coincidence.

There are now almost 20,000 clinical papers linking our bodily shortages in vitamins, minerals and fatty acids to health problems as diverse as depression, Alzheimer’s, heart disease and cancer.

I’ve observed this same, dreadful phenomenon at my wellness clinic. We’ve evolved to depend on these mineral gifts from nature to sustain us. And while we have altered the environment around us, our bodies have not changed – and minerals have remained vital to human health.

Minerals are involved in almost all of our metabolic processes. Many vitamins can’t be absorbed in the body without them.

They are also essential components of bones, teeth, muscles, soft tissues, blood and nerve cells.

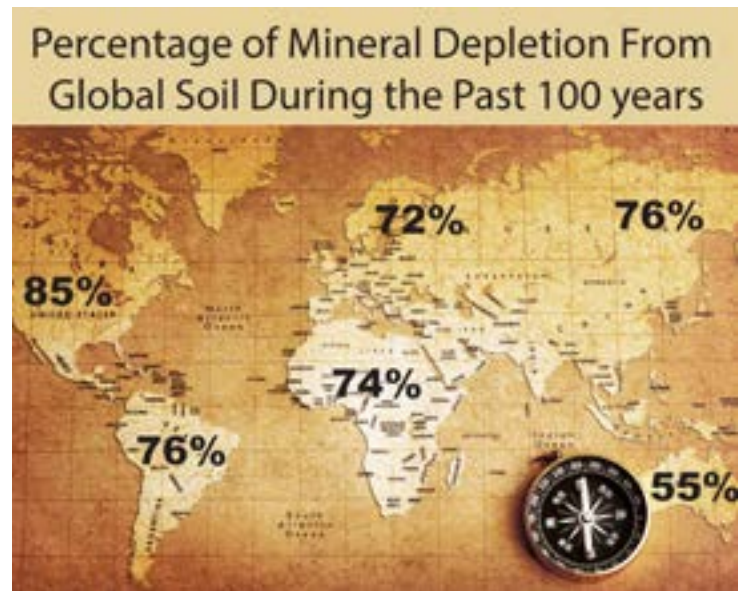
But modern farming practices have depleted much of the mineral content in our soil.

Industrial toxins, pesticides and artificial fertilizers – containing only nitrogen, phosphorus and potassium – are now used almost universally to speed up the growth and productivity of crops.

But there is a price for all this efficiency – and that price is our health.

Even if you follow the World Health Organization’s advice and eat at least five portions of fruit and vegetables a day, these foods no longer contain the goodness you think they do.

Before World War II, most of our diets were rich in minerals, because nearly all farming was organic.



Continued on the next page...

In This Issue...

How This “Miracle Mineral” Could Save Your Life...1

How to Reverse Congestive Heart Failure.....7

A Sharper Mind at any Age.....13

Back then, every farmer knew that different crops absorbed different minerals from the soil. That's why crops were rotated and why lost minerals were replaced by mineral-rich manure.

While all minerals have become victims of our modern world, the loss of **magnesium** in our soil, water and daily diet has perhaps had the most devastating consequences on our health.

Our water supply was once an extremely rich source of magnesium. But the FDA and the Department of Justice must shoulder a lot of blame for our modern magnesium deficiency, because together they destroyed the American mineral-water industry in the 1930s.¹

They were under the mistaken belief that pure water was good, and that mineral-rich water was impure water. And that mineral-rich "hard" water simply didn't taste as good.

But numerous influential studies have revealed that millions of Americans have died as a result of the FDA and DOJ's actions against the American mineral water industry – largely the result of **magnesium deficiency**.²

According to another recent study, 68% of all Americans are magnesium-deficient.³ In the not-so-distant future, this statistic will bear out devastating health consequences for the nation.

In this article, I want to talk to you about how vital magnesium is for your health and how you can get it back into your diet.

Nature's All-Natural, Non-Addictive Tranquilizer

I've recommended magnesium to my patients for years to help relieve stress, increase energy, prevent migraines and ease chronic pain.

But that's just the start. I've used it at my wellness clinic as a preventative measure and treatment for multiple "modern illnesses."

Essentially, magnesium is your body's natural blood-vessel relaxer.

And that brings me to another magnesium benefit I've seen many times among my patients – it restores normal sleep patterns.

I often think of magnesium as nature's all-natural, non-addictive tranquilizer.

Most doctors commonly overlook the power of magnesium, and Big Pharma actively tries to discredit it.



More than a third of the U.S. population suffers from insomnia each year. And over 60 million sleeping-pill prescriptions – worth more than \$32 billion – were handed out in America last year.

These include so-called "relaxant" drugs like Ambien and Lunesta, as well as scary benzodiazepines, like Klonopin, Xanax and Valium.

No wonder Big Pharma wants to keep an inexpensive relaxer and natural-sleep remedy like magnesium from consumers.

Thousands of my patients over the years have seen dramatic improvement in their sleep patterns when they increase their daily intake of magnesium.

That's because the body's naturally occurring stress relievers need magnesium to work properly. And stress and tension are the two main reasons many of my patients have trouble sleeping in the first place.

Not surprisingly, many patients at my wellness clinic also experienced dramatic improvements in mental health.

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So when you add depression into the mix, we're looking at another 254 million prescriptions a year to further enrich Big Pharma.

Magnesium and Mental Illness

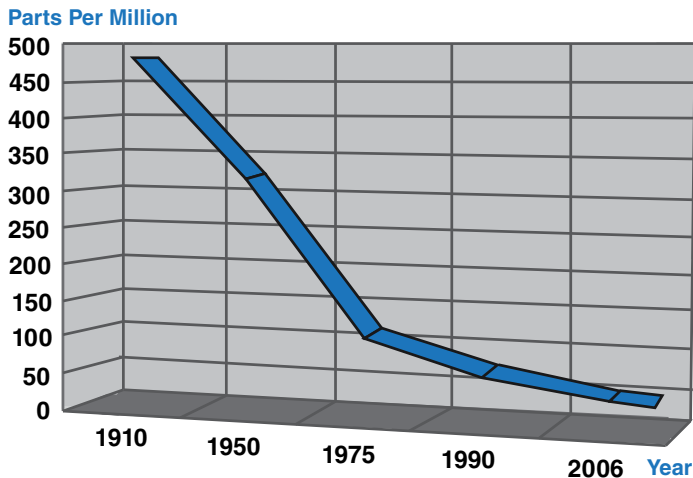
An early sign of depression is sleeplessness and sleeplessness often causes depression. Whichever comes first, both conditions often share a common cause – magnesium deficiency.⁴

A hundred years ago, the occurrence of depression was extremely rare. Among Americans born in 1905 or before, only 1% developed depression before they turned 75. But Americans born after 1955 developed depression at a six-times greater rate by the time they were 24 years old.⁵

Today, there is 40% depression rate among the elderly and a near-25% depression rate among those between the ages of 15 and 29.

The link between plunging levels of magnesium in our diet and the rise of mental illness is shocking.

Shocking Depletion Of Minerals In U.S. Soil



Source: US Dept. of Agriculture

Leafy, green vegetables were once a rich source of magnesium – but over the past 100 or so years, farmlands have been robbed of their essential minerals.

Magnesium levels have also been dramatically reduced in an American diet composed largely of fried and processed foods, soda, sugar and refined grains.

Many of us also consume a lot of milk and dairy products. These and other calcium-rich foods can also lower magnesium levels.

Before 1905, most Americans consumed around 400 mg. of magnesium per day, thanks to vegetables grown on nutrient-rich farmlands and to the consumption of unrefined grains.

One hundred years later, only 16% of the magnesium found in whole wheat remains in refined flour. This has driven the average dietary intake of magnesium down to 250 mg. per day.

Then add in Big Pharma's hand...

Diuretics, which are most often prescribed as a treatment for high blood pressure, are another major cause of magnesium deficiency. These medications often leech magnesium from the body with the fluid they help release.

Meanwhile, carbonated drinks also deplete magnesium. And, according to a Gallup survey, more than 150 million Americans drink soda every day.

These beverages are acidic, thanks to their high levels of phosphates. Our bodies' response to this surge of acidity is to counter it with an alkaline mineral – like magnesium.

That means magnesium is leaching from our bodies every time we drink a soda.

Why Magnesium Works

It is not only “medical establishment” physicians who have ignored the dangers of magnesium deficiency. Many “alternative” healers and nutritionists are just as guilty, because magnesium simply hasn't been considered a “sexy” nutrient.

Most people have heard of Milk of Magnesia, but very few know which foods contain the nutrient. Even fewer can name even one of magnesium's functions in the body.

But magnesium is needed in every cell of the body.

It helps form bones, proteins and fatty acids. It is also vital for making new cells, activating B vitamins, relaxing muscles, clotting blood and forming adenosine triphosphate (ATP), which transports chemical energy within cells for metabolism.

It is also essential for keeping the body's tissues healthy.

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Around 60% of the body's magnesium is found in bones, where most serves as a kind of warehouse for the rest of the body. The remaining 40% is found in muscles and other soft tissues.

This overlooked mineral is also a key nutrient for the **control of blood pressure**. It helps balance potassium, sodium and calcium, all of which affect blood pressure.

There are many studies that show the more magnesium you get, the lower your blood pressure will be.

New research even finds that if you get enough magnesium, you have a lower risk of dying from *any cause*. One study followed 4,203 people over 10 years, and found that the rate of death from all causes was 10 times higher for people getting the least magnesium.⁶

And the rate of death from heart problems was more than 50% higher for those with low magnesium.

This mineral also raises testosterone levels and helps build muscle.

In fact, more than 300 enzyme systems need magnesium to regulate numerous biochemical reactions in the body.⁷

For sleep, magnesium enhances the effect of tryptophan, a natural amino acid that produces the sleep hormone, **melatonin**.

And without tryptophan, the body also can't manufacture the neurotransmitter **serotonin**, which plays a key role in mood balance.

Too little serotonin can lead to depression, anxiety and a number of other mental disorders.

At the same time, magnesium is essential for the function of gamma-aminobutyric acid receptors – better known as **GABA** receptors.

All neurotransmitters and receptors calm the brain, and they must be able to do their job for a person to fall asleep.

So it's no wonder lack of magnesium is a root cause of so much sleeplessness.

I recommend a magnesium-rich diet to most of my patients, as well as ways to supplement this essential nutrient, because there is much more at stake.

Ignored Heart Disease Hero

Low magnesium levels are also a major contributor to heart disease⁸ – although no mainstream doctor is looking at magnesium as a treatment for America's No. 1 killer either.

Recent studies also confirm that waterborne magnesium is better at preventing heart disease than magnesium in food.⁹

The irrefutable evidence of a link between magnesium-depleted water and heart disease was first reported in 1957, and has since been observed in many regions of the world.¹⁰

But mainstream medicine still remains wrongly focused on cholesterol levels as the root cause – even though the science behind it has long been regarded as “junk.”

Earlier this year, even the influential Dietary Guidelines Advisory Committee, the nation's top nutrition panel, admitted it was WRONG about cholesterol. And it has now proclaimed this former dietary evil as no longer a “nutrient of concern.”¹¹

Magnesium is important to the heart, because it helps regulate calcium levels. And calcium is essential for maintaining normal heart rhythm.

At the same time, magnesium's role as “*nature's all-natural, non-addictive tranquilizer*” helps widen coronary arteries, improving blood flow.

In one study involving more than 2,300 patients, researchers found that injections of magnesium at the time of a heart attack cut the number of deaths by a 25%.¹²

The magnesium injections also reduced the incidence of heart failure among patients during their stay in a coronary care unit after a heart attack by 25%.¹³

Yet magnesium's cardio-protective aspect has been largely ignored by mainstream medicine.

A Diabetes Crusader

I've been using magnesium, to help treat my diabetic and pre-diabetic patients for years – because the link is undeniable.

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Studies show that low levels of magnesium can cause insulin resistance, a pre-diabetes condition in which insulin becomes less effective in clearing the blood of glucose.

One study found that magnesium has the power to help counter a sugary, high-fructose diet, which can also produce insulin resistance.¹⁴

And in yet another study, researchers at Harvard began to follow the health of 85,000 nurses and then did the same with another 43,000 men. Both studies found a very strong relationship between magnesium and a lowered risk of developing diabetes.

In the nurses' health study, it was found that women consuming 220 mg. of magnesium a day were 33% more likely to develop diabetes over the following six years than those who took 340 mg. of magnesium daily.

The message is clear: The greater the intake of magnesium, the less the likelihood of developing diabetes.

A Simple and Natural Solution

You can get more magnesium by eating nuts, seeds, dairy products and dark green, leafy vegetables. But the average diet doesn't provide enough magnesium to maintain a healthy body and mind.

Given the depleted state of our soil, there's not much magnesium in vegetables anymore.

Still, there are a number of options available to replace this critical, lost mineral.

The first option is to take a **supplement**. I recommend between 600 mg. and 1,000 mg. a day. Take it with vitamin B6, which increases the amount of magnesium accumulating in your cells.

You can also get magnesium from salt – but I'm talking about the right kind of salt.

While modern medicine has warned us off of salt – salt itself isn't bad. We naturally crave salty foods. In fact, when your blood is at its healthiest, it's slightly salty.

Unfortunately, the salt you find in most foods is bleached and refined.

Testing Your Magnesium Levels

Most doctors don't pay much attention to their patients' magnesium levels. And blood tests for the mineral can be misleading. Only 1% of magnesium in the body is found in blood, and only 0.3% is found in blood serum.

A more effective assessment of deficiency involves looking at your diet, lifestyle and possible symptoms. For example:

- How many carbonated drinks do you consume regularly? Sodas contain phosphates, which flush magnesium out of your system;
- Do you eat a lot of sugar? This can cause the body to excrete magnesium;
- Do you drink a lot of caffeinated drinks? These cause the kidneys to release extra magnesium;
- Do you take calcium supplements?
- Do you consume more than seven alcoholic drinks a week?
- Do you suffer stress? A lack of magnesium tends to magnify the stress reaction;
- Do you have trouble sleeping or staying asleep?
- Do you take diuretic, heart medication or asthma medication?
- Do you experience hyperactivity and/or anxiety?

None of these factors is connected with magnesium deficiency by mainstream medicine.

But Big Pharma would rather see its expensive and often-addictive drugs prescribed for any number of these conditions – even if a safer, less expensive all-natural, non-addictive treatment is available.

It's truly Franken-salt, with all residual chemicals from the processing left in.

Instead, look for **sea salt**. It's unrefined and has all the minerals and co-factors nature meant salt to have, like potassium and magnesium.

Unrefined salt is almost pure sodium chloride. Natural sea salt has sodium chloride, too, but also has more than 50 other minerals, including magnesium.

Then there's magnesium sulfate, which is better known as **Epsom salt**. This was one of the first forms of magnesium used for its healing qualities.

While it's not safe for consumption, it's great in a bath. Just soak and let the magnesium work its magic on your body.

If you prefer to take it in a supplement form, always confirm the source and quality of the mineral. And make sure there are no extra fillers. These can cause more harm than good.

For sleep disorders, I recommend a powdered magnesium citrate formula. This should be taken an hour before bedtime. The solution dissolves in water, so it will be absorbed by your body much better than capsules or pills.

The most beneficial dose will depend on your age, sex and health conditions. For adults, that means between 310 mg. and 420 mg. ■

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How to Reverse Congestive Heart Failure

Like so many patients who come to my wellness clinic for the first time, Lois was utterly desperate. Abandoned by mainstream medicine, she was close to the end of hope.

But Lois hadn't come for herself. She had come on behalf of her 86-year-old father-in-law, Ted.

Three months earlier, Ted had gone to the hospital with fatigue and shortness of breath, and soon was diagnosed with **congestive heart failure** – the inability of the heart to pump as much blood as the body needs.

Lois's father-in-law had always been energetic and active. He worked his entire life and continued to run his own accounting firm.

But now, Ted felt tired and weak after doing pretty much anything. That's because his muscles weren't getting enough oxygen.

Congestive heart failure remains one of America's biggest killers – but it doesn't have to be.

After three consecutive hospital stays, the doctors told his family they had done all they could. In fact, it was clear from what Lois told me that they had already written him off.

In the hospital, they prescribed him diuretics and other Big Pharma meds to help ease his symptoms. Usually, congestive heart failure patients also get ACE inhibitors, beta blockers and cholesterol-lowering statin drugs.

But as for treating or curing this dreadful condition, they had no clue.

So Ted lay in a hospital bed for months, just vegetating, as if waiting for death.

The hospital staff seemed to be waiting, too. They gave him no exercise and provided no stimulation for his heart.

In fact, mainstream medicine's textbook treatment – drugs and rest – is the exact opposite of what should be happening.

Not surprisingly, vegetating and drugs didn't ease his condition. Instead, they made him worse.

That's when Lois came to my wellness clinic.

“They just gave up,” Lois told me. “Now they're just waiting for something to give before they move him to a hospice. And that'll be it. But I kept trying to think of something out of the box, something outside of the box of standard medicine that would at least give him a chance. So here I am, Dr. Sears.”

By allowing her father-in-law to become bed-ridden and pumping him full of diuretics and other drugs, the hospital simply left him to drown in his own blood.

There is a crime being committed here by “medical establishment,” which thinks that congestive heart failure can be cured with drugs.

But, as with all crimes, there are victims – people like Ted.

The solution to congestive heart failure is increased cardiac output, not some magic pill.

The beta-blockers that doctors give to most congestive heart failure patients decrease cardiac output. And just as dangerous are the statins, which steal the heart's power to pump.

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Very quickly, Ted began to develop the classic symptoms of congestive heart failure. The buildup of blood behind the heart led to swelling of the feet, ankles, legs and possibly even the liver.

The fluids accumulating in the lungs made his shortness of breath worse.

Less blood was flowing to his brain, so he also felt dizzy and confused.

With this condition, your heart looks like a fat water balloon.

But today, I want to tell you exactly what I told Lois – that congestive heart failure is absolutely treatable, and even curable.

Because of legal reasons, I have not been able to take over Ted's case entirely, but the hospital has agreed – with the family's permission – to allow me access to medical records so I can advise on an "alternative" course of action.

I'm not in the business of providing false hope, but mainstream physicians have ignored some extremely important advances in cellular research over the last 40 years – advances that have the power to cure this dreadful condition.

And by doing so, they have sentenced countless patients to an early death. This is an abomination.

One in nine American deaths includes congestive heart failure as a contributing cause.¹ And more than 5.1 million Americans are diagnosed with the disease every year, and about half die within five years.²

Today, I want to talk about a triple play of cellular nutrients. I have successfully treated numerous patients with them and I believe they will reverse this devastating condition in Lois's father-in-law – before it's too late.

My strategy is simple: to help the human body help itself.

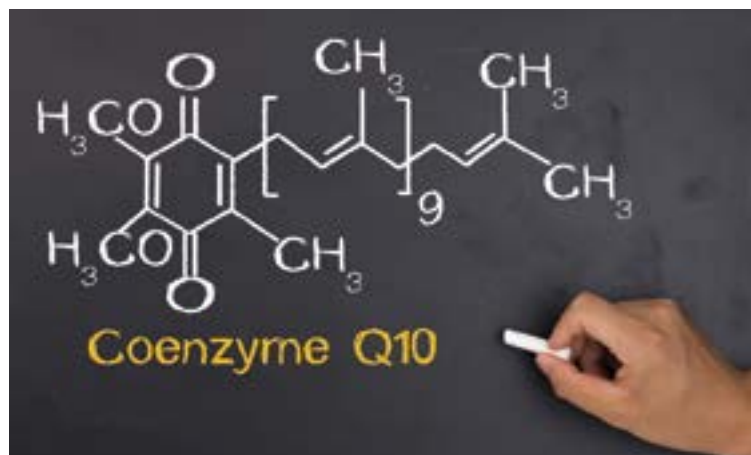
The Cocktail Cure

Failing hearts are starved of energy. They lack enough energy to function normally.

The job of medicine, in this instance, should be to build and restore energy so the heart can do its job. Instead of weakening the heart with bed-rest and dangerous Big Pharma meds, I plan to give Ted three key nutrients that work in harmony to provide power to this vital organ.

This powerful cocktail helps your heart metabolize energy by going straight to the biochemistry that fuels our cells:

Nutrient #1: Coenzyme Q10. This nutrient and antioxidant is a high-octane fuel used by every cell in your body to power everything it does. CoQ10, as it is widely known, is essential for the normal function of all your vital organs – especially energy-hungry organs, like your heart.



Your mitochondria – the tiny power plants within each of your cells – need CoQ10 to produce the energy they run on.

It was first discovered in 1957 by a young researcher studying the mechanisms of energy conversion within cauliflower cells. But since then, decades of research has linked low levels of CoQ10 with congestive heart failure.

It is a moral outrage that mainstream medicine continues to ignore this vital cure for congestive heart failure.

Your heart – because of its high-energy needs – has a higher concentration of CoQ10 than anywhere else in the body.

That's why when your heart's supply of CoQ10 drops – as it often does with heart disease and age – a CoQ10 supplement can bring you immediate, and often lifesaving benefits.

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In the mid-1990s, I was one of the few doctors in America testing CoQ10 levels. Back then, there was just one lab in the whole country where I could send my samples.

I remember the day my first batch of samples came back from the lab. The results were a real eye-opener. More than 80% of my patients were CoQ10-deficient.

Since then, I've made it a habit to measure my patients' CoQ10 levels.

And the recovery results I've achieved in getting my patients' levels back up to where they need to be are consistent with dozens of clinical trials.

Science is on my side.

The real power of CoQ10 was first revealed in 1967 by Dr. Yuichi Yamamura, in Japan – although Western researchers paid almost no attention to his work.

Then, in 1985, the noted biochemist Dr. Karl August Folkers and Dr. Svend Mortensen, M.D., made the first strong connection between congestive heart failure and CoQ10 levels.

They even found that 50% to 75% of patients with any kind of heart disease had low levels of CoQ10.³

Study results unveiled less than two years ago at a heart failure conference in Portugal provided dramatic proof of the huge difference that treatment with CoQ10 can make for patients with congestive heart failure.

The study, known as Q-SYMBIO, enrolled 420 patients.

The participants all suffered from moderate to severe congestive heart failure. The most serious of them could barely pump blood around their bodies and ran a strong risk of dying within a few years.

The study followed them for two years, after which they were randomly assigned either CoQ10 in a 100 mg. dose three times daily or a placebo.

The results revealed that those assigned CoQ10 had:⁴

- Halved their risk of dying during the study;
- Almost half the risk of acute heart problems;

- Less weakness and fatigue.

Firstly, the study makes it clear that long-term CoQ10 treatment is safe for patients with chronic congestive heart failure – and it also reduces the likelihood of other serious “cardiovascular incidents.”⁵

Statin Alert

Most doctors almost reflexively prescribe cholesterol-lowering statins – like Crestor, Lipitor and Zocor, to name just a few – for congestive heart failure.

And each year, Big Pharma pockets around \$30 billion from the global sale of its statin drugs.

But it's not just the fact that a CoQ10 product would make too little money for Big Pharma – it's the threat to their multibillion-dollar statins business they fear the most.

Their opposition to an inexpensive alternative costing about \$2,000 a year is not rocket science.

But in doing so, they have sentenced millions of people to an early death.

Statin drugs not only inhibit the synthesis of cholesterol, they also block the body's production of CoQ10. Both share the same pathway. Block one, block both.

That's why so many people on statin treatment feel tired and weak – the statins have also depleted their CoQ10 levels.

And statins are the worst possible drug for congestive heart failure. With lower levels of CoQ10, the heart muscle no longer has the cellular energy to pump blood around the body with the force it should.

Clinical trials show the depletion of CoQ10 worsens congestive heart failure, possibly even hastening death.

Thanks to Big Pharma's powerful propaganda, most American doctors and patients are ignorant of the link between statins and CoQ10. But in Canada, statins must carry warnings that they may cause depletion of CoQ10.

The study concluded that CoQ10 “should be added to standard therapy.”⁶

Some of the best sources of CoQ10 are beef, chicken and fish. But if you have been taking statins, your levels are likely to be very low, which is why I always recommend taking it in supplement form.

If you are over 30 and in good health, I strongly recommend you take 30 mg. of CoQ10 daily.

If you are over 60, increase your CoQ10 dosage to 60 mg. daily.

If you have heart disease, high blood pressure, gingivitis, memory loss, chronic fatigue or are taking statins, increase to at least 100 mg. of CoQ10 a day.

Be sure to take your CoQ10 supplement with food or a teaspoon of almond butter, olive oil, or fish oil to maximize absorption.

And be sure it's the right CoQ10...

The more common form is called **ubiquinone**. But it's the **ubiquinol** form that's the most potent.

Ubiquinol carries an extra electron and is eight-times more powerful than ubiquinone.

Nutrient #2: L-carnitine. These fatty acids are great heart helpers. They live in the inner skin of your mitochondria, the little power plants that energize your cells. But mitochondrial skin is so tough, it's hard for cellular fuel components to get through. And that's where L-carnitine comes in.

L-carnitine in foods

Product	Quantity	Carnitine
Beef Steak	100g	95mg
Ground Beef	100g	94 mg
American Cheese	100g	3.7mg
Ice cream	100ml	3.7mg
Whole Milk	100ml	3.3mg
Cottage Cheese	100g	1.1mg

Big Pharma's Dirty Little Secret

Merck, one of the world's biggest pharmaceutical companies, has patented the use of CoQ10 with a number of statin drugs. The idea was to both prevent and treat complications linked to its cholesterol-busters.

But Merck has never marketed this combination.

In 1990, the drug giant secured two patents to combine CoQ10 with statins to prevent muscle and liver damage.

And since 1992, it has also held a patent on a drug that combines CoQ10 with Mevacor, another cholesterol-lowering statin – but the Pharma giant has declined to market that combination, too.

Scientific studies prove statins can lower CoQ10 levels by as much as 40%. These drugs have also been identified as the prime cause behind the rise in deaths from congestive heart failure.

Drug companies know full well about the dangerous side effects of statins.

Merck has ignored many efforts to get them to explain why it has refused to market these combination drugs.

Almost certainly, they would draw immediate attention to the dangers of statins. This could threaten the industry's multibillion-dollar profits.

Meanwhile, its patents have also made it more difficult for other drug companies to develop similar combinations.

L-carnitine acts like a ferry carrying passengers up river to another town – except the passengers are cellular fuel components.

Once inside the mitochondria, these little power plants use this cellular fuel to make energy.

Studies show patients with congestive heart failure have low levels of L-carnitine, as well as CoQ10 – both of which have a serious affect on the strength of the heart muscle.

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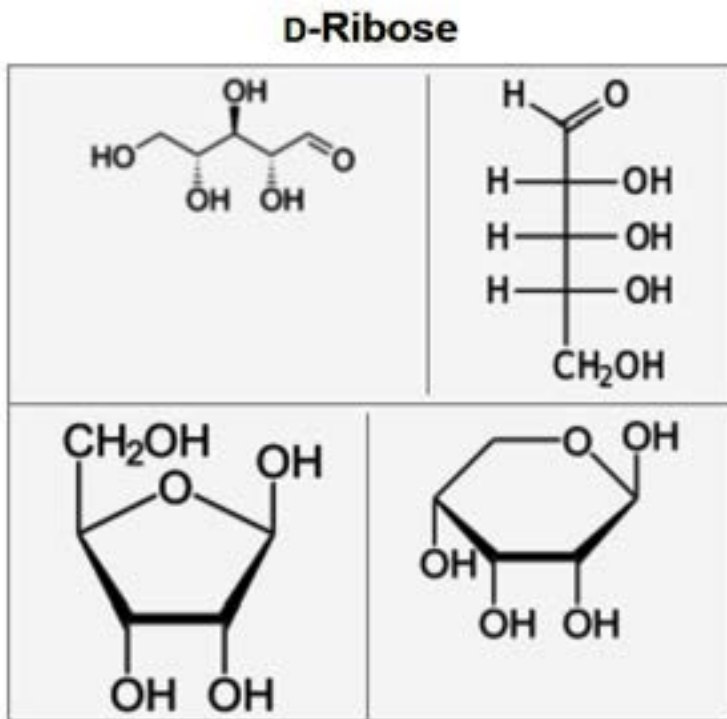
Red meat and dairy products are the main sources of L-carnitine in food. But if you have congestive heart failure, you can't get enough from your diet. A supplement will be necessary.

A study in the *International Journal of Clinical Pharmacology* recommends 2,000 mg of L-carnitine daily, specifically for congestive heart failure.

In one study, a whopping 66% of chronic congestive heart failure patients showed marked overall improvement in their condition after being treated with L-carnitine.⁷

But even this powerful improvement in cellular energy metabolism cannot make up for the energy drain caused by low oxygen delivery to the tissue. Only another nutrient, **D-ribose**, can do that.

Nutrient #3: D-ribose. This is a naturally occurring carbohydrate found in every living cell in the body. Without it, cells can't produce energy.



And it is utterly essential to the energy levels of the muscular tissue in the heart.

Athletes often use D-ribose, because it enhances performance.

But if you ask your doctor or cardiologist about D-ribose, you're almost certain to get the usual response:

"There is no valid research on this."

I beg to differ.

I've read numerous studies showing that D-ribose improves the heart's ability to relax, known as its diastolic function. With better relaxation, it has more power to pump blood to the rest of the body.

Researchers at the University of Bonn in Germany recently carried out a double-blind, placebo-controlled study with D-ribose. And while significant improvements were found in the group that took D-ribose, no improvements were found in the group that took the placebo.⁹

Just as important, it powers pulmonary ventilation – in other words, our ability to breath - one of the most powerful predictors of survival in congestive heart failure patients.

A study by the University of Utah tested the effect of D-ribose supplements on 15 congestive heart failure patients for eight weeks. And the results for most of them showed real breathing benefits – more heart-muscle strength and more oxygen intake – even during exercise.¹⁰

For many years, D-ribose was too expensive to produce, but new technology has now made it affordable. Even by itself, it's a proven treatment for congestive heart failure.

D-ribose is not found in food. For anyone with serious heart disease, I recommend boosting your energy metabolism with a supplement.

Based on the success of two major studies, I have been telling my patients to take 5 g. of powdered D-ribose three times a day.^{11,12} I tell them to mix each dose of D-ribose in an 8 oz. glass of water or juice and then drink it all down at breakfast, lunch and dinner. And the results have excellent.

Build a Strong Heart

I believe this triple cocktail of nutrients is Ted's best chance of reversing his congestive heart failure. The bed rest and Big Pharma's meds have only made his condition worse. In fact, mainstream medicine's treatment is almost certainly killing him.

Contrary to what doctors and cardiologists may tell you, congestive heart failure can be reversed.

Continued on the next page...

Four Easy Steps for a Healthy Heart

- **Exercise.** Intense, interval training like I describe in my book *PACE: The 12-Minute Fitness Revolution* is the most effective way to increase your HDL cholesterol levels. PACE stands for Progressively Accelerating Cardiopulmonary Exertion, and the concept is simple: short, progressively accelerated bursts of intense exercise followed by rest.
- **Food.** Stay away from processed foods and junk foods, especially refined sugars. And if a package bears a “low-fat” label, avoid it too. It is probably bad for your heart. Instead, eat lean proteins and unprocessed carbs, such as fruits and vegetables.
- **Moderate alcohol consumption.** One drink a day is proven to increase HDL by 12 percent. This was confirmed by a report in the Journal of the American Medical Association.[1]
- **Omega-3 fatty acids.** They increase HDL cholesterol. You can find rich sources of omega-3s in olive oil, fish, and Sacha Inchi oil.

[1] I. Singh et al., “High-Density Lipoprotein as a Therapeutic Target – A Systematic Review,” Journal of the American Medical Association (August 15, 2007) 298(7): 786-798.

But the best defense against this terrible condition is to build a strong heart in the first place.

I recommend you [read Chapter Six](#) from my book, *The Ageless Heart: Advanced Strategies to Reverse Heart Disease and Restore Your Heart's Pumping Power*. I've given you a link to it because you're a special *Confidential Cures* member.

If you want to know more about the entire book, [please click here](#). ■

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Continued on the next page...

A Sharper Mind at Any Age

I was hiking through the Amazon Rain Forest a few years back, when I had an epiphany about how to treat some of my Alzheimer's patients.

It was an idea that led me to think about a cure for all patients who suffer from what mainstream medicine calls "mental decline."

And mainstream medical experts will tell you that mental decline comes with the territory as you get older.

Well-meaning doctors might even suggest ways for you to compensate for your fading brainpower, like making lists or tying pennants to your car's antenna.

But when it comes to Alzheimer's, all of them will tell you there's no way to stop it. They will likely use the words "incurable" or "irreversible."

But these doctors are wrong. The truth is that you don't have to live in a mental fog. You can certainly stave off the ravages of dementia – and in many cases, you can even reverse it.

I always tell the patients at my Wellness Center who are concerned about cognitive decline: "The problem isn't aging. It's deficiency."

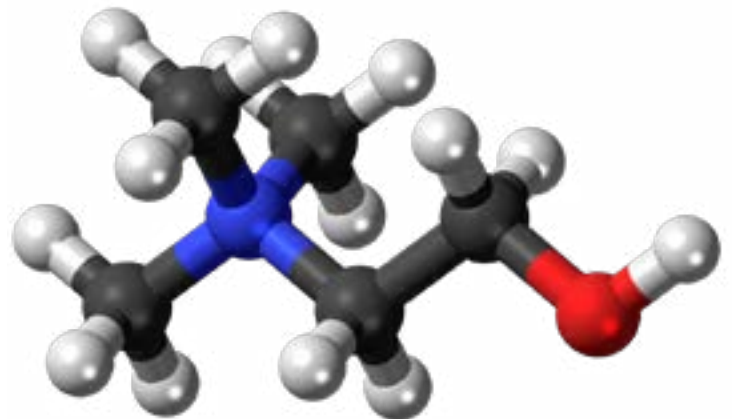
As I hiked through the rain forest, I was thinking about a very specific "brain food" I could add to one of my supplements.

But then it struck me that this substance could be used to treat Alzheimer's and patients with other forms of dementia.

I'm talking about **choline**, an essential biochemical for keeping your brain sharp and your memory clear – but as you age, your body needs more and more.

The problem is that as you get older, your body produces less and less of it.

If fact, your body could never produce enough choline to satisfy all its needs. So it's vital for you to replenish your brain and your body's supply of this essential nutrient, either through food or supplements.



The structure of a Choline molecule.

When Your Choline Drops, You Could Experience These Symptoms:

Fatigue or lack of energy

Poor recall and memory loss

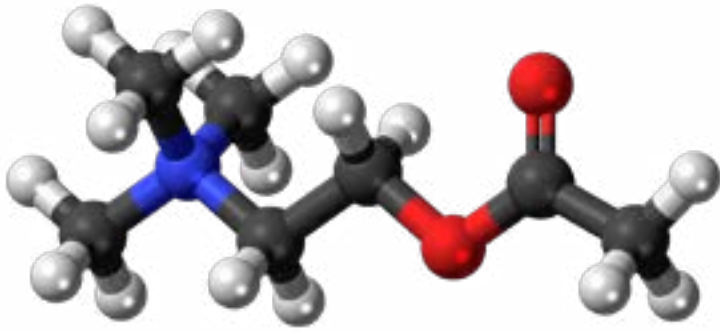
Brain fog and-or a sense of confusion

Sleeping problems

Feeling distracted or irritable

Mental slowness and confusion

Walking with a shaky gait



The structure of an acetylcholine molecule.

That's why I recommend a special combination of choline supplements later in this article.

Neuroscience is the Key

Your brain has a huge appetite for choline. It's the primary building block for the neurotransmitter acetylcholine. And you burn acetylcholine up 24/7 as your brain uses it to maintain clear communication among trillions of neurons.

Acetylcholine helps your brain's nerve cells communicate with each other. And it's involved in many functions, including memory, sleep and muscle control.

But without enough acetylcholine, many of the brain's messages are simply unable to move among the nerve cells.

*We once thought the brain produced fewer messages because it lost cells. But recent advances in neuroscience have taught us there are probably the same number of messages — they just can't get through.*¹

Like many nutrients, your supply of choline drops as you get older.

And that means your body is producing less acetylcholine.

Acetylcholine keeps the signals moving in a healthy and properly energized brain. A lack of acetylcholine slows down the signals dramatically or stops them completely.

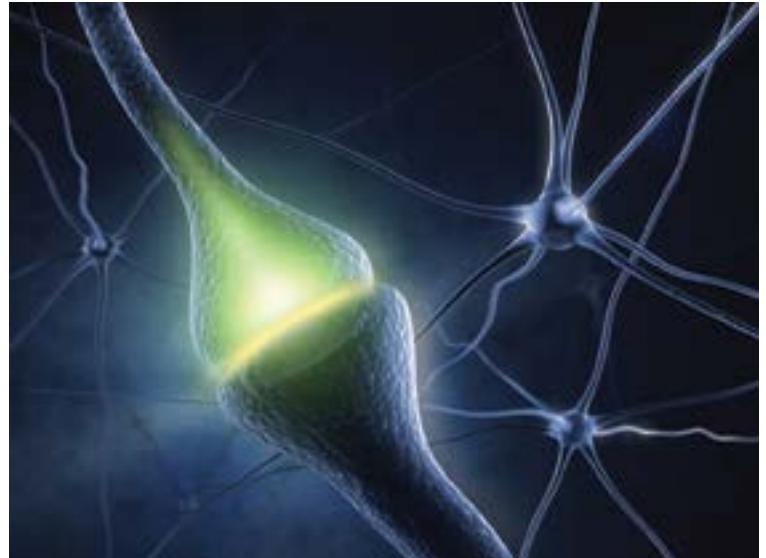
This is the point at which memory loss enters the picture.

Damage to the brain's acetylcholine-producing system is linked to a number of brain disorders, including dementia, Alzheimer's disease and even depression.^{2,3}

Stop Your Brain From Cannibalizing Itself

Researchers at Iowa State University estimated that some 90% of adult Americans suffer from choline deficiency.⁴ And when your choline level drops too low, your own body becomes its own worst enemy.

When your body can't get enough choline from the



outside, it will scavenge choline from the inside to create acetylcholine. When choline levels drop off, your brain extracts choline from nerve cell membranes.

This last resort is called "auto-cannibalism," and it's very dangerous.

In the short term, your brain will use this method to keep your memory and other functions up and running. But in the long run, your nerve cells end up badly damaged.

It's not surprising that Alzheimer's patients have very low levels of acetylcholine.

On top of this, the energy needed to cannibalize the brain steals energy needed by cells. And this makes cells age faster. They fail to reproduce effectively, suffer DNA-damage and die.

There are dozens of studies, testing both animals and humans, showing the importance of choline to brain health.

In one study, researchers who gave rats a choline supplement found they developed a sharper and longer

A Dozen Great Sources of Choline

- ✓ Liver;
- ✓ Eggs;
- ✓ Bacon;
- ✓ Chicken;
- ✓ Turkey;
- ✓ Cod;
- ✓ Salmon;
- ✓ Beef;
- ✓ Shiitake mushrooms;
- ✓ Pistachios;
- ✓ Cashews;
- ✓ Broccoli.

memory than rats that didn't have extra choline.⁵

On day one, both groups of rats were performing their tasks successfully. This included avoiding an electric shock as they moved through a maze.

On day two, the choline-deprived rats forgot about the electric shock and got zapped. But the rats that got the extra choline remembered the booby-traps and successfully avoided getting shocked.

And researchers at Northwestern University in Chicago tested people with a choline deficiency. They gave them a series of memory tests and found below average scores. In the next stage, they divided the same people into two groups. One group received extra choline, the other didn't.

After 24 weeks, both groups repeated the memory tests. The group with the extra choline performed with flying colors and their results showed a dramatic improvement over the first round. The group that received no extra choline showed no improvement over the first round.⁶

And a study published in *The American Journal of Clinical Nutrition* – involving 744 women and 647 men – found those with the highest choline intake enjoyed better

cognitive performance.⁷

The patients also enjoyed less brain atrophy and had fewer lesions in the brain's white matter, the brain cells used for transmitting signals.

This supports what I've observed myself while treating my own patients.

Brain atrophy and white-matter lesions are both associated with confusion, anxiety decreased mental ability and Alzheimer's disease.

Consume More Choline

For our bodies to maintain the right levels of choline, we need to be sure we consume enough through our diets.

I advise all patients at my Wellness Center to get more choline in their diet – whether they're concerned about cognitive decline or not.

Ironically, some of the same foods that mainstream medicine will tell you to avoid – like eggs and red meat – are the best choline sources around.

So it doesn't surprise me that the rates of Alzheimer's disease and dementia have continued to grow at an alarming rate.

I read recently that the number of Alzheimer's-related deaths jumped 68% between 2000 and 2010.

Choline levels directly affect your mood, memory and your brainpower. That's why it's so important to get enough choline in your diet or to begin supplementing immediately.

The current recommended daily dietary intake is 425 mg. for women and 550 mg. for men. But while these are the established levels, they may not be high enough...

In some studies I've looked at recently, men have developed choline deficiencies, despite consuming the recommended daily intake.

If you frequently feel brain fog, have difficulty focusing or have trouble remembering, I recommend that you increase your intake.

Don't worry about getting too much choline. You could

consume 700% more choline than the daily recommended intake before even getting close to the upper recommended limit.

In fact, I recommend my patients add choline-rich foods to their diet and take choline supplements as well.

But always start with dietary sources, if you can.

The bottom line is that choline is an essential nutrient, especially as you age. Get as much of it as possible!

Take CDP Choline Supplements

Acetylcholine is important to many other biochemical reactions in the body, but the brain always gets to use it first.

To make sure your brain and body get enough acetylcholine, I recommend you take CDP choline, which is shorthand for cytidine 5'-diphosphocholine. This provides an easy-to-absorb form of choline, which the brain can use immediately

I began recommending CDP choline in my practice some time ago to improve the overall effectiveness of choline supplementation – and its effects have been startling.

By combining choline and CDP choline, the brain:

- Gets enough choline to create acetylcholine;
- Brain cells are protected from further damage.

When brain cells are properly protected with acetylcholine, the brain better directs energy toward rebuilding brain tissue.

Patients enjoy improved memory, better focus and faster learning. And, it prevents damage to brain cells under the most extreme conditions, even strokes.

A stroke stops blood flow to the brain cells. When human cells are deprived of oxygen, the body naturally destroys them.

Studies show CDP choline protects brain cells from the harmful effects of oxygen deprivation.

In fact, the National Institute of Neurological Disorders and Stroke completed a study which supports exactly what I've found in my clinical practice.

When a patient suffers a stroke, white-matter lesions often form after blood stops flowing to areas of the brain. The study reveals that CDP choline actually reverses the number of white-matter lesions from strokes.¹⁰

So CDP choline not only protects the cells, it fixes damage.

Another study by the UCLA Stroke Center and Department of Neurology looked at the effect of CDP choline on 2,279 stroke patients. The results showed that patients who took CDP choline survived longer and experienced fewer disabilities from their strokes.¹¹

So this is a potent brain-protector.

Its power also works wonders on slower brain degeneration – the type that mainstream medicine will tell you occurs naturally with age.

But age has nothing to do with it. You can be focused, witty, and have a razor-sharp memory into your 70s, 80s and beyond.

The key is to feed your brain the nutrients it needs, like choline and CDP choline. ■

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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 to share your thoughts with me.](#)

The information and material provided in this letter are for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a competent medical professional before acting on any recommendations in this publication.



Al Sears, MD, CNS

Al Sears, MD, CNS 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 Agless Heart*, 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).