



Dr. Sears'

CONFIDENTIAL CURES

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

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New Link Between Cellphones and Cancer

But I Found Some Simple Steps to Keep You Safe

New technologies often come with assurances that they're "completely safe." That's especially true of technologies that are highly profitable.

Technologies like microwaves, CT scans, GMOs and even "harmless" e-cigarettes have all come with promises of safety – only to be exposed later as dangerous health threats.

Today, you'll discover why scientists are now speaking out against cellphones, and how they "cook" the side of your head.

You'll also discover how you can minimize – and possibly even eliminate – the threat from these devices, as well as iPads and other tablets.

On May 11, 2015, the **International Electromagnetic Field Scientist Appeal** was submitted to His Excellency Ban Ki-moon, Secretary-General of the United Nations, Dr. Margaret Chan, MD, Director General of the World Health Organization, and the United Nations Member States.

The United Nations appeal was originally signed by 190 scientists from 39 countries. But as of this writing, an additional 16 scientists have signed to express their concern.

Collectively, these scientists have published *more than 2,000 peer-reviewed papers* on the health effects of *non-ionizing radiation*, part of the EMF spectrum that includes extremely low frequency (ELF) fields used for wireless communications, such as cellphones and iPads.

One of the signatories – Dr. Anthony Miller, professor emeritus at the University of Toronto – pointed out that the International Agency for Research on Cancer (IARC) has already identified ELF as a *cancer-causing carcinogen*, and that much of the research reported by the media is commissioned and paid for by telecom companies.

In their appeal to the United Nations, this international community of highly respected scientists wrote:

“Numerous recent scientific publications have shown that EMF affects living organisms at levels well below most international and national guidelines.

“Effects include increased cancer risk, cellular

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stress, increase in harmful free radicals, genetic damages, structural and functional changes of the reproductive system, learning and memory deficits, neurological disorders, and negative impacts on general well-being in humans.

“Damage goes well beyond the human race, as there is growing evidence of harmful effects to both plant and animal life.”

Dr. Martin Blank, from the Department of Physiology and Cellular Biophysics at Columbia University, another signatory of the United Nations cellphone appeal, has his own serious concerns.

He believes that the increasing levels of environmental pollution from growing and expanding EMF sources have presented us with an extremely worrying public health crisis.

His view reflects the research I’ve read and conducted on my own over the last 15 years.

In fact, I have compelling evidence that the effects of using a cellphone are far more immediate than you might think. Even after reading this appeal by many of today’s leading scientific experts and researchers.

Let me explain...

Biggest Human Health Experiment... Undertaken Without Your Consent

Most folks look at technology as our “savior.” And in many cases, technology has saved us from a life of back-breaking manual labor, as well as infectious diseases that shortened our life span.

But left unchecked, technology condemns us to *NEW* diseases and health threats that have never been experienced on this planet. As a result, we’re often recruited without our knowledge or consent into huge health experiments.

These experiments could cost us our health... and even our lives.

You see, your cellphone cooks your head in the same way your microwave heats up leftover meatloaf.

One study from German researchers reveals:

Using your cellphone for just four minutes heats up the side of your head by over 7 degrees.¹

It’s something I’ve always been aware of. But now there’s research that shows just how much your head is being cooked.

If the numbers are right, it’s scary. And I’m not the only one who thinks so. Many other doctors and researchers also have major concerns.

Author, lecturer, and electronics engineer L. Lloyd Morgan hit the nail on the head when he said:

“Exposure to cellphone radiation is the largest human health experiment ever undertaken, without informed consent, and has some 4 billion participants enrolled.”²

But there is good news.

The latest scientific advances have led to several affordable devices that will help diffuse and minimize the risk of electromagnetic waves coming from cellphones.

One breakthrough in particular can eliminate this “heat wave” coming from your phone.

No matter how many hours you spend on your cellphone, it stops the heating-up effect.

And it’s convenient. You don’t even see it.

It’s as thin as a piece of tape and you stick it to your cellphone’s battery. It’s completely out of sight and out of mind.

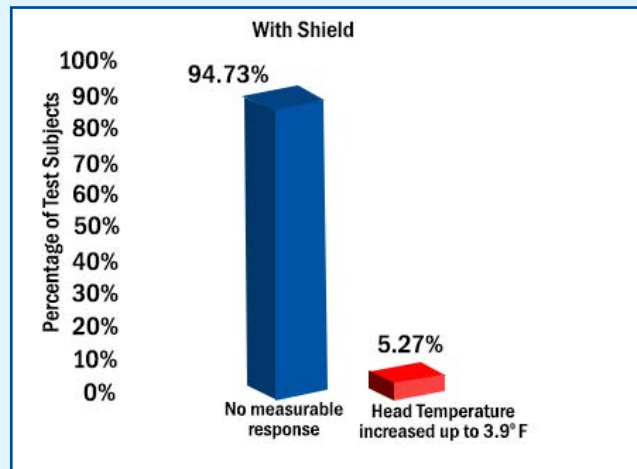
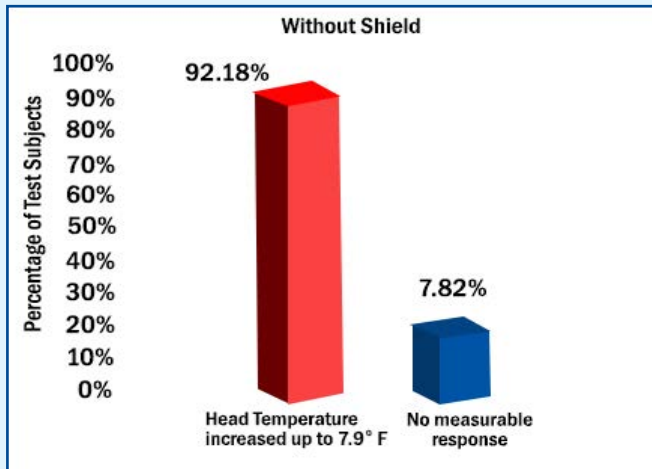
Take the Worry Out of Your Technology

This nearly invisible new breakthrough *neutralizes* the waves that come out of your cellphone.

It doesn’t try to block them, weaken them or deflect them.

It simply turns them into natural waves... waves that don’t cook your head.

Heat Danger From Cellphones



The chart on the left shows that without cellphone protection, the head temperatures of more than 92% of test subjects rose by up to 79 degrees Fahrenheit. But the chart on the right shows that with protection the vast majority of subjects had no heating-up effect at all.

By sending out small pulses of energy, it changes the wave pattern your cellphone sends out making it perfectly natural.

But of course, it doesn't interfere with your cellphone reception. As I mentioned, you don't even notice this is happening.

What's the secret?

Nature doesn't like straight lines or fixed patterns.

Walk through a forest and you won't see any straight lines or repeating patterns.

Everything that is made by nature seems to be random. Whatever you look at, whether it's a tree, a rock or the flow of a river, everything has twists and bends.

The same is true of **natural** electromagnetic fields and energy.

Natural electromagnetic energy is all around us. In fact, even your body uses electromagnetic energy for communication every moment.

But here's the thing: Cellphone waves are NOT natural.

Cellphone waves have a fixed, repeating pattern. And that fixed, focused beam of power is what heats up your head like a TV dinner.

This remarkable shield turns *fixed* energy waves into natural, harmless energy.

It's that simple. But does it really work?

That's the exciting part. There's a mountain of evidence it does.

Would You Cook Your Head in a Microwave?

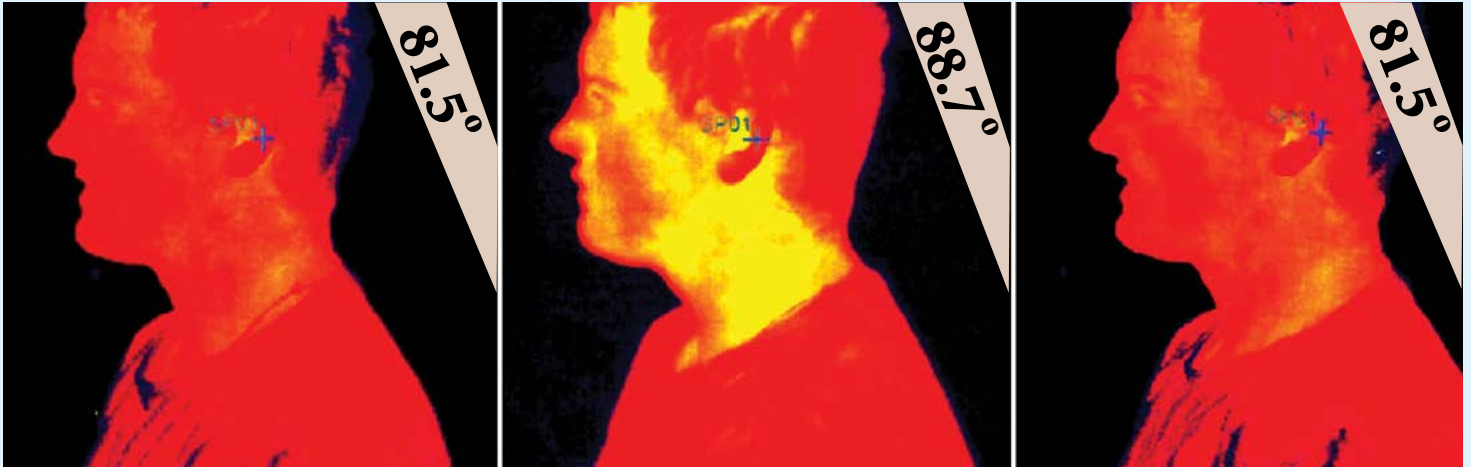
Remember I said using a cellphone is like slowly cooking your head in a microwave? That's not an exaggeration.

Have a look at the two charts above. They illustrate how much your head and face heat up when you talk on a cellphone and how much you can protect it with a shield.

If you're using a cellphone, you are slowly cooking your head. There's no doubt about it.

Now look at the chart on the right.

Your Cellphone is Packing Heat



An infrared camera reveals the true heat impact of cellphones. Photo 1 shows head heat without using a cellphone. Photo 2 shows heat head and facial heat from an “unprotected” cellphone. And photo 3 reveals the protective effects of using shield technology. Note that the facial heat is almost the same as not using a cellphone at all.

The tall column on the left represents the people who used this remarkable new shield to neutralize their cellphone waves.

As you can see, for almost 95% of the people who used this new technology, their heads did NOT heat up.

Now let's look at this from another angle.

Have a look at the pictures above.

These were taken with an infrared camera to show how the person's head heated up when using his cellphone.

The picture on the left is the person not exposed to anything. The heat measured around his face is 81.5 degrees Fahrenheit.

The picture in the middle is the person after just four minutes on his cellphone.

The heat around his face is now at 88.7 degrees, an increase of 7.2 degrees Fahrenheit.

The picture on the right is the same test subject after using his cellphone for four minutes, BUT also using the shield.

His recorded temperature is 81.5 degrees. That's the same temperature before he used the cellphone.

The evidence is clear: When he didn't use the shield, his head was on fire.

When he used the shield, he was as cool as a cucumber.

In fact, there was NO CHANGE in temperature, even though he used his cellphone.

Here's something else you should know...

This invention also works on all of your other electronic devices, like your computers, Wi-Fi, gaming systems, even your refrigerator and hair dryer.

All of these devices send out fixed, electromagnetic waves, similar to your cellphone.

You may not feel the effect of these other devices as dramatically as your cellphone, but it's something you might want to consider...

3 Simple Fixes to Keep Your Cellphone Safe

Years ago, the technology for reducing cellphone radiation was clumsy and inconvenient.

Many used clunky headsets, or actually required that you hold your phone away from your body.

Today, you have much better options.

Below are some of my favorites. In the spirit of full disclosure, I have no financial ties to any of these companies or devices. They are for your reference only.

1. The first device is based on the technology I mentioned above. By diffusing the fixed waves used by cellphones, and turning them into natural waves, the heating-up effect is eliminated by about 98%.

This device, called the Matrix 2, is the size of a credit card and attaches to the back of your cellphone. You simply stick it on, and then your phone's case slides right over it. Check out their website:

<http://www.lifewave.com/usa-en/matrix.asp>

2. Pong Research designed what they call the world's first "Intelligent Case." The Pong case looks like an ordinary cellphone case but contains a gold-plated antenna that deflects radiation away from your head and out toward the back of the device.

And with the optimization of your phone's outbound signal, the Intelligent Case actually improves reception and battery life.

Website: *<http://www.pongcase.com>*

3. The Bodywell chip works in a similar way to the Matrix 2, by transforming the electromagnetic waves that come from your cellphone. With technology that works like noise-canceling headphones, the Bodywell chip is scientifically proven to substantially reduce cellphone radiation without interfering with your phone's reception.

The Bodywell chip is about the size of a SIM card, peels off like a sticker, and is applied directly to your phone.

Website: *<http://www.bodywellchip.com>*

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The #1 Missed Diagnosis of Modern Times

What would you do if you were constantly struggling under the weight of unpredictable mood swings, constant fatigue, always feeling cold, frequent headaches, lack of concentration, extra weight that's impossible to lose, or chronically dry skin and hair that falls out in clumps?

And what would you do if you were told by your doctor that it's "normal for your age," or that you need to be on antidepressants?

Most doctors often miss the real problem, and even create new ones by prescribing inappropriate drugs.

The REAL problem may be your thyroid.

Thyroid dysfunction is one of the most commonly missed diagnosis in modern times.

But here's the real kicker: Even if you have a thyroid disorder that's detected, and properly diagnosed, your doctor will likely prescribe **Synthroid**, a synthetic and potentially harmful drug.

Synthroid can sometimes help, but it can't treat the whole problem. This medication comes with side effects, like headaches, excessive sweating, diarrhea, hair loss, hives, weight gain/loss, mood swings, and heart palpitations.

But you don't have to go through those ailments.

Today, I'll show you how your thyroid functions and how to spot symptoms of malfunction.

I will also tell you why natural thyroid treatment is better than the synthetic form. You'll also discover six natural thyroid boosters you can use to help you feel better starting today.

Your Canary in the Coal Mine

In the old days, miners would take a canary down into the mine tunnels. If poisonous gases, like methane and carbon monoxide, leaked into the mine, the canary would die first, giving the miners a chance to evacuate.

Your thyroid is in a similar position. It's one of the first organs to malfunction and become diseased when exposed to modern-day toxins.

Chemicals and irritants you find in drinking water like chlorine and fluoride, as well as additives like bromide, all seek out and attach to receptors on your thyroid.

One class of chemicals, called bromines, are particularly troublesome. They're found in everyday items like plastics, fire retardants, prescription drugs, and even sodas... the worst being Mountain Dew.

This is a problem, because bromines flock to your thyroid's cell receptors, where they enter the cell and cause damage.

But these receptors, or "landing pads," are really intended for TSH, the hormone that gives your thyroid the command to produce your thyroid's two primary hormones T3 and T4. (See illustration.)

But when TSH receptors are blocked by chemicals in our everyday environment, TSH gets shut out, and your thyroid goes into a tailspin.

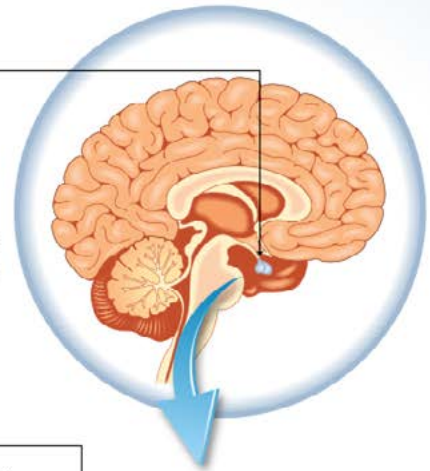
This is not what nature intended for us, and we shouldn't have to take corrective action to stay healthy, but in today's world we MUST. You and I are in a position where we have to take action in order to stay healthy and vibrant.

Your Thyroid in Crisis



Pituitary gland

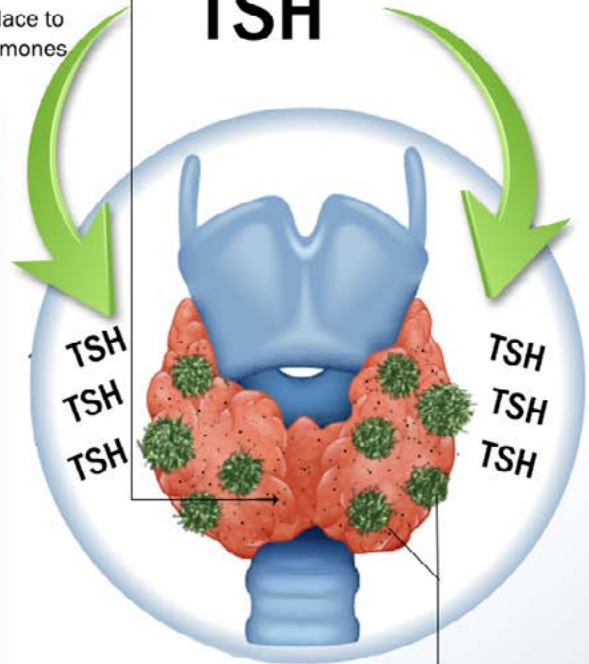
Your pituitary gland releases TSH, or “thyroid-stimulating hormone,” the messenger that tells your thyroid to make the key hormones, T3 and T4.



Thyroid gland

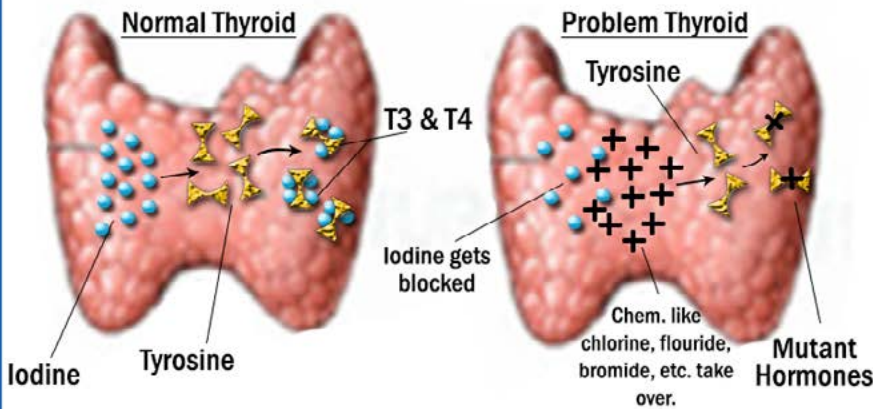
But if cell receptors or “landing pads” are blocked by chemicals and toxins, TSH has no place to land and your thyroid hormones plummet.

TSH



Toxins

Mutant Hormones



Your thyroid makes thyroid hormones (T3 and T4) by combining iodine and the amino acid tyrosine. But when chemicals and other toxins are present, they block iodine and bind to tyrosine. This combo creates “mutant hormones” that cause imbalances.

Our toxic environment demands it.

Here's what we're up against...

Your Thyroid is Under Attack

Your thyroid is a small, butterfly-shaped gland in the front of your neck that drives the metabolic rate of every cell in your body.

The function of your thyroid is a chain reaction that starts with the pituitary gland in your brain. This tiny gland produces the thyroid-stimulating hormone (TSH).

With a fresh supply of TSH, your thyroid gland produces two hormones: T3 and T4.

The T4 hormone regulates cellular metabolism, which controls ALL of your body's energy. T3 regulates

body temperature, digestive metabolism and helps burn body fat. Proper function of T3 prevents you from feeling cold and getting fat.¹ The thyroid gland also regulates function of the liver, your kidneys, and skin.

Nearly 30 million Americans suffer from thyroid problems. The majority of them are women, most of whom have NO IDEA there's a problem.

In fact, one major study published in the *Archives of Internal Medicine*, estimates 13 million Americans are undiagnosed and unaware they have thyroid issues.²

Is Your Thyroid Making You Fat?

Your thyroid produces the hormone that controls your metabolism. That means it has its hands on the controls that determine how energy is burned or stored as fat.

When your thyroid slows down, your metabolism also slows dramatically and can put you in the middle of a weight battle you can't win.

Many studies confirm the link between thyroid function and weight gain.

Researchers from a study published in the *Journal of Clinical Endocrinology and Metabolism* concluded:³

“Even slightly elevated TSH levels are associated with an increase in the occurrence of obesity.”

Another study from Germany found a “negative correlation” between T4 levels and BMI (body mass index). That means the farther your T4 levels drop, the more weight you gain.⁴

But it's not just your metabolism...

Thyroid hormones affect about 200 other functions in your body. They keep you feeling energized, regulate your body temperature, promote strong, flexible arteries, even out your mood, strengthen your hair and nails, and much more.

The good news is all your thyroid usually needs is

Sluggish Thyroid	Balanced Thyroid
• Weight problems;	• Normal weight;
• Hair loss;	• Shiny, lustrous hair;
• Depression;	• Improved mood;
• Dry skin;	• Normal heart rate;
• Aching joints;	• Strong joints, muscles;
• Constipation;	• Less stress and anxiety;
• Sensitivity to cold;	• Normal body temperature;
• Fibromyalgia;	• Normal perspiration;
• Memory problems;	• A sharper memory;
• Tiredness;	• Increased energy;
• Menstrual Irregularities;	• Normal periods;
• Brittle nails;	• Healthy metabolism;
• Low blood pressure;	• Regular blood pressure;
• Low sex drive.	• Healthy sex drive.

the right supply of nutrients.

Beware of 'Incomplete Advice'

As I mentioned above, iodine is your thyroid's number one nutrient. Your thyroid stores 75% of your body's iodine and can't function without it.

Your thyroid uses iodine to make thyroid hormones known as T3 and T4.

Iodine is a trace mineral, and you don't need much. But it's tougher to get it from your diet these days. Trace minerals used to be easy to find in our water and soil and, therefore, in our food supply... *until modern industry and commercial farming made them scarce.*

Most fruits and vegetables are grown in nutrient-depleted soil that lacks iodine. And more and more people have stopped using iodized table salt in or on their food.

That means you might be missing out on iodine and not even know it. Cod, shrimp, sea vegetables, eggs, and whole, raw milk are good sources.

In most cases, you'll need an iodine supplement. But keep in mind that the recommended dietary

allowance (RDA) of 150 mcg. a day is only the bare minimum. It's the lowest amount you can take without being deficient.

I recommend at least 300 mcg. a day to feel your best.

But iodine doesn't work alone... and keep in mind that taking iodine alone will NOT always help.

To balance your thyroid, you need a more complete approach.

The 5 Nutrients and Minerals Your Thyroid Needs...

Iodine needs other minerals and micronutrients that help your thyroid stay in top shape and could support your efforts to slim down and keep the extra weight off.

One of these essential thyroid nutrients is the **amino acid L-tyrosine**.

Your thyroid uses tyrosine as the second primary nutrient, along with iodine, to make thyroid hormones.

You can get it from protein-rich foods like meat, poultry or fish, or you can take it as a supplement — 500 mg. a day is what I recommend to my patients.

There are also four minerals your body **MUST** have to ensure a balanced thyroid:

✓ **Selenium** helps convert the thyroid hormone T4 into the active form of T3 your body needs for strong metabolism and more energy.⁵

✓ **Magnesium** supports many of your thyroid's day-to-day processes. It also affects the way your cells use glucose for energy and metabolism, so it's important for maintaining your weight.

✓ **Manganese** activates enzymes that help your body break down carbs, amino acids and cholesterol... one of the keys to staying slim.

✓ **Zinc** is another trace metal that your thyroid

needs to make hormones. The picolinate form of zinc is much more easily absorbed than others, like zinc sulfate.

Taken together, these nutrients and minerals also improve the transport and absorption of your now activated thyroid hormone into your cells, and help return your metabolism back to its normal, healthy state.

But there's more you can do...

Based on the research, the best way to get **COMPLETE** thyroid support is to add three ancient herbs that optimize the strength of your thyroid and relieve the stress that can bring about serious health problems.

Ancient Herbs That Power Up Your Metabolism

Ayurveda is the oldest medical system on Earth. Based on the traditional wisdom of ancient India, there are a handful of herbs that help to balance and regulate your thyroid.

I use these extensively in my own practice and consistently see good results. The first is known as the "Herb of Grace." The Latin name for this herb is *Bacopa monnieri*.

But for you and your thyroid, you only need to know this: It can help your body by returning your energy levels to normal.

It does this by increasing an important protein that the cells in your thyroid rely on for making energy.⁶

I give my patients 100 mg. a day of a patented form of Bacopa called *Bacopin*.

This is more reliable and it's standardized to 20% of the active ingredient, which is *bacosides A and B*.

Meanwhile, another thyroid helper is the herb *Commiphora mukul*... but you might know it better as myrrh.

How can this Biblical plant help you?

Try this home test...

To see if you have an underactive thyroid:

1. Buy a glass thermometer and keep it next to your bed.
2. As soon as you wake up, tuck the thermometer under your arm and leave it there for 15 minutes. Any movement will affect the reading, so lie still and relax.
3. Write down the temperature.
4. Do this for three days in a row.
5. After three days, add the numbers and divide by three.

Hormone levels can affect this, so be aware of what time in your cycle you're testing.

But if your number is below 97.2, that means there's a good chance you have an underactive thyroid.

Myrrh has powerful compounds called *guggulsterones*, which in animal studies have significantly increased the amount of iodine your thyroid can absorb.^{7,8}

Aside from helping your thyroid absorb iodine, lowering stress gives your thyroid a boost of strength and regularity.

Lower Stress Levels and Normalize Your Thyroid

Stress of any kind stimulates higher production of cortisol from your adrenal glands.

And cortisol slows the conversion of T4 to T3.

One of the best ways to offset stress is with herbs called adaptogens. These are a class of herbs that help regulate and “reset” key functions in your body.

In addition to reducing stress, the Indian herb *ashwagandha* normalizes the amount of hormones secreted by the thyroid gland.⁹

Ashwagandha has a regulating effect on thyroid hormone secretion and this keeps levels of going too high or dropping too low.

You can usually find these herbs, minerals and nutrients at your local vitamin store... but to help you get the right dose and potency, I put them together in one formula I call **Thyroid Support**.

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Why are Doctors Ignoring This?

Your Clogged Colon May be the Hidden Cause of Your Discomfort

Et a typical American diet, and your colon can start to back up with undigested pieces of food that start to spoil in your gut.

This is a controversial issue, and it's not easy to talk about.

And I'll tell you straight up there are doctors who think this is pure bunk. They just don't believe it. Probably because they don't realize the processed food we eat can pass into your colon in a partially undigested form.

When this happens - and it's more common than you think-you get a process that clogs your pipes and kicks off a dangerous chain reaction.

For protein and animal products, this buildup causes *putrefaction*. And for carbs and sugars, it causes *fermentation*.

When these two processes mix with the thick mucus in your large intestine, you can get a buildup of a thick, rubber-like "sludge" that sticks inside the folds of your colon, or large intestine.

And in spite of mainstream denial, there are a handful of researchers who are studying this phenomenon.

One study from the Gastroenterological Clinic, in Elsinore, Denmark showed that *62% of people examined had fecal buildup in their colons*, even if they had one normal bowel movement a day.¹

The Reality of Our Modern World

Processed foods are full of preservatives, artificial sweeteners and other additives, and that means your

Clogged Colon Can Be Fatal



This man died at 29 and was 5 feet 6 inches tall. During his autopsy, an incredible 40 pounds of fecal matter was removed from his colon.

body has a hard time breaking them down. And this leaves big chunks of partially digested food that have no choice but to move into the colon.

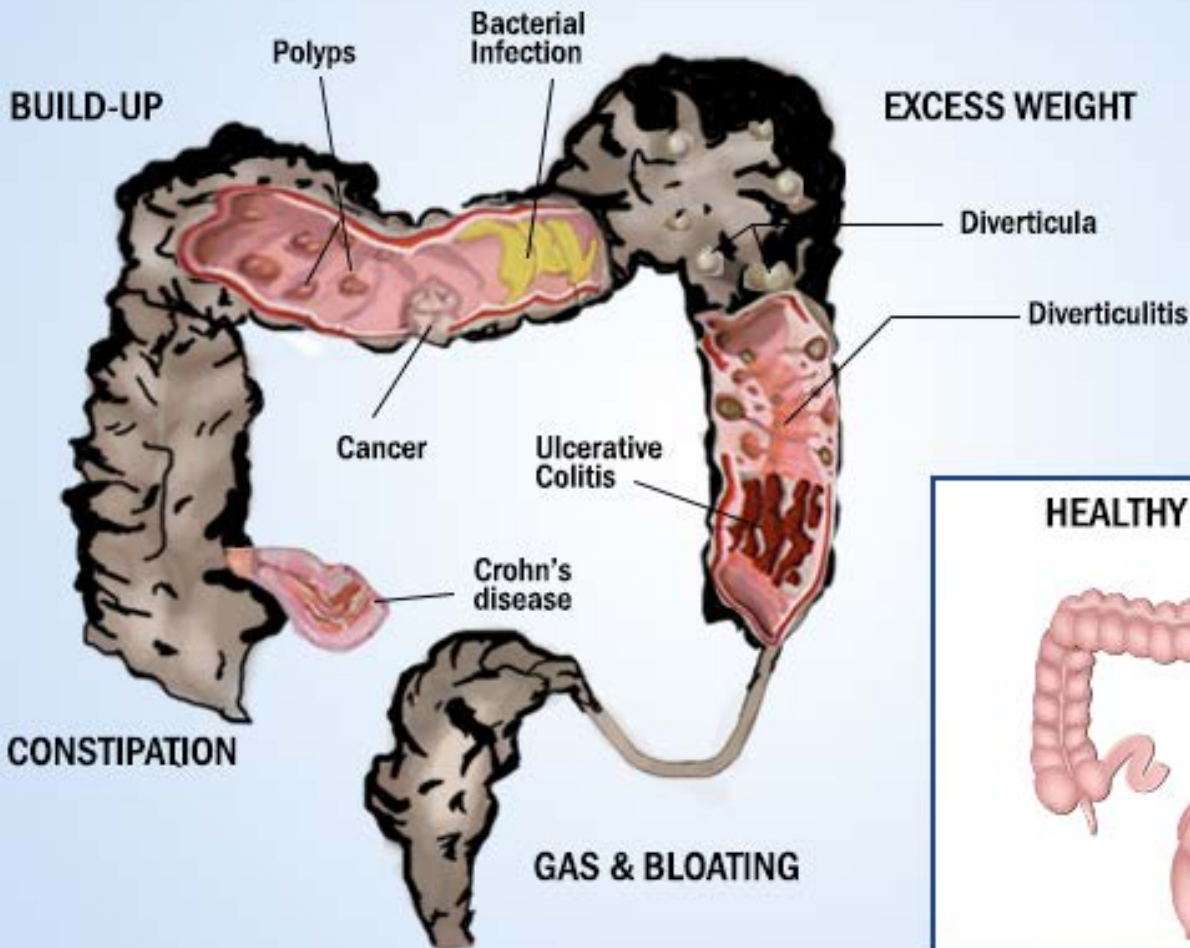
Flushing out the buildup and gunk in your colon is essential for optimum health... and today I'll show you an easy way to do it.

I've developed a colon detox protocol that's natural, safe and very effective. As you'll discover, many of the key elements have a successful track record going back thousands of years. I use it with my patients here in my clinic, and get consistently good results.

First, I want to show you what's really going on

What happens when your colon is compromised:

UNHEALTHY COLON



HEALTHY COLON



inside your body, and why it's important to keep your colon clean and running smoothly.

It Sounds Hard to Believe at First...

How could so many of us have clogged colons?

But this disturbing trend is well-documented. Doctors performing autopsies routinely find black, hardened waste inside people's colons.

Dr. Bernard Jensen, one of the pioneers of colon health, reported on 300 autopsies. And out of those 300 cases, 285 had medical histories that showed no history of constipation while alive.

But in reality, the final autopsy reports showed only 15 of those people had no buildup of fecal matter in their colons.

In one of his landmark books, Dr. Jensen wrote:

"One autopsy revealed a colon to be 9 inches in diameter with a passage through it no larger than a pencil. The rest was caked up, layer upon layer, of encrusted fecal material.

"This accumulation can have the consistency of truck tire rubber. It's that hard and black. Another autopsy revealed a stagnant colon to weigh in at an incredible 40 pounds."

Can you imagine carrying around 40 pounds of waste in your colon? It's hard to comprehend.

Truth is, our modern colon is sluggish. Our ancient ancestors enjoyed a much faster "transit time."

Let me explain.

Our Native "Clockwork Colon" Stays Clean and Clear

Your colon is designed to have the precision and regularity of a clock. But when your rhythm gets thrown off, that's when things get backed up.

You see, the wall of your colon is less than two millimeters thick, and it needs to stay thin and flexible for your body to remove waste naturally.

The well-respected herbalist, Simon Mills, wrote in one of his books:

"A transit time double that of the primitive bowel means that there is approximately twice as much opportunity for toxic fermentation and for reabsorption."³

Your "transit time" is how long it takes your food to get from your plate to the toilet. And for our ancient ancestors, transit time was a lot faster.

Simon Mills estimates that our ancestors had transit times of 12 to 18 hours, compared with the 18-to 36-hour transit time today.⁴

When it takes that long for your food to get through your gut, there's a good chance it won't make it through at all... *and that's bad news.*

Too often, people think it's "just constipation" and either "let nature take its course," or immediately reach for an over-the-counter product.

But chronic constipation can be a sign of a bigger problem that needs attention.

And you don't need prescriptions or laxatives.

Here's the first step of a safe, long-term solution.

The Common Problem No One Talks About

Your colon does a lot of important work for you. It separates and breaks down water and waste matter. It helps you absorb nutrients and remove harmful substances from the foods you've eaten and keeps you "regular."

You already know that refined sugars, starches and low-fiber foods are terrible for you. Since the colon is where a lot of dietary toxins build up, it's critical to eat foods that clear it out regularly.

Most Americans don't do this. And this may be why an estimated 100,000 people will be diagnosed with colon cancer this year.

A diet high in fiber is one of the best ways to ensure optimal colon health. Many clinical trials link eating more fiber with a reduced risk of colon cancer.

The prestigious British medical journal *Lancet* published a very large study that used data from the European Prospective Investigation into Cancer and Nutrition (EPIC) study, and then followed up on almost 200,000 participants.

They found that if people with low-fiber diets doubled their fiber intake, their risk of colorectal cancer dropped by 40%.⁵

A more recent review of 21 other studies found that every *extra 10 grams of fiber* you eat daily reduces your risk of colorectal cancers by another 17%.⁶ And for men, another study showed that those with the *highest fiber intake reduced their colon cancer risk by 48%.⁷*

Skip the Grains: There's a Better Way...

There are different types of fiber. Some are natural to your diet, and others – like the fibers you get from grains – are not natural to your diet.

But they can all be put into two different categories: "soluble" and "insoluble."

Soluble fiber binds with fatty acids in your body. It stays in your stomach longer, allowing sugar to be released and absorbed more slowly. It helps lower total cholesterol and LDL cholesterol, reducing your risk of heart disease. It also helps regulate blood sugar, which is helpful for those with diabetes.

Insoluble fiber helps move bulk through your intestines. It helps you stay “regular” and helps prevent constipation. It also helps move toxins through your colon more quickly.

Both soluble and insoluble fiber can't be digested. So they're not absorbed into your bloodstream.

Instead of being used for energy, fiber is excreted from your body. Soluble fiber forms a gel when mixed with liquid, while insoluble fiber does not. Insoluble fiber passes through our intestines largely intact.

When it comes to fiber, I prefer to always use what is natural. I'm not comfortable with products that add psyllium and call it fiber just because you can't digest it.

The real solution is to use the fiber we've had in our diet since primordial times... before grains were domesticated.

The mainstream medical approach on this is misguided. You shouldn't be eating a lot of cereal or taking grain-based laxative products which we're told over and over is the best way to care for the digestive tract.

In fact, fiber from grains found in many breakfast cereals could be increasing your risk of diabetes. The high glycemic index of most cereals, breads, and pastas makes them poor food choices.

The quality of fiber started going down when our native ancestors began harvesting cereal grains. Grain products have only been around for a few thousand years. They were not our original source of fiber.

Instead, go for foods that provide real “native roughage.” Nuts and seeds are loaded with native fiber. They really clean out your gut.

The cellulose that makes up the skin and flesh of fruits and vegetables is also healthy fiber. And it slowly releases natural sugars and nutrients for optimal digestion. Beans are also good at cleansing the colon.

Some of the Best Sources of Natural Fiber...

Nuts: Talk about roughage. Nuts provide us with some of the most effective fiber. Besides the nut itself, many nuts have a thin skin that is also a great source of fiber. A handful of nuts everyday makes for an easy fiber-filled snack.



Don't let the low-fat police scare you away nuts. They have the heart and brain healthy fats you need.

Fruit: When you eat fruit, leave on the skin, a major source of fiber. My favorite fiber-rich fruits are berries. Berries not only have fiber-rich skin; they also contain tiny edible seeds. For their sweetness, they have surprisingly low glycemic indexes. Eat a couple of servings of fruit or berries daily.



Vegetables: These foods should be your principle source of fiber, not grains. Eat the skins and edible seeds to maximize fiber. If you have problems with regularity, load up on fibrous vegetables like broccoli, spinach, squash, eggplant, cabbage, asparagus, and Brussels sprouts. Eat them along with high-quality protein at every meal.



(I do not consider corn a vegetable. Corn is a selectively bred enlarged grain. Like other grains, it will cause a rapid increase in your blood sugar.)

Seeds: My favorites in this category are pumpkin seeds, sesame seeds and sunflower seeds. The seed pulp has fiber throughout. And the edible seed casing is an exceptional resource of bulking fiber. Seeds make great snacks. Have some every week.



Legumes: Beans are a great source of fiber. The various types of green beans are superior to dried beans. You can use beans to supplement your dietary fiber as needed.



To get the most benefit of your dietary fiber, you must drink plenty of liquids. Water is the best liquid. Without proper hydration, fiber can't work its magic. Also, it's best to spread your fiber intake out throughout the day. Eating all of your fiber at once can decrease its benefits. You can find fiber products at your local vitamin or health food store.

But if fiber alone doesn't do enough, you have other options.

After studying the problem, I realized sometimes you need something stronger. Here are a combination of herbs that specifically work together to help keep you regular:

Native Americans and Spanish Conquistadors Used This Extract

Cascara sagrada was a cultural phenomenon to the Native Americans. They called it the "sacred bark."

American Indians chewed on it when they were feeling irregular and for its mild and calming effect. They kept it around for generations. They even passed it on to Spanish settlers who found this herb to be so remarkable and gentle at relieving constipation that they found it necessary to call it "holy bark."

Even today, *Cascara Sagrada* is still considered one of the safest, mildest and most effective herbal laxatives that alleviates constipation.

The Formulary Service of the American Society of Health-System Pharmacists. said that *Cascara* was mild and it does not lose its efficacy with repeated use.⁸

How does it work? *Cascara sagrada* bark contains an oil that stimulates your lower intestines to push out waste. It's reliable and never harsh.

Ancient Remedy That Clears Your Bowels

This remarkable herb has a track record that dates back thousand of years. It's called aloe or aloe ferox latex.

The ancient Egyptians used it for its healing powers, and the Greeks praised aloe for its medicinal properties. The Greek physician Pedanius Dioscorides described aloe juice (aloe latex) in his medical journals as having the power to induce sleep, loosen the belly, and cleanse the stomach.⁹

Aloe latex contains "anthraquinones" that stimulate muscle contractions in the walls of your intestinal tract, which gives it its laxative effect. The Mayo Clinic said there is "strong scientific evidence in support of the laxative properties of aloe latex."¹⁰

Plus, Aloe latex gives you the added benefit of soothing the lining of your intestinal tract and softening your stool, making a bowel movement a comfortable experience, not an unpleasant one.

Soften and Soothe Chronic Constipation

When you're constipated, the sludge-like build-up sticks in your intestinal track. This sludge rubs and pushes against the walls, irritating and inflaming them.

Marshmallow root can help.

Marshmallow root is a trusted herbal remedy that dates back to the ancient Greeks, Romans, and Anglo-Saxons. And it has long been used to soothe irritation both inside and outside the body. It works by creating a thick gel-like protective coating that soothes, softens, and supports the walls of your intestines.¹¹

Together, *Cascara sagrada*, aloe, and marshmallow root gently sweep away the buildup of gunk in your colon and have a long history of effectiveness.

These three are the "work horses" of my protocol,

but there are three other ingredients that provide additional help.

1. Flax seed: Rich in alpha-linolenic acid – the plant-based form of omega-3 – flax is a good source of fiber and lignans. It promotes overall intestinal health.

2. Rhubarb: This humble, everyday vegetable has the power to tone and tighten the muscles of the intestinal wall, adding strength and improving your gut's function. As an astringent, it also neutralizes the effects of toxic build-up in your gut.

3. Slippery elm: Used for thousands of years by Native Americans, slippery elm has remarkable soothing properties. It effectively coats and soothes the mucous membranes in your gut while absorbing toxins which can cause intestinal imbalances.

How to Get Started

After adding both soluble and insoluble forms of fiber into your diet, keep up that new routine for several weeks and look for changes.

- Is your transit time faster?
- Are you going to the bathroom more often?
- Do you feel more regular?
- Are you feeling bloated and heavy?

If you need additional help, add some of the herbs. These can be taken together or individually, although a combination is often more effective. You can find a blend of herbs at your local health food store.

Different manufacturers will use different combinations, so I recommend you write down the names of these herbs and take your list to the store.

For best results, mix the herbs in a glass of juice or water, and take about 30 minutes before your biggest meal of the day. These herbs are not usually habit forming, but please use them responsibly. Take them regularly for 3 to 5 days and then stop. Do not turn it

into a routine. Use them only when you need to.

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Don't miss next month's Confidential Cures

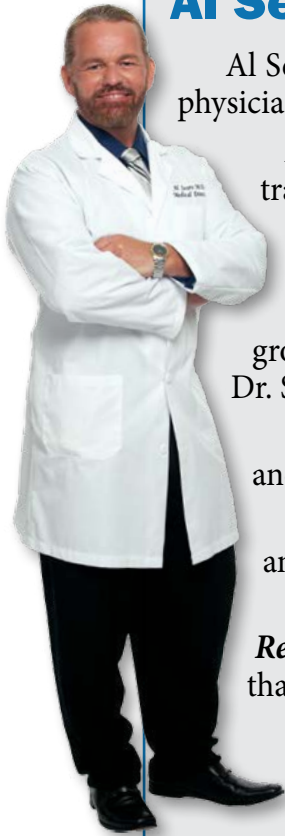
Inside next month's issue, you'll discover:

- How you can prevent and even reverse the terrible chronic diseases of our time with a revolutionary stem cell treatment.
- An incredible super-nutrient that's found in interstellar dust and can beat cancer.
- The essential vitamin you need for healthy aging, but which almost no one in America is getting enough of.



The information provided in this letter is 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 medical professional before acting on any recommendations in this publication.

Al Sears, M.D.



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 Ageless Heart Manual: Advanced Strategies to Reverse Heart Disease and Restore Your Heart's Pumping Power***, 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).

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.

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Al Sears, MD, CNS

