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

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The Coming Zombie Apocalypse

There's a sense of entitlement in our modern world that makes many younger people feel like they should never go through hard times.

And Big Pharma is only too happy to supply these less-than-industrious individuals with stronger and stronger drugs to help them cope with everything from mild anxiety to a routine bad mood.

Feeling down? Take a pill.

Feeling uncertain? Take a pill.

Feeling like those drugs aren't working anymore? *Take a stronger pill.*

But when people take antidepressants, anti-anxiety pills, sleeping pills, and the new category of "mood disturbance" pills, they lose any real coping skills. Their emotions become blunted and numbed.

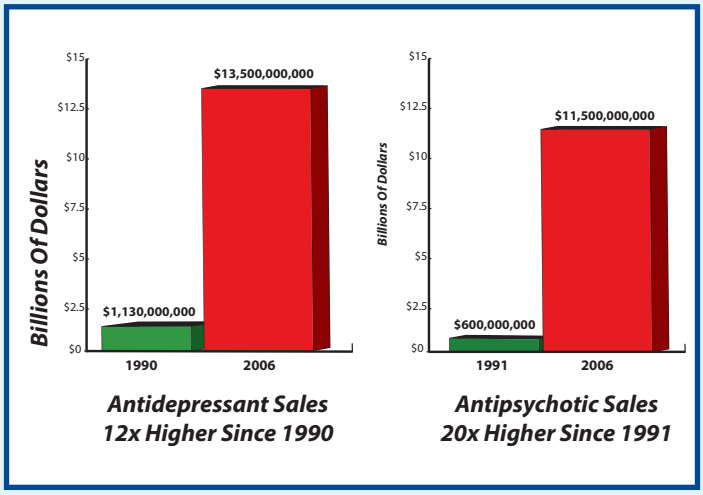
Take enough of these drugs, and they start to lose any connection to real-time events and walk around like zombies.

And it's getting worse fast.

Unless we change something here, we're headed for a new world where this becomes the norm.

Welcome to 21st-century America, where every natural emotion has been turned into a medicalized condition. Where any type of legitimate suffering is now a "disease" to be treated with remarkably powerful drugs that are largely untested.

Big Pharma's Profit Machine: Drug Sales Up to 20x Higher



It's a dangerous experiment you never consented to be a part of... and if you happen to have a real problem, your alternatives are never discussed.

Today, I'll show you what these drugs are really doing to us, how to identify the worst offenders, and how to find real options if you have a real concern.

Also in This Issue...

Our Parents and Grandparents Never Needed Antipsychotic Drugs to Cope With the World

During the Great Depression and through WWII, our parents and grandparents displayed courage and fortitude in the face of incredible stress and pressure. And they never needed prescription drugs to help them cope.

This was a turning point when the nature of stress itself changed forever. You see, our ancient ancestors never experienced "chronic stress."

Stress in ancient times came from concerns about survival. Sometimes you went days without food, other times you had trouble finding water, and there were occasions where you were stalked by a wild animal.

But for the most part, these stressors were temporary. They came and went.

Today, stress is a ***chronic condition***. It's always around. And your body is not equipped to deal with it. When your stress hormone cortisol stays high for long periods, it can overwhelm even the most easy-going personality.

Here's the good news: The successful ways our ancestors dealt with stress work just as well today.

But before I get to those, I want you to remember a curious figure: 33%.

The Placebo Effect is 33%

Thirty-three percent is the average number of people who find relief in a sugar pill they believe to be an active drug. It's also an important number when it comes to mental health, and one drug-makers hope you never discover.

Why? Because after years of research, it turns out common antidepressants like SSRIs (selective serotonin reuptake inhibitors) and even more powerful benzodiazepines are only as successful as sugar pills for the "treatment" of mild to moderate depression and anxiety.[1]

That means you can get just as much relief taking nothing than you can taking an antidepressant or antipsychotic drug.

These powerful mind-altering drugs were designed to treat serious clinical conditions of severe depression, bipolar disorder and schizophrenia, not mild to moderate cases of feeling "bummed out" or "out of sorts."

Serious conditions like schizophrenia often justify the dangerous and severe side effects that accompany these drugs.

But today, these drugs get doled out for just about anything. And it's no surprise when 20% of Americans report their stress as extremely high and 37% say they can't deal with the stress they have.[2]

Yet, a recent article in the *Journal of Clinical Psychiatry* reports **69% of patients who take SSRIs do NOT have,** and have not suffered from, a major depressive disorder and 40% never had any other conditions that warranted antidepressants.[3]

The fact is, most prescribed "mental illness" comes from the common strains, pressures and stresses of modern living that some people just don't want to deal with.

But even if you have a real concern, there are safe, natural alternatives that can help you stay upbeat, enjoy your life, and feel ready to overcome any challenge. I'll share these with you in just a moment.

First, let me show you what we're up against.

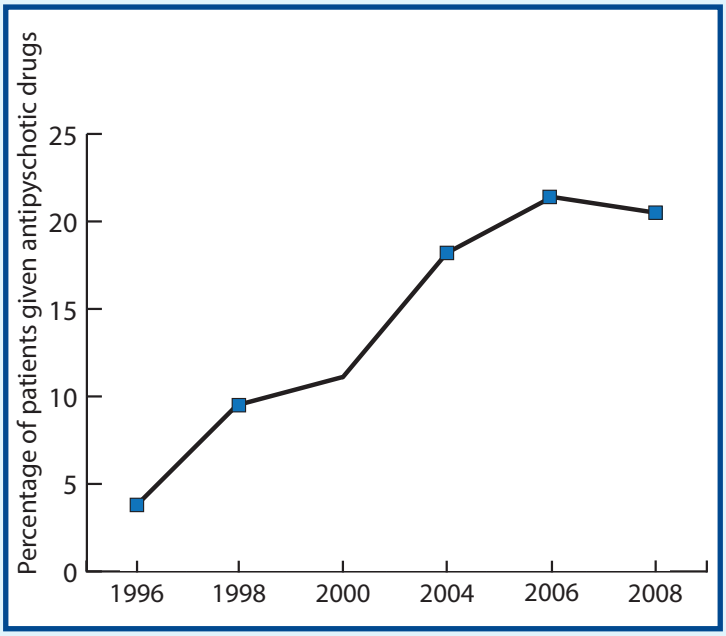
Cutting Through the Psycho-Babble

Psychiatrists talk about drugs to "rebalance brain chemistry," as if they know what the right balance is.

You see, there is no normal or baseline for yours or anyone else's brain chemistry.

There is not now, nor has there ever been, a measure for normal levels of serotonin or dopamine in the brain.

Psychiatrists Pushing Subscriptions For Antipsychotic Drugs



In 1996, psychiatrists prescribed antipsychotic drugs to just 3.8% of their patients. By 2007, that number jumped up to 20.5%, which means 1 out of 5 patients seeing a psychiatrist walked away with a prescription for an antipsychotic drug.

And it's not possible to rebalance something when no one knows the point of reference.

So drugs like SSRIs and benzodiazepines can't rebalance your brain. But they do change it much the same way cocaine, morphine and other narcotics do.

Here's what they do…

SSRIs: Your brain uses serotonin to transmit messages from one neuron to another. These drugs slow serotonin re-uptake, leaving it in the space between neurons longer than normal.

This slows your mind so you feel calmer and more sedate, but it doesn't resolve the underlying causes that created the anxiety or depression in the first place.

Commonly prescribed SSRIs include:

- Zoloft (sertraline)
- Prozac (fluoxetine)
- Paxil or Pexeva (paroxetine)
- Celexa (citalopram)
- Lexapro (escitalopram)

Benzodiazepines: This class of drugs increases the effectiveness of GABA (gamma-aminobutyric acid), a vital brain and nervous system signaler that prevents your neurons from getting over-excited.

Psychiatric drugs like benzodiazepines specifically disrupt GABA receptors to maintain high levels of GABA to keep the brain calm.

Used to treat anxiety, nervousness, stress, panic and insomnia, these drugs create a heavy sedative effect. You've probably heard of these common 'benzos':

- Xanax (alprazolam)
- Valium (diazepam)
- Ativan (lorazepam)
- Prosom (estazolam)
- Onfi (clobazam)
- Halcion (triazolam)
- Klonopin (clonazepam)
- Tranxene (clorazepate)
- Librium (chlordiazepoxide)
- Serax (oxazepam)
- Restoril (temazepam)

According to the National Institute of Mental Health, these drugs work less than half of the time.[4] They don't rebalance as the mainstream claims.

They disrupt with a host of serious side effects, not to mention painful withdrawal episodes (including suicidal thoughts) when you choose to stop taking them.

SSRIs kill your sexual desire and ability to perform and cause nausea, weight gain, insomnia, and dizziness and increase suicidal tendencies. While SSRIs aren't considered addictive, your body adapts and develops a physical dependence on them.

Benzodiazepines create confusion, weakness, a loss of physical coordination, difficulty breathing, regular drowsiness, and long-term use can destroy your ability to think clearly. And they're addictive.

But whether addictive or not, take either of these drugs long enough and you'll feel like you can't live without them.

Steps for Mental and Emotional Clarity

Many of the patients who come to my wellness clinic suffer from stress and anxiety.

But unlike many in the mainstream, I don't reach for my prescription pad when I hear the words "stress," "anxiety" or "feeling depressed."

Instead, I reach for my chair to sit and listen to my patient.

Listening is a powerful tool for healing. And it's the reason why those with strong social relations recover from depression faster than those who feel isolated.

So before I recommend any natural therapies to calm the mind, I always start with a few basics:

- **Disconnect:** Unplug your devices. Don't look at email, social media or the Internet. Focus all your attention on what you're doing at the moment. Schedule time with your email, phone or other social networks to take immediate control. When you disconnect, you'll find less stress and more fulfillment in your daily activities and from your personal relationships.

- **Sleep:** Seven to 8 hours to be exact. Inadequate sleep triggers stress and anxiety.

- **Eat well:** Cut out foods that contain dangerous chemicals like sugar and MSG that mess with the mind and brain chemicals like serotonin and GABA. Eat fresh, natural, organic foods and make sure you get enough protein in the form of fish, grass-fed red meat and nuts to keep your brain healthy.

- **Get up and move:** Exertion during exercise releases hormones that relax your mind and body. Exercise flushes toxins, increases oxygen, and reduces the presence of stress hormones like cortisol.

Now sometimes life events create stress, anxiety and depression that are so pronounced you may need a little help getting started on the road to recovery.

Fortunately, nature provides many safe options as effective as some prescription drugs — *and without the side effects.*

But please keep one thing in mind...

If you currently take an antidepressant (SSRI) or benzodiazepine, do NOT suddenly stop taking it without first consulting with your doctor or medical professional.

Having said that, here are the best natural solutions I use with my own patients.

My Top 5 Recommendations for Safely Calming Your Mind and Emotions

1. Mucuna pruriens: Our ancestors from India to the Caribbean have used the seeds of Mucuna pruriens for centuries.

Known as cowhage or velvet bean for the soft fur that covers the seed pod, traditional healers use the powdered seed to treat infertility, anxiety and depression.

Its powerful nootropic, or brain healing effects come from the rare presence of levodopa, or L-dopa, the precursor molecule to dopamine, adrenaline, and noradrenaline, in the young seeds. Even mature leaves have herbal properties as they contain tyrosine, an L-dopa precursor.

Certain areas of your brain associated with feelings of self-worth use dopamine to carry signals between neurons. When you take Mucuna pruriens, the dopamine increase stimulates these areas and you feel more positive and energized.

A controlled study of 120 men evaluated Mucuna pruriens as a remedy for extreme stress. The 60 men who received treatment experienced relief from their stress and anxiety.[5]

While it's a powerful therapy for the relief of stress, anxiety and depression and while no adverse effects have been reported, it should be used in short durations on a limited basis.

You can find Mucuna pruriens in powder, capsule and tablet form online and in most health food stores. Remember, if you buy online, only purchase from trusted sources.

Take 100 mg once a day in the morning to prevent sleep disturbance. If you don't experience a noticeable improvement after a week, increase your dose by 100 mg up to 400 mg every week or until your mood improves.

Take it only for up to two weeks, to get you going again. As it will stimulate dopamine production, you can build up tolerance and it will soon lose its effect.

2. Rhodiola rosea: Dioscorides, a first-century AD Greek physician, recorded the many medical uses for Rhodiola rosea, also commonly known as roseroot, in his book *De Materia Medica*.

This herb appears in traditional medicine around the world and has played an important role in folk medicine everywhere for the way it increases physical endurance, encourages longevity, and improves overall mental health.

Rhodiola rosea is considered an adaptogen, supporting health and well-being as needed. A recent University of Pennsylvania study put Rhodiola rosea against the pharmaceutical drug Zoloft and found it an effective alternative for patients with mild to moderate depression with a preference for its lack of side effects.[6] Other studies reported Rhodiola rosea:

- Improves overall mood in cases of mild to moderate depression;[7]
- Eases anxiety;[8]
- Alleviates stress in as little as three days;[9]
- Protects nerve and brain cells from damage.[10]

The biochemicals responsible for its protective effects are salidroside rosavin and rosarin. Salidroside is the most potent of these, so when looking for a supplement, you want to find one that specifically notes it on the label. The best supplements will contain and note both specific percentages of salidroside and rosavins.

You can find Rhodiola rosea supplements in powder, capsule, and tablet, forms, but the powder forms generally offer the highest content of salidroside and rosavin. Look for Rhodiola rosea with 2% to 3% rosavin and 1% salidroside.

Take 100 mg once a day in the morning, so to prevent sleep disturbance. If after a week, you do not experience a noticeable improvement, increase your dose by 100 mg every week up to 400 mg or until your mood improves.

3. Passionflower: Contrary to what the name may suggest, this herb calms and soothes. Native to the Americas, traditional medicine

uses Passiflora incarnata, commonly known as passionflower or maypop, to ease anxiety and hysteria and treat insomnia.

Researchers believe these calming effects result from the way it increases GABA in the brain.

A study of 36 patients suffering from anxiety compared passionflower to oxazepam, a benzodiazepine. Patients in both groups felt less anxiety, but the passionflower group had few side effects and didn't experience the mental impairment associated with the drug.[11] In another study, 41 participants found low-doses of the herb reduced anxiety and improved the quality of sleep.[12]

You can find passionflower as a dried herb to make teas and infusions, and in liquid extracts and tinctures. You can easily find it online and in health food stores.

One word of warning, if you're on blood thinners, check with your doctor before taking as it thins the blood and slows the clotting process.

To make a tea, take 1 tsp of the dried herb and add to one cup of hot water. Steep for 10 minutes. If you're taking it for anxiety, drink 2 to 4 cups a day. The best way to treat insomnia is to drink one cup before bedtime.

You'll want to take between 10 to 20 drops of fluid extract or up to 45 drops of a tincture three times a day for the best result.

4. St. John's Wort: This famous remedy for depression has produced such amazing results poems have been written about it.

Hypericum perforatum, the official name for St. John's Wort, has been heralded for thousands of years as a cure for melancholy and depression. It's proved so effective that legends during the Middle Ages claimed it had the power to drive away oppressive spirits that haunt a man's soul.

Recent studies show this legendary herb works just as well as antidepressants.

- One double-blind, placebo controlled study of 124 participants found St. John's Wort just as effective as Zoloft, and without the unpleasant side effects.[13]
- In another study, doctors couldn't identify whether the treatment had been Zoloft or St. John's Wort.[14]
- A review of 29 studies involving 5,489 patients suffering from major depression determined it performed as well as older antidepressants like tetracycline and modern SSRIs. Patients stayed with St. John's Wort treatments longer as it didn't have the severe adverse side effects.[15]
- In Germany, St. John's Wort — not SSRIs — is the preferred therapy for all forms of depression.

The power of St. John's Wort comes from the way it slows the breakdown of serotonin, dopamine and GABA. Unlike most psychiatric drugs, it doesn't block or disrupt how the brain works. Instead it restores a natural biochemistry encouraging a more positive outlook and natural recovery.

You can find St. John's Wort in tablets, capsules or as a liquid extract. When buying tablets or capsules, make sure it contains .3% hypericin and 3% hyperforin for the best effect.

The standard dose for mild to moderate depression is 900 mg daily, or 300 mg taken 3 times daily for 3 to 4 weeks. In cases of severe depression, doses of 900 to 1,800 mg a day taken for 2 to 3 months is not unheard of.

While St. John's Wort has a long history of use treating melancholy and depression, I highly recommend anyone suffering from chronic and severe depression to seek help. Just remember you have herbal alternatives with a proven track record and without the side effects that might slow or prevent your recovery.

5. Lemon Balm: In previous issues of *Confidential Cures*, I've talked about how lemon balm, also known as Melissa officinalis, can stimulate physical repair to the brain and boost your overall brain power.

Used for thousands of years, it's been overlooked by modern medicine despite its regular use in medical traditions around the world and the incredible stories about its power to soothe.

A recent study published in October 2014 found it improved energy, critical thinking, and memory with a significant effect on lifting the overall mood.[16] Other studies have found it helps with sleep [17] and calms the mind.[18]

Lemon Balm can be taken in extract or capsule form, or as a tea.

When taking an extract, follow the directions on the label to ensure you get at least 300 mg with every dose.

If it's easier, take 300 to 500 mg capsules three times daily or as directed, but always confirm the source and quality of the herb so that you don't get any extra fillers.

For a tea, steep 1 teaspoon of dried lemon balm leaves in hot water. Enjoy it with a little quiet. Turn off your mobile device and disconnect. Your stress will melt away and you'll get the maximum effect. ■

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This Is NOT Your Grandfather's Gluten

Even though wheat is one of the few remaining crops that's not officially GMO, or "genetically modified," the bread your grandparents ate decades ago is not the same bread we're eating today. *Not by a long shot.*

Even if you follow your grandmother's recipe, the bread we eat today is a mutant creation soaked in chemicals and "alien molecules" that have never existed in nature.

In all of human history, no one has EVER encountered the poisonous bread and grain products we're consuming today.

You and I are among the first.

And I have to tell you, the early results of this hushed-up experiment on humankind are not promising.

But it shouldn't be like this.

You shouldn't have to give up the occasional cupcake or slice of pizza. But the big food manufacturers are exposing you and I to something that is eating up our insides.

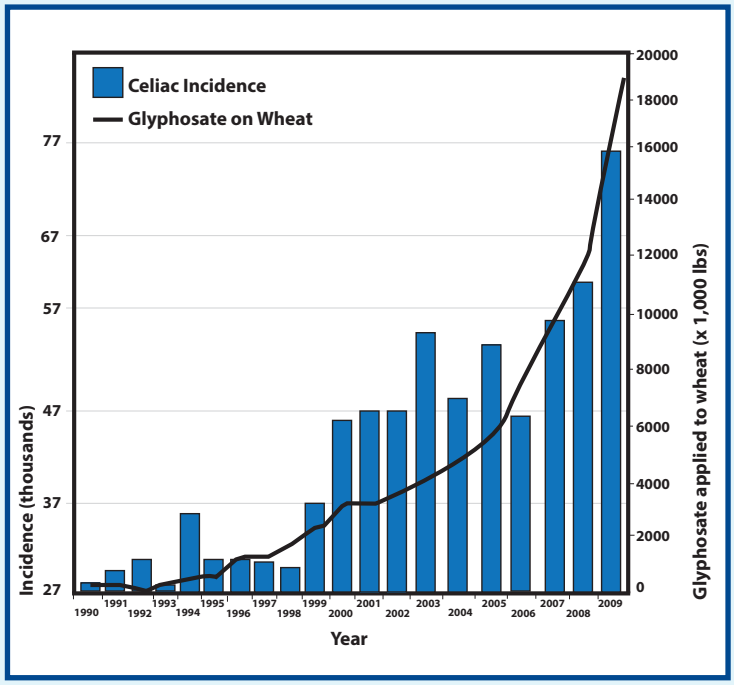
What we're exposed to today is not the simple gluten our grandparents enjoyed in their home-baked bread over Sunday brunch.

Today, I'll show you what you're really eating, and what it may be doing to your body.

I'll also give you ways to identify it, avoid it, and some practical alternatives when you're cooking at home and eating out.

First, I want you to see what's really "under the hood" of this contaminated wheat we're eating.

Exposed: The Connection Between Glyphosate and Celiac Disease



The most recent data available shows a clear correlation between the rise of Celiac Disease and the increased use of glyphosate on wheat and the future does not look promising. On May 1, 2013, the EPA decided to double the amount of glyphosate allowable in farm-grown foods like wheat.

Even Without the Chemicals, Gluten is a New Poison

Gluten is a protein found in wheat, rye, barley, products made from these grains, and tens of thousands of processed foods.

Gluten makes dough doughy. It grabs carbon dioxide and holds on to it. That's why dough rises and sticks together the way it does.

This may make great bread, but it doesn't make great eating. For 250,000 years, gluten wasn't part of the human diet. Your ancestors ate protein along with the fruits and vegetables they could scavenge. And your digestive system isn't designed to handle surprises.

Your body doesn't see gluten as either natural or healthy. And now our diets are flooded with gluten.

Over the years, gluten has been added to countless products. Like beer, soy sauce, certain medications, toothpaste, and even lipstick. Ketchup, mayonnaise, even ice creams now contain gluten. And your body can't handle this unnatural flood.

People are reacting to this unnatural flood of gluten exactly the way their bodies are designed to react. Their immune systems are kicking in. For many, the reaction is intolerance. The symptoms include…

- Cramping
- Bloating
- Abdominal pain
- Weight gain or loss
- Diarrhea
- Constipation

As bad as this is, millions are developing in-and-out allergies to gluten. And that's serious.

Gluten allergy is known as ***Celiac disease,*** and it can be fatal. When gluten triggers this allergic reaction, your body attacks itself. In this case, the tiny "fingers" in your small intestine — called villi — are the victims.

These villi help your body absorb nutrients. When they're damaged, they can't do their job… and you literally begin to slowly starve to death, no matter how much you may eat.

According to the Mayo Clinic, almost 2 million Americans now suffer with Celiac disease, and about three-quarters don't know it. And a British study from 2014 found that the number of Celiac cases has *quadrupled* over the last 20 years.

But this isn't the only threat gluten poses to your health.

Monsanto's Roundup Kicks Up Your Risk of Celiac Disease

By now, you've probably heard of the pesticides produced by the Big Agra and chemical giant Monsanto. The most popular is *Roundup,* the weed killer you see advertised on TV.

The active poison in Roundup is called *glyphosate,* and all non-organic wheat is drenched in this disease-causing chemical creation. *And you can't wash it off, either.*

Glyphosate gets into the cells of the wheat, and when you eat the bread, or ANY grain product produced with this chemical wheat, this pesticide goes straight to your gut and immediately triggers a chain reaction of problems.[1]

First, many of the tiny "fingers" or villi in your small intestine are killed off by glyphosate. That's on top of the damage caused by the gluten itself I mentioned above.

So the combo of gluten and glyphosate not only destroys part of your small intestine, but also kills off the "good bacteria" in your gut. This makes it very hard for your body to absorb the vitamins and nutrients in your food, and also challenges your immune system.

Glyphosate also shuts down a vital pathway that helps transport key neurotransmitters between your gut and your brain. It's this connection that makes our chemical-laden, mutant wheat a key player in the rise of Celiac disease and gluten intolerance.

And because of this gut/brain connection, there's an addictive quality to modern wheat.

Once you're hooked, it's hard to stop.

Gluten Plays Games with Your Brain

Your body has its own reward system, and it's designed to keep you healthy.

When you engage in healthy behaviors, your body releases small amounts of feel-good chemicals called endorphins. They connect to special receptors in your brain, making you feel happy, satisfied, and even dulling the sensation of pain.

The most common example of this is the famous "runner's high." Staying active is healthy, so your body releases endorphins when you're active. That's why you feel good about working up a good sweat.

Your body also releases endorphins when you eat certain foods. For example, a sweet, juicy peach isn't just pleasurable for its flavor. Your body craves the antioxidants found in ripe fruit… and it rewards you with endorphins when you eat nutrients it craves.

Endorphins aren't the only chemicals that attach to these special receptors in your brain. Drugs like morphine do, too. That's how they block pain. It's also how they become addictive.

Some proteins can link to these receptors, too. Gluten is one of them. If you've ever heard someone say they're "addicted to carbs," they weren't kidding.

The problem is gluten triggers the reward sensation without the healthy behavior. It literally trains your body to crave something unhealthy.

The carbs gluten trains your brain to crave raise your blood sugar, make you fat, and provide limited nutrition. And these carb cravings usually come at the expense of healthy foods — like fruit and protein.

So if gluten is so bad for you, why is it in so many foods?

Putting Your Health Before Hunger

Grain is cheap. It's easy to store and transport. It's loaded with calories. And we only discovered its negative health effects within the last few decades.

Meanwhile, grain has become the basis of a huge global industry. And gluten — a grain product — is used in tens of thousands of packaged foods.

Here are just a few gluten-laden fillers in common use…

- √ Hydrolyzed protein
- √ White (grain) vinegar
- √ Malt and maltodextrin
- √ Food starch
- √ Yeast extract
- √ Semolina
- √ Rennet

It can be hard to avoid gluten these days. But it's not impossible. It costs a little more, but the benefits are worth it. You'll boost your energy levels, improve your digestion, focus better, and get more of the nutrients your body needs.

Start by shopping the outside aisles in your supermarket. This is where you'll find the fresh fruits, vegetables, and meats. (Skip the bakery. Your body doesn't need anything you'll find there.)

Looking for "gluten-free" on labels is a good idea, but be careful. You'll find many gluten-free products have replaced gluten with cheap fillers and sugars.

Coconut and almond flours are good replacements for flours made from rye, barley, and various forms of wheat. I also recommend the "mother grain" from the Andes — quinoa (pronounced "keen-wha").

In spite of its nickname, quinoa is a seed rather than a grain. It's gluten free and delivers twice the protein and fiber of common grains such as rice and wheat. It also has all 10 essential amino acids, making it a complete protein food.

You can use quinoa almost anywhere you'd use wheat. It has a slightly nutty flavor and makes a good side dish when cooked similarly to rice. It's widely available in health food stores.

Spaghetti squash instead of pasta is another good option. Once you bake the squash and the flesh is soft, you cut it open and run a fork through the center, creating strands of squash that look and taste like pasta. When eaten with a protein, you really get a feel for the "carbs" without having to eat a grain product.

Finally, you can try nutritional supplements that block lectins. Lectins are proteins found mostly in grains that are difficult to digest and cause trouble in your gut. They are one of the big troublemakers found in wheat.

Supplements that block lectins contain sugars that bind to lectins, preventing them from camping out in your gut and causing problems.

These supplements are available online, and should be used as directed. They may help, but are not a cure or definitive answer. However, if you're struggling with grains, they can make them more tolerable. ■

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Nature's Cure for Chronic Pain

This Proven, Addiction-Free Solution for Pain is in the Crosshairs Of the Federal Government...

Use It NOW While You Still Can

It's an ancient remedy that has a dramatic impact on pain. And a new modern extract is restoring normalcy to people getting no help from Big Pharma's pill mill.

I'm talking about hemp.

Hemp is one of 85 different plants in the Cannabis sativa family. Hemp contains two natural chemicals called cannabinoids — Cannabidiol (CBD) and tetrahydrocannabinol (THC), the compound that makes you "high."

CBD is the most medically studied of the cannabinoids. Unlike THC, it is not psychoactive. You won't get high from CBD.

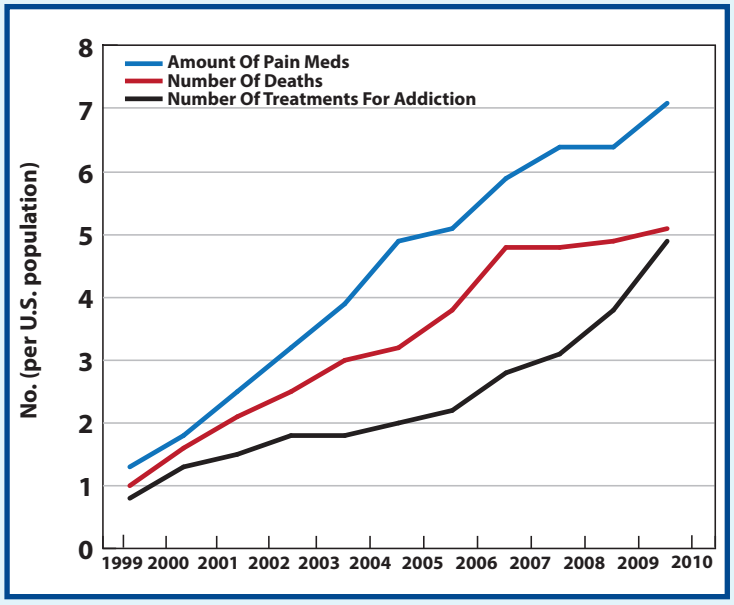
Yet, the Federal Government continues to treat you like a child, believing you don't have the right to choose what's best for you, or that you should have access to all your options.

Using CBD is not about smoking marijuana or getting high. It's a plant-derived pain killer that gives help and hope to people who have nowhere else to turn.

But as our government takes more and more control of our daily lives, the individual loses their rights over health care. And for many, that means living in constant pain.

If you're a regular reader, you know I believe you have the right to make decisions over your own body. And I agree with the 19th-century British philosopher John Stuart Mill when he said, **"Over himself, over his own body and mind, the individual is sovereign."**

Prescription Pain Meds: A Story Of Death And Addiction



The blue line on the top shows the amount of prescription pain meds sold in kilograms per 10,000. For example, in 2010, over 70,000 kilograms (154,000 pounds or 77 tons) of prescription pain meds were sold in the U.S.

The red middle line shows the number of deaths from prescription pain meds per 100,000. So in 2010, over 500,000 people lost their lives to these drugs.

And the black line at the bottom shows the number of admissions for addiction and abuse treatment per 10,000, with just over 50,000 addiction cases in 2010.

Today, I'll show you the pain-killing secret behind this controversial plant, and how you can use it right away without a prescription. (Or moving to Colorado.)

The Pain-Killing Miracle of Hemp

Cannabinoids are natural chemicals first discovered in the 1940s. Not until the 1980s, however, have scientists known that cannabinoids work with receptors that allow them to attach to, and permeate cell membranes.

More recently, research revealed that these chemicals work with a large number of specific receptors — primarily in the brain.

Study after study has revealed that CBD is effective in treating and preventing many disorders caused by inflammation, including diabetes, stroke, heart attack, irritable bowel syndrome, Crohn's disease, epilepsy seizures, stroke, glaucoma, appetite disorders, cancer, anxiety, psychosis, infertility, and pain.[1]

With advances in technology, we expect many more uses for CBD.

How CBD Saved Charlotte's Life

You've probably heard about medical marijuana to treat a rare form of children's epilepsy. The condition is called Dravet Syndrome, and it causes frequent seizures that are very difficult to control.

In many states, families are fighting for legislation to make medical marijuana legal.

This is critical, as children with Dravet syndrome have frequent seizures that are difficult to control. Typically these kids don't get any relief from conventional anti-epileptic medication. Families are moving to get treatment in Colorado; since 2012, state laws governing medical use of cannabis have been relaxed.

One strain of CBD helped young girl Charlotte Figi, who has Dravet Syndrome. Her dramatic story shows just how effective CBD can be.[2]

Charlotte's doctors had tried everything. Nothing helped her seizures. Her heart stopped twice. She spent too much time in hospitals. Her parents finally placed a "do not resuscitate" order. In desperation, they decided to try cannabis.

A non-profit group, Realm of Caring, had developed a new strain of the cannabis plant. The strain was very low in THC and very high in cannabidiol.

Charlotte's mother tracked down the oil, and mixed it with Charlotte's food one day. With just one meal, Charlotte's seizures stopped. She had one seizure that week — instead of 300.

No one really knows exactly how CBD reduces seizures. But Charlotte's story, and many more like it, have been happy news for many, many families. To date, medical cannabis is legal in about 20 states.

It's a dramatic story. It shows the potential for many patients dealing with serious health conditions.

As I will show you, research shows that CBD is equally effective with the worst pain — including intractable cancer pain and arthritis. In fact, CBD has health benefits throughout the body.

Big Pharma Stands to Lose Billions

So why haven't you heard about this before? Because, for the last 77 years, hemp has been illegal to grow in the U.S.

The politics swirling around this subject have kept this medical miracle from reaching the very people it can help. This miracle substance has been kept hidden from you by politicians whose pockets are lined with Big Pharma's PAC money.

Big Pharma stands to lose billions of dollars if this substance was easily available to the public. Those expensive brand-name medications would fall out of favor, and cut deeply into the profits of the pharmaceutical industry.

Ending Chronic Pain for Good

To understand how CBD helps pain, it's important to understand the pain sensation.

When an injury occurs, the body jumps into action to protect the damaged nerves. Cytokines are produced to alert the body that injury has occurred. Cytokines send out chemicals that spread inflammation and create the pain sensation.

When the injury is acute, as with a broken bone, the pain disappears on its own as healing occurs over time.

But pain can also be an underlying part of the condition — as with multiple sclerosis or rheumatoid arthritis. Or pain can become a chronic problem that literally takes on a life of its own. Chronic pain does NOT disappear on its own.

For a long time, scientists struggled to understand the mechanism of cannabis. They knew it affected the brain. They also knew it had multiple effects on the body, including pain relief. They developed synthetic versions of CBD and put them through clinical trials. They knew they were onto something. But they didn't yet know how it worked.[3]

In the late 1980s, a group of researchers made their first discoveries of the endocannabinoid receptor system. It's a mouthful, I know.

"Endo" is short for endogenous, or natural to the body. The body cannot operate without it. "Endocannabinoid" is the body's system of receptors that link with the cannabinoid enzymes you find in CBD.

In 1988, scientists identified the first cannabinoid receptor — CB1. These receptors are pervasive in the brain, spinal cord, central nervous system and peripheral nervous system (hands, arms, legs).

A few years later, CB2 was found in the lymphatic and immune tissues, and is mostly involved in pain and inflammation. Animal studies have revealed that endocannabinoid receptors exist in the gut, too.

This system is integral to the overall function of the human body. Your brain is wired with an abundance of CB1 receptors — especially the hippocampus, cerebellum and basal ganglia. CB1 receptors are also located in the testes, adrenal glands, heart, lungs, prostate, bone marrow, thymus, and tonsils.[4,5]

The endocannabinoid system controls how food is metabolized in the body. Obesity is linked with this system, as is weight loss. Your blood sugar, insulin level, fat tissue, cholesterol, central nervous system, gastrointestinal tract and liver function — all are affected by the cannabinoid system.[6]

That's just one example of the vast effects of this cannabinoid system. Researchers say it is involved in chronic diseases like atherosclerosis, heart disease, diabetes, osteoarthritis, glaucoma, and Crohn's disease.[7]

CB2 receptors also play a role in inflammation and pain, including neuropathic pain. CB2 receptors affect the sensory nerve cells known as "nociceptors" — and govern the super-sensitivity to touch, pressure, heat, cold. When a simple touch hurts, that's the nociceptors at work.[8] There is also evidence that CB2 receptors trigger the release of beta-endorphins, which helps to relieve pain.

In recent years, research into the cannabinoids and their receptors has exploded. Scientists believe that cannabinoids exert influence on opioid and other critical receptors to control pain.

In some studies, cannabinoids have proven to be 10 times more potent than morphine in reducing pain.[9]

CBD has substantial anti-inflammatory and immunity-enhancing effects. Studies of rats with painful neuropathy involving the sciatic nerve showed that CBD was effective in reducing neuropathy pain and inflammation.[10]

CBD helps breast and ovarian cancer patients. Those treated with the chemotherapy drug paclitaxel often develop painful neuropathy. Many patients don't finish their chemotherapy course because of the pain. In a rat study, female mice treated with cannabidiol before paclitaxel did not develop painful nerve damage.[11]

Cannabichromene (CBC) is the third major cannabinoid receptor, and is also anti-inflammatory and an analgesic painkiller. Several more cannabinoid receptors are being investigated.

In fact, people with certain conditions may have an endocannabinoid deficiency. The receptors may not be signaling correctly. Migraines, fibromyalgia and irritable bowel syndrome are just three examples. Targeted therapies using CBD may help relieve these hard-to-treat conditions.[12]

The First CBD Formulas Were Proven Painkillers

Sativex was one of the first cannabis-derived medicines to undergo clinical trials and to be approved as a prescription medicine. It's a nasal spray that allows patients to use as much as they need.

Each spray delivers 2.5 mg CBD. Every study of Sativex as an add-on therapy shows that it relieves neuropathic pain caused by multiple sclerosis and diabetes, rheumatoid arthritis and cancer pain.[13]

Sativex went through numerous randomized "gold-standard" clinical trials. Patients got relief from central and peripheral neuropathic pain, rheumatoid arthritis and cancer pain. Sativex was approved in Canada in 2005 for treatment of central neuropathic pain in multiple sclerosis, and in 2007 for intractable cancer pain.[14]

Large studies — 2,000 patients — also showed that Sativex improves sleep in people with a wide variety of pain conditions like multiple sclerosis, peripheral neuropathic pain, intractable cancer pain, and rheumatoid arthritis. The inability to sleep can really impact your quality of life.[15]

In clinical trials, CBD has been shown to treat epilepsy nerve pain, migraine headaches, glaucoma, cancer and diabetic nerve pain.[16]

Today You Can Get CBD Without a Prescription

The multiple benefits of CBD are clear. You can get serious pain relief from CBD. You can enhance your overall health with CBD.

Here's what I can tell you about buying CBD: No, you don't have to move to Colorado.

CBD can come from medical marijuana plants. CBD can also come from industrially grown hemp plants. Medical marijuana is bred to be high in CBD, and the THC level can vary dramatically. It is prescribed and sold through licensed dispensaries in states where medical marijuana is legal. Many people have moved to these states (like Colorado) to obtain medical marijuana.

But here's the good news: CBD derived from industrial hemp is considered "hemp oil" by the FDA. Hemp oil is FDA approved as a dietary supplement. You don't need a prescription. You can buy it — and use it — anywhere in the U.S. These products have virtually no THC. You can't get "high" from these products.

CBD hemp oil is available in capsules, gums, tinctures, topicals, tubes, oil paste, and a vaporizer form. In some cases, the product is flavored and can be added to drinks. Concentration of the primary ingredient — CBD — varies among the products.

Be careful when purchasing CBD oil paste, as it may contain fillers like plant wax, solid particles, heavy metals, solvents, oils, mixed beneficial and toxic terpenes, as well as a percentage of unknown foreign material.

Sources that I recommend for the highest-quality CBD:

- Healthy Hemp Oil
- Dixie Botanicals
- Crystal Pure CBD
- CanChew Biotechnologies

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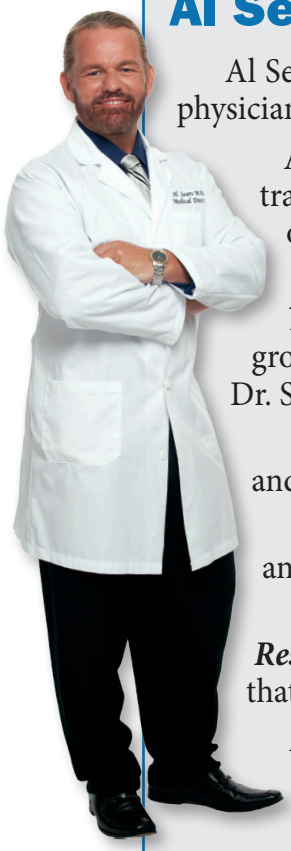


Al Sears, M.D.

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.

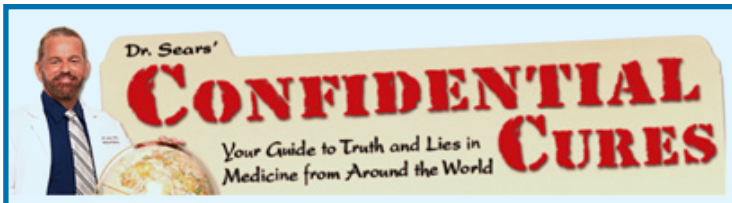
In 2010, Dr. Sears unveiled his proven anti-aging strategies in ***Reset Your Biological Clock.*** As the first U.S. doctor licensed to administer a groundbreaking DNA therapy that activates the gene that regulates telomerase, Dr. Sears made history by bringing telomere biology to the general public.

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).



Don't Miss Next Month's *Confidential Cures*

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

- **Reverse a Lifetime of Toxic Buildup:** You have up to 225 chemicals and toxic compounds in your blood that poison your tissues and organs, speed up aging, and increase your risk of disease. Here's the most powerful way of eliminating those toxins, restore your immune system, and reverse your biological age.

- **Eliminate Sugar's "Silent Assassin:"** Excess blood sugar "carmelizes" your insides, creating dangerous compounds that attack your cells. It's an overlooked condition your doctor may never tell you about. I'll show you how to fight this invisible trend, and how to know if it's really a threat to your health.

- **You Were Born to Be Lean:** Everyone gains weight as they age, but all that excess fat makes you age faster. Next month, I'll show you how supporting your telomeres — the bits of DNA at the end of each chromosome — not only slows down aging, but helps burn fat and make you naturally lean.