



Dr. Sears'

# CONFIDENTIAL CURES

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

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Vol. I Issue II

## First Ignored by Medicine, Next Suppressed by Big Pharma, Then Censored by Google! Nature's Cure for Heart Disease

It almost sounds too unbelievable to be true. I would tell people about what happened, and they would all say the same thing: "Wow, Google?"

Yes, Google. It's ironic because Google used to be counterculture. Kind of maverick and contrarian. But now, they block anything that's not part of the mainstream.

They pretty much forced me to remove from my website any mention at all of the cure I'm about to show you. That is, if I want to continue to advertise with them and communicate with people who have Gmail accounts, and so on...

Now, you might say, "Who cares about Google?" Well, I'd like to say that I don't care at all. But think about that. How am I going to get this message out to people who can't visit me in my office? Doctors like me who communicate through the Internet are dependent on Google so we can tell people what we're doing.

Google censored me!

Now, they didn't come to my clinic with guns drawn using brute force to make me comply, like what happened with my friend Dr. Jonathan Wright. The Feds raided his office and threw his receptionist to the ground at gunpoint. What was his crime? He was prescribing B vitamins.



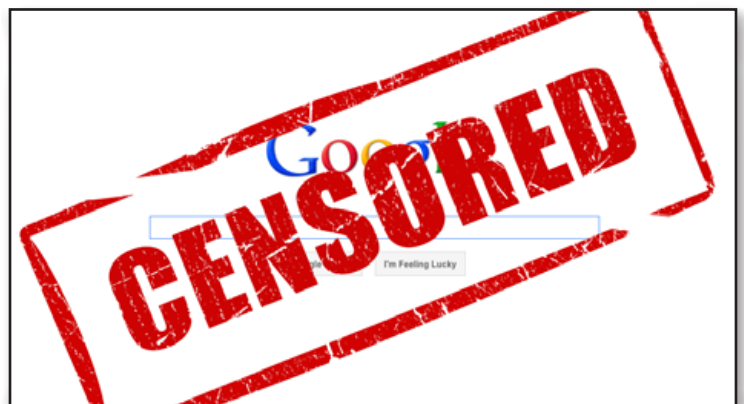
Dr. Sears graduated from the University of South Florida College of Medicine, with honors in Internal Medicine, Neurology, Psychiatry, and Physical Medicine. He is board-certified as a clinical nutrition specialist and an ACE-certified fitness trainer.

But what Google did made it very difficult, if not impossible, for me to defy them.

I wanted to tell my readers about the benefits of a natural protein that cures heart disease. When we found that our message had been blocked by Google, we started to ask why they would do such a thing.

After many days of inquiry, I was told that, as their rationale, I'm not allowed to talk about "steroids." But what I mentioned was a protein... what does this have to do with a protein?

Well... the educated answer is nothing, absolutely nothing. The "Googlethink" answer is that the amino  
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Google censored me! I just wanted to tell my readers about the benefits of a natural protein that produces your body's natural cure for heart disease.

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acid arginine is a steroid. Never mind that arginine is not a steroid, not even a fat, but a completely unrelated protein. The policy had been set, and Google had spoken.

Turns out they have a list of words you're not allowed to use... and then I was told by a Google representative that there is a larger, unpublished list of topics, called a "monitored list," which includes additional things we can't talk about.

Even worse, we can't talk about "related content." That means even if the FDA and FTC consider them perfectly okay for me to mention, Google has decided I can't if I want to be able to use their services.

I do understand that it's their company, and they can run it how they want to... and I also know that I can't operate my business and get the word out to people the way I want to without Google.

They are the Internet universe, and people wouldn't even be able to find me without them.

I tried negotiating with them, I tried sending them letters, I tried explaining everything. But nothing worked. I was forced to comply with this new censorship based on a combination of commercialization of information, pharmaceutical distortion based on profiteering and ignorance. Sound familiar?

So, now back to the point – your good health. Here, for the first time, I take particular delight in showing you the evidence that Google didn't want you to see, and that they wouldn't let me send you through Internet searches...

## **Your Body's Built-In Cure for Heart Disease**

There's a 95 percent chance you have at least one risk factor for heart disease.<sup>1</sup>

One out of every four deaths in the U.S. is from heart disease.<sup>2</sup>

And it's still our number one killer.

But... your body has a built-in defense against heart disease that no one talks much about...

I'm usually not that blunt about these types of things in my e-letter or on my website, but here in *Confidential*

*Cures* I have the freedom to tell you exactly what's going on, without fear of censorship.

And, as great a country as America is, this is one area where I'm sorry to say that being an American man isn't doing you any favors.

The government and nutritionists are so busy telling you not to eat meat, and corporations are so busy making money from selling you cheap grains and sugary snacks, and Google is so adamant that you never mention the benefits of this "miracle molecule," that I wouldn't be surprised if you never even heard of it.

Yet this revolutionary discovery won the Nobel Prize in Medicine and Physiology for the three men who discovered it.

It's called nitric oxide, or NO for short. It's a compound produced naturally by cells in your blood vessels. NO is actually a gas, and it's the little miracle that allows your cardiovascular system to "breathe easy" and let your blood flow freely.

It's also your body's natural defense against the risk factors for heart disease.

You see, your blood vessels are made up of several layers that together have to stay strong and flexible to handle proper blood flow. The inside layer is called the endothelium, and it's these cells that make nitric oxide. They usually do the job just fine...

...except that for 50 years we've been eating saturated, hydrogenated and trans-fats in the processed foods from the supermarket. Add in the fact that most of us don't do as much physical activity as we would like, and you have a recipe for some unwanted metabolic changes in your body.

Those changes can lead your vascular network to not be flexible, and nitric oxide production falls off. As you get a little older, your blood doesn't flow quite as freely and powerfully as it used to.

This can severely affect your heart and start the deadly process of atherosclerosis.

But your heart is unique. It has a special demand for key nutrients to produce its extraordinary energy output. I

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have learned from my clinic that most people aren't getting them. I believe it is the main reason heart disease continues to be the number one killer in America.

Unfortunately, when I ask people, they can't tell me even one nutrient your heart needs to produce energy. Many people have never even heard of them. What's worse is that most doctors will prescribe drugs before even considering nutrition for your heart.

I must admit that even with my lifelong commitment to nutrition I was humbled and surprised to discover the power of nitric oxide.

NO function is critical because it inhibits the smooth muscles of your arteries from squeezing shut, and stops blood clotting, which can cause sudden stroke and heart attacks.

NO also contributes to growing new blood vessels, and is the most powerful compound in your body for protecting your heart cells from harmful attackers. In fact, newer studies show us that it's NO that regulates the function of the cells your heart is made of, called myocytes.<sup>3</sup>

In hundreds of clinical trials, researchers found that people with heart disease had a lack of nitric oxide production. In fact, one study found that for those with heart disease, the risk of death skyrockets as your production of nitric oxide decreases further.<sup>4</sup>

As in diabetes, where the cause is that your body becomes insulin resistant, or less sensitive to the effects of insulin, in heart disease, one of the causes is that your body becomes less sensitive to nitric oxide, or NO-resistant. One



**Statin drugs block the enzyme that makes cholesterol. This also prevents your body from making coenzyme Q10.**

of the newest heart disease therapies being studied is trying to make the vascular system more sensitive to nitric oxide so that it can return to normal, healthy function.<sup>5</sup>

Unfortunately, medicine is so dominated by drug therapy, you may get the impression that to keep your heart healthy and vigorous, you need some kind of pharmaceutical to reverse NO-resistance, and increase nitric oxide in your body.

## **Do Prescription Drugs Weaken Your Heart?**

To protect your heart as you grow older, there's a list of drugs you might be told to take. And for every problem they're meant to solve, they usually create two more. Ironically, the worst are the category of drugs that have become the most used – statins.

You may know statins as Lipitor, Crestor, Mevacor, Lescol, Pravachol, and Zocor. These drugs block the enzyme that makes cholesterol. This also prevents your body from making coenzyme Q10. CoQ10 deficiency damages your brain, your muscles, and, ironically, your heart – the very organ the drug was supposed to be protecting.

Statin do lower cholesterol, sometimes dangerously so. Too little cholesterol damages cellular health, disrupts your hormone production, and drains your libido.

When you take a statin, you get lower cholesterol. But, you trade in your energy, your exercise tolerance, your libido, your muscle tone, and your heart's energy-producing capacity as part of the deal.

How about improving heart blood flow with “nitrate” medications? Doctors prescribe nitrate drugs for people with chest pain. They open vessels to allow blood to reach the heart easier. But, they also damage the endothelial cells that line the vessels and the heart.

Damaged endothelial cells increase heart attack risk. When damaged, endothelial cells make your vessels stiff, mimicking very old arteries. This also reduces the overall dynamic capacity of your circulatory system.

For each of these health problems – muscle atrophy, performance, and heart disease – better blood flow can help.

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## Open the Gates to Better Blood Flow

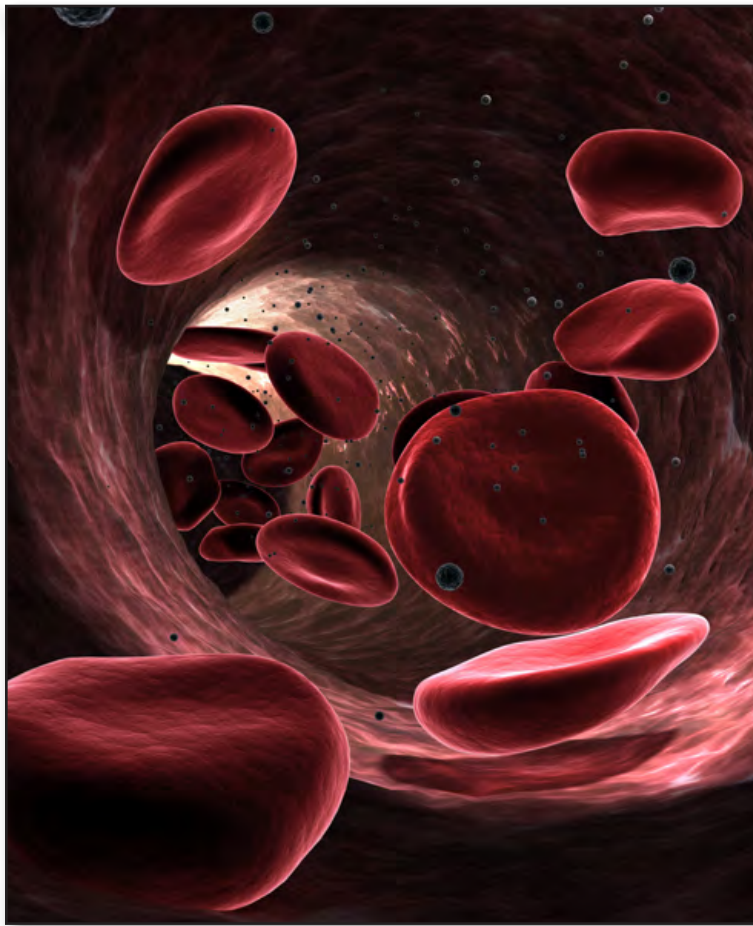
The secret to healthy blood flow is nitric oxide (NO). It's the chemical released by the lining of your blood vessels that makes them expand.

NO is one of your body's "blood flow signals" that tells your blood vessels to relax and expand.

Blood vessels are like balloons. They can expand and contract rapidly. When they're relaxed and open, they can move tremendous amounts of blood. But when they're too stiff and narrow, your energy and performance levels plummet.

This is a problem as you get older. Your supply of NO drops off. That makes it much harder for your blood vessels to expand.

And if your blood vessels can't expand, blood and oxygen delivery becomes restricted. And this lack of oxygen accelerates aging, drains your energy, and makes sex difficult, if not impossible.



**Nitric Oxide (NO) is one of your body's "blood flow signals" that tells your blood vessels to relax and expand.**

Ironically, the drugs designed to improve blood flow may also damage it. And this zaps your strength and potency even more.

But there is good news. You can safely and naturally make more NO.

## Here's What I Give My Patients for Better Blood Flow

The first step to more NO and healthy blood flow is a simple amino acid called L-arginine. Your body uses this amino acid to create NO.

Body builders have been using L-arginine for years. Taken before a workout, it gives them a "muscle pump" by getting more blood and oxygen to their muscles.

I've been using L-arginine with my patients for years. It's one of the most reliable, fast-acting tools for increasing nitric oxide.

When your blood vessels are relaxed and flexible, you get more blood to your brain, your heart, your lungs, and your muscles.

This kind of extra blood flow gives you more endurance, more stamina, better performance... it even helps your memory.

And helps prevent heart disease.

## Maintains a Healthy, Supple Heart

In your arteries, arginine increases NO. And this helps keep your endothelial cells healthy. Without NO, your vessels become constricted and less flexible. Healthy endothelial cells allow your vessels to dilate so your heart can move blood easier.

As I said earlier, conventional doctors often prescribe aspirin or dangerous statin drugs to counteract this effect. Recent studies show that arginine increases the elasticity of your blood vessels. Arginine gives you a much safer alternative.

Arginine helps blood vessels function better in chronic heart failure. In one study, vessel dilation increased from 2.2% to 8.8% with an arginine supplement.<sup>6</sup> Another study found that taking oral arginine helped arteries dilate better for people with high blood pressure.<sup>7</sup>

To maintain healthy muscles and prevent heart disease, you can take arginine in a capsule form. Take a 500 mg cap each day for prevention.

To fix a specific problem that has already occurred, you'll get the most from arginine if you take it in powder form. To build lost muscle, improve sexual performance, or reduce chest pains, start with a loading dose of 5 grams daily for two weeks. Then take 2.5 grams daily for maintenance. Never exceed 10 grams a day.

Because arginine is an amino acid, proteins compete with its absorption. For this reason, you will absorb more of it if you take it between meals on a relatively empty stomach. Simply take a teaspoon of powder and mix it with water.

### Support Better Blood Flow Longer

L-arginine on its own is effective, but it produces NO for about an hour after you take it. But you can add something to arginine that gives you a lasting boost throughout the day.

In my clinic, I combine standard l-arginine with a specialized form of arginine called Arginine Alpha-

Ketoglutarate (A-AKG).

This gives you a "time release" effect. Instead of getting a quick boost and then fading fast, you get a sustained NO release that lasts much longer.

A-AKG is remarkably effective. The combination is far superior to anything else you'll find out there.

### Endnotes

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## Real Anti-Aging Begins Now

I refuse to call aging a disease. It happens to all of us as a normal part of the developmental biological changes through our life cycle from birth to death. But still... many of these normal changes are quite negative to the individual experiencing them.

Because these normal changes cause people to weaken and suffer, I feel compelled to study their causes, contemplate and test solutions and offer help when I can. Now as a mature physician myself looking back, it seems to me as if I have always had this intention.

And, I always had hope that maybe sometime in the future... one day... if I kept vigilant with this intention... the day would come when I could actually do something significant.

**What I'm about to show you reverses certain aspects of the aging process. And I can prove it.**

I remember writing the word "telomere" on a piece of scratch paper. Underneath, I added, "This will change the world as we know it."

That was back in 1990, just moments after I finished reading an article in the journal *Nature* about a new technology that promised to turn everything we thought we knew about aging and disease on its ear.

I no longer hypothesize about why or how we age. In my mind, I'm certain about the why and I know enough about the how to act now.

We have pieced together the mechanisms of how genetic control of aging works... and how to influence it so that we maintain the power, strength and enthusiasm of youth for longer.

Finding this "cellular control switch" inside our cells

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and understanding how you can influence it to extend your “health span” is the greatest discovery of our time.

I now have a true “age-reversing therapy,” and with it, the ability to slow the loss of our physical and mental powers and EXTEND the time we have on this earth to feel young and vibrant.

Today, I’ll show you what this discovery really means, and how you can use a newly discovered natural treatment to activate it – starting now.

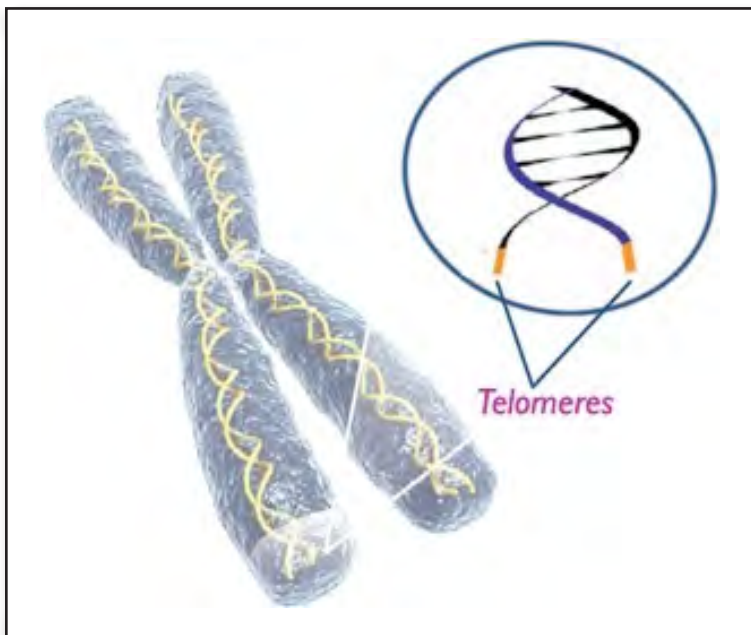
## Your Telomeres “Tell” Your Cells How Old They Are

Deep within your DNA, located in the nucleus of each cell, are the building blocks or “blueprint” of every cell in your body.

At the end of each strand of DNA is a little bit of genetic material called the *telomere* (TEE-luh-mere).

The telomere is the part of your chromosome that controls aging. And every time your cells divide, your telomeres get shorter. And when your telomeres finally run out, cell division stops and life comes to an end.

But there’s more to it than that. As you age and your telomeres get shorter, your body produces cells that are older, weaker, and more decrepit.



Whether it's in a pool, on a bike, on an elliptical machine or on the ground, the beauty of it is that you can work out P.A.C.E. style almost any way you can think of.

*It's programmed old age... complete with all the telltale problems that come with it.*

In fact, the shorter your telomeres, the “older” your body is, regardless of your actual age. In this way, your telomeres “tell” or instruct your cells how to behave based on how old they are.

But when you slow the countdown, you may be able to extend your lifespan, and feel younger longer.

I like to think of the telomere as your *cellular control switch*, because the length of your telomeres determines which part of your genome you express.

By keeping longer telomeres, your control switch is set in the “younger” part of your genome, which means your body will create younger-looking and younger-acting cells.

Taking it one step further, *telomerase* is the enzyme that “rebuilds” your telomeres. In our cells, this enzyme is “turned off.” That means there’s usually no way to stop the loss of your telomeres, or to rebuild them.

The telomerase enzyme was first discovered by Dr. Elizabeth Blackburn in 1984. Today, we are finding new ways to “turn on” this *fountain of youth enzyme* to prevent the shortening of the telomere and, in many cases, lengthen it.

In just a moment, I’ll show you a simple nutrient you can get at your local vitamin store that will help *activate telomerase* and *rebuild* your telomeres.

And I want you to see how it can help you shape your own “genetic landscape.”

## Decide for Yourself Which Genes Get “Turned On” and Which Get “Turned Off”

At the moment of conception, life begins... and as cells start to divide, your telomeres start directing the show.

Conception is also the point where “immortal” cells become “mortal.” In other words, once you become human, the hour glass gets turned over and the countdown begins.

You probably remember from high school biology class how a fertilized egg becomes an embryo. And during gestation, your cells become more and more specialized as organs and tissues begin to form.

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So how does your tiny, unborn body know how to do all this? The length of the telomere tells your cells exactly what to do based on what part of the genome is being expressed.

Not surprisingly, up to half of your telomeres are burned off while you're still in the womb. This is when your cells are dividing rapidly and you're expressing massive amounts of genetic material in a short space of time.

But that program doesn't stop at birth. It carries on as we grow into adults, through old age and right up to the point of our death.

As your telomeres shorten over time, the proteins inside your DNA shift and change, exposing a new "fold," or new section of your genome.

As the shortened telomeres show "older" parts of your genome, you create cells that act and look older.

Think of it as moving your "control switch" further into your script or screenplay... and the further you get, the closer you are to the end of the story.

The stage hands behind the scenes are like your body's control switch. They tell you what part of the play you're acting out, what to wear, how to behave and what to say.

They direct the show.

The discovery of the telomere is the most important discovery of your time because, for the first time in human history, it gives YOU the opportunity to influence the director of your own life's movie.

Now, you can tell the director to stay in the "youthful" section of your life script simply by moving the control switch to that section and leaving it there.

## Restore the Powers of Youth You Thought Were Gone Forever

There are newly discovered telomerase activators you can take RIGHT NOW that don't cost a fortune. What's more, you can get started without going through a lot of blood work or physical exams.

This may come as a surprise... but one of the best telomerase activators has been sitting under our noses the whole time...



Whether it's in a pool, on a bike, on an elliptical machine or on the ground, the beauty of it is that you can work out P.A.C.E. style almost any way you can think of.

It's probably no surprise this popular anti-aging nutrient can, according to new studies, "**significantly increase telomerase activity.**"

One study I'm familiar with investigated how resveratrol was able to increase endothelial progenitor cells' (EPCs) numbers and functional activity. And why it protected them from senescence, or cell death.

The researchers published their findings in the prestigious *British Journal of Pharmacology*. What they did was take EPC cells – very rare and important cells that can become endothelial cells, the cells that make up the membrane that lines your organs and blood vessels – and grew them with or without resveratrol.

The scientists were stunned when they then tried to cause the cells to die ... because resveratrol protected the treated cells by activating telomerase!<sup>1</sup>

Studies also show that resveratrol increases another telomere maintenance factor called *WRN helicase*, a gene that repairs DNA.<sup>2</sup>

By influencing the way genes are expressed, resveratrol has the ability to activate a third anti-aging gene called *sirtuins*.

Sirtuins transmit signals to every cell in your body that literally cancel out the effects of aging. They bring the processes that lead cell death to a crawl, buying your body more time to

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repair the DNA damage that brings life to an end.

By helping to “turn on” genes that promote healthy, younger DNA, and “turn off” genes that promote disease, this new research confirms resveratrol’s role as a leading telomerase activator.<sup>3</sup>

Resveratrol occurs naturally in the skin of grapes. It protects the grape from threats such as cold weather, UV radiation and microbes, and extends its life... and when you take in resveratrol, you get the same benefits.

The amount of resveratrol in wine differs. White wine is not made with the skins like red is – so white wine has little resveratrol. Red wines from colder regions have the most resveratrol.

Drinking one or two glasses of red wine a day is one way to benefit in general from resveratrol. To get the maximum amount choose Muscadine wines, or wines from Burgundy and Argentina’s Cafayate Valley. Most red wines from California and Australia will have lower amounts.

If you’re not a fan of red wine, resveratrol is also in:

- Raisins
- Purple Grape Juice
- Peanuts
- Mulberries
- Eucalyptus Trees



**Red wines from colder regions have the most resveratrol. Drinking one or two glasses of red wine a day is one way to benefit in general from resveratrol.**

The richest resveratrol source in nature is Itadori tea. It’s made from the root of the Japanese Knotweed (*Polygonum cuspidatum*).<sup>4</sup> This may be why the root of the plant has been used in Asia for over a thousand years as a traditional herbal remedy for heart disease and strokes.

The problem lies in getting sufficient amounts of resveratrol to activate telomerase if you don’t like tea, or don’t want to drink 10 glasses of wine a day, which I don’t recommend.

In that case, resveratrol supplements are a better option. They’re inexpensive and completely safe. You can take it any time of day, with or without food. You can find them in health-food stores or online. ***I recommend taking 50 mg per day for telomerase activation.***

However, there is one catch: not all resveratrol is the same. You need the right kind to get the benefit. There are actually two different types – “cis” and “trans” resveratrol.

Scientific research into its anti-aging benefits mention *trans-resveratrol* as the key health-promoting ingredient. For example, Muscadine grape skins are rich in *trans-resveratrol*.

The problem is that the *trans* form is highly unstable. Research shows that it quickly turns into the *cis* kind when exposed to extended periods of heat or light during the manufacturing process.<sup>5</sup>

So make sure your supplement is a pure, natural extract and has been processed in the right conditions away from natural light. Otherwise that “trans” turns to “cis”... and you’ve lost some of the telomerase-activating benefit.

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# The Indian Cure for Diabetes

As I mentioned earlier in this issue, heart disease is the biggest killer of Americans... but a related and equally dangerous disease that many times precedes heart disease is diabetes.

Unfortunately, modern medicine has royally messed up in treating diabetes. Typically they wait until your blood sugar is elevated, and then give you a drug for life. Tragically, they don't treat the cause, and the drugs add additional toxic burdens to an already overburdened system. One such recent drug is responsible for more than 100,000 heart attacks, strokes, heart failures and deaths (see sidebar).

I've been banned from saying this in my daily email broadcast, but it doesn't change the truth of this statement: **You don't have to rely on prescription drugs to treat, prevent, or even reverse diabetes. I've helped hundreds of my own patients completely reverse their diabetes naturally.**

I want to tell you about one of my favorites. It's a little-known, but very effective tree native to India. I had to travel to India to discover its use in diabetes only to find out that I had the same plant growing right in my back yard here in Florida.

I have to admit that the reason I like having the tree in my yard is because the flowers on it are so huge and

gorgeous when they bloom that you almost can't believe your eyes.

But it's the leaves of this beautiful tree that is also called the Pride of India<sup>1</sup> that have the real medicinal value. They have traditionally been used to brew a tea to help regulate blood sugar.

I trekked 8,000 miles to search out the roots of Ayurveda, their ancient system of healing.

My travels took me to Ayurvedic universities, hospitals, clinics, pharmacies and ancient "healing houses." Eventually, I arrived at Ayurveda's birthplace in the isolated country backwaters of the south Indian state of Kerala.

I visited the original Ayurmana or "ancient healing house" and watched the Ayurvedic masters use tea brewed from the leaves of this tree they call the Queen's crape to treat people with diabetes.

**The reason it works is that an extract from its broad leaves acts like insulin in your body.**

It works well for people with both type-1 and type-2 diabetes because it helps you use insulin more efficiently. It also works much like insulin does, transporting glucose from the blood into your cells.

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## 100,000 Heart Attacks Not Enough?

A huge review of Medicare records showed that the diabetes drug Avandia may have been responsible for as many as 100,000 heart attacks, strokes, causes of heart failure and death.<sup>1</sup>

The lead author, Dr. David Graham, an FDA scientist who wants the pill banned, said the risks from Avandia are enough to "put you in a hospital or in a cemetery."

The study prompted the journal Archives of Internal Medicine to release an expanded analysis by the same authors who did the original Avandia study. It showed higher heart risks.

The drug is still available in the United States.

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Medical scientists now know that one of the tree's beneficial effects on blood sugar comes from a high concentration of corosolic acid, a natural compound extracted from its leaves.

Corosolic acid mimics insulin by moving sugar out of your bloodstream and into your cells.

And numerous scientific studies have proven its effectiveness.

Whether they test it in animals, in a cell culture, or in people, the extract acts as an antihyperglycemic without affecting other systems in your body. In other words, it lowers blood sugar and there are no side effects, like there are with pharmaceutical drugs.

In one incredible animal study, researchers showed that a single dose of only 2 mg/kg of corosolic acid (around 170 mg to a 180 pound person) reduced blood sugar levels for up to 2 weeks.

This was one of the first studies that convinced the scientific community that corosolic acid from the leaf improves glucose metabolism by reducing insulin resistance.<sup>2</sup>

In another study, people with blood-sugar concerns took a supplement containing Queen's crape leaf extract or a placebo three times a day for four weeks. The placebo group had no change, but the extract group got very good results for blood-sugar balancing.<sup>3</sup>

In a study from Japan, researchers looked at supplement containing a Queen's crape extract and tested it with 24 people who had mild type-2 diabetes. The people took three tablets three times daily, and their blood sugar dropped an average of 13.5%.<sup>4</sup> They had no side effects.

## **Surprise to Scientists: Queen's Crape Helps Your Diabetes in More Ways Than One**

Even though corosolic acid is one of the components of giant crape-myrtle leaves that lowers blood sugar, it's not the only beneficial compound.

As often happens with very effective herbs, science often thinks they have the answer when they finally get around to looking at it... and then find out later that nature has some surprises in store for them.

It turns out that Queen's crape has two other components that help lessen the symptoms of diabetes and help with glucose transport.

They are ellagitannins and a special compound called valoneic acid dilactone. This inhibits the enzyme alpha-amylase that breaks down starch into sugar, preventing you from creating excess blood sugar in the first place.

One study that illustrates this effect was reported in the Feb. 2002 volume of *Planta Med.* The study authors stated that corosolic acid alone could not account for the glucose transport effect of Queen's crape extracts, and identified at least three active ellagitannins alone.<sup>5</sup>

Another study proving this was a year-long comprehensive trial that gave 100 mg tablets daily of a water soluble Queen's crape extract to 15 diabetics. The extract wasn't even standardized, and so the corosolic acid wasn't very bioavailable ... and the supplement wasn't expected to do much for the people's blood sugar...

Except that when they took it, *those with the highest blood sugar had the biggest blood sugar decrease!*

And as the scientists followed the people, after both 6 months and 1 year, they saw significant improvements in glucose tolerance.<sup>6</sup>

Another study that shows the overall effect the Queen's crape has on diabetes has never been published. It comes out of China, where they gave a Queen's crape extract to 100 people with prediabetes or type-2 diabetes. Half the subjects were given one soft gel containing a standardized extract, and the other half received a placebo for 30 days.

Both fasting and 2-hour blood glucose levels in the treated group dropped by 10% compared to the control (placebo) group.

And again, it wasn't just the corosolic acid lowering blood sugar. The people reported an improvement in their overall diabetic symptoms including a decrease in thirst, drowsiness, and hunger. There were no adverse effects.<sup>7</sup>

I could go on... study after study shows that the leathery leaves of the Queen's crape and their three components – corosolic acid, ellagitannins and valoneic acid dilactone – can help you:

*Continued on the next page...*

- reduce your blood sugar from between 15% and 30%,
- give your insulin an effective boost,
- help your body choose to create energy from blood sugar instead of making fat,
- and block your body from creating blood sugar out of starches.

If the Queen's crape were a drug, they would give *it* the Nobel Prize. But drug companies can't make a buck off this potent extract, so they completely ignore it.

But natural medicine hasn't ignored this powerful blood sugar-buster, and you can get the extract of the Queen's crape leaves as a supplement. The latin name is *Lagerstroemia speciosa* (L.) Pers. and people in the Philippines call it the banabá plant, which is usually what you'll see on the label for extracts of the Queen's crape-myrtle.

A dose of no more than 50 mg of banaba leaf extract with 1-2 percent corosolic acid will help your insulin become more efficient and will help lower your blood sugar.

To help you even more, there's also another insulin aid that is unknown to most people in the West. It's called **bitter melon** (*Momordica charantia* Linn.). South Americans, Caribbean Islanders and herbal healers in East Africa and China use it both as a food and a natural medicine.

And scientific studies prove its value for treating blood sugar problems. For example, two studies show bitter melon could play a key role in helping to balance insulin in your body.<sup>8,9</sup> And another study showed bitter melon had positive effects on the serum glucose levels of those taking it, following both fasting and eating.<sup>10</sup>

**Compounds in bitter melon activate the enzyme AMPK, a protein that regulates your metabolism and helps your body choose to use glucose as energy and not store it as fat.**

You can take an extract of the melon as a supplement. Most are around 500 mg per capsule, and make sure that what you get is either standardized to 6% synephrine, or 5% bitters.

But I prefer to use food over supplements whenever I can, and bitter melon is a great addition to one of my favorite dishes: stir-fry. What I do is cut the melon open lengthwise



**Queen's Crape helps lower blood sugar, give insulin an effective boost, block your body from creating blood sugar out of starches and helps reduce your blood sugar from between 15% and 30%.**

without peeling it. Then I remove the seeds and the white "pith" inside, and chop it like a green pepper. Then I boil the melon until the pieces are tender, and add them to my favorite stir-fry recipe.

One thing to remember is that you can reduce your blood sugar dramatically by following a low-glycemic diet. For a list of foods and how they affect you blood sugar, [check out my glycemic index chart here](#).

#### Endnotes

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