The American Heart Association claims sodium in salt raises blood pressure. They insist it increases the risk for heart disease and stroke. And they claim that one out of every 10 Americans dies from eating too much salt.

They recommend you consume no more than 2,300 mg a day and an ideal limit of no more than 1,500 mg per day for most adults.

Don't listen to them.

Just like when they told you to cut out red meat... avoid eggs... eat a low-fat diet...

Their advice on salt is just another example of how they get it all wrong when it comes to nutrition.

Following misguided nutrition guidelines in the past caused the obesity rates to skyrocket in the U.S. It led to the chronic disease epidemic we see today.

And their salt recommendations are just as bad for your health. Maybe even worse.

Let me explain...

THE DANGERS OF LOW-SALT DIETS

Despite what they tell you, the science isn’t on their side.

A review of 34 clinical trials showed that cutting down on salt reduced blood pressure only slightly for people with hypertension.

Other research proves lowering salt for most people does NOT improve heart health. In fact, it leads to some pretty dangerous outcomes.

A new study in The Lancet found that some low-salt diets could put you at GREATER risk of heart disease and death.

Researchers analyzed data from 133,118 people. They wanted to see if there was a link between high sodium and heart attack, stroke and death.

The results were startling. People on “healthy” low-salt diets were MORE likely to experience
heart attacks, strokes and death than those who had moderate amounts of sodium in their diets.

Here’s why...

When your body doesn’t have enough sodium, it struggles to regulate water in its cells. The cells swell up. Soon fatigue sets in, followed by nausea, confusion, muscle weakness, and cramps.

But it gets worse...

Studies show restricting salt has other serious impacts:

- **Triglycerides:** In a massive review by Copenhagen University Hospital, low-sodium diets increased triglycerides by 5.9%.³

- **Insulin Resistance:** In a study from Harvard, researchers put healthy people on a low-salt diet. *Within just 7 days,* they developed insulin resistance, a leading cause of obesity, diabetes and metabolic syndrome.⁴

- **Type II Diabetes:** A study found that in patients with type II diabetes, less sodium was associated with an increased risk of death.⁵

- **Falls and Fractures:** Mild sodium deficiency in older people has been linked with walking problems, attention deficits, and a much higher rate of falls.⁶ Low salt levels can also lead to increased fractures among elderly patients in hospitals.⁷

It makes sense. You see, salt contains vital minerals your body needs. That’s why it’s in all your body fluids from blood to lymph to sweat and tears. It’s so vital that one area of your tongue is designed just to taste it.

Simply put, you need salt to live. Here are just a few of the essential roles salt plays in your life:

- keeps calcium and other minerals soluble in your blood
- aids digestion
- helps regulate muscle contractions and prevent cramps
- supports the immune system
- helps regulate blood pressure and fluid volume
- stimulates your nerves by increasing conductivity in nerve cells
- helps your body absorb glucose, amino acids, and water

Salt is full of electrolytes that help maintain fluid balance and nerve impulses. They help your system send messages to and from the brain.

And your heart, adrenal glands, liver and kidneys can’t function without salt.

**But as a woman, there are special reasons to make sure you’re getting enough healthy salt...**

**WHY WOMEN NEED SALT**

High-quality salt contains over 80 trace minerals. These are micronutrients your body can’t make on its own. You have to get them from your diet.

And they are very important for women because they help the body produce hormones.

When you don’t get enough of these hormone-supporting minerals it can affect your whole endocrine system. Your thyroid, adrenals, ovaries, pituitary, hypothalamus, uterus, and pancreas can all be affected because they are all hormonal organs.

With hormones in balance women have regular menstrual cycles and optimal energy. But when the body lacks the minerals needed to make hormones you can have symptoms like weight gain, low sex drive, fibroids, headaches, fatigue, anxiety, mood swings, hot flashes and depression.
That’s why I find in my practice that menopausal symptoms and salt cravings often go hand in hand. The cravings are a sign your body needs minerals to help regulate hormone production.

The trace minerals in salt help with:

- **Reproductive Health**: By supporting natural hormone production, the minerals in salt also support natural fertility and reproductive health.

- **Strong Bones**: Salt is absolutely vital to making strong bones. *Salt contains calcium, magnesium, potassium, and strontium, all critical minerals for bone health.*

- **Hot Flashes**: *One of the important trace minerals in salt is copper. Too much copper is toxic to the body but small amounts are needed to maintain a balance of estrogen and progesterone.* An imbalance in these hormones can result in hot flashes and other menopausal symptoms.

- **Thyroid Function**: Iodine, selenium and zinc are three more trace elements in salt. They are all important for thyroid function. Your thyroid gland absorbs iodine from your bloodstream and then stores it to help produce thyroid hormones. A deficiency of iodine leads to hypothyroidism or low thyroid function. Selenium and zinc also help make thyroid hormones. And selenium is part of the enzymes that help turn thyroid hormones on and off.

- **Lower Stress**: Salt helps reduce the amount of the stress hormone cortisol circulating in the body.

**WHAT’S THE RIGHT AMOUNT OF SALT?**

According to the most recent Dietary Guidelines for Americans, you should get less than 2,300 milligrams of sodium a day. That’s about one teaspoon of table salt per day.

---

**SALT INTAKE AND RISK OF MAJOR CARDIOVASCULAR EVENT**

<table>
<thead>
<tr>
<th>Grams of salt per day</th>
<th>Increased risk of cardiovascular event</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;3g</td>
<td>2.6%</td>
</tr>
<tr>
<td>3-4g</td>
<td>1.8%</td>
</tr>
<tr>
<td>4-6g</td>
<td>1.9%</td>
</tr>
<tr>
<td>6-7g</td>
<td>2.0%</td>
</tr>
<tr>
<td>&gt;7g</td>
<td>2.0%</td>
</tr>
</tbody>
</table>

Your chances of having a major cardiovascular event — like a heart attack or stroke — are much higher on a low-salt diet.

For most people that’s not enough...

The safe limits of sodium form a distinct J-curve. (You can see the J-curve in the chart above.) That means high sodium levels (more than 6,000 mg per day) were linked to more cardiovascular events. But so are levels below 3,000 mg. And multiple studies show that there’s an even greater at levels below 2,500 mg per day.8

I tell my patients that the safest range for most people is from 2,500 to 5,000 mg of sodium per day. But I also tell them they don’t have to obsessively count milligrams.

The easiest way to make sure you don’t go over safe limits is to stop eating processed foods. The foods with the highest sodium levels are breads, cereals, frozen meals, cured meats, pizza and canned soups.

And instead of worrying so much about cutting out salt...
I advise all my patients to switch to a good quality unrefined sea salt. Sadly, the salt you find in most foods today isn’t even close to what nature created. I call it “frankensalt.” It’s bleached and refined. It also contains residual chemicals from the processing. By law, processed salt can also contain up to 18 ingredients including MSG, sugar and aluminum compounds.

Instead, look for sea salt. Unprocessed whole sea salt has 40 to 57% less sodium than processed table salt. In addition, it contains up to 80 trace minerals including calcium, magnesium, potassium, phosphorus, selenium, copper, iron and zinc. Your body uses those minerals to form vitamins, enzymes and proteins.

I like Celtic sea salt, Himalayan pink sea salt, or Redmond Real Salt. You can find them at good quality supermarkets or on the Internet.

If you are concerned about your iodine intake, be sure to include iodine-rich foods in your diet, like seaweed.

START EACH DAY WITH SALT WATER

Minerals are the foundation to health. Without them, no system in the body works the way it was designed. Amino acids and enzymes don’t work without minerals. Vitamins and other nutrients do not get broken down or absorbed.

Our primal ancestors got plenty of minerals from their food. But today because of modern farming practices and the highly refined American junk diet, mineral deficiencies are becoming more and more common.

To make sure you’re getting all the trace minerals you need in the right proportions, I recommend a daily dose of salt water. It’s called sole (so-LAY).

Sole is water saturated with sea salt. It’s like a natural electrolyte drink.

My patients tell me when they drink sole every morning they notice these benefits:

• Improved energy
• Reduced blood sugar
• Healthy veins
• Weight loss
• Reduced muscle cramps
• Reduced blood pressure

HOW TO PREPARE SOLE

1. Fill a quart-size glass jar or pitcher one-third full with Himalayan sea salt.
2. Fill the jar with filtered water, leaving two inches at the top.
3. Shake or stir well. Cover with a plastic (not metal) cap.

4. Let the water sit for 24 hours at room temperature.

5. After 24 hours check to see if all the salt has dissolved. If so, add a little more salt.

6. When the salt no longer dissolves and falls to the bottom, the water is saturated.

7. Store the sole covered on a counter or in a cupboard. It will not spoil or go bad.

Each morning place a teaspoon of the sole mixture in a glass and fill with eight ounces of filtered or spring water. Drink it before breakfast.

References


No one likes to get wrinkles. They’re a sign that we’re getting older. But they may be a sign of something else...

Something you’d never suspect...

Something even your doctor would never suspect...

They may be a warning sign of bone disease in menopausal women, according to a recent study. In fact, researchers found that the deeper your wrinkles during the first years of menopause, the lower your bone density will be — and the greater your risk of osteoporosis.¹

So what’s the connection between deep wrinkles and low bone density?

It's oxygen.

Think about it...

You’ve probably noticed that after a bout of physical exercise, your complexion is positively glowing — and your cheeks are flushed pink.

This is a very healthy sign. It means red blood cells are flooding life-giving oxygen into the outermost regions of your body — your skin. And, at the same time, all that oxygen is also strengthening your bones.

Most doctors aren’t aware of the special oxygen connection between your bones and skin. But it’s one of the main reasons oxygen therapy is such a powerful anti-aging tool.

Mainstream medicine is still playing catch-up on the healing power of oxygen — despite mountains of scientific evidence that document its rejuvenating affect on your organs, tissues, blood vessels and nerves. It also refreshes your mind, repairs your aging brain, purifies your blood, powers up your heart and replenishes old, dying cells.

Here at the Sears Institute for Anti-Aging Medicine, I’ve used oxygen as a weapon against cancer, diabetes, migraines, lung and heart disease, anxiety and depression — and these are just a few of the conditions oxygen has been used to treat.

I also use it to fight osteoporosis, as well as damaged skin cells, age spots, wrinkles and sagging skin.

Today, I’m going to tell you about the amazing power of oxygen therapy on your skin and bones, and some of the easiest ways to boost your oxygen supply and revive your youthful skin. At the same time, you’ll power up your bones so you’ll never have to worry about osteoporosis again.

A SPECIAL CONNECTION BETWEEN HEALTHY SKIN AND STRONG BONES

The same protein family that’s essential for keeping your skin supple and young also makes up the building blocks of your bone structure.

I’m talking about collagen, the tough, fibrous protein found in the bones, muscles, skin and tendons. You might recognize it as an ingredient in your favorite skincare cream.

Skin and bone both use collagen as building blocks.

Collagen molecules pack together to form matrix-like scaffolding that provides your skin and bones with strength and structure. Most of my patients are surprised to learn that collagen makes up most of the structure of your bones.²

Studies show that the spongy mesh made by collagen fibers allows your bones to absorb a greater compression force than reinforced concrete, allowing it to resist fractures.³
And it’s the same molecule that keeps your skin young, plump and wrinkle-free.

But a reduction in your body’s collagen production deepens skin wrinkles, and also contributes to a deterioration of your bones.

In a recent animal study, researchers at Duke University Medical Center directly linked collagen deficiency to osteoporosis and osteoarthritis. Each collagen protein chain contains around 1,000 amino acids. But for collagen to be synthesized, it needs one other essential ingredient: oxygen.

Researchers at the University of Bristol, in England, proved that collagen synthesis is dependent on healthy levels of oxygen. And they revealed that when oxygen levels are low, not only is less collagen produced, but it’s an inferior type of collagen.

The problem is that as you age you produce less collagen — and absorb less oxygen. This leads to a downward spiral of wrinkled, sagging skin and weakening bones.

The good news is that you can stop this vicious cycle in its tracks...

**THE GREAT SKIN REJUVENATOR**

Studies show that the older your skin gets, the less oxygen it receives. But if you boost your body’s oxygen supply, it can have astonishing affects.

Oxygen feeds the cells in your skin, allowing them to produce the energy it needs to stay vibrant and healthy.

It helps remove toxic substances and supports the immune system cells in your skin, allowing your body to fight off infections, irritations and blemishes.

And, most importantly, oxygen promotes new cell growth.

With increased oxygen, you’re not only boosting the production of collagen, you’re also improving blood flow and speeding up cell activity. This boosts skin cell metabolism.

When cells are deprived of oxygen, they malfunction and die.

Oxygen also combats the damage of everyday UV radiation from the sun’s rays — the most common cause of prematurely aging skin, wrinkles, fine lines, age spots and leathery skin.

In a 2010 Japanese study, mice that were placed in an oxygen chamber after being exposed to UVB rays developed fewer wrinkles and showed less tissue damage.

Even fungal skin infections and dandruff, also called scalp dermatitis, benefit from increased circulation and healthy blood flow.
OXYGEN THERAPY I RECOMMEND TO ALL MY PATIENTS

For strong bones and vibrant skin, Hyperbaric Oxygen Therapy, or HBOT, is hands down the fastest and most effective way to boost your body’s oxygen supply.

As usual, mainstream medicine has been slow on the uptake. But hyperbaric chambers are now used in an increasing number of hospitals and healing centers. I have my own chamber here at the Sears Institute for Anti-Aging Medicine.

HBOT works because it allows you to breathe pure oxygen at 1.5 times normal atmospheric pressure. Your lungs take in more oxygen than would be possible if you were breathing pure oxygen at normal air pressure.

The combination of pressure and oxygen physically dissolves more oxygen into your bloodstream, which carries it throughout your body. And the pressurized oxygen actually increases the amount of oxygen your red blood cells can carry, encouraging the healing and regeneration of tissues, blood vessels and nerves.

More than 30 years of clinical successes prove what a breakthrough treatment HBOT really is. And studies show how powerful it is as a skin-rejuvenation treatment.7

There are no known side effects, because you’re not putting anything unnatural in your body — just pure oxygen.

You simply climb onto a bed and relax for a couple of hours. A clear hood is closed over the bed. You can even watch TV or take a nap. Treatment can last between a single session and several weeks, depending on your condition.

If you’re in South Florida — or would like to make a trip — and you’re interested in HBOT therapy, please call my Sears Institute for Anti-Aging Medicine at 561-784-7852 for an appointment. Or you can visit www.searsinstitute.com. If that’s not an option for you, use the Internet to find a reputable healing center near you.

BOOST YOUR OXYGEN SUPPLY — AND COLLAGEN — AT HOME

Boosting oxygen is the most effective way I know to ramp up your body’s collagen production. And you get all the other benefits of extra oxygen at the same time.

You can take collagen directly, but topical creams almost never live up to their claims. Any effects you may be getting are most likely because the cream is acting as a moisturizer, hydrating the epidermis of your skin.

For collagen to be effective, it needs to circulate in your bloodstream. Some liquid collagen supplements have shown promise in clinical trials, but researchers remain undecided on whether the collagen gets properly absorbed so it can be transported to your skin and bones.
Increasing oxygen levels is the only sure way to boost collagen production in your body. But if you’re not ready for HBOT, there are some easy ways to supercharge your oxygen supply at home.

Here are two methods I recommend to my patients:

1. **Progressively Accelerating Cardiopulmonary Exertion (PACE)**

   Doing the short bursts of vigorous exercise found in my PACE program is a highly effective way to ramp up your body’s oxygen levels.

   PACE floods your cells with oxygen. It pumps oxygen-rich blood to your bones and vital organs — including your skin, the largest organ of the human body — by up to 18 times more than light exercise, such as walking.8

   In both animal and human studies, researchers at McMaster University in Ontario found that vigorous exercise not only helps to keep your skin looking younger, it can also reverse skin aging in people who start exercising late in life.9

   PACE is extremely simple. You can start out with an easy exercise like running or jumping jacks. Do a set until you are winded. Then take a break and recover. Do this for a total of three sets.

   Then gradually increase the intensity of each set. Over the long run, you’ll notice it gets easier to do your exercises at a slightly higher intensity as you progress.

   You’ll also notice that the time it takes for you to recover will decrease. This means you’re boosting the level of oxygen intake and utilization in your body.

   The more you challenge your lungs, the bigger they’ll get, which means you’re getting more oxygen to your cells.

   PACE is completely customizable to your physical condition right now. If you want to learn some other good PACE exercises, go to my YouTube channel. I have more than 30 different exercises and a complete workout to help you get started.

2. **Two Powerful Oxygen Supplements**

   Most doctors have no idea that you can boost your body’s oxygen supply by taking nutrients. I always recommend two nutrients as a starting point for treating any oxygen-related issues.

   - **L-Arginine:** The first step to more oxygen is to boost your body’s nitric oxide levels — and that means getting more of a simple amino acid called l-arginine. Your body uses it to create nitric oxide, a key “signaling” chemical.

     Nitric oxide sends blood flow signals that tell your blood vessels to relax and expand. When your blood vessels are relaxed and flexible, more oxygen-rich red blood cells flow into your brain, heart, lungs, muscles, bones and skin.

     To maintain healthy bones and skin, I recommend taking a 500 mg capsule each day for prevention.

     For specific problems you have already, you’ll get the most from l-arginine if you take it in powder form. Start with a loading dose of 5 grams daily for two weeks. Then take 2.5 grams daily for maintenance.

     L-arginine on its own produces a nitric oxide boost for about an hour after you take it. But you can add something 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 will give you a time-release effect.

     Instead of getting a quick boost, you’ll get a sustained nitric oxide release that lasts much longer.

   - **Omega-3 fatty acids:** You may already know that omega-3s are good for your
heart and brain. But they also make red blood cells more flexible. That means they move more easily through the smallest of capillaries and blood vessels, delivering oxygen and removing poisonous carbon dioxide.

Studies also show that omega-3s work to boost nitric oxide release in your body. And they also improve oxygen intake in your lungs and promote angiogenesis, the creation of new blood vessels.

Other studies reveal how omega-3s relax arteries in the lungs, which leads to an overall increased oxygen intake into the lungs, which is then pumped throughout your body by your heart.

The two most potent omega-3 fatty acids are eicosapentaenoic acid and docosahexaenoic acid, better known as EPA and DHA.

Supplements are the best way to boost EPA-DHA levels — although not just any supplement.

If you use fish oil, you're likely to run into the toxicity problems you face if you were to eat fish every day. Fortunately, there are better alternatives. I recommend krill oil and squid oil, which don't live long enough to absorb large amounts of toxins, or live miles below the ocean, far from the pollution on the surface.

I recommend you take supplements containing at least 500 mg of DHA and 60 mg of EPA.

Your supplement should also contain astaxanthin, a powerful antioxidant. And you should take the capsules with meals, so you can properly digest the EPA and DHA.

References
1 “Severity of facial wrinkles may predict bone density in early menopause, study suggests.” The Endocrine Society. June 6, 2011
2 Buehler MJ. “Molecular nanomechanics of nascent bone: fibrillar toughening by mineralization.” Nanotechnology, Volume 18, Number 29. 20 June 2007
Imagine this scenario...

You have an annoying case of the hiccups and a little bit of pain in your chest...

You write it off as indigestion, but it doesn’t go away...

So you call your doctor, who will likely call in a prescription for an antacid. Probably a proton-pump inhibitor like Prevacid or Prilosec...

They’re some of the most commonly prescribed drugs in America, but they’re bad news. A recent study found they can increase your risk of stroke by more than 20%.

And here’s the tragic irony...

Having the hiccups and a bit of nagging chest pain is an early stroke sign.

If you didn’t know that, you’re not alone. A recent survey of 1,000 women revealed that only one in 10 knew that this combination of symptoms were stroke signs.

But only if you’re a woman.

It’s unique to women. And it’s rarely — if ever — included in the typical list of stroke symptoms. Those lists generally include warning signs that apply to both genders, like:

• Numbness or weakness of the face, arm or leg, especially on one side of the body
• Confusion, trouble speaking or understanding
• Trouble seeing or blurred vision in one or both eyes
• Trouble walking, dizziness, loss of balance or coordination
• Severe headache with no known cause

There are other stroke symptoms that only occur in women that you need to know. I’ll tell you more about them in just a minute. But first I need you to understand why it’s so critical that you know your risk.

In 2011, nearly 77,000 women in the U.S. died from stroke. By comparison, breast cancer claimed the lives of approximately 39,000 women.
you partially blind or paralyzed for life. It can hit with no warning when you’re walking, driving, gardening, or just watching TV.

Today, I’m going to share with you the BEST way to measure your risk of suffering a stroke.

And I’ll also tell you about an exciting new therapy that can reduce the debilitating effects of a stroke — and even heal the damage it leaves behind.

STROKE IS A WOMAN’S DISEASE

I’ve found that among my patients, women don’t think much about strokes. They believe it’s something that’s more likely to happen to the men in their lives.

But sadly, one in five women in the U.S. will suffer a stroke in her lifetime.

Every year **55,000 more women than men have a stroke**. And of the 137,000 people who die from strokes annually, 60% are women.

Even if they survive, women fare worse than men in recovery. Nearly half still have deficits like weakness or brain dysfunction even six months after their stroke. And right now in this country, strokes have left 200,000 more disabled women than men.3

WHY DOES STROKE HIT WOMEN HARDER?

Mainstream medicine has been slow to recognize the difference between men and women when it comes to stroke. The American Heart Association only recently admitted that women have more risk factors for stroke than men do.4

You see, men and women share some risk factors — such as smoking, family history, diabetes, high blood pressure, being overweight and not exercising.

But women have additional factors that increase their risk of having a stroke. They include:

- Pregnancy
- Lupus
- Migraine headaches with aura
- Birth control pills
- Synthetic hormone replacement therapy

Women also have worse outcomes than men after a stroke. One of the biggest reasons for this is that many of them don’t get help fast enough. And that’s usually because they’re not aware of the warning signs.

**SIGNS AND SYMPTOMS OF STROKE IN WOMEN**

Women may show the same signs as men, but they may have many others. These symptoms also happen suddenly and unexpectedly:

- Pains in the face or legs
- Hiccups
- Nausea
- Feeling weak all over
- Chest pain
- Shortness of breath
- Rapid heartbeat
- Loss of consciousness or fainting
- Confusion, unresponsiveness or disorientation
- Sudden behavioral change
- Agitation
- Hallucination
- Seizures

Strokes are medical emergencies. You should never wait more than five minutes to dial 9-1-1 if you experience even one of the signs above. Remember, you could be having a stroke even if you’re not experiencing all of the symptoms.

After a stroke, women often face tougher hurdles. Many are left with nerve damage, trouble swallowing and depression. These conditions often keep them from getting critical rehab.

And mainstream medicine doesn’t make recovery any easier. It’s all too willing to give up on women after a stroke.
You see, most doctors won’t continue therapy beyond six months. They’ll tell you it’s pointless.

That’s because Big Pharma has no long-term cure. The only drug for stroke victims is a clot-busting drug, or *thrombolytic*. But it must be given within three hours of the first stroke symptom. If you miss that three-hour window, you are out of luck as far as most doctors are concerned.

But a new discovery is finally giving real hope to stroke victims.

**GIANT STRIDES IN CELLULAR THERAPIES**

I’m talking about cellular therapy treatments using stem cells.

In one study from Stanford University, a 71-year-old woman could only move her left thumb after suffering a devastating stroke. Today she is walking again after having a stem cell procedure.

The woman was part of a stem cell study on stroke victims. The Stanford researchers injected stem cells into damaged areas of the stroke victims’ skulls. The patients returned home the same day with only a slight headache.

Incredibly, most started to show improvement within the first 24 hours.

Two other patients also got up out of their wheelchairs and started walking again.

In total, 18 stroke survivors who thought they’d be paralyzed for the rest of their lives experienced remarkable recoveries. Most have regained almost FULL mobility.5

And here’s the thing...

All of the patients in the study had passed the six-month mark. Some had a stroke as many as three years before.

**WHAT IS STEM CELL THERAPY?**

You’re born with a reserve of “replacement cells” — or stem cells. They’re your body’s master cells. You can use them to replace any cell that’s damaged, old or dying.

But you lose stem cells as you age. That makes your body’s recovery process after a stroke longer and harder.

Stem cell therapy uses your body’s master cells to treat and prevent a disease or condition.

Through stem cell therapy, healthy stem cells can be harvested from your own body. Then they are used to repair and regenerate diseased or dying cells and tissues. And one of the most amazing things about them is that they can develop into a variety of other kinds of cells — including blood, heart, brain, skin and bones.

Exciting new cellular therapy breakthroughs are happening all the time. Just in the last year or so, researchers:

- grew full-sized, beating hearts from adult skin stem cells;6
- found a way to regrow craniofacial bones from stem cells to help people with facial and skull deformities;7
- slowed the progression of ALS (Lou Gehrig’s disease) in patients by injecting stem cells from their bone marrow into their spinal fluid or muscles.8

I’ve also had tremendous success at the Sears Institute for Anti-Aging Medicine using cellular therapy as part of a treatment plan for a patient with diabetes. That patient no longer has diabetes.

Stem cell treatments are also an effective way to treat arthritis and joint pain. And the list goes on...

Unfortunately, it could be a long time before most people get access to the healing power of stem cells.

You see, last year Congress was on the verge of approving a bill that would have allowed the FDA to fast-track approval of certain stem cell treatments. But Congress backed off after they
were pressured by academics and Big Pharma. Both want tight controls on stem cell therapies.

Big Pharma doesn’t want stem cell treatments available until they can come up with “stem cell drugs” they can patent.

And the academics don’t want these treatments approved until more results from rigidly controlled studies come in. That would take YEARS.

They can’t accept that the stem cell therapies that are going on around the world are changing lives and have proven to be safe.

And here’s the irony... Stem cells come from your own body. They're far safer than the “space-age molecules” Big Pharma peddles!

While Congress and the FDA debate, delay, and dawdle, I'm already providing my patients with stem cell treatments at the Sears Institute for Anti-Aging Medicine.

If you are interested in learning more, please call my staff at 561-784-7852.

**THE BEST WAY TO LOWER STROKE RISK**

I’m so excited about the possibilities that stem cell therapy will offer stroke patients in the future. It will give them a fighting chance to return to a normal life.

But ideally, I’d prefer it if nobody had a stroke in the first place! And there’s one extremely effective way to lower your risk...

If you ask your doctor what it is, they’ll likely tell you to “lower your cholesterol.”

I really wish they'd stop giving that terrible advice.

Cholesterol does NOT cause strokes. And recent research proves it...

In the Northern Manhattan Study, researchers collected blood samples from 2,940 people. Then they followed them for over seven years looking for ischemic strokes.

The study found that high cholesterol did not predict ischemic stroke at all. In fact, higher LDL cholesterol was actually linked to LOWER stroke risk.⁹

That’s why instead of measuring my patients’ cholesterol levels, I measure their **homocysteine levels**.

Homocysteine is an amino acid. Your body produces it naturally during normal metabolism. It’s formed from the amino acid **methionine**.

Under normal conditions, homocysteine is harmless. It’s removed from the circulatory system by recycling it back to methionine. Or it’s converted to the amino acid **cysteine**.

But when it’s not recycled or converted, it builds up. As levels rise, it irritates the lining of your blood vessels. It prevents them from opening up or dilating properly. This can decrease blood flow to your brain at critical times and cause a stroke.

Homocysteine also makes the platelets in your blood stickier. It can increase the plaque in your arteries. This raises the risk of blood clots, which can also cause a stroke.

In a recent study from Boston University School of Medicine, doctors followed 3,224 people for about nine years. They found that people who had high levels of homocysteine were 32% more likely to have a stroke.¹⁰

You won’t hear much about homocysteine from most doctors. They don’t test for it because there’s no Big Pharma pill to lower it.

But the simple truth is you don’t need a drug. In a minute, I’ll show you how to lower your levels safely and effectively with food and supplements.

But first, you need to get tested. Don’t be shy about asking your doctor to check your homocysteine levels. It’s a simple blood test that may just save your life.

Anything above 10.4 mmol/l is abnormally high. I try to keep my patients under 7.

Here’s how I do it...
LOWER HOMOCYSTEINE — AND STROKE RISK — WITH THESE NUTRIENTS

1. B Vitamins

One of the major causes of elevated homocysteine levels is a deficiency of B vitamins. You see, vitamins B6, B9 (also known as folic acid or folate) and B12 all help to recycle homocysteine back into methionine.

The famous HOPE-2 study of 5,522 adults with heart disease risk factors found that taking just these three B vitamins reduced the risk of stroke by 25% compared to a placebo.11 I also recommend vitamin B2 (riboflavin).

Here’s how to boost these four B vitamins with food and supplements:

<table>
<thead>
<tr>
<th>Vitamin</th>
<th>Food Sources</th>
<th>Supplement</th>
</tr>
</thead>
<tbody>
<tr>
<td>B6</td>
<td>Chicken, fish, kidney, liver, eggs, bananas, lima beans, walnuts</td>
<td>25 mg</td>
</tr>
<tr>
<td>B9</td>
<td>Beef, lamb, pork, chicken liver, eggs, leafy greens, salmon</td>
<td>800 mcg</td>
</tr>
<tr>
<td>B12</td>
<td>Lamb, beef, herring, mackerel, liver, oysters, poultry, clams, eggs</td>
<td>500 mcg</td>
</tr>
<tr>
<td>B2</td>
<td>liver, nuts, dairy, eggs, seafood and dark leafy greens</td>
<td>25 mg</td>
</tr>
</tbody>
</table>

2. Choline

Studies show the more choline you have, the lower your homocysteine will be. In one study, people who took in the most choline had almost 10% lower homocysteine.12 The best way to get more choline is to eat a primal diet with plenty of animal meat and eggs. You can also find smaller amounts of choline in cod, cauliflower, avocados and bananas.

To supplement, look for choline citrate. Women need at least 425 mg a day; men need 550 mg.

3. Betaine

I also recommend trimethylglycine (TMG). It’s known as betaine.

Studies on TMG show it can reduce homocysteine by 10% in people with normal levels. People with high levels saw a reduction of 20-40%.13 Good sources of betaine are beets and spinach. Or look for a “TMG” supplement. Take 1,000 mg a day.

References

4 Ibid.
8 Panayiota Petrou, MD1; Yael Gothelf, PhD2; Zohar Argov, MD1; et al. Safety and Clinical Effects of Mesenchymal Stem Cells Secreting Neurotrophic Factor Transplantation in Patients With Amyotrophic Lateral Sclerosis Results of Phase 1/2 and 2a Clinical Trials. JAMA Neurol. 2016;73(3):337-344. doi:10.1001/jamaneurol.2015.4321.

‘Harmless’ Symptoms May Signal Big Trouble: What Every Woman Needs To Know About Stroke

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, MD is America’s #1 anti-aging doctor. He’s made it his life’s work to challenge conventional medical beliefs and bring his patients the latest breakthroughs in natural cures and remedies to diseases once thought to be “incurable.”

Dr. Sears takes a fresh, novel approach to patient health and wellness. Our environment has changed for the worse — and it’s affecting your health. He helps patients escape accelerated aging caused by modern toxins, chemicals and other hormonal threats you unknowingly face every day.

Every year, he travels over 20,000 miles to the most remote regions of the world searching for natural healing secrets unknown or ignored by mainstream medicine.

Since 1999, Dr. Sears has published 35 books and reports on health and wellness. He has millions of loyal readers spread over 163 countries.

Today he writes and publishes two monthly e-Newsletters, Confidential Cures and Anti-Aging Confidential for Women, and a daily email broadcast, Doctor’s House Call, with more than 500,000 subscribers. He has also appeared on more than 50 national radio programs, ABC News, CNN and ESPN.

Dr. Sears was one of the first to be board-certified by the American Academy of Anti-Aging Medicine (A4M). More than 25,000 patients travel from all around the world to visit him at the Sears Institute for Anti-Aging Medicine in beautiful Royal Palm Beach, Florida.

Recently, Dr. Sears proved you can affect the way you age by controlling the length of your telomeres. He made history as the first MD to introduce the Nobel prize-winning, anti-aging breakthrough of our time, telomere DNA therapy, to the general public. And now he’s working with the leading scientists in the field of telomere biology to further define how this incredible technology will shape the future of anti-aging medicine.