

Use This 105-Year-Old's Secret Weapon To Prove Fitness 'Experts' Wrong

Earlier this year, Robert Marchand set a new world record when he cycled 14 miles in 60 minutes...

It's an amazing achievement.

But what makes it even more remarkable is that Robert is 105 years old.

The centenarian is more physically fit than most 50-year-olds.

It's impressive. But what really shocks a lot of researchers is that his fitness level is actually *increasing* as he ages.

I'm not talking about his muscle tone or body fat or weight.

I'm talking about something even more important — his VO2 max level. That's a measurement of the amount of oxygen your lungs can use while you're exercising at your maximum capacity.

Conventional "wisdom" says it's impossible to increase VO2 max after the age of 50.

So how did Robert do it?

He changed the way he exercised. He went from traditional aerobic activities to the kind of exercise our bodies were designed to do.



At 105, French cyclist Robert Marchand is living proof that you can boost your lungpower at any age.

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I'll tell you more about that in just a minute, but first I want to tell you a bit more about Robert's story.

A few years ago, Robert caught the attention of a French university professor of exercise science, Veronique Billat.

In working with athletes, Billat had seen the very same thing I see on a regular basis at the **Sears Institute for Anti-Aging Medicine**: Lungpower increases as you increase the intensity of your workout — even in older adults.

But Billat had never studied someone over the age of 100. Robert was 101 at the time. He had been cycling for more than 30 years, but usually pedaled at a leisurely pace.

Billat wanted to see if increasing and varying the intensity and acceleration rate of his workouts improved his lungpower.

Why does that matter so much? Lungpower is the number one predictor of how long you'll live. How well you breathe determines how long you'll stay active and healthy.

So Robert started to include high-intensity workouts into his training. After two years, Billat measured his progress.

The results?

Robert's VO2 max had *increased 13%*.

Increasing his intensity improved his lungpower. And it's further proof that most fitness "experts" are clueless about exercise.

They typically recommend cardio or endurance-type training — hours and hours of exerting yourself at a steady pace. The truth is that's one of the worst things you can do to your body, from heart health to bone strength to weight management.

The Harvard Health Professionals Study backs me up on this. Researchers followed more than 7,000 people. They found that the key to protecting your heart *isn't* endurance. It's intensity. In fact,

researchers proved that the more intense the exertion, the lower the risk of heart disease.¹

And that's not all. Another Harvard study compared vigorous and light exercise.² Those who exercised more intensely had a lower risk of death than those who performed at a lesser intensity.

Exercise Isn't Normal...

Despite Robert's love of cycling, the truth is that exercise is not natural for humans.

Yes, you read that right...

For most people, "exercise" means jogging... attending an aerobics class... or walking for miles.

The human body isn't designed for that.

Our primal ancestors had to be able to accelerate to 100% of their energy capacity to escape being someone else's dinner. They had to do the same thing to chase down their own food. It was a tough life. But we were built for those kinds of challenges.

Since then, though, we have created a world full of leisure. Staying active is no longer a requirement for staying alive.

And that adds up to some very serious consequences for the human body.

When I started working with athletes almost 30 years ago, I noticed their number one problem was lung capacity. I discovered that modern lungs are smaller than they were in hunter-gatherers. Our cardiopulmonary (heart-lung) systems have become seriously deconditioned because we don't use our bodies the way our ancestors had to.

And that's a big problem.

Lung capacity gives you access to life-giving oxygen. As I mentioned above, it's the number one predictor of how long you'll live.

The medical journal *Chest* did a 29-year follow-up to the Buffalo Health Study. They followed over 1,100 people up to age 89. They found that the better your lungs work, the less likely you are to die of *any*

cause. The correlation was even stronger for heart disease.³

When I learned that, it struck me that fitness training had been focusing on the wrong thing for years.

Stop Burning Calories and Start Building Lungpower

By the time you reach 30, your lungs start to decline. Slowly, most people unconsciously alter their activities so their lungs can keep up.

By 50, you've lost 40% of your breathing capacity. And the decline continues for life. If you get the flu at age 35 or 40, you can shrug it off. But if you're 65 or 70 and you get the flu or pneumonia, you won't have the reserve lung capacity to sustain you.

That's why the death rate is so much higher for seniors who get these respiratory diseases. They simply don't have the lung capacity to get them over the hump.

As your lungs shrink, you get tired more quickly. You become less vital. You get colds and the flu more often. It takes longer to recover from illness. And you're more likely to suffer a heart attack or stroke. In fact, lack of oxygen reserves causes 50% of all heart attacks.

But workout "gurus" know nothing about lung capacity. Or what builds up your heart. They still keep telling you to do "cardio" to burn calories. That only wears down your heart and lungs.

Most doctors aren't aware of this, either. They don't bother to measure your lungpower during a visit. Yet it's easy to do, and I measure it for my patients here at the **Sears Institute for Anti-Aging Medicine**.

The best way to tell how powerful your lungs are is by measuring your VO2 max.

VO2 max is usually written in milliliters of volume per kilograms of body weight (ml/kg) because oxygen and energy needs are different depending on how big you are.

VO2 Max ml/kg		
Age	Male	Female
10-19	47-56	38-46
20-29	43-52	33-42
30-39	39-48	30-38
40-49	36-44	26-35
50-59	34-41	24-33
60-69	31-38	22-30
70-79	28-35	20-27

The chart above shows typical VO2 max measurements for non-athletes. Notice that VO2 max generally declines with age. But you don't have to let it. In fact, increasing lungpower is one of the things that most excites me about working with my patients.

But you can't do it with cardio.

Building Lungpower Is About Working Harder, Not Longer

The *American Journal of Epidemiology* looked at respondents from the famous Harvard Health study. They followed over 13,000 people for 15 years. They found that people live longer if they do vigorous exercises, but not if they only do light or moderate workouts.⁴

And the risk of death kept getting lower and lower for those who expended the most energy. That wasn't true for those who expended energy for the longest time. In other words, intensity is the key to lowering the amount of risk of death.

In fact, too many long, drawn-out cardio sessions will make you lose even more lung capacity.

I proved this myself early on in my career. As far back as college I was working on the problem

of lost lung volume. I put patients with low lung volume into running programs. To my surprise, their lungs shrank.

The problem is that cardio and running were not how we evolved to move.

MoVE — Exerting Your Body the Primal Way

For millions of years we had a strong evolutionary drive to put out a lot of energy really fast. It was the difference between *getting* dinner and *being* dinner. But that's all changed.

We are still perfectly adapted for a life-and-death struggle between predator and prey. But most fitness experts have us doing long sessions of cardio. It's not natural to repeat the same movement continuously 10,000 times over.

That's why most exercise doesn't feel natural to us.

The motivation to do physical activity used to be dictated to us. That's lost now.

Somehow we've got to find the motivation to do this high level physical exertion on our own.

It's a fact... Exertion will help you live better, longer... You will have more power, a sharper mind, higher libido, better performance, and a lean, muscular body.

But it's up to YOU to find the motivation to start. You have to figure out what your own personal motivating triggers are...

Do you want to be able to chase around your grandkids?

Do you want to be able to play 18 holes of golf without feeling winded?

Do you want to lose weight?

Do you want to prevent a heart attack?

Figuring out what motivates you is key. It's what I call **MoVE** — Motivation for Voluntary Exertion. We **MUST** find a way to voluntarily do the same type of activity our ancestors did.



My patient Terri lost nearly 100 pounds — and changed her life — using my PACE program.

I promise you that once you get started, you will feel better, look better, and be a lot happier. Exertion even helps improve your mood.

Build Your Heart and Lung Capacity With PACE

My PACE program is specifically designed to build lung and heart capacity. PACE stands for *Progressively Accelerating Cardiopulmonary Exertion*. You progressively challenge your maximum cardiopulmonary output through exertion.

And it doesn't matter what your age or fitness level is when you start.

I had a female patient who weighed 250 pounds. Her starting point for becoming fit and lean was walking for 45 seconds. That's all she could do. That took her to her maximum cardiopulmonary exertion and she was out of breath and panting. So she would rest, and then do it again.

After two years, she was 98 pounds lighter and her heart and lungs were a lot stronger with plenty of reserve capacity.

My patients have been using PACE to build heart and lungpower for years. And it just takes 12 minutes a day.

The secret is short bursts of intensity. With PACE, your goal is to quickly hit a peak of intensity and

then rest. Gradually, you increase your intensity as each move becomes easier.

To get started with PACE, here is an example of your first workout. It's a single period of exertion followed by recovery.

1. Take your pulse and determine your heart rate at rest. The easiest way is to feel for your pulse right next to your windpipe. Count the number of beats for six seconds and multiply by 10. That is your resting heart rate per minute.
2. Now choose an activity. Walk, sprint, do jumping jacks, swim laps. Start at a speed and level of intensity that feels comfortable.
3. Rest and recover.
4. Do another set and increase your level of exertion until you are panting and breathing slightly. Note the time it takes you to get to this point.
5. When you reach this level of exertion, stop. Now check your pulse again and determine your heartrate.
6. Then recover.

7. Do a third set, but increase the intensity again until you are out of breath.
8. Recover again.

That's it for the first time.

Tomorrow, do this again, with a focus on slightly increasing the challenge each time. The trick is to start off slowly and work your way up. Give yourself a reasonable challenge, then stop and recover. That builds back your cardiopulmonary power because it forces your heart and lungs to get stronger so they can handle the next challenge.

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Don't Fall for This Hearing Aid Scam

(You Probably Don't Need One)

My patients have been talking a lot about a hearing-aid hustle that's been going on.

So-called "hearing specialists" are making the rounds of 55-plus senior communities in Florida and luring customers to their "practices" by promising them free gifts.

Next comes the offer of a free hearing test. Those tests almost always end with the recommendation to buy an expensive hearing aid — which the specialists' businesses just happened to sell.

One of these scam artists sold the devices at more than *five times* their regular retail prices — and often to people who didn't need them in the first place. This "specialist" didn't even have the legally required hearing aid specialist license.

His scam came to an abrupt end after he tried to work his hustle on an undercover investigator from the Department of Health's Unlicensed Activity Unit. He was promptly charged with selling the devices without a license, improper testing and fitting, as well as defrauding hundreds of seniors out of many thousands of dollars.

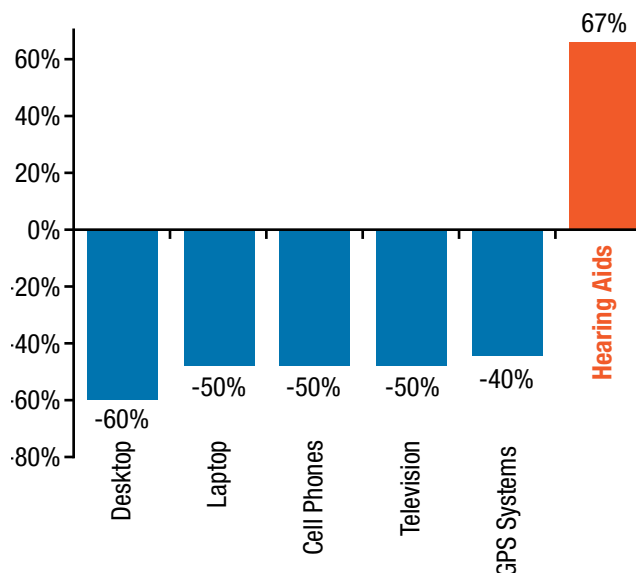
If you suffer from hearing problems, it's easy to understand why some people will do — and pay — almost anything to restore the ability of this vital sense. Losing your hearing can have a devastating effect on the quality of your life and relationships with loved ones, friends and the world around you.

That's why scams that prey on the hard of hearing are all too common.

But, sadly, the hearing aid scam is far bigger than the schemes of unethical vendors. *Hearing aids are also one of the biggest rip-offs in the health care system.*

They're often not included in medical plans and insurance coverages, and the prices have skyrocketed

THE HEARING AID BUSINESS IS BOOMING



Price Increase or Decrease Over 10 Years for Selected Products

While the prices of other electronics dropped between 2004 and 2014, the price of hearing aids rose nearly 70%.

over the years. They now cost, on average, between \$1,500 and \$3,500 per unit. Double that if you need one for each ear.

While there's no doubt that some people benefit from them, most people waste thousands of dollars — and endless hours of frustration — on devices that end up in dresser drawers because they don't work.

I hear complaints about them all the time from patients who visit the **Sears Institute for Anti-Aging Medicine**. The most common include:

- Steep prices — even most low-tech hearing aids cost upward of \$1,000 per ear;
- Most models just don't work right or aren't fitted correctly;
- Money-back guarantee periods are way too short;
- Confusion over which hearing aid is needed.

My patients' biggest complaint about them is that they're sick and tired of hearing — when they *can* hear — that their aids just need yet “another little adjustment.”

The truth is, most people don't need hearing aids.

What most doctors don't know — and no one in the hearing aid industry will admit — is that hearing loss can be prevented, improved and, in some cases, even reversed by diet.

Today, you'll learn how the right nutrients can help you avoid spending thousands of dollars on devices that almost never live up to their promises.

But first, let's take a quick look at the problem itself...

What's Going On in Your Ears

Your ear is a highly complex organ and it does a deceptively simple job. It transforms the energy from *soundwaves* into *nerve signals* that your brain interprets and responds to.

Soundwaves enter your outer ear and travel down the auditory canal until they strike your eardrum, causing it to vibrate very slightly. Tiny bones in your middle ear — called the hammer, anvil and stirrup — work as a lever system to amplify and transmit these vibrations into your inner ear, or *cochlea*.

Your cochlea is filled with fluid and lined with special nerve cells called *hair cells*. These are your ears' sensory receptors. When the fluid in your cochlea moves in response to pressure from the bones in your middle ear, the hair cells generate electrical impulses that travel up your auditory nerve to your brain's sound-processing areas.

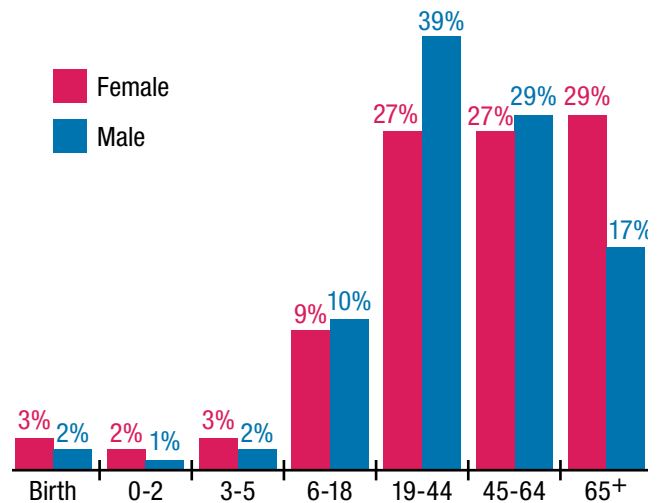
This is how you hear and make sense of sounds around you.

Most of the time, the system works perfectly — but like any collection of moving parts, there can be wear and tear, disruptions and damage over time...

The Real Causes of Hearing Loss

Mainstream medicine and the hearing-aid industry will tell you that hearing loss begins at around 50 and only gets worse as you age — and that an expensive hearing aid is your only option.

AGE AT WHICH HEARING LOSS BEGINS



*Hearing loss is not just a “problem of old age.”
Most hearing loss begins between the ages of 19 and 44.*

In fact, just take a look at the chart above and you'll see that you can start to experience hearing loss at any age.

Hearing loss impacts around 48 million people in the U.S. alone — that's around 20% of all Americans. And according to the World Health Organization, more than 360 million people globally suffer from moderate to profound hearing impairment.¹

Higher-pitched tones may become muffled to you. Or it may become difficult for you to pick out words against background noise.

This can be caused by multiple factors:

- **Aging** can cause wear and tear to the hair cells in your cochlea.
- **Noise exposure** can also damage your sensory hair cells.
- **Infections** in the middle or inner ear. The sooner these are treated, the less likely you'll suffer permanent hearing loss.
- **Earwax** can block the auditory canal and prevent sound waves getting through. This problem can be resolved by earwax removal.

When doctors tell you that you have “age-related” hearing loss, they're really talking about the destruction of the hair cells in your cochlea, spread over your lifetime.

Infections and exposure to occupational noise — from machinery, power tools and firearms, for example — also damage your sensory hair cells.

The same is true with chronic recreational noise, like the use of personal audio devices at high volumes, as well as regular attendance at concerts, nightclubs, bars and sporting events.

You see, loud noises cause your sensory hair cells to work harder, generating bursts of metabolic activity. This triggers damaging *reactive oxygen* and *nitrogen species* in your ear, which cause inflammation.^{2,3,4,5}

When it occurs in your ear, the result is a reduction of blood flow to your cochlea and a cycle of destruction in tissue and hair cells.

*When you lose your hair cells, you lose your hearing.*⁶

Mainstream Doctors Are Wrong About Tinnitus

Mainstream medicine still believes *tinnitus* — the constant ringing, thundering, whooshing or whistling in your ears — is just another form of age-related hearing loss.

This condition is aggravating and nerve-racking. It robs you of sleep. It shatters your focus and concentration. And it drowns out your hearing because of all the background noise in your head.

But tinnitus is not a disease. It's a symptom of some other underlying health condition.

The mainstream solution is usually a prescription for antidepressants to numb your mind. Or they might recommend a hearing aid that masks the uncomfortable sounds.

Don't Believe What Most Hearing Aid 'Specialists' Tell You

A few years back, a Senate investigations committee looked into hearing aid scams and discovered that many elderly Americans are pressured into buying expensive hearing aids as a result of bogus and often dangerous claims. Here are just a few of the scams the Senate committee heard about:

- Sellers who sold hearing aids to people who didn't need them in the first place.
- Sellers who sold hearing aids that were not suited to patients' needs because of inadequate testing.
- Sellers who sold hearing aids that dulled sounds instead of amplifying them.
- Sellers who offered hearing tests over the phone.
- Customers told it's in their best interest not to see a physician before buying an aid.
- Sellers who falsely claimed their hearing aids would "exercise the nerve and slow down the hearing loss."
- Sellers who said a 30-day trial period was unnecessary because the hearing aid recommended used 24-karat gold circuits.

It's extremely important to be vigilant when selecting a hearing aid provider.

Since 2016, the FDA no longer enforces the requirement of a medical exam for adults before you buy a hearing aid.

I recommend you get a detailed written contract that allows you to return your aids and get all or most of your money back if you're dissatisfied. The contract should also detail the length of the trial period and warranty, and exactly what is included.

But tinnitus is rooted not only in the ear and the auditory nerve that connects the inner ear to the brain, but in the brain itself.

Mainstream medicine is also ignoring the fact that tinnitus can often be prevented and reversed with the right nutrients — which I’ll tell you about in a minute.

Tinnitus has many causes — and not all of them are properly understood.

It results at least in part from the stimulus of the neurotransmitter *glutamate*. Too much glutamate causes the hair cells in your ears to produce electrical signals long after the original stimulus has gone.

Excess glutamate can be caused by loud noises, and also by over-the-counter and prescription pain relievers (NSAIDs), some cholesterol-lowering and cancer drugs, and antibiotics. Check out the table below for a partial list.

Brand name	Generic name
Bayer	aspirin
Tylenol	acetaminophen
Advil, Motrin	ibuprofen
Aleve, Midol, Anaprox, Naprosyn	naproxen
Indocin*, Tivorbex*	indomethacin
Feldene*	piroxicam
Lodine*	etodolac

* prescription only

Chronic ear infections, smoking, food, allergies and aspartame, the most common sweetener in diet soda, can also cause the disorder, which impacts more than 30% of adults over age 65.^{7,8}

If you already have tinnitus, you have an elevated level of electrical activity in the brain, and more electrical activity is the last thing you need.

Whatever the cause, your tinnitus is a degenerative process that’s characterized by chronic inflammation and misfiring sensory hair cells.

The good news is that tinnitus can be prevented and even reversed...

4 Natural Ways to Reverse Hearing Loss

Fortunately, by adding a few important nutrients to your diet, you can protect your ears and, in many cases, reverse hearing loss and tinnitus.

Here’s what I recommend to my patients:

1. Make Sure You Get Enough Omega-3:

The Blue Mountains Hearing Study followed some 3,000 people for eight years. It found that people with the highest intake of omega-3 fatty acids had a 42% lower risk of developing tinnitus and age-related hearing loss.⁹

You see, omega-3 fatty acids protect your sensory hair cells from damage.

I recommend 3 grams of omega-3 every day. Cold-water, high-fat fish like mackerel, wild salmon, lake trout and herring are great sources. So is grass-fed beef. Also, you can eat plenty of raw nuts and seeds. Walnuts, almonds and pumpkin seeds are some of my favorites.

Two other great sources of omega-3 are cod liver oil and Sacha Inchi oil. You get almost 7 grams of omega-3 in each tablespoon of Sacha inchi, and nearly a gram with each teaspoon of cod liver oil.

2. B Vitamins Are Crucial Hearing Vitamins: In

a key study published in the *American Journal of Clinical Nutrition*, people with hearing loss had 38% lower levels of vitamin B12, and 31% lower levels of folate (vitamin B9).¹⁰

That’s because B vitamins have been shown to support nerve, brain and hearing functions — and can also act as powerful antioxidants.

I recommend a daily intake of 800 mcg of vitamin B9 per day. Folate-rich foods include asparagus, spinach, avocado, broccoli, beans and sunflower seeds. You can also take a folate supplement.

The *only* natural source of vitamin B12 is animal meat. Calf's liver has the most, followed by sardines, snapper and venison. I recommend 500 mcg of B12 every day.

3. Melatonin Doesn't Just Help You Sleep:

Melatonin is the neurohormone that's best known for controlling your internal body clock — but it affects your body in many important ways. It's known to balance out environmental disturbances on your body, including oxidative stress from reactive oxygen species.¹¹

And studies with melatonin reveal its potency to reduce inner ear damage and prevent hair-cell loss.^{12,13}

It has also been shown to be highly effective at reducing the disturbances of tinnitus, as well as the sleep disruptions it causes.

Studies show that 3 mg per day of a melatonin supplement can reduce the effects of tinnitus by 40%.¹⁴

4. CoQ10 Is a Powerful Antioxidant for Your Ears:

I've been recommending the vital anti-aging nutrient and antioxidant Coenzyme Q10 (CoQ10) to my heart patients for years. But study after study shows it is essential for all your organs and body functions — especially as you get older.

A British study found that tinnitus sufferers with low levels of CoQ10 benefited significantly from CoQ10 supplements.¹⁵

And a recent Korean study revealed that CoQ10 can be highly therapeutic for patients with sudden hearing loss, thanks to its potent antioxidant impact.¹⁶ CoQ10 also helps maintain circulation to the ears and supports energy production in the critical sensory hair cells.

If you have tinnitus or hearing loss, I recommend 50 mg of CoQ10 daily. Be sure to take your CoQ10 supplement with food or a teaspoon full of almond butter, olive oil or coconut oil to maximize absorption.

And make sure it's the right CoQ10. The more common form is called ubiquinone. But it's the *ubiquinol* form that's the most potent. Ubiquinol carries an extra electron and is eight times more powerful than ubiquinone.

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Perfectly Legal Pesticides More Dangerous Than Obesity

Could This Diabetes Trigger Be Lurking in YOUR Back Yard?

In the early days of my medical practice, I had an herb garden behind my clinic. I called it my “healing garden.” I would grind the plants and extracts myself to treat my patients with my own homegrown herbal formulas.

Crafting herbal medicines was the easy part. The real challenge was keeping critters out of my garden in a natural and safe way.

I was never going to use any of Big Agra’s pesticides. Despite assurances that they were safe, I knew the toxic chemicals in them were big trouble. And it was only a matter of time before research proved it...

Multiple studies now show that common chemical pesticides are linked to asthma, autism and learning disabilities, birth defects, Alzheimer’s disease, and dozens of types of cancer. Conclusive scientific proof has also shown that commonly used insecticides trigger Parkinson’s disease.

*Now a study just published this year has clearly linked these common toxins to **type 2 diabetes**.*

Ironically, one of the things I researched at the time was herbal treatments for diabetes. Can you imagine if the herbs I was growing to treat diabetes were actually triggering the disease?

That’s exactly what could have happened if I had gone down to the local store and bought a can of everyday insecticide.

The Evidence Is Mounting

Most doctors will tell you that diabetes is genetic. But that doesn’t mean you’re doomed if it runs in your family.



I fell in love with gardening when I was a kid. In this photo, I’m picking a red onion from my friend Westi’s herb garden in Bali.

For diabetes to take hold, it has to be triggered by an environmental factor. Until now, mainstream doctors believed that high-carb and sugary diets, as well as an inactive lifestyle, were the only environmental factors leading to type 2 diabetes.

But I’ve been talking about how dangerous chemicals in the environment have been causing disease for decades. And research is finally starting to catch up...

A new study from the University at Buffalo, in New York, has revealed that chemicals found in common insecticides and garden products are also key diabetes triggers — and may be responsible for hundreds of thousands of diabetes-related deaths every year.

The researchers discovered that two chemicals in particular — *carbaryl* and *carbofuran* — bind to the receptors on your cells that govern your biological clock and **can lead directly to diabetes**.¹

Carbaryl is the third most widely used insecticide in the U.S., but it's illegal in several countries. And *carbofuran*, the most toxic *carbamate insecticide*, has been banned in the U.S. since 2009. Despite this, it covers many of the fruits and vegetables imported from many Latin American countries, like Mexico and Brazil.

Just how toxic is it?

A single grain of carbofuran is enough to kill a bird. And just one-quarter teaspoon is enough to kill a human.

Before the EPA banned it in 2009, this toxic pesticide was routinely used on crops like alfalfa, rice, grapes and corn.

Carbaryl and carbofuran are what's known as POPs — persistent organic pollutants. POPs are chemicals that don't biodegrade easily, so they stay in the environment for a long time.

And they're just two of many POPs that have been linked to diabetes.

A groundbreaking 2006 study found “striking” relationships between six other POPs — all used in commercial pesticides — and diabetes in U.S. adults exposed to normal levels of POPs.²

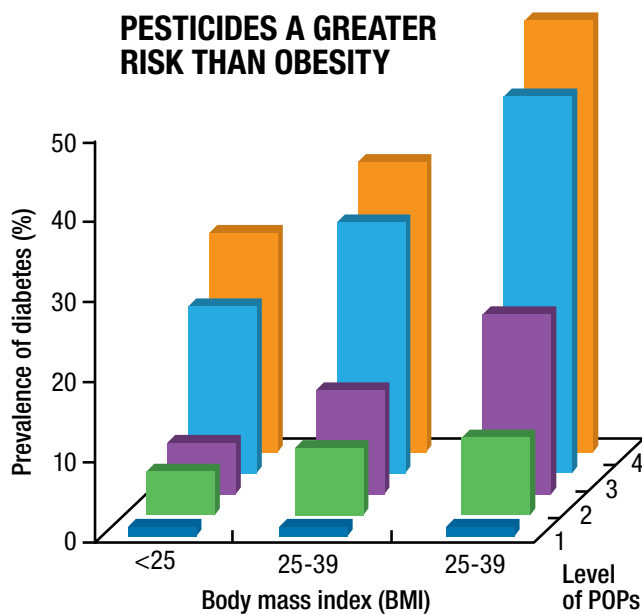
The higher the levels of these POPs, the higher the prevalence of diabetes. In the people with the highest exposure, the risk of diabetes was **37.7 times higher** than in the people with the lowest levels of exposure.

But what was even more shocking was that this study found that obesity didn't increase the risk of diabetes if those people had low levels of POPs. In fact, obese people with lower POP exposure had a significantly lower risk of developing diabetes than low BMI participants with high exposure.

The people with the highest risk were both obese *and* had high exposure. Many other studies since then have found similar results.

You see, these POPs accumulate and are stored in your fat. They remain in your system for a long time.

PESTICIDES A GREATER RISK THAN OBESITY



A 2006 study found that people with low levels of POP pesticides did not have a greater risk of developing diabetes, even if they were obese. On the other hand, the frequency of diabetes increased as levels of POPs increased, even for the people with the lowest BMI.

How Pesticides Trigger Diabetes

The researchers from the University at Buffalo found that both carbaryl and carbofuran were structurally similar to **melatonin**, the neurohormone that controls your body's internal clock. It's called your *circadian rhythm*.

Your circadian rhythms are synchronized with the rising and setting sun, and they control your sleep cycles. But they do much more...

They also control the metabolism of some brain-wave activity, hormone production, cell regeneration and other biological activities, including glucose levels and insulin secretion — key factors in type 2 diabetics.

There's a very delicate balance between the release of insulin from your pancreas and glucose levels in your blood, at very specific times of day. Studies show that if the balance gets disrupted for long periods of time, it can trigger the development of diabetes.³

That's exactly what the insecticides *carbaryl* and *carbofuran* do. They **mimic melatonin** and wreak havoc with your circadian rhythms.

The UB study revealed that these chemicals interact with the melatonin receptors in your brain and peripheral tissues. They disrupt melatonin signaling, which alters many of your body's metabolic processes and substantially raises your risk of diabetes.

I can't stress how critical a role your circadian rhythm plays when it comes to your health. Along with an increased risk of diabetes, broken circadian rhythms have been linked to:^{4,5,6,7,8}

- Breast, prostate and colorectal cancers
- Heart disease
- Heart attack
- Congestive heart failure
- Respiratory problems
- Irregular heartbeat
- High blood pressure
- Stroke
- Depression
- Weight gain
- Bipolar disorder

Reduce Your Exposure to Pesticides

The first step in protecting yourself from the damage these toxic chemicals cause is to reduce your exposure.

One way to do that is by buying organic fruits and vegetables.

Or better yet, buy from small local farmers who use organic farming methods and organic seeds, but may not have their foods certified as organic. (That's because they can't afford the government's expensive organic certification process.)

I know that sometimes buying organic across the board isn't feasible. It can be very expensive. But some produce tends to be more contaminated than others.

Here's a list of the worst offenders, and the ones you should try to buy organic whenever possible:

- Raspberries
- Strawberries
- Apples
- Bell Peppers
- Celery
- Cherries
- Grapes
- Nectarines
- Peaches
- Potatoes

And of course, you should always wash your fruits and vegetables to get rid of dirt, bugs, wax and chemical residue. While that may help, many of today's pesticides are designed to bind to the surface and don't easily wash off with water alone.

Here are some extra steps you can take to clean non-organic produce:

- Peel your fruits and vegetables and remove outer leaves on cabbage, lettuce, garlic and onions.
- For the produce you don't peel, soak them in a mixture of vinegar and water (equal parts). After 10 or 15 minutes, rinse them with cold water.
- Alternatively, soak your produce in a weak mixture of dishwashing liquid. Then rinse well with cold water.
- If you don't have time to soak, you can fill a spray bottle with one cup of water, 1 tablespoon of lemon juice and 2 tablespoons of baking soda. Spray on, let sit and rinse with cold water.
- Avoid commercial produce that's bruised. They're more likely to have concentrations of pesticides deep within the fruit.

Flush Toxins with These Potent Superfoods

The next step in protecting yourself is getting rid of toxic accumulation in your body. And one great way to do that is with detoxifying superfoods.

Foods rich in *vitamin C* like *fruits, berries* and *fresh vegetables* will help do the trick, along with *fiber-rich nuts and seeds*. But these five are superstars when it comes to flushing toxins from your system:

1. **Grapefruit** contains *naringenin*, a potent antioxidant that decreases your body's insulin resistance to help prevent diabetes and reprogram your liver to melt excess fat, instead of storing it.

This is extremely important for detoxification because insecticide toxins like *carbaryl* and *carbofuran* tend to collect in the fat around your tissues. Eating grapefruit will help you stop this process.

2. **Garlic** boosts the ability of your white blood cells to fight the effects of toxins in your body. Eating three cloves of fresh garlic per day will help you detox. Crushing it first helps release the *allicin* — the sulfur compound that makes it so effective.
3. **Spirulina** is the oldest food on earth. It's a kind of blue-green algae and the world's richest source of vitamins, minerals, iron, protein and a host of other nutrients. But it's also a powerful detoxifier.

Extensive studies by scientists at Japan's Fukuoka Institute of Health and Environmental Studies reveal that spirulina is especially effective in detoxifying your kidneys, liver and blood.⁹

4. **Barley grass** is made up of unique amino acid chains. And it's so well balanced, it has the EXACT blend of amino acids, proteins, enzymes, vitamins and minerals that you need

for optimum health. Its healing powers are so legendary, it's even mentioned in the Bible!

The major contributors behind its detoxification powers are the trace elements zinc, selenium and copper. High levels of beta-carotene energize the cleansing of waste materials such as mucus and crystallized acids, and it has a powerful detoxifying effect on your liver.

5. **Chlorophyll** connects to toxins in the gut and prevents them from being absorbed. And it sweeps damaging free radicals and toxic chemicals out of your system.

In an Oregon State University study, animals given a chlorophyll supplement after being exposed to common toxins maintained normal tissue mass, but another group that was not given the supplement showed marked deterioration. The researchers believe that chlorophyll helped to remove free radicals and other chemicals that may cause DNA damage.

Most people can tolerate high doses with great success. Start by taking 1 gram with breakfast, lunch and dinner. You can increase the dose to up to 3 grams, three to four times a day.

This Super Fruit Does Double Duty

When you think about **guava**, you probably think of it as the jelly inside tasty pastry treats. But I've been recommending guava as a detoxifier for years because of its exceptionally rich store of vitamin C — along with dietary fiber, vitamin A, folate, potassium, copper and manganese. It's also a potent antioxidant.

But guava is also highly effective at controlling blood sugar and diabetes — when you eat them without skins.

The stems, leaves and fruit block the digestion of carbohydrates. So you have fewer sugar spikes and need less insulin, which makes you less likely to develop insulin resistance.^{10,11,12}

And if you have diabetes, guava can also strengthen your heart and kidneys to resist damage from the disease.^{13,14}

And one more thing...

As an avid gardener, I know how disheartening it can be when pests destroy all of your hard work. But I assure you, you can grow a beautiful home garden without using commercial pesticides. I use **neem oil** to keep out pests.

This extract from the fruit of the neem tree has been used for pest control in parts of Asia and India for more than 2,500 years. It's completely non-toxic. When the EPA tested neem for toxicity, it found zero reactions, even at the highest exposure.

Several companies make neem oil pesticides. It's very likely your local home improvement store or gardening center will carry it, but if they don't, you can find it online.

You can also use parts of the actual neem tree to repel pests — the twigs, the leaves or the berries. The tree will grow here in Florida. In other places and colder climates, I've seen it grown indoors in pots. The seeds are available online.

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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.



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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.

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