



Dr. Sears'

CONFIDENTIAL CURES

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

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The Himalayan Mushroom that Kills Cancer

I was in Kerala, in the south of India, a few years ago at an Ayurvedic medical conference, when one of the doctors introduced me to a rare Tibetan mushroom that only grows above 11,000 feet in the Himalayas. Ayurvedic medicine is the oldest health system in the world and the doctors were very excited about this medicinal fungus. They told me it was more valuable than gold and more powerful than any drug Western medicine could ever offer.

They had my undivided attention...

They told me kings and emperors had treasured this unique fungus for centuries. And ancient Ayurvedic, Tibetan and Chinese medical traditions had long regarded it as a powerful “cure-all.”

In Himalayan villages, locals use this special mushroom as an energy pick-me-up. But healers say it also:

- Slows aging;
- Boosts immune system function;
- Restores fertility;
- And can cure *every* illness, including cancer.

They said the Tibetans call it *Yartsa Gunbu*, but this medicinal mushroom is better known as the “caterpillar fungus” or *Cordyceps sinensis*.



Anti-aging powerhouse... Known as the caterpillar fungus, Cordyceps sinensis mushrooms have been known for centuries by Ayurvedic, Tibetan and Chinese medical traditions as a powerful “cure-all.”

When I returned home to research this medicinal rarity, I soon discovered why it’s so powerful. And I now recommend it to my patients as a complement to their cancer treatment.

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In a minute, I'm going to reveal how you can supplement with Cordyceps and I'm going to tell you about some of the other benefits this "cure-all" mushroom has up its sleeve.

But first, let's take a look at the science behind the power of this rare Himalayan fungus.

Why This Fungus is so Powerful

The cancer-fighting effect of Cordyceps comes from two big biochemical punches. And one of them is oxygen, the source of all life.

Nothing is more important to your life than oxygen. And lack of oxygen is one of the most overlooked causes of modern disease. Hypoxia (low oxygen in your blood) and hypoxemia (low oxygen in your tissues) have become common illnesses in the polluted, industrialized developed world. These conditions can cause the chronic inflammation at the root of all chronic disease — including cancer.

That's why I've recently installed a *hyperbaric oxygen chamber* at the **Sears Institute for Anti-Aging Medicine**.



Healing chamber... The new hyperbaric oxygen chamber at the Sears Institute for Anti-Aging Medicine.

You see, your body needs oxygen for everything. It's necessary for digestion... your immune system's power to fight viruses and bacteria... brain and nerve cell activity... heavy metal detoxification... new blood vessel growth... DNA replication... cell aging... and energy creation... to name just a few.

In an oxygen-deprived environment, many of your cells will behave as if they've fallen asleep. They stop signaling the hormones and enzymes you need to regulate your body's life cycle. And they stop calling your immune system for help.

But not all cells fall asleep. Some go cells rogue. Instead of "sleeping," they become cancerous.

That's why the oxygen-giving power of Cordyceps has proven to be such an impressive cancer-fighter. I found these two studies particularly compelling:

- A Chinese study reported that Cordyceps prevents the growth and spread of cancer cells.¹
- Clinical trials conducted by researchers at Stanford University in California showed that Cordyceps decreased tumor size in 50 lung cancer patients by 46%.²

It's Just Like Taking an "Oxygen Supplement"

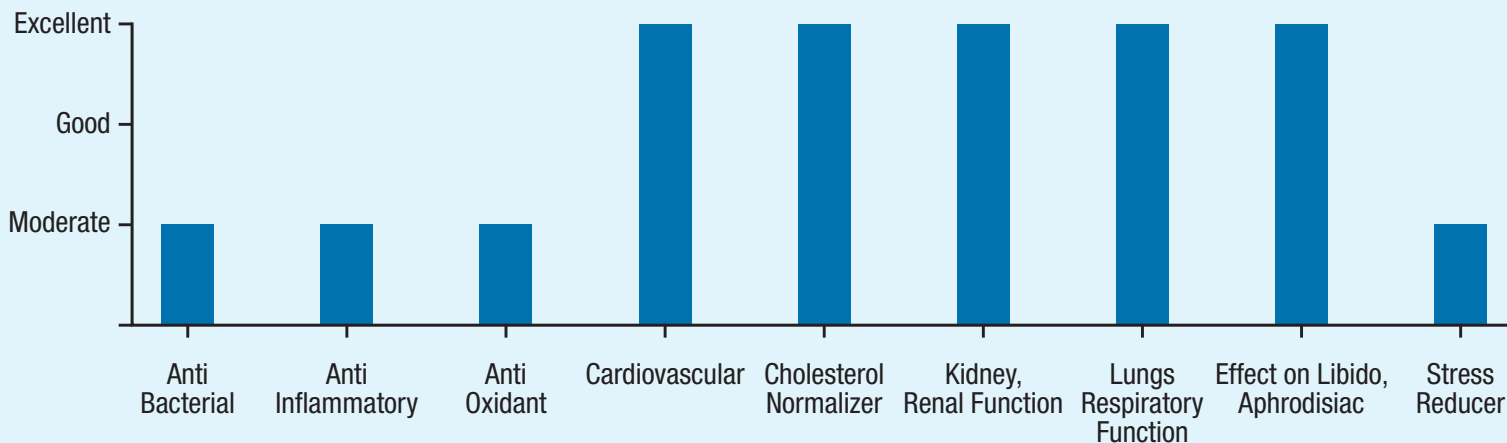
To wake up your cells, you need a big, immediate dose of oxygen. And when you take this medicinal mushroom, you get oxygen-dense polysaccharides. When broken down, these long chains of sugars release oxygen.

That's why taking Cordyceps is just like taking an oxygen supplement.

Researchers consider polysaccharides a promising cancer therapy, and studies indicate that one polysaccharide — beta-glucans — possesses powerful anti-cancer properties.³

Decades of research reveals that beta-glucans trigger a series of biochemical reactions that help

THE THERAPEUTIC PROPERTIES OF CORDYCEPS



Source: Oriveda

Mushroom magic... This chart reveals just how powerful and wide-ranging Cordyceps mushrooms really are for your health.

regulate your immune system, making it more efficient. Beta-glucans stimulate immune system cells called *macrophages*, which ingest and destroy invading pathogens and stimulate other immune cells to attack dangerous rogue cells, like cancer cells.^{4,5}

Here's how it works...

When oxygen reaches cells that have fallen asleep, they wake up. Once awake, they use oxygen to produce energy. Now they're up and running, and if they encounter cancer cells, they use oxygen to call your natural cancer-killing T-cells.⁶

Your T-cells then zap the cancer cells with oxygen. This flips a switch in the cancer cells, triggering *apoptosis*, or cell death.

The Mushroom's Other Big Bio Punch

Oxygen delivery is not the only way Cordyceps fights cancer. This medicinal mushroom also delivers

cordycepin, a potent compound known scientifically as 3'-deoxyadenosine.

The '3' indicates this compound has only three oxygen atoms. The adenosine needed to make your DNA has four. And DNA cannot be built with anything other than adenosine with four oxygen atoms.

This is no problem for our body. If it grabs the three-atom adenosine molecule while replicating a DNA strand during cell division, it simply stops the process. The wrong adenosine molecule is then removed. The right one is found and put in place so the process can continue.

This is your DNA repair mechanism in action. And it's also cancer's big weakness, because cancer cells don't have a DNA repair mechanism.

So when a cancer cell grabs a three-atom adenosine during cell replication, it stops. The process can't go on and the tumor can't grow.

Now your body takes over. Killer T-cells hunt

down the active cancer cells and destroy them. And the tumor gets smaller.

Many studies report that cordycepin taken orally slows and even stops melanoma and cancerous tumors in the breast, prostate, liver, pancreas, and lung.⁷

While *Cordyceps sinensis* is pricier than many herbal supplements, it's significantly less expensive than mainstream therapies used by the cancer industry.

Modern Living Encourages Oxygen Deprivation

Beyond its powerful, cancer-therapy properties, *Cordyceps sinensis* boosts energy, supports overall health and reverses many modern diseases.

I've been recommending it to my patients for all kinds of problems — from fatigue, joint aches and pains and uncontrollable weight gain to brain fog, forgetfulness and headaches — and the results have been extremely impressive.

You see, when patients visit my clinic with these symptoms, one of the first things I do is try to promote better oxygen delivery.

Modern living encourages oxygen deprivation that puts your cells to sleep. For example...

- Sitting for too long reduces blood flow and oxygen delivery.
- Slouching shrinks your lungs and reduces oxygen intake.
- Stress creates short, shallow breathing.
- Smoking decreases oxygen intake up to 50%.
- Anemia prevents your red blood cells from carrying enough oxygen.
- Alcohol disrupts oxygen delivery to your cells.
- Urban settings and regular exposure to pollutants and carbon monoxide from exhaust fumes dramatically reduces your oxygen supply.

Keep the Energy Production Cycle Going

Even if you don't have a serious disease like cancer, you can run out of energy fast with the speed of life today — and that can also be caused by low oxygen levels.

How much energy you have depends on how much **Adenosine triphosphate (ATP)** is produced by your mitochondria, the little power plants inside each of your cells. And the last step of ATP energy creation requires oxygen — otherwise, the process simply fizzles out.

That's why when you exercise, you reach a point of failure. The cells can't get enough oxygen to keep going. And when they lack fuel, you feel fatigued and exhausted.

But that's also why Cordyceps has such a powerful impact — it gives you more oxygen to keep the energy production cycle going.

Clinical studies have shown how *Cordyceps* increases ATP production and improves endurance and overall physical performance.⁸

In 1993, a group of Chinese Olympic hopefuls ate a *Cordyceps* soup in preparation for their events. Not only did they win, but they set track records. Research also shows that athletes who take *Cordyceps* run longer and feel less exhaustion, even at higher altitudes.⁹

But you don't need to be an athlete to benefit from this Himalayan mushroom. In another compelling clinical trial, 20 healthy elderly patients experienced increased metabolism and reported a significant energy boost after taking *Cordyceps* for 12 weeks.¹⁰

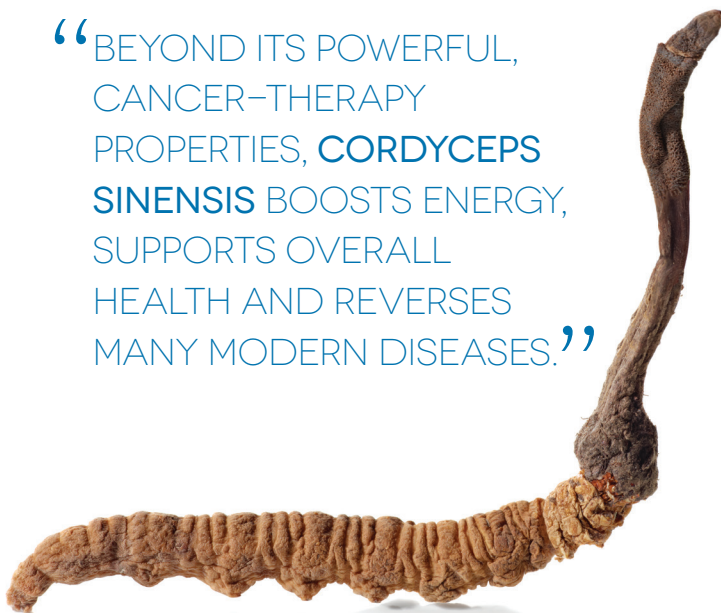
The 'Cure-all' from 11,000 Feet

I'm not surprised Himalayan villagers consider *Cordyceps* to be a "cure-all." You see, as ATP improves performance, it also fuels your cells and helps them burn sugar, remove toxins, and fight disease.

Research indicates the benefits of this energy boost, combined with natural antioxidant activity, may have the solution to many of the modern world's biggest health problems. I've seen the potency of Cordyceps on my own patients. Among its many benefits, Cordyceps also:

- **Lowers blood sugar and insulin resistance:** With diabetes, your cells resist insulin because they can't store any more sugar. Cordyceps improves insulin sensitivity and response.¹¹ As energy metabolism increases, cells burn glucose faster and your blood sugar levels stay within the normal range.
- **Protects your arteries:** Cordyceps prevents LDL cholesterol oxidation, which can oxidize and lead to plaque buildup in the arteries. It also raises your HDL cholesterol levels.¹²
- **Stabilizes heart conditions:** Cordyceps treats arrhythmia and chronic heart failure better than many conventional treatments.¹³
- **Supports liver function:** As your liver's ATP levels improve, more enzymes are produced to detoxify the body. Studies show Cordyceps improves liver function in patients with cirrhosis, hepatitis and other liver disorders.¹⁴

“BEYOND ITS POWERFUL, CANCER-THERAPY PROPERTIES, CORDYCEPS SINENSIS BOOSTS ENERGY, SUPPORTS OVERALL HEALTH AND REVERSES MANY MODERN DISEASES.”



- **Treats Infertility:** Men and women have taken Cordyceps for at least 2,000 years for sexual dysfunction and as a libido enhancer. Studies show that men who take Cordyceps have higher testosterone levels and higher sperm counts.¹⁵
- **Alleviates kidney disease:** A review of studies involving 1,746 patients with kidney disease found those who took Cordyceps enjoyed improved kidney function and a reduction in symptoms of chronic kidney disease.¹⁶

To put it simply, Cordyceps gives your cells the oxygen and energy they need to “run right,” and that allows natural repair mechanisms to work and limits your risk of disease.

How to Supplement with Cordyceps

You can find Cordyceps supplements in capsule, liquid or as a tea. Some health food stores sell whole, dried Cordyceps that you can add to soups and stews.

It's important to note, people with autoimmune disorders, as well as breast-feeding mothers should not take Cordyceps without first speaking with their doctor. And if you have a current health condition or are on kidney medications, speak with your health care provider.

And when choosing a Cordyceps supplement, always check the source. Some distributors who want to profit from this medicinal mushroom grow Cordyceps in labs. These supplements use different fungal species and have less potency. Some Cordyceps supplements have been found 50-times weaker than natural, wild sources.

I advise that you avoid supplements that say “similar to” on the label.

As a supplement, I recommend wild-harvested Cordyceps from Tibet. Take 2 to 5 grams twice daily for best results.

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Rare Space Molecule Provides the Ultimate Armor for Your Prostate

Nothing erodes a man's confidence like losing his sexual prowess. I know because I've built a reputation as the "go-to" doc for guys.

I've trained athletes. My first newsletter was even called *Health Confidential for Men*. I pioneered the early administration of bio-identical testosterone, man's primary masculine hormone. And I've seen firsthand the terrible feminizing effects that xenoestrogens have on the male body.

And I also know about the devastating impact that a problem prostate can have.

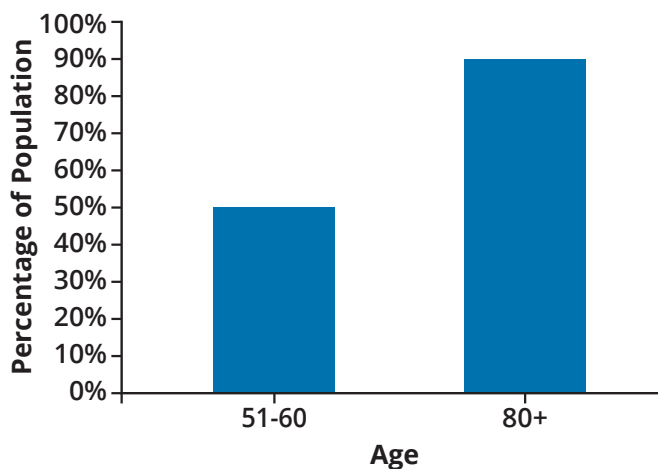
The loss of your libido is just part of it. If you add in the inevitable trouble in your waterworks and the mainstream medical treatments that leave you all but neutered, your manhood will definitely feel like it's under attack.

In modern America, prostate problems are seen as just something that happens when you get older. Today, 50% of American men over the age of 50 have an enlarged prostate. By 80, that number jumps to 90%.¹

And while the official term for an enlarged prostate is "benign prostatic hyperplasia," there's nothing benign about the prostate issues affecting men today. Six out of every 10 American men over the age 65 have prostate cancer.² And that makes it America's second-leading cause of cancer in men.

The problem is that your swollen prostate releases *prostate-specific antigen*, or PSA. For years, it was believed this chemical only marked the presence of prostate cancer, but recent research shows that it's also a cause.³

U.S. Men with Prostate Problems



The occurrence of enlarged prostate increases with age. The condition affects about 50% of men between the ages of 51 and 60 — but after the age of 80, the number jumps to 90%.

In other words, as your prostate swells, your risk of prostate cancer increases.

Today, I want to tell you about an overlooked micronutrient that's so rare its pure form is not even found on Earth — yet it's a "must-have" prostate protector. I'm also going to show you how you can get enough to stay strong, virile and sharp for the rest of your life.

And because this micronutrient is a trace element, it means you don't need a lot of it. But as a man, you need it in a very big way.

I'm talking about the chemical element **boron**. And without it, you're at an increased risk of prostate cancer, arthritis and mental decline.

The Dangers of Deficiency

Boron was formed billions of years ago by the impact of highly energetic charged cosmic rays from space. It is relatively rare and on Earth it exists only in compound form. Pure boron has been found only in meteorites. But this element is utterly essential to your health.

In the past, your ancestors got nutritional boron through their diet. But today, industrial farming methods, mineral-depleted soils and fertilizers that prevent plants from absorbing boron limit the amount you can get from the food you eat.

As a result, most American men only get 10% of what they need. And that's had a devastating effect on your prostate.

But the good news is that prostate cancer moves slowly and rarely kills — at least not as prostate cancer.

Let me explain...

An enlarged or cancerous prostate keeps you running to the bathroom... with little result. And it also destroys your sex life.

The real danger, though, lies in the risk that the cancer spreads to the bone of the spine, pelvis, skull or femur. And that's where 80% of prostate cancers move to.⁴

But boron has been proven to eliminate these problems.

One study found the rate of prostate cancer fell by 64% for men who eat boron-rich foods.⁵

But boron does more than *protect* your prostate. It can also reverse the damage of an enlarged prostate. In one study reported in the *Proceedings of the American Association of Cancer Research*, prostate tumors treated with boron were reduced by up to 38% and their PSA levels plummeted by almost 89%.⁶

Its impact is impressive:

- Boron seeks out and kills prostate cancer cells, leaving the healthy ones unharmed.⁷
- It disrupts the protein building blocks needed to build the cancer cells,⁸ and
- It speeds up cancer-cell death.⁹

When it comes to your prostate, boron is the ultimate armor.

This powerful micronutrient can restore your manhood in other ways, too.

An Element for Life-long Strength

A man's strength has to do with more than his muscles. His joints also need to work.

A study done in the 1990s found that where boron intake is less than 1 mg a day, arthritis rates ran between 20% and 70%. But when people got between 3 mg and 10 mg daily, arthritis rates dropped to between 0% and 10%.¹⁰

Arthritis remains a growing problem — especially for the baby boomer generation. But studies reveal that boron is a powerful anti-inflammatory and the right dosage can reduce or even eliminate arthritis.

You see, boron stops two inflammation enzymes, COX and LOX. This reduces swelling and pain throughout your body, especially in your joints.¹¹

A double-blind study reported that 71% of patients with severe osteoarthritis improved after taking boron.¹² And unlike synthetic anti-inflammatory drugs, like aspirin, acetaminophen or prescription drugs like Celebrex, it doesn't bring with it any side effects.

Boron also ensures you'll have strong bones for years to come. That's because it boosts calcium and magnesium absorption.

Calcium and magnesium also play an important role in muscle response. So boron helps you keep your vitality.

An Element for Life-Long Brain Power

You could be a real-life Casanova or even a Hercules, but without your brain, your charm and strength are useless.

Brain fog, forgetfulness, and other common typical signs of aging may be warning that you are boron deficient.

Scientists have found older men and women with low boron levels don't perform as well on cognitive tests. They struggled with manual dexterity, hand-eye coordination, and both short- and long-term memory.¹³

Studies show boron deficiency disrupts normal brainwave activity. Without enough boron, delta-wave activity increases. These are the same brain waves associated with sleep.

And increased delta waves are associated with conditions like dementia and Parkinson's disease.¹⁴

I'm not suggesting boron is a cure-all, but to help protect your prostate, your body and your brain, I do recommend that you supplement or add it to your diet.

How to Get More Boron into Your Diet

I always recommend getting minerals like boron from your diet. Start with organic foods that have the highest levels:

- Avocados;
- Apricots;
- Apples;
- Legumes like red kidney beans;
- Nuts, especially all-natural peanut butter;
- Raisins;
- Dates.

But, even if you ate a variety of these foods daily, it's still tough to get enough boron.

As an absolute minimum, I recommend 3 mg daily — and you'd need to eat six apples a day to hit that mark.

That's why I also recommend you take 6 mg of a boron supplement daily.

When it comes to supplements, you can find boron capsules online and at most health food stores. You can also find supplements that include boron among other important micronutrients.

For complete prostate protection, I recommend that my patients include two other key nutrients:

1. Selenium. Harvard researchers found men who get the most selenium lower their risk of prostate cancer by 50%.

You need at least 30 mcg of selenium a day. It's a small amount — but like boron, it can be hard to get.

Dietary sources include organ meats, like liver from grass-fed beef or chicken, fish and eggs and some nuts. Brazil nuts are my favorite source. One raw Brazil nut gives you a whopping 100 mcg.

You can also find selenium supplements online and in most health food stores. Most multivitamins also contain some selenium.

2. Beta-sitosterol. This plant nutrient supports a man's prostate and urinary tract. It blocks DHT, a chemical that can cause the prostate to swell.

For the best protection, I recommend 300 mg to 400 mg a day.

Saw palmetto, which is commonly used in Europe to treat enlarged prostate, has one of the highest concentrations of beta-sitosterol. But you can also find straight beta-sitosterol supplements. Make sure to look for natural sources. Some brands use synthetic, lab-designed forms, which I suggest you avoid.

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New Research Reveals How This Overlooked Super-Nutrient Kills Modern Diseases

As one of my *Confidential Cures* insiders, I want you to be the first to know about compelling, new research that reveals new, previously unknown health benefits of a long overlooked vitamin group.

I've been banging the drum about this special form of vitamin E for about five or six years now.

I'm talking about tocotrienols. These nutrients are so important to your brain's ability to stay sharp and your body's ability to remain strong and disease-free, I've included them in several of my key anti-aging formulas.

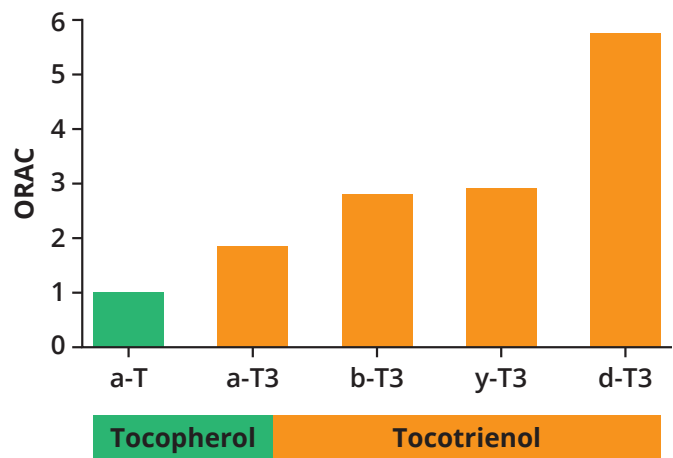
So recently, when I bumped into my colleague, Dr. Barrie Tan, at an anti-aging conference in Malaysia, I was extremely excited when he handed me an advance copy of his new book *Tocotrienols: Vitamin E Beyond Tocopherols*.

You're one of the first to see some of these exciting, new discoveries. Dr. Tan's book also brings together years of studies on this ignored vitamin group and reveals just how essential it is to healthy aging.

Without tocotrienols, you put yourself at great risk of falling victim to:

- Heart disease;
- Stroke;
- Nerve damage;
- Memory loss;
- Diabetes;
- Even stress, which can cause the chronic inflammation at the root of every modern, chronic disease.

Antioxidant Power of Tocotrienols



Tocopherols, particularly alpha-tocopherol, are the most common form of vitamin E found in multivitamins.

Yet the tocotrienols do everything the tocopherols do, and much more. This chart shows the antioxidant power of tocotrienols. And the bar on the far right reveals just how potent delta tocotrienols are with highest "ORAC" value of all the vitamin Es. Oxygen radical absorbance capacity (ORAC) is a common scientific method of measuring antioxidant strength.

This is why tocotrienols are among the nutrients I prescribe most to my patients.

In this Confidential Cures article, I'm going to share the very latest research and show you what tocotrienols can do for YOU. I'm also going to reveal how you can get more of them.

Testing Against Some of the Most Deadly Cancers

Vitamin E is actually eight vitamins in one — four tocopherols and four tocotrienols. Each group contains alpha, beta, gamma and delta types. Together

they make up one of the most important fat-soluble antioxidant I know of.

For years, the medical establishment was interested only in tocopherols. You'll find these in most multi-vitamins.

An artificial version, called as 'dl-alpha-tocopherol', can be created in a lab. Maybe you've heard of it, because it has provided fodder for a lot of negative headlines about vitamin E in recent years. That 'dl' version simply doesn't work for the human body.

But from my own research in my clinic, I've seen that the real anti-aging strength of vitamin E lies in the power of its natural tocotrienols.

You may have heard me talk about the power of tocotrienols before. They are key to extending your healthspan in more than a dozen ways.¹

This powerful antioxidant helps:

- Reduce cholesterol oxidation;
- Lower risk of developing heart disease;
- Protect your brain from stroke damage;
- Reduce inflammation by targeting inflammatory molecules directly;
- Boost bone strength and heal gastric ulcers;
- Maintain healthy triglyceride levels;
- Support normal blood pressure levels;
- Your skin to stay smooth and youthful.

Now, new research contained in Dr. Tan's new book shows how tocotrienols have the power to stop cancer cold.

And this isn't based on one or two studies... or even success against one or two cancers. Researchers tested tocotrienols against some of the toughest cancers out there... pancreatic, breast, lung, prostate and colorectal.

The results were astonishing.

Hitting Cancer Where it Hurts

The latest research reveals that tocotrienols attack cancer in the four areas where it's most vulnerable.

- **Cancer Killer #1:** Tocotrienols halt the action of inflammation-trigger molecules that are linked to cancer. Specifically, they prevent HIF1A, the inflammation master molecule, from turning on 'inflammation' genes. They also turn-off COX molecules, which have also been linked to arthritis and joint pain.

And they stop Nuclear Factor-Kappa B (NF-kB).² In past *Confidential Cures*, I've shown you how high levels of NF-kB are common in all cancer patients. This protein complex acts just like fertilizer for cancer. And the more NF-kB there is, the faster cancer grows.

New research reveals that tocotrienols have the power to neutralize NF-kB, stopping it from creating further inflammation. Without NF-kB, cancer growth slows dramatically and gives your body's natural defenses a chance to catch-up and get to work.

- **Cancer Killer #2:** Tocotrienols have been shown to seek and destroy the control center of cancer cells.

In breast cancer cells, delta and gamma tocotrienols turn on the genes that restore the normal cell life-cycle and initiate cell death.^{3,4}

Animal trials reveal that mixed tocotrienols given to mice reduced cancer tumors and showed no negative side effects on their immune system.⁵ Scientists reported they were especially powerful against pancreatic, breast and colorectal cancers.

- **Cancer Killer #3:** Cancer cells depend on the constant creation of new blood vessels to feed their rapid growth. To do this, they hijack one of your body's blood vessel repair tools, a signaling protein called VEGF.

One of the fastest ways to shrink and kill a tumor is to stop the flow of nutrients. And that's exactly what tocotrienols do. Studies done at Tohoku University in Japan show tocotrienols stop blood vessel growth and starve colorectal cancer tumors. The studies reveal that delta tocotrienols deliver the best results in these areas.^{6,7,8}

► **Cancer Killer #4:** Tocotrienols are powerful telomere protectors and they encourage telomerase, the enzyme that repairs telomeres, the protective caps at the end of each strand of your DNA.⁹ But while tocotrienols protect the telomeres of healthy cells, they destroy the telomere of cancer cells. And that spells the end of cancer.

You see, cancer cells have no way to repair damaged DNA, so the cell simply dies. That's why telomerase is so important to cancer cells. In the latest research, scientists observed that delta tocotrienol prevented telomerase formation colorectal cancer cells. This killed cancer cells and reduced the tumor's size.¹⁰

A Shield Against Today's Most Common Metabolic Disorders

What makes tocotrienols so effective against cancer also makes them a powerful protector against **type 2 diabetes** and **obesity**. Research shows that tocotrienols can also reverse these conditions.

With diabetes, your cells stop responding to insulin, the hormone that tells them to metabolize sugar. But scientists have now discovered that delta and gamma tocotrienols can "turn-on" the receptors, so your cells once again respond to insulin.

That means your cells can take in more glucose and there will be less of it in your bloodstream. As a result, blood sugar levels will return to normal faster. Studies show that tocotrienols produced lower levels of both triglycerides and glycated hemoglobin, the sugar-coated red blood cells measured by the HbA1c blood sugar test.¹¹

As the body uses sugar better, less goes to the liver to get converted into triglycerides and fat. That's also the indirect way tocotrienols fight weight gain.

But they also take a direct route to stop weight gain. In fact, some researchers believe tocotrienols may hold the key to *reversing* obesity.

You see, when you don't burn the energy that's been stored in your fat cells, your body makes room for more. Like other organs, fat tissue produces hormones and releases enzymes that lead to inflammation.

In response, your body sends inflammation molecules like NF-kB, COX and blood vessel growth factor VEGF to the rescue as part of the immune system response. It uses these molecules to build new blood vessels. But researchers have proven that like cancerous tumors, fat cells don't grow without the flow of VEGF. And we have already seen how tocotrienols thwart VEGF.^{12,13}

The Best Way to Take Tocotrienols

Because tocotrienols occur only in food in trace amounts, you'll need to supplement. But how much you take will depend on your need.

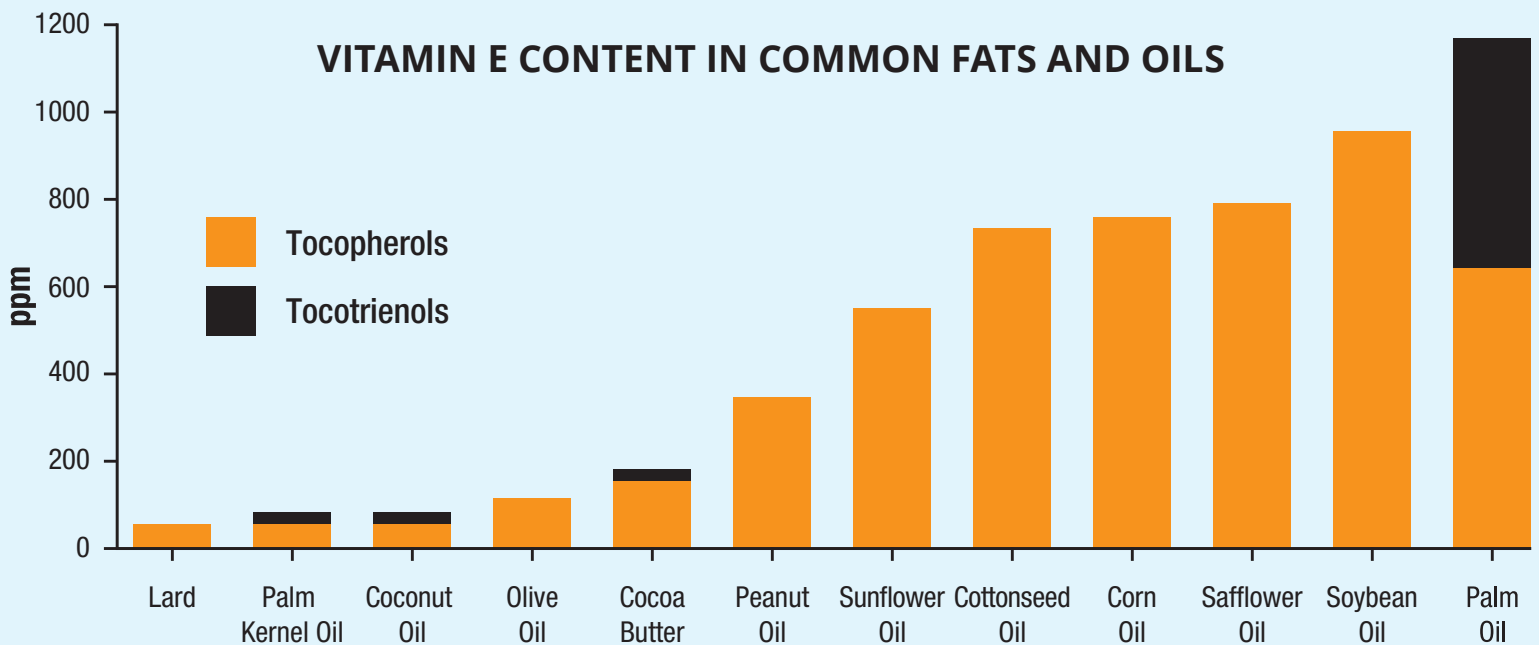
For regular maintenance, I recommend taking 100 mg a day of pure tocotrienols to support your heart and metabolism — and to give yourself added cancer protection.

For a more serious health concern, like cancer, clinical trials show 800 mg per day is safe and well tolerated.

And remember, vitamin E is a natural blood thinner. If you're on blood thinning drugs ask your doctor why you can't use this natural remedy instead.

Cranberries, coconuts, chicken and palm oil have tocotrienols. Personally, my favorite source is annatto oil, which has 90% cancer-killing delta and 10% gamma tocotrienols. I first encountered it in the Andes Mountains. The natives there recognize annatto oil as a powerful health tonic.

VITAMIN E CONTENT IN COMMON FATS AND OILS



You can find high concentrations of tocotrienols in oils like palm and coconut. You should be able to pick these up at a health food store or specialty grocer. Keep in mind that most common oils, like soybean oil and sunflower oil, have NO tocotrienols.

You can find annatto and palm oils at your local health food store or specialty grocery store.

I recommend that you take at least one tablespoon of each of these oils daily. That would give you about 30 mg a day. To get the 100 mg, I recommend three tablespoons daily.

You can also use a tocotrienols supplement. But look for a tocotrienol-only supplement that features the gamma and delta types.

And you should also avoid supplements that mix tocopherols and tocotrienols. Because alpha-tocopherol blocks tocotrienol absorption, you get less tocotrienols in your body.

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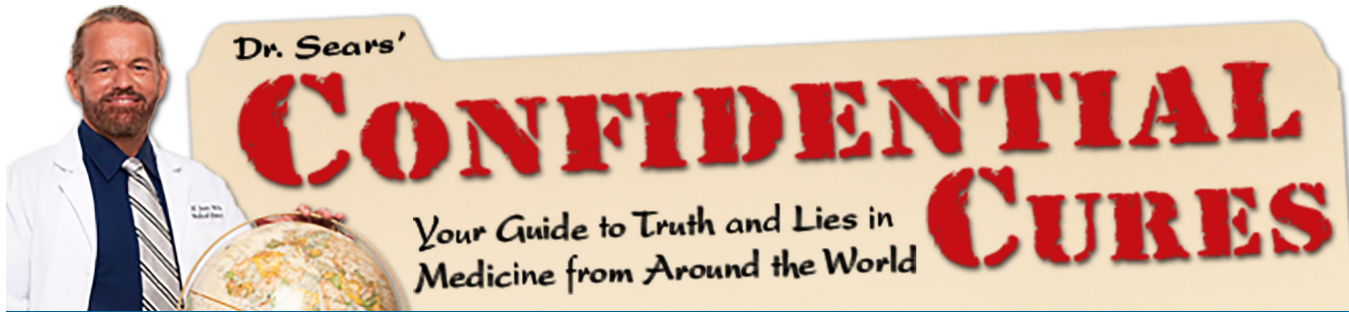
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AL SEARS, MD

Al Sears, MD, CNS, is a medical doctor and one of the nation's first board-certified anti-aging physicians.

As a board-certified clinical nutritionist, strength coach, ACE-certified fitness trainer and author, Dr. Sears enjoys a worldwide readership and has appeared on more than 50 national radio programs, ABC News, CNN and ESPN.

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

Dr. Sears shocked the fitness world by revealing the dangers of aerobics, "cardio" and long-distance running in his book, *PACE: The 12-Minute Fitness Revolution*.

In 2004, Dr. Sears was one of the first doctors to document the true cause of heart disease and expose the misguided and often fatal drugs-and-surgery approach to heart health.

In *The Ageless Heart Manual: Advanced Strategies to Reverse Heart Disease and Restore Your Heart's Pumping Power*, Dr. Sears outlines the easy-to-follow solution that effectively eliminates your risk of heart disease, high blood pressure and stroke.

An avid lecturer, Dr. Sears regularly speaks at conferences sponsored by the American Academy of Anti-Aging Medicine (A4M), the American College for the Advancement of Medicine (ACAM) and the Age Management Medicine Group (AMMG).