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

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Frankenstein In Your Pantry?

What You're NOT Being Told About Soy and Genetically Modified "Franken-Foods"

It may sound dramatic, but a new genetically modified "Frankenstein" is circling the globe with a murderous rage, destroying lives by the tens of thousands.

The saddest part is that after 25 years in medicine, I feel this is a *gross understatement*.

You see, we've created in our labs, a new "monster" called GMOs.

This monster was not born of the natural world, and does not obey the laws of nature.

And like Mary Shelley's Frankenstein of the 19th century, he's run amok and kills without discretion.

Today, I'll show you how and why this horror show is unfolding and what you can do to avoid the crippling side effects.

I'll also uncover the compelling studies showing GMOs are not "miracle foods," and give you eight simple steps to get these Franken-foods off your dinner table.

You and I are Modern-Day Guinea Pigs

Big Agra is experimenting with your life. You never agreed to take part in it. But it's triggering infertility, tumors, kidney and liver disease and more.

The political lobbying and the secretive policies sponsored by Big Agra giants like Monsanto are helping to put untested mutations on your dinner table.

These Franken-food experiments are better knows as GMOs, or genetically modified organisms.

And their number one cash crop — soy — is creeping into thousands of products you eat every day, whether you know it or not.

Today, ALL soy crops are genetically modified. And this "mutant soy" is clinically documented to cause depression, fatigue, infections, brain fog, nausea... *even cancer*.

Genetically modified foods have a shaky track record and have never been proven safe. And the test results that reveal the real dangers never see the light of day. When you eat them, you're taking part

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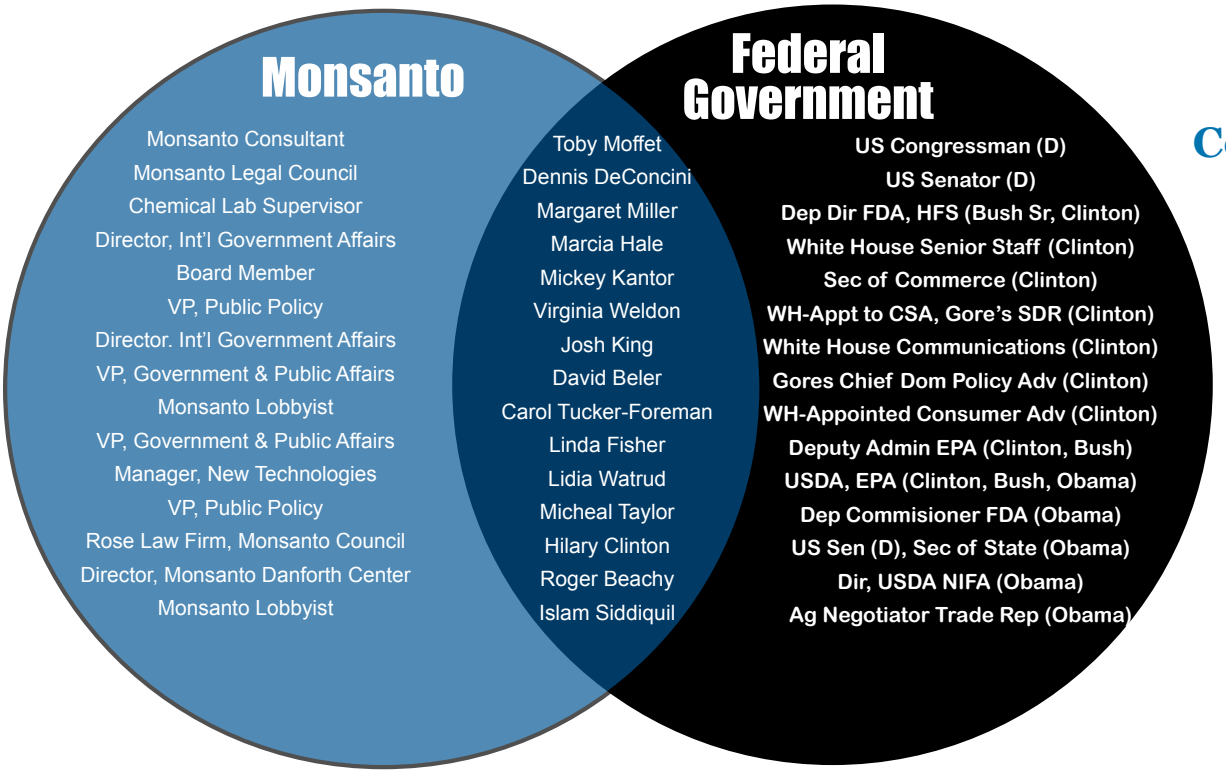

Cozy Conspiracy

The links between dangerous, untested GMO crops and government is undeniable, as this diagram reveals. And the influence of Big Agra – especially GMO companies like Monsanto – over government has turned you and I into lab rats.

Source: GEKE.us

in a global Franken-foods experiment.

The facts – the few we're allowed to know – are scary.

Big Agra Connections In the White House

Monsanto and other Big Agra fat cats are at the highest levels of power. Just look at Obama's choices to head the USDA and the FDA: Tom Vilsack and Michael Taylor.

Mr. Vilsack is a long-time supporter of genetically modified foods and in particular Monsanto, whose practices are shielded from law under the Monsanto Protection Act of 2013. Since being appointed as Secretary of Agriculture in 2009, Mr. Vilsack has remained a leading advocate for Monsanto, as well as factory farming and pharma crops, one of the most dangerous and controversial forms of agricultural biotechnology.

And Michael Taylor, the "food safety czar," is the proverbial fox guarding the henhouse. Since 2010, he has been the Deputy Commissioner for the U.S. Food and Drug Administration

Taylor has a long history of lobbying for, and being employed by, Big-Agra companies with a vested interest in GMOs. As a lawyer, he has spent decades bouncing between Monsanto and the FDA and USDA. Not only was Taylor a vice president at Monsanto, he was one of the FDA officials who signed off on an FDA policy stating that GMOs don't need safety testing.

But there are more than a dozen others, including Hillary Clinton. Check out our diagram, which makes the cozy connection between Monsanto and the federal government abundantly clear.

Last year, Monsanto spent more than $4 million on special-interest lobbying with the federal government. Although that's down significantly from nearly $9 million in 2009, the decrease is not good news...

It's a measure of how much *less* they've had to spend to get the government's attention.

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Total Control

Thanks to its influence over federal government, Monsanto and a handful of other Big Agra companies have exercised near-dictatorial control over American agriculture and public food consumption.

Monsanto's Long Arm of Corruption Reaches Around the Globe

Back in 2000, Monsanto wanted to plant over 49,000 acres of genetically modified cotton in Indonesia. But hours before the agreement with Indonesia's government was to be signed, it was shot down by the Ministers of Economy and Environment. There had been no environmental assessment, as required by Indonesian law.

But just five months later, the Minister of Agriculture signed the agreement with Monsanto, ***without the required environmental assessment.***

Why? As it turns out, it was a $50,000 bribe from a Monsanto employee that did the trick.

But that $50,000 was just the tip of the iceberg. As it turned out in U.S. court, Monsanto had paid some $700,000 in bribes to Indonesian officials, and wound up slapped with a $1.5 million fine.[1]

According to a report in the *Asia Times,* 140 Indonesian officials received bribes from Monsanto over the deal, including a former Minster of Agriculture, whose wife received a house worth $373,990.

Now, I realize that Indonesia was known at the time for official corruption. But if the genetically modified crop was really safe, wouldn't it be easier to simply prepare the required assessment?

Even more disturbing is an earlier U.S. government policy that cleared the way for us to become unwilling lab rats.

Government Steps In To Hide the Danger of GMOs

When giant agricultural corporations wanted to flood the market with genetically modified seeds, there was a problem. What about safety? What were the effects of eating an ear of corn laced with pesticide? What would happen if someone ate soybeans designed to survive the potent herbicide Roundup?

"Not a problem," announced the federal government.

As long as these "Franken-foods" are "substantially equivalent" to the real thing, the GMO products would be deemed safe – and made available for sale.

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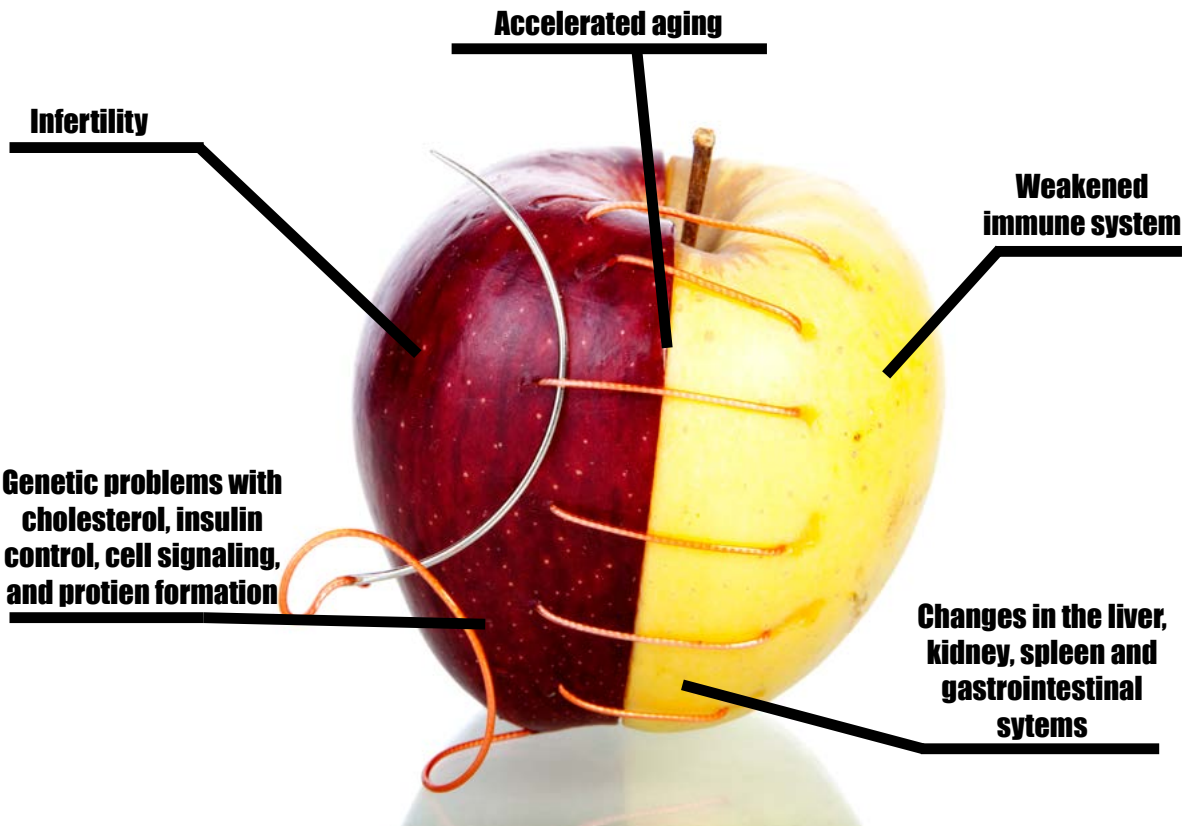

Franken-Food Disease Threat

The American Academy of Environmental Medicine agrees that GMO foods are linked to numerous diseases and disorders. This graphic of a Franken-Food apple reaveals just a rew of them.

> *"Monsanto should not have to vouchsafe the safety of biotech food. Our interest is in selling as much of it as possible. Assuring its safety is the FDA's job."*
>
> Phil Angell, Director of Corporate Communications for Monsanto

So, if a GMO food – or other plant – is "substantially equivalent" in composition and nutritional characteristics, *it doesn't have to be tested for safety*.

Responsible scientists were quick to point out the problems with substantial equivalence.

In 1998, Geneva's Center for Environmental Law argued against the World Trade Organization accepting "substantial equivalence" as a standard for GMO safety

They pointed out it was inadequate to prove safety and would undermine meaningful standards in those countries, and that it ignored scientific research that showed "substantially equivalent" GMO foods had significant negative health impacts.[2]

Unfortunately for all of us, commercial interests won out over science.

These Franken-foods may be "substantially equivalent," but the research shows they're substantially more dangerous, too.

There's plenty of solid evidence. Take a look at some of the studies I've found...

"85% of the Food on Store Shelves Contain GMOs"

In the rush to please the Big-Agra giants, our government has sold us out. Today, as many as 85% of the processed foods on store shelves contain genetically modified ingredients.[4]

And that's not good, if the few studies on GMO

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"Merchants of Death" Have a Direct Line to the FDA

While employed by Monsanto as a researcher, Margaret Miller contributed to a scientifice report for the FDA on Monsanto's genetically engineered and highly controversial bovine growth hormone.

Before the report was submitted to the FDA, Miller resigned from Monsanto and took a job with, you guessed it, the FDA.

Not surprisingly, her first job at the FDA was to review the report she wrote while working for Monsanto. Helping with the review was another former Monsanto employee, Susan Sechan.

The FDA went on to approve Monsanto's findings, which led to the approval of Monsanto's bovine growth hormone... and the FDA's decision to NOT require labeling of the milk produced with the artificial and toxic hormone.

foods can be believed.

In 2008, Italian researchers found that GMO foods had a negative impact on the immune systems of mice.[5] Turkish scientists found evidence of liver and kidney disease in rats fed genetically modified corn.[6]And Danish researchers found enough differences in rats fed genetically modified rice to question its safety.[7]

So where are the studies? A medical researcher in Spain found that there's an almost complete lack of proof that GMO foods are safe.[8] And there's a good reason why.

No One is Allowed to Test GMO Crops

So where is all the research on genetically modified crops? It's hard to come by.

And there's a good reason for that. The *manufacturers won't allow it*.

That's right. Monsanto – and the handful of other big producers of genetically modified crops – *don't allow scientific testing*.

If you want to get your hands on GMO seeds, you have to sign an "end-user agreement," just as if you were buying software. And these end-user agreements ban testing and comparisons to other products. The only testing that happens is testing that the manufacturers approve.

As *Scientific American* points out, the only tests approved are those that the manufacturers decide are "friendly."[9]

So, are genetically modified foods safe for you to eat? Sorry... That's on a need-to-know basis. And the manufacturers have decided that *you* don't need to know.

And in the case of soy, what you don't know, *can* hurt you.

Soy is one of the most widespread and successful GMOs in history. All soy is genetically modified and it's in thousands of products you eat every day.

The Great Soy Hoax: "Miracle Food" Exposed As Toxic Burden

For years now, you've been hearing about the miraculous benefits of soy-based products as a "healthy" meat substitute.

In 1999, the FDA endorsed soy protein as a way to lower saturated fats and cholesterol in the American diet, leading to an explosion in the food industry's use of soy-based products.

But let me ask you a question: would you willingly eat something that causes nausea, gas pains, and indigestion? That leads to hormonal imbalance, thyroid problems, gout, and even cancer? That contains "bad" fats and other unhealthy substances? That has no positive effect whatsoever on heart health?

Of course, you wouldn't.

But beneath all the soy-health hoopla, I've found studies strongly suggesting that many of these products pose a number of serious health risks

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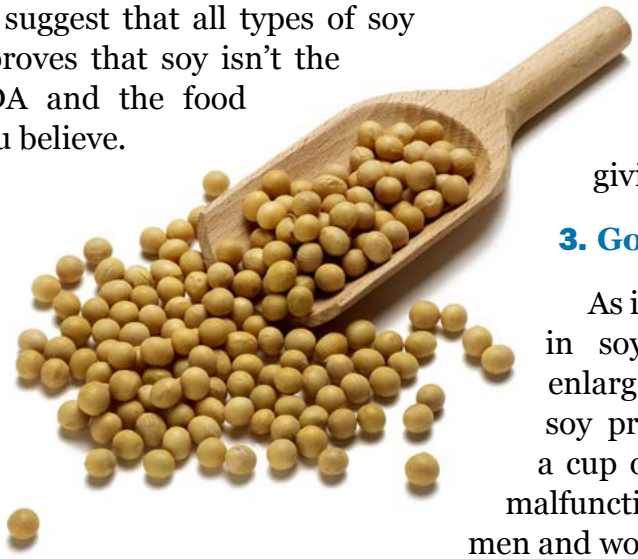
REVEALED: The 5 Big Dangers of Soy

In the journal *Circulation*, the American Heart Association announced that soy has little effect on cholesterol and is unlikely to prevent heart disease.[10]

This isn't meant to suggest that all types of soy are unhealthy. But it proves that soy isn't the "miracle food" the FDA and the food industry would have you believe.



But that's only the beginning of the deception.

The problem is, soy-based products are everywhere in today's American diet. You may not realize it, but soy crops up in unexpected places in your fridge and cupboard, from ice cream and yogurt to pasta and cereal. Not to mention the frying oil used in fast food.

How did this happen?

Because the FDA endorsed it, the food industry jumped on the soy bandwagon in a big way. By 2004, 80 percent of all vegetables oils were derived from soy, and nearly all processed foods now contain some form of it.

Here are five reasons why that's very bad news for your health.

1. Indigestion and Blockage of Key Nutrients:

The problems start with the soybean itself. In raw form, it's poisonous to the human body. In fact, eating raw soy can cause stomach aches, nausea, cramping and gas.

Other soy ingredients prevent the body from absorbing essential minerals. Ironically, soy also makes it more difficult for the body to digest protein, the very thing soy was supposed to provide as an alternative to meat protein.

2. Boost of Feminizing Estrogen:

Even more serious, soybeans contain substances called "isoflavones" that mimic estrogen, the female hormone. Eating enough soy can disrupt a woman's menstrual cycle.

One researcher calculated that, based on body weight, feeding your baby exclusively on soy formula is like giving it *five birth control pills a day!* [11]

3. Gout and Thyroid Disruption:

As if that weren't enough, there's a chemical in soy that can cause gout and thyroid enlargement. Eating as little as 45 grams of soy products a day (about three-quarters of a cup of tofu, for instance) can cause thyroid malfunction within three months in healthy adult men and women.[12]

4. Cancer and Harmful Fats:

Soy causes cancer in animal studies.[13] (By the way, soy makes its way into most industrial animal feed, which means it's also making its way to your table.)

It's also high in omega-6 fatty acids—up to 18 percent of the whole bean. This is the kind of fat we're supposed to reduce in our diet.

5. Dangerous Clotting of Red Blood Cells:

Another chemical in soy makes red blood cells cluster together. Among other dangers, this prevents the body from absorbing oxygen.

There's Only One Safe Way to Eat Soy...

The Asian diet is famous for its heavy use of soy-based products like tofu and soy sauce. So why aren't the Japanese suffering from these ill-effects?

The answer lies in the way soy in Asian countries is traditionally processed.

For thousands of years, ancient farmers used soy

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as a fertilizer, not as food. They recognized that you would never want to eat raw soy.

The Chinese introduced soy into the human diet only after discovering that natural fermentation processes rendered it edible.

Fermented soy-derived foods, like tempeh, miso, and natto, do not contain significant amounts of soy's toxins.

Tofu, also a staple in traditional Asian cuisine, is not a fermented soy product.

But the process of making tofu removes most of the harmful toxins in a different way.

Like some cheeses, tofu is made from the pressed "curds" of the bean, while the "whey," or liquid left over after the pressing, is thrown out—and most of the toxins along with it.

Compare this with the modern industrial processing soy undergoes in the West to produce soy oil, flour, and other soy byproducts contained in most processed foods:

- Washing in alkaline;
- Boiling in petroleum-based solvents;
- Bleaching;
- Deodorizing;
- Adding chemicals;
- Heat-blasting;
- Crushing into flakes.

Does that sound appetizing to you?

What's more, soy in this country is genetically modified. The jury is out on how this may affect human health.

What we do know is that some industrial-processing techniques leave trace amounts aluminum in soy products.

Dietary aluminum leads to dementia and Alzheimer's according to some studies.

8 Simple Steps to Help You Avoid Harmful Soy Byproducts and "Franken-Food" GMOs

1. Avoid processed foods whenever possible. This should go without saying, but I always recommend eating whole foods, grass-fed beef, and other minimally processed food products, across the board. These energize your body and result in vigor, strength, and long-term health.

2. Check the label. Soy byproducts are everywhere, and they go by many (FDA-approved) names. Here are the ones to look out for:

- Vegetable protein;
- Soy protein isolate;
- Soy flour;
- Protein concentrate;
- Textured vegetable protein;
- Vegetable oil;
- Plant sterols.

I'm not saying small amounts of this stuff will kill you, but it's best to be aware of how much you're consuming, given the potential health hazards. If you find these ingredients on the label, try to find substitutes without them.

3. Limit your overall soy intake to a maximum of 25 grams per day. This isn't as easy as calorie counting, but again, it's worth watching how much soy and soy-based products are finding their way into your diet.

4. Stick to traditional soy foods. Tofu (in moderation), tempeh, miso, natto, and soy sauce are all fine. Other kinds of foods that substitute soy for meat, like soy-based hot dogs, aren't healthy alternatives.

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5. Whenever possible, buy organic. The safest foods are USDA-certified-organic foods. If your grocer doesn't carry organic foods, let them know you'll shop elsewhere if they don't begin stocking them.

6. For dairy products and other packaged foods, look for a "non-GMO" label. This can be tricky, because the manufacturers of genetically modified foods are lobbying hard to get "non-GMO" labels banned. But for now, they're still legal. And, in my opinion, a good sign that these foods are safer.

7. When you can, "grow your own." Non-GMO seed companies have moved much of their seed production to Europe and Asia, where contamination is less likely. American agribusiness giants have less clout in these countries, and untainted seeds are still available.

8. Let your members of Congress and the Senate know you're concerned about this issue and demand that genetically modified crops be banned until proven safe.

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Purify Your Body in 6 Easy Steps

Ask a mainstream doctor about detoxing, and you're sure to start a fight.

To most doctors, the term "detox" refers to treatment for alcohol and drug addiction.

And that's it.

Talk to them about detoxing to rid yourself of the chemicals, toxic compounds, and all the other poisons you and I are exposed to everyday, and their blood boils.

"It's a scandal! It's criminal exploitation of the gullible man on the street."

That comes from Edzard Ernst, emeritus professor of complementary medicine at Exeter University in the UK.

"The healthy body has kidneys, a liver, skin, even lungs that are detoxifying as we speak. There is no known way – certainly not through detox treatments – to make something that works perfectly well in a healthy body work better."[1]

Here's what this grumpy old curmudgeon doesn't quite understand.

You Were NOT Designed to Live in the Modern World

The organs and tissues in your body were not designed to stand up to the crushing onslaught of toxins, heavy metals, chemicals and other compounds that flow through your blood every moment of your life.

Your liver and kidneys were designed to filter ***organic toxins.*** The kind of waste materials your body made naturally, back when we lived in a clean, chemical-free environment.

The chemicals that exist in our environment today are completely new to this planet. They simply aren't natural, and your body has no way of dealing with them.

Here's a fact that would surprise even the most hardened of skeptics:

It's estimated that every man, woman and child on this planet has up to 250 different chemicals, solvents and toxins present in their blood on any given day.

Toxic Discovery

Health Effect or Body System Affected	Average number found in 9 people
cancer	53
birth defects / developmental delays	55
vision	5
hormone system	58
stomach or intestines	59
kidney	54
brain, nervous system	62
reproductive system	55
lungs/breathing	55
skin	56
liver	42
cardiovascular system or blood	55
hearing	34
immune system	53
male reproductive system	47
female reproductive system	42

The chemicals found in a study of nine random people were linked to many serious health problems.

There's a good chance that pesticides like DDT, which were banned nearly 40 years ago, are running through your veins as you read this article.

And that's bad news for you, your family and everyone you love.

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Over time, these toxins take their toll by causing hard-to-diagnose problems like:

- Depression, anxiety and other mental disorders;
- Chronic fatigue and lack of energy;
- Brain fog, poor memory and early onset dementia;
- Autoimmune diseases like rheumatoid arthritis and multiple sclerosis;
- Digestive disorders, irritable bowel and constipation.

Compared to the millions of years humans enjoyed clean air, food and water, the sudden appearance of deadly toxins in our environment happened almost overnight.

Chronic diseases like cancer, heart disease, Alzheimer's and diabetes were almost unheard of just 150 years ago. And conditions like chronic fatigue syndrome, fibromyalgia and many autoimmune disorders have cropped up just in the last few decades.

It may be hard to accept, but in today's modern world, ***you MUST do something*** to counteract the effect of the thousands of chemicals, toxins and other compounds that get into our blood and attack every one of the 50 trillion cells in our body.

Fortunately, there are specific steps you can take RIGHT NOW to cleanse and purify your blood and major organs.

The 6 simple steps I'll show you today give you a reliable strategy for purifying your body so that you can:

- Ease the symptoms of depression and brighten your mood.
- Ramp up your energy levels and finally get rid of that constant sluggish feeling.
- Restore your memory, sharpen your mind and stop the loss of brainpower.

This may be your best way to stay happy and energetic in the modern world. As you'll see, these techniques are all backed up by published studies and are the same ones I use with my own patients.

Let me explain.

Contaminated at Birth: Tracking the Toxins in Our Blood

A recent study looked at the blood of babies born in American hospitals. They looked for 415 chemicals and found traces of 287 of them in the babies' blood.

The government will tell you that there are only a few parts per billion of toxic chemicals in the products we use, and conventional medicine is telling you a few parts per billion are okay for you. It's low risk. It's acceptable.

But consider this: It's that same amount, "only a few parts per billion" that you'll find in some medications. For example: Thirty parts per billion (30 ppb) of the active ingredient in a popular erectile dysfunction drug can lead to conception, and 30 ppb of the ingredient in Paxil is plenty to take care of your anxiety.

Imagine taking a "prescription strength" dose of mercury. What would 30 ppb of mercury or PCBs do to you? No one could possibly know, because the effects are still happening to us, but look at these diseases and how much they've increased:

- Acute lymphocytic leukemia in children has increased 84 percent.
- Childhood brain cancers have increased 57 percent.
- Chest development now happens about one year earlier in white girls and nearly two years earlier in black girls than 50 years ago.
- One in 100 children now develops autism, most of them boys.
- The number of hypospadia cases, a birth defect of the urethra in boys, has doubled.

But it's not just kids and newborns that are full of

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Hg	**Mercury (Hg)** Pollutant from coal-fired power plants, mercury-containing products, and certain industrial processes. Accumulates in seafood. Harms brain development and function.
PAH	**Polyaromatic hydrocarbons (PAHs)** Pollutants from burning gasoline and garbage. Linked to cancer. Accumulates in food chain.
BD/F	**Polybrominated dibenzodioxins and furans (PBDD/F)** Contaminants in brominated flame retardants. Pollutants and byproducts from plastic production and incineration. Accumulates in food chain. Toxic to developing endocrine (hormone) system
PFC	**Perfluorinated chemicals (PFCs)** Active ingredients or breakdown products of Teflon, Scotchgard, fabric and carpet protectors, food wrap coatings. Global contaminants. Accumulates in the environment and the food chain. Linked to cancer, birth defects, and more.
D/F	**Polychlorinated dibenzodioxins and furans (PCDD/F)** Pollutants, byproducts of PVC production, industrial bleaching, and incineration. Cause cancer in humans. Persists for decades in the environment. Very toxic to developing endocrine (hormone) systems.
OC	**Organochlorine pesticides (OCs)** DDT, chlordane and other pesticides. Largely banned in the U.S. Persist for decades in the environment. Accumulates up the food chain to man. Causes cancer and numerous reproductive effects.
PBDE	**Polybrominated diphenyl ethers (PBDEs)** Flame retardant in furniture foam, computers, and televisions. Accumulates in the food chain and human tissues. Adversely affects brain development and the thyroid.
CN	**Polychlorinated Naphthalenes (PCNs)** Wood preservatives, varnishes, machine lubricating oils, waste incineration. Common PCB contaminant. Contaminates the food chain. Causes liver and kidney damage.
PCB	**Polychlorinated biphenyls (PCBs)** Industrial insulators and lubricants. Banned in the U.S. in 1976. Persist for decades in the environment. Accumulates up the food chain to man. Causes cancer and nervous system problems.

chemicals. The U.S. Centers for Disease Control and Prevention (CDC) looked at around 2,400 people and found ***215 toxic compounds in their urine and blood.***

Almost every single person had measurable amounts of the fire retardant BDE-47.

Meanwhile, the CDC's National Center for Health Statistics (NCHS) has revealed that nearly 40 percent of Americans have toxic levels of lead in their bodies.

Other studies have confirmed harmful levels of pesticides, aluminum, mercury, benzene and vinyl chlorides acquired from everything from second-hand smoke to grain-fed beef to dental amalgams.

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There are more than 80,000 chemicals used in the industrialized world. Accumulate enough of these toxins and you might suffer, at the very least, fatigue, headaches, muscle soreness, bloating, depression and, at the worst, chronic disease and cancer.

Toxins are everywhere... in the air, in the things we handle, in the household and workplace items we use every day... even in our food and water. Things like:

- Clothing fabric;
- Carpeting;
- Paper coatings;
- Plastic;
- Fossil fuel emissions;
- Computers;
- Televisions;
- Pesticides;
- Burning Garbage;
- Lubricants;
- Varnishes;
- Insulation.

This is why regular detoxification is so important in our modern world. It helps your body eliminate toxic waste stored in your tissues. Plus you'll get:

- More energy;
- Stronger immunity;
- Faster fat burning;
- Fewer allergies;
- Fewer aches and pains;
- Healthier skin, hair and nails.

First, here's a quick check-list of symptoms to watch out for... These are "signs you need to detox," so if you're experiencing any of the following, it's time to put a plan into action:

- You have unexplained headaches or back pain;
- You have joint pain or arthritis;
- Your memory is failing;
- You're depressed or lack energy;
- You have brittle nails and hair;
- You're suffering from psoriasis;
- You have abnormal body odor, a coated tongue or bad breath;
- You've experienced an unexplained weight gain;
- You have frequent allergies;

Purify Your Body in 6 Easy Steps

You'll find plenty of detoxification kits – or "detox in a box" – at pharmacies and health-food stores. But there is little if any scientific evidence that any of these quick fixes work.

Instead, you're better off using natural detoxification methods that are safe and reliable.

Here's what I recommend:

Step 1: Avoid Hormones and Excess Estrogen

There are many natural ways to rid yourself of toxins to look and feel your best:

- Limit your exposure to hormones. If you eat grain-fed meat, eat only lean cuts and trim off the fat. If you eat grass-fed beef, it's okay to eat the fat – it's good for you.
- Reduce your intake of caffeine, grains, carbohydrates and sugar. They make it harder for your body to fully metabolize estrogen.

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- Stretch and massage your limbs. This will release acids and toxins stored in your own tissues so your body can eliminate them.

- Hit the sauna. Perspiring in the heat releases toxins through your skin.

Step 2: Eat the "Super Foods" that Cleanse Your Body

Did you know there are everyday foods that act as detoxifiers to help your body discard built-up toxins?

Foods rich in vitamin C like fruits, berries and fresh vegetables will help do the trick, along with fiber-rich nuts, seeds and grains.

Grapefruit is another food that binds to toxins and helps flush them from your body.

It contains a flavonoid called 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.

Why is this important to detoxification? Because toxins tend to collect in the fat around your tissues, like your liver, and eating grapefruit will help you stop this process.

Another food that can help clean out your body is garlic. Garlic increases phagocytosis. This 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. If you don't like the smell of garlic, you can get odorless aged garlic supplements at any health food store.

There's also chlorella, spirulina, chlorophyll and barley grass.

You can find these green "super foods" in most health-food stores. They are great for detoxing because they use a simple way to rid your body of toxins.

I use this method in my practice. It's called chelation.

Chelate comes from the Greek word meaning "claw." Chelation is the process where a molecule (from a nutrient) grabs – like a claw – onto toxins like the chemicals and heavy metals flowing through your blood-stream.

These claws bind to the toxins and drag them out of your system safely and easily.

The three claws I use in my practice are part of a group of foods called "green foods."

Each of these is a super food on its own. But used together, these foods combine to flush out toxins naturally and effortlessly.

It's like having your own cleanup crew, specially trained to find, isolate and clear out harmful poisons.

Spirulina is the oldest food on earth. It's a kind of blue-green algae. It's the world's richest source of vitamins, minerals, iron, protein and a host of other nutrients.

Studies show that spirulina is a powerful detoxifier:

- Not only has spirulina been shown to improve circulation and maintain healthy blood pressure, but Japanese scientists have discovered that it can also help detoxify the blood and maintain energy levels...

- Important to note in the area of prevention, spirulina is richly supplied with the blue pigment phycocyanin, a biliprotein which has

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been shown to support normal cell growth…

Barley grass is made up of unique amino acids. They create a type of cage around deadly toxins and carry them out of your body.

Barley grass is a well-balanced food. It has the exact blend of amino acids, proteins, enzymes, vitamins and minerals that you need for optimum health. Its healing powers are so historic, you find it mentioned in the Bible.

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

In an Oregon State University study, lab animals were exposed to a poisonous substance. The animals given a chlorophyll supplement prior to exposure maintained normal tissue mass more than the animals who were not given the supplement.

The researchers believe that chlorophyll may help to remove free radicals and other chemicals that may cause DNA damage…

Most people can tolerate high doses of these green foods with great success.

Start by taking 1 gram with breakfast, lunch, and dinner. You can increase the dose to up to 3 grams 3 to 4 times a day.

Another option is fresh cilantro, one of the best detoxifiers for your central nervous system. It mobilizes so much mercury, it can't always carry it out of the body fast enough. So use it in combination with chlorella.

Eat organic cilantro, make a pesto or tea, or buy a tincture. Take 2 drops 2 times a day before meals or 30 minutes after taking chlorella. Increase your dose to up to 10 drops three times a day.

Step 3: Flush Your Liver and Kidneys

Herbs can help clear toxins from your bloodstream, restore liver function and help flush out your kidneys. Detoxifying your liver a couple of times a year can also lower your cholesterol.

Here's a list of herbal products that work well:

Milk thistle: I recommend 200 mg in capsule form twice a day. Look for dried extract with a minimum of 80 percent silymarin – the liver-cleaning active ingredient.

Alfalfa: This herb has been known to lower cholesterol by 25 percent in lab animals. It's a good source of protein, vitamins A, D, E, B-6 and K, calcium, magnesium, iron, potassium, trace minerals and digestive enzymes.

Dandelion: This root stimulates bile and acts as a diuretic for excess water. Asians use it to treat hepatitis, jaundice, swelling of the liver, and deficient bile secretion. Use 4-10 grams of the dried leaf or 4 to 10 milliliters (1:1) of fluid extract.

Sarsaparilla: This is one of my favorite teas. It tastes great and acts as an effective blood detox. Native Americans have used it as a restorative tonic for centuries. Use 1-4 grams of the dried root, or 8-12 milliliters (2 to 3 teaspoons) liquid extract, or 250 milligrams of solid extract.

Burdock Root: This ancient remedy is a diuretic and a diaphoretic. It increases urine and perspiration production by exercising and strengthening these natural purging systems.

Step 4: Clean Out Your Colon

Without proper care, harmful toxins can build up in the colon.

Unfortunately, the typical American diet couldn't be worse for colon health. You probably already know that refined sugars, starches, and low-fiber foods are terrible for you. Since the colon is where a lot of dietary toxins build up, it's critical to eat foods that clear it out regularly.

Most Americans don't do this, which may be why an estimated 100,000 people will be diagnosed with colon cancer this year.

A diet high in fiber is the best way to ensure optimal colon health. The prestigious British journal Lancet

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published a very large study linking a high-fiber diet with a reduced risk of colon cancer.

They used data from the European Prospective Investigation into Cancer and Nutrition (EPIC) study, then followed up on almost 200,000 participants. They found that if people with low-fiber diets doubled their fiber intake, their risk of colorectal cancer dropped by 40 percent.

So far, so good yet not all dietary fibers are the same. The mainstream medical approach on this is misguided. You shouldn't be eating a lot of cereal or taking grain-based laxative products (which we're told over and over are the best way to care for the digestive tract).

Grains made their way into our diet relatively recently in evolutionary terms. Our bodies can't digest them properly, and the high glycemic index of breads, pastas, and cereals lead to blood sugar spikes and even diabetes.

Instead, go for foods that provide real "native roughage." Nuts and seeds are loaded with native fiber. They really clean out your gut. The cellulose that makes up the skin and flesh of fruits and vegetables is also healthy fiber. It also slow-releases natural sugars and nutrients for optimal digestion. Beans are also (famously) good at cleansing the colon.

There are also a class of natural ingredients missing entirely from most diets that specifically targets the colon and promotes maximum digestive tract function and health.

- **Cascara Sagrada:** This herb tones and strengthens the smooth muscles of the colon. This will normalize bowel function. In a word, it makes you more "regular."

- **Aloe ferox latex:** This stimulates the colon and improves the consistency of stool. Aloe not only stimulates the muscles of the colon to contract; it exerts a soothing effect on the lining of the gastrointestinal tract.

- **Flaxseed:** Rich in alpha linolenic acid—the plant-based form of omega-3—flax reduces gastrointestinal inflammation and, as a source of fiber and lignans, promotes overall intestinal health.

- **Rhubarb:** This humble, everyday vegetable has the power to tone and tighten the muscles of the intestinal wall, adding strength and improving your gut's function. As an astringent, it also neutralizes the effects of toxic build-up in your gut.

Take them all at once, but be careful not to take too much because you could get some gurgling and it could loosen up your stool. They're pretty powerful when you use them in this combination.

Look for these ingredients in herbal blends available at your local health food store. Look for products that combine them as a powder you mix into a beverage. They are generally more effective because you're mixing in a larger amount, usually 10 to 15 grams at a time.

Step 5: Pull Heavy Metals Right Out of Your Body

These two compounds will remove chemicals and keep your body clean and pure like it's supposed to be.

DMSA: This is a compound that removes heavy metal toxins (its real name is meso-2, 3-dimercaptosuccinic acid, but forget that tongue twister… it's known simply as DMSA).

DMSA has receptor sites that the toxins bind to. The toxins reside inside the cells of the body and DMSA cannot enter the cells. Instead glutathione (your body's natural toxin remover) residing in the cell pushes the metals out of the cells, where they're picked up by DMSA and excreted.

DMSA should be taken in on-again/off-again cycles – ideally, three days on and 11 days off, because your body needs 11 days to regenerate its glutathione levels.

Activated charcoal: This is a form of carbon that's been processed into a fine, black powder. It's

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odorless, tasteless, safe to consume and very potent.

In fact, you can take a small amount of charcoal and wipe out decades of toxic heavy metals like arsenic, copper, mercury and lead that have been building up in your body.

Every hospital in the country stocks activated charcoal their ER to treat poison victims. It's so potent that one gram of it – an amount the size of your fingernail – can absorb enough toxins to fill the square footage of four tennis courts.

Very few doctors realize how powerful this stuff is as a way to detox. But an activated charcoal detox leaves you feeling like a new person – pumped up, recharged, and bursting with energy. Sometimes as if you were suddenly 20 years younger.

You can find it at any health-food store. It's relatively inexpensive and easy to take. In fact, because it's a powder, you can take it just like you would your favorite protein drink. I recommend getting it in bulk sizes of one pound (454 grams) or more.

I regularly use charcoal as part of my personal detox plan. And I recommend it to patients I see in my clinic.

It's best to use a powder form, mixed into a liquid. Tablets or capsules take too long to absorb and release the activated charcoal. And the dose is usually too small to do the job.

Take 20-30 grams a day of powdered, activated charcoal (in divided doses) mixed with water over a period of 1-2 weeks.

Step 6: Detoxify Naturally with Citrus Pectin

Modified citrus pectin is made from the inner peel of citrus fruits and is one of the most powerful detoxifying substances I've found in the world. It's also been proven to work in human clinical studies.

In one U.S.D.A. study, scientists gave modified citrus pectin to people for six days and measured the amount of toxins excreted in their urine before taking it and 24 hours after taking it.

Here's what they found:

- The amount of deadly arsenic excreted increased by 130 percent
- Toxic mercury excreted increased by 150 percent
- Cadmium excreted increased by 230 percent
- Toxic lead excreted increased by 560 percent

What's great about modified citrus pectin is that while it eliminates toxic metals and pesticides, it doesn't deplete your body of zinc, calcium or magnesium.

However, consult your physician before taking modified citrus pectin capsules and caplets to make sure they are the kind used in clinical studies and at the proper dosage.

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No More Grunting and Groaning:

The 12-Minute Alternative To Cardio Hell

Have you seen the late-night commercials for those "extreme" fitness programs? You may have felt a rush of excitement as you watched super-fit and attractive models jump around with their six-pack abs and bulging muscles.

But let me tell you, everyone I know who bought one of those DVDs and watched them at home came to a very disappointing conclusion:

They couldn't do it!

The people in those videos are all professional athletes or trainers. They make it look easy. Truth is, you have to be an athlete or trainer to make it look that easy because those exercises are tough to do the right way without hurting yourself.

And that defeats the point, doesn't it? If you can't do it, what good is it to you?

You need something that can start you off at your level of fitness. Something that's easy and accessible. Something you can do right away, without a lot of stress and anxiety.

I'm going to show you how in just a few minutes a day you can get noticeable results by doing the opposite of what all the fitness "gurus" say.

You see, much of what you've heard about getting fit, protecting your heart and losing weight is pure myth, with little to no evidence to back it up.

Even If You Could Do Those Long Cardio Workouts, They Wouldn't Give You the Results You Want

Those 90-minute workouts — even the new 20-minute versions — build on aerobics and "cardio," and then add an "extreme" factor that makes them longer and more difficult.

You need an exercise plan you can do right away, without a lot of stress and anxiety.

I call it 90 minutes of cardio hell.

In fact, even when you do these kinds of aerobics at a more reasonable level, it won't give you a stronger heart, bigger muscles or a leaner waistline.

It's a failed idea because your body was not resigned to move this way.

Our bodies evolved over millions of years, and for almost all of that time we were living as hunter-gatherers. Our lives centered on hunting wild animals, and on gathering nuts, fruits and root vegetables, while avoiding getting hurt by other predators.

That means our physical activity was focused on short bursts of exertion followed by rest. The only thing "extreme" about it would have been the rare time you would need to run for an hour straight. And you would never have jumped up and down repeatedly like Richard Simmons.

When hunters hunt, they walk for hours, and only when they are moving in on their prey or confronted

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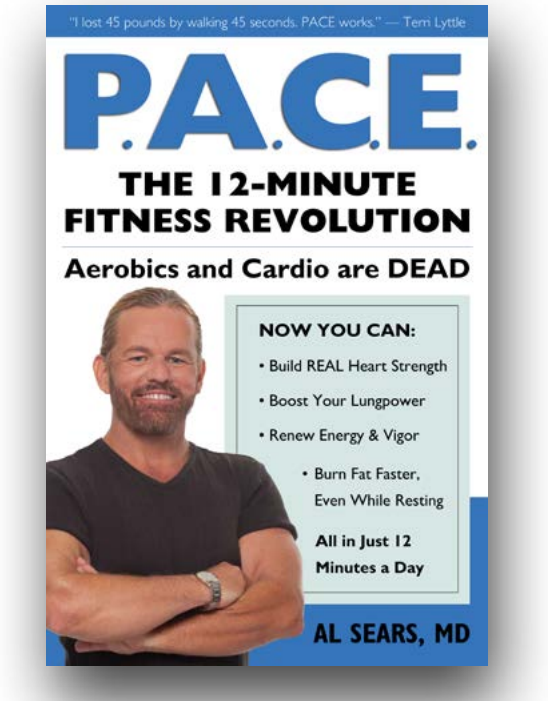
by another predator do they run, sprint or fight. And these bursts of exertion are short-lived and followed by rest.

It's true in the animal kingdom, too. When animals fight or run, it's a short burst of energy. It's never an extended, medium-intensity effort, like when you're jogging.

All of your body's mechanics are tuned to this short burst of activity.

That's why jogging, cardio and aerobic activity ultimately leave you fat, slow and injured. Because your body is not designed for long-duration activity,



your heart and lungs lose their ability for maximum, peak performance.

This is the trade-off you make when your body has to adapt to this unnatural type of exercise. Your body stores fat and loses muscle as it tries to cope with running for long periods or other types of cardio or aerobics.

When you exercise within your aerobic limit, you don't improve your aerobic capacity. That's because it trains your heart, lungs and muscles to work at a certain level. But it does nothing to improve their conditioning or help you build real strength.

And if you exercise at medium intensity, you'll never hit your maximum exertion level – and that's where you get the greatest benefit from your exercise.

My PACE Program is the Antidote to Cardio Madness

PACE, Progressively Accelerating Cardio-pulmonary Exertion. puts you back in line with what your body was designed for: short bursts of activity followed by rest.

Not only is this easier to do, it gives you results you can see and feel. Like our ancient ancestors, PACE gives you a lean, muscular body with a strong heart and robust lungs.

A study published in the *Archives of Internal Medicine* shows that men and women who exercised with a PACE-style technique had:

- Lower blood pressure;
- Lower triglycerides (blood fat);
- Higher HDL (good cholesterol);
- Less body fat.

What's worse is that working out in your "aerobic zone" causes "shrinkage" – smaller muscles, smaller heart and smaller lungs. This wipes out the reserve capacity in both your heart and your lungs. Reserve capacity is vital to protect, energize and strengthen your heart and give it the extra "pumping power" it needs in times of stress.

For your lungs, it means being able to get the oxygen you need during high exertion efforts.

Build REAL Heart Strength WITHOUT Doing "Cardio" or Aerobics

In spite of getting the advice to do aerobics or cardio from your doctor or trainer, there's one simple problem with this generic exercise prescription. It doesn't work.

In fact, long-duration exercise is a waste of your

You won't hear this in a gym ... to restore native health and strength, your lower body needs more attention than your upper body, and these Hindu squats are great way to start.

time, and can actually cause other health problems. This type of exercise makes the heart and lungs more efficient, but reduces their reserve capacity.

Simply put, your reserve capacity is your body's ability to respond effectively to sudden demands you place on it. For your heart, reserve capacity is crucial. It can mean the difference between a long healthy life — and sudden death from a heart attack.

When you exercise continuously for more than about 10 minutes, your heart adapts by becoming more efficient. It achieves this efficiency through downsizing. Long-duration exercise makes the output of your heart, lungs, and muscles smaller so that they can go longer with less energy – but there's a trade-off.

The cardiovascular system becomes very good at handling a 60-minute jog, but it gives up the ability to rapidly provide you with big bursts of energy for short periods. Far from protecting your heart, this loss makes you more vulnerable to a heart attack.

You can strengthen your heart by building reserve capacity with PACE, a specific program I developed through years of working with athletes, trainers and patients.

You can forget about working out for hours at the gym. You can build a strong heart to handle your life's demands more effectively with PACE. This simple-to-follow system takes only about 12 minutes a day.

Thousands have already built heart capacity and functional strength by using this tried-and-true program. If they can do it, you can, too. And in little time, you'll begin to see and feel the results. Now, let's get to the program.

PACE Boosts Your Cardiovascular Fitness In Just Minutes a Day

PACE will gradually challenge your heart, lungs and blood vessels to build their strength. ('Cardio' means heart and 'pulmonary' means lungs.)

But you don't have to face the pain and intensity that these extreem programs will put you through. PACE allows you to start from where you are, even if all you can do is walk.

Over time, you'll develop strength, reserve capacity and more lung power. And over time, you'll be able to do more. But at first, you can start with what feels comfortable to you.

To accomplish this you will do a series of short bursts of exercise, and rest in between. As you get used to these brief challenges you will gradually increase their intensity.

Here are several key concepts to keep in mind as you proceed:

1. Progressively

Progressively means doing a little bit more this week than you did the week before. Pushing just a

little bit harder with each exercise session causes your level of fitness to improve over time.

You can add resistance or pick up the pace. Gradually increasing the magnitude of the challenge (rather than the length of the challenge) will coach your body into building greater heart and lung capacity to meet any unexpected challenges you may encounter.

2. Accelerating

Accelerating refers to training your body to respond to exercise faster. When you are out of condition it takes several minutes to get your breathing and heart rates up. As your physical condition improves your body gears up for exercise more easily. As your body gets better adapted, you make use of this faster gearing up capacity by increasing the challenge more quickly.

You will train your body to respond more quickly by increasing the pace of exercise sooner in each progressive workout. Don't start at full throttle, but over time, train your body to respond to the exercise load more quickly. Your body adapts to the increasing quickness of the demands of your exercise by improving the quickness of your response.

Why do this? For one, this is the universal natural condition. Whether predator or prey, naturally living creatures have to accelerate to 100% effort in a single heartbeat. We have only lost that capacity recently. More to the point, this is also the very best way to avoid disaster from the sudden increases in cardiac demand that cause heart attacks.

3. Intensity

Intensity simply refers to how hard you exercise. Intensity is what you should be monitoring and changing as you become fit. Remember for any exercise program to continue to work over time, you must change something. If you perform the same exercise in the same way for more than a couple of weeks your body has already made its adaptation. You will cease to make any progress unless you add some new degree of challenge.

Many people increase the duration of exercise as they become more capable of exercising longer believing that they are building a stronger heart. But think about it. Your heart already has the ultimate endurance challenge – it must beat all the time, even when you're sleeping. You can make your heart learn to pump more blood faster and harder. But you don't have to do it very long.

You can use this principle safely as long as you increase the intensity in a controlled and gradual way. As your cardiac capacity increases, you can do more work without feeling any additional strain. If you walk or jog on a treadmill, about once a week you pick up the pace a little or increase the slope by a little. If you're pedaling a bicycle, you pedal a little faster or add a little resistance.

4. Duration

You will also change the duration of your exercise but in the opposite direction of most exercisers. As your level of fitness improves, you decrease the duration of the exercise bout.

In other words, you use shorter and shorter episodes of gradually increasing intensity. You will find that by gradually shortening your intervals, it gets easier to increase the intensity with each session. And it's increasing intensity that will continue to increase your capacity.

During your rest periods, don't stop entirely but keep moving at a gentle pace as you recover. Light activity keeps your blood circulating to replenish your muscles' depleted energy stores and remove accumulated lactic acid wastes.

Studies show that your muscles recover faster with light activity than with complete immobility.

For instance, if you sprint during your interval, you will keep moving at a walk or gentle trot for your rest period. You have a natural inclination to do this. If you listen to your body, you will want to keep moving after a sprint to "walk it off."

As you begin PACE, workout just 10 to 20 minutes every other day. If you are getting in 20 minutes, soon

you will want to divide your 20 minute workout into two 10 minute intervals.

As you get into better shape, cut your exercise sessions down to 9 minutes; rest for three minutes, then workout another 9 minutes.

Next, progress to three six-minute intervals with two minutes of rest in between each interval.

Again, the principle is to cut the exercise length gradually as you gradually pick up the challenge.

Let's Get Started: Your 8-Week PACE Plan

Build your exercise program around any activity that gives your heart and lungs a workout. Swimming, biking, stair-stepping, sprinting and elliptical machines are all good exercises for the heart and lungs.

What you choose will depend on your preferences and your level of fitness. You might want to alternate the various types of exercise to keep your routine fun and lower the chances of overuse injuries.

You are most likely to stick with your program when you choose exercises you enjoy.

Here is a week-by-week outline of the PACE plan:

Weeks 1 and 2

Begin by developing an exercise routine based on activities you enjoy. Your goal is to perform this exercise for 20 minutes at a time at low intensity. If you can't exercise for 20 minutes without stopping, rest as needed. As you're starting out, write down what you do. It is helpful to determine your current level of fitness to use as a baseline to track your progress.

In the second week, begin experimenting with the pace. Push yourself a little harder and then ease up a bit. Vary your pace as much as you feel comfortable.

As you play with the pace, begin to develop an internal scale of how intensely you exercise. Use a scale of 1 to 10, where 1 or 2 is a leisurely pace, all the way up to full throttle at 9 or 10.

Week 1:

- Exercise for 20 minutes at a comfortable intensity level of 2 or 3.

Week 2:

- Exercise for 20 minutes at varying intensity levels recording your pace and how hard it feels.

Weeks 3 and 4

In weeks 3 and 4, increase the amount of work you do in the same amount of time. If you exercise on a treadmill or cycling machine, push yourself to cover more distance in the same time.

Your workout now consists of two intervals, with a rest period in between. During the periods of rest, you don't have to be completely inactive. You will do better to keep moving at low intensity while you recover.

Week 3:

- Exercise for 9 minutes at intensity level 3;
- Rest for 2 minutes;
- Exercise for 9 minutes of exercise at intensity level 4.

Week 4:

- Exercise for 8 minutes at intensity level 4;
- Rest for 4 minutes;
- Exercise for 8 minutes at intensity level 5.

Weeks 5 and 6

In weeks 5 and 6, exercise more intensely during three somewhat shorter intervals.

Week 5:

- Exercise for 6 minutes at intensity level 3;
- Rest for 2 minutes;
- Exercise for 6 minutes at intensity level 5;
- Rest for 2 minutes ;

- Exercise for 6 minutes at intensity level 4.

Week 6:

Decrease each exercise period to 5 minutes, while you increase the intensity by one level. Since you are working a little harder, allow yourself 3 minutes of leisurely-paced rest to recover between intervals.

Weeks 7 and 8

It's time to put the 'accelerating' component of your PACE program into play. Your goal is to take less and less time to reach the point of your greatest effort. The result is that you complete more intervals during the same time and you increase the level quicker.

The shorter your intervals of greatest intensity, the faster you condition your body for maximal capacity.

Week 7:

- Exercise for 4 minutes at intensity level 4;
- Rest for 2 minutes;
- Exercise for 3 minutes at intensity level 6;
- Rest for 2 minutes;
- Exercise for 2 minutes at intensity level 7;
- Rest for 3 minutes;
- Exercise for 3 minutes at intensity level 5.

Week 8:

Now you will shorten your first interval a little and increase the intensity of your second interval a bit. You are "accelerating" your challenge with your highest effort occurring earlier.

- Exercise for 3 minutes at intensity level 4;
- Rest for 2 minutes;
- Exercise for 3 minutes at intensity level 7;
- Rest for 2 minutes;
- Exercise for 3 minutes at intensity level 7;
- Rest for 2 minutes;
- Exercise for 3 minutes at intensity level 5.

As you continue to pick up the PACE, increase the intensity of your workout and the number of exercise intervals. At the same time, shorten the length of your exercise sessions.

You may be doing three five-minute intervals with two three-minutes rests. As you progress, shorten the length of your exercise intervals to four, three, two, then one minute.

Work a little harder during these shorter exercise sessions.

When you get used to PACE and use it to your full advantage, your workout sessions usually last less than 12 minutes.

Join the PACE Revolution!

I continually receive letters and e-mails from patients and readers telling me of their progress. One of my patients, Terri L., recently visited my clinic after practicing PACE for just 9 months.

* Results will vary. Terri followed the PACE Express 12-minute exercise program and low-glycemic nutrition guide.

In that time, she:

- Lost 66 pounds of fat;
- Built 14 pounds of new muscle;

- Raised HDL (good cholesterol) by over 30%;
- Lowered triglycerides (blood fat) by over 35%.

PACE is effective across the board, from fat loss to cardiovascular health and beyond. Lowering triglycerides is especially helpful for Terri as triglycerides are more of a risk factor for cardiovascular disease in women than in men.

Terri's lung power is on the rise, too.

Terri's office is on the second floor. Before she started PACE she would take the elevator without question. Now she bounds up the 25 steps three or four times a day without thinking about it.

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Share Your Story With Me

I've made it my personal mission to bring you back hidden and forgotten cures from around the world, and return to your body what's missing from our modern environment so you can live a full life without worry.

I often hear great things about my books, special reports, and products from patients who come in to my clinic.

But I'd love to hear from you, too.

Click here to take a moment to share your thoughts with me.

The information and material provided in this letter are 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 competent medical professional before acting on any recommendations in this publication.

Al Sears, MD, CNS

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 Agless Heart***, 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).