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

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Your Secret to Super Strength

The Vegetarian Myth Exposed

It's not an easy fact for everyone to face, but we humans have been meat-eaters from the very beginning.

And if you listen to all the red-meat warnings from doctors and nutritionists – most of which stems from the United States departments of Agriculture and Health and Human Services – it's clear they don't get it either.

Our hunter-gatherer ancestors lived on a diet of meat, nuts, berries and assorted wild vegetables. And there's evidence the first humans ate meat, going all the way back to the earliest days of our genus *Homo* – before we were even human. [1]

Now there's new evidence that hominins – our early human ancestors – were using stone tools to cleave meat off the bone as far back as possibly 3.5 million years ago.

A report in the journal *Nature* revealed that bones showed cuts from stone tools and indications they were forcibly broken to remove marrow.

Yet we still have vegetarians clamoring that humans were never meant to eat meat.

Well, that is not only factually untrue – but it's also dangerous to your health.

Humans adapted to thrive on meat as a healthy source of protein and fat. And early humans never suffered from diabetes, heart disease or obesity.

The truth is, we've been eating meat for millions of years, without interruption.

At no time have we ever stopped. And this is true of EVERY culture known to man. Research shows that of more than 150 native cultures studied, not one of them was vegetarian.

Eat a vegetarian diet and you deprive yourself of eight essential amino acids, (the building blocks of protein), as well as four critical nutrients – vitamin D, vitamin A, vitamin B12, and CoQ10.

When you don't get enough of these key nutrients, body-wide crises occur that can lead to loss of muscle, energy, immune function... even heart disease and cancer.

In this report, you'll discover why we were born to eat meat and how getting the right blend of 12 essential nutrients helps you:

- Boost your potency, sex drive and ambition;
- Crank up the pumping power of your heart;
- Get fuller, glossier hair and stronger nails;

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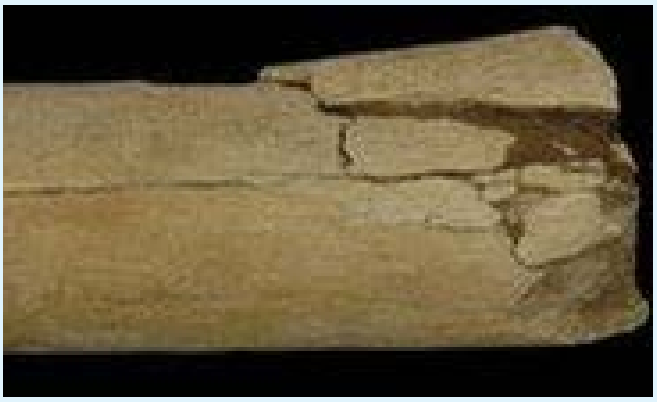
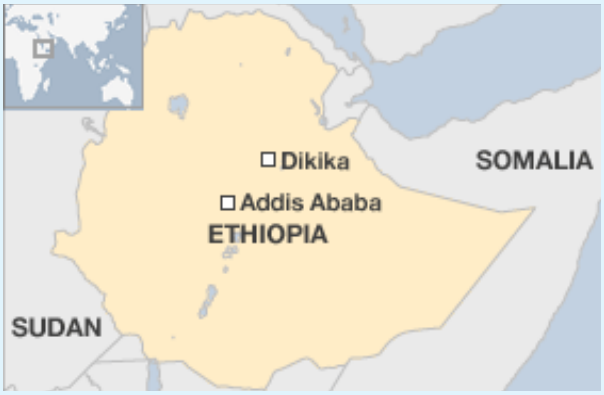
In This Issue…



Our Meaty Past

Bones showing evidence of hominins eating meat and marrow were found in the Dikika region of Ethiopia.



- Build stronger muscles, with more power and stamina;
- Get better sleep at night and more energy during the day;
- Fight depression and stay more optimistic;
- Improve your mental focus, with more clarity and better memory;
- Fight heart disease while preventing cancer, diabetes and obesity.

As a species, we are designed to consume meat for the protein and fat it provides.

Drs. Michael and Mary Dan Eades, in their book *Protein Power Life Plan*, write: *"In anthropological scientific circles, there's absolutely no debate about it – every respected authority will confirm that we were hunters... Our meat-eating heritage ... is an inescapable fact."* [2]

Published in the journal *Nature*, and reported by the BBC, this study not only confirms our meat-eating past, but shows that even our earliest ancestors – the ones that came before our own human species – were meat-eaters too.

Meat-eating began millions of years ago...

Ancient bones found in the Dikika region of Ethiopia were dated between 3.2 million to 3.5 million years ago. Evidence indicates that our ancestors cut these bones with stone tools and that the bones were forcibly broken to remove marrow, a rich source of nutrients and fat.

Through testing, paleoanthropologists determined that the tool marks were made before the bones were fossilized. They even found pieces of the stone tools lodged in the cuts.

This overturns much of what scientists believed to be true about our early ancestors. In fact, the famous "Lucy" fossil – also found in the Dikika region – was the only other hominin species known in that area.

But this new evidence casts Lucy and her contemporaries in a different light. Lucy belonged to the species *Australopithecus afarensis*, originally thought to be vegetarian. And many had assumed the use of stone tools came later, during the time of the Homo species, our closest human ancestors.

Co-author of the study Zeresenay Alemseged, a paleoanthropologist from the California Academy of Sciences in San Francisco, said: *"We are showing for the first time that stone-tool use is not unique to Homo or Homo-related species. We have Australopithecus afarensis now behaving like Homo in a way both by using tools and eating meat."* [3]

Chris Stringer of the Natural History Museum in London adds: *"It suggests that meat-eating and butchery behavior is pre-human — it's an ancestral behavior and as such it gives an interesting perspective on the*

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Australopithecines that we didn't have before." [4]

This discovery makes it clear: Even Lucy was a meat-eater.

The fact that you can read these words is part of our meat-eating heritage. It's what anthropologists L. Aiello and P. Wheeler called T*he Expensive Tissue Hypothesis.*

Australopithecines like Lucy grew brains to our size because meat let our digestive systems shrink, freeing up energy for a bigger brain. Our brains are twice as big as they should be for a primate our size. And our digestive system is *60% smaller.*

Consider gorillas. They are vegetarians and have the smallest brains and the largest digestive systems of any primate – the exact opposite of humans.

It's our large brains that need the energy that only meat and a small digestive system can provide.

If humans resemble apes at all, it would be chimpanzees, with their smaller digestive system and meat-eating diet. But in spite of die-hard vegetarians comparing us to plant-eating apes, humans more closely resemble dogs, which evolved to thrive almost solely on fresh meat.

Not Just Canines in Common…

Man and dogs have all the essential attributes for meat-eating. The only real difference is the size of our canines, which many believe shrank after we started using fire and tools. But it's not just our cannines we have in common:

Feeding frequency: Intermittent

Teeth: Both jaws, ridged molars

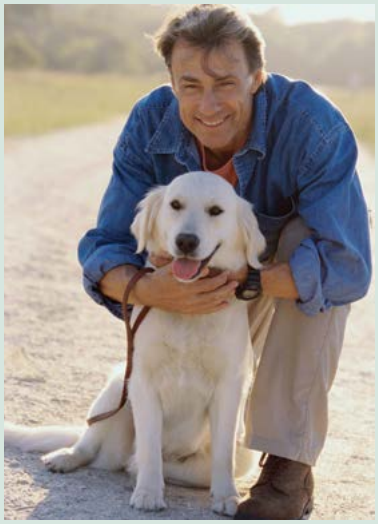
Stomach capacity: 2 quarts

Emptying time: 3 hours

Rumination: Never

Size of colon: Short, small

Bacterial flora: Putrefactive



Men and dogs have the right equipment

On the surface, it may not look like we share anything more than companionship with dogs.

But look under the hood and we have the same "equipment" needed for meat-eating., as the graphic at the bottom of the page shows.

But now look at grass-eating sheep. Unlike dogs and men, sheep have flat molars with teeth only on their lower jaws. They have grinding jaws instead of tearing-crushing jaws.

A sheep's stomach holds an enormous 8.5 gallons and it never empties.

Their colons are long and can hold tremendous amounts of plant material. A sheep's bacterial flora ferments and it feeds continuously.

All the traits of vegetarian sheep are the opposite of meat-eating dogs and humans.

Human were built to eat meat. When native human cultures eat native diets, they have perfect teeth and no disease.

Pioneer nutritionist Dr. Weston Price proved it when he traveled around the world in the 1920s and 1930s studying native cultures that were still untouched by Western diets, he found something remarkable.

Tribes that stayed true to their native diets had no trace of heart disease, cancer, diabetes, obesity... or even crooked teeth. They all had wide, attractive faces, full smiles and no hint of excess fat.

As soon as they started to eat sugar, flour, grains and processed foods, they got sick and fat. Their offspring were born with narrow jaws and crooked teeth.

That remains true today. Once you stray from your

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What happens when you stray from your roots

The "primitive" Seminole girl (far left), who stayed true to her native diet, has a wide, handsome face with plenty of room for the dental arches.

The "modernized" Seminole girl (near left) born to parents who abandoned their traditional diets, has a narrowed face, crowded teeth and a reduced immunity to disease.

Source: The Weston Price Foundation

meat-eating roots, sickness set in.

With agriculture comes the "diseases of civilization." Heart disease, high blood pressure, stroke, depression, diabetes, arthritis, cancer, obesity, bad teeth, poor eyesight, autoimmune disorders... to name just a few of them.

All of these diseases and disorders can be traced back to the introduction of grains in our diet and the move away from our native, meat-centered diet.

What few people realize, especially vegetarians, is that grains are not just lacking in the nutrients we need, they are hostile.

When we eat grains, they attack our body.

Grains sabotage your health

Grains have sophisticated defense mechanisms that help them survive, and help prevent humans from eating them.

In fact, whenever you eat them, you're ingesting enzyme blockers designed to ward off predators.

The most common enzyme to get zapped in your gut by grains is *protease,* which you use to digest protein. Other biochemicals from grains block amylase, the enzyme that digests starch.

Not only are humans not designed to eat grains – when we do eat them, they block the very enzyme we possess to digest them.

Grains sabotage our health with proteins called lectins. These perform a variety of functions in humans and animals. But when grain-based lectins end up in our digestive tract, they cause big problems.

Some lectins bind to the walls of your intestines, affecting permeability. So you can end up with a "leaky gut," meaning toxins seep into your bloodstream.

And when lectins escape into your bloodstream, they set off a chain reaction of immune responses that can lead to autoimmune diseases, like arthritis or multiple sclerosis.

> **"Cereal grains as a staple food are a relatively recent addition to the human diet and represent a dramatic departure from those foods to which we are genetically adapted.**
>
> **Discordance between humanity's genetically determined dietary needs and his present-day diet is responsible for many of the degenerative diseases which plague industrial man."** [5]
>
> **— Dr. Lorn Cordain**
>
> ***Cereal Grains: Humanity's Double-Edged Sword***

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You see, the protein sequence in some lectins is almost identical to the tissues in your body.

And when your immune system recognizes the lectin as a "bad guy," it targets anything that looks like it. This is the basic idea behind all autoimmune system diseases: Your body attacks healthy tissue, because it thinks the good guys are bad guys.

The lectin in wheat has an amino-acid sequence that looks a lot like joint cartilage and the myelin sheath that covers our nerves. As you may know, when your body starts to attack joint cartilage you get arthritis. When it attacks the covering around your nerves, you get MS.

Epidemiologists know that MS is most common in cultures where wheat and rye are staple foods. And rheumatoid arthritis can be tracked in the archeological record, following wheat and corn-eating cultures around the world. [6]

You need these 12 essential nutrients every day

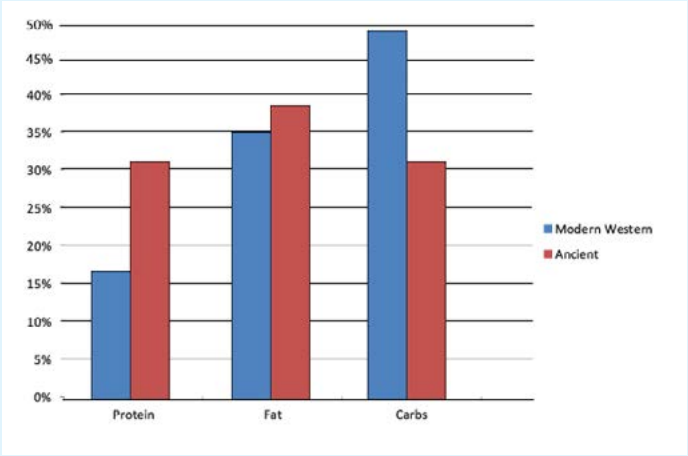
When you eat vegetarian, it's impossible to get 12 essential nutrients you need every day. I'm talking about the eight essential amino acids that are the building blocks of protein and the four nutrients you can ONLY get a sufficient from meat: vitamin D, vitamin A, vitamin B12 and coenzyme Q10.

These nutrients are responsible for hundreds of vital functions, including powering up your muscles, heart, brain, memory, immune system and sex drive... to name just a few.

Vegetarians claim you can get these nutrients from non-animal sources, but it just isn't possible.

Here's what I mean:

Vitamin D: Getting enough vitamin D from walking in the sun, or by consuming foods "fortified" with vitamin D just isn't possible. Real dietary sources of vitamin D come from animal fats. And if you're drinking milk fortified with vitamin D, you may be surprised to find out that the vitamin D in milk is synthetic. And it's not even the right form.



Our ancient ancestors were blessed with disease-free living; they had an abundance of powerful vitamins, nutrients and protein. The above chart shows just how much the modern and ancient diets differ.

Your body needs vitamin D3 to fuel your body. What you find in milk is vitamin D2.

While your body makes vitamin D when exposed to the sun, it's difficult if not impossible to get enough vitamin D every day simply by going outside.

Vitamin B12: This vitamin, so vital to humans, is only found in meat. While some vegetarians claim that B12 can be found in algae, tempeh (a soy product sometimes used as a meat substitute) or even brewer's yeast, these are false assumptions.

Brewer's and nutritional yeast do not have B12 naturally; it's always added from an outside source. And to think you can get it from algae or a soy product is just wishful thinking.

Vitamin A: Real vitamin A, or retinol, is only available from animal fats or organ meats, like liver. You can get beta-carotene from plants, but that's not a substitute for real vitamin A.

Sure, your body converts some beta-carotene to

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vitamin A, but there are problems with the conversion. First, beta-carotene needs the presence of bile salts in your intestine before a conversion can take place. To get bile salts, you need the presence of animal fat. For a vegetarian, that's an impossibility.

Secondly, the conversion is not efficient. For every six units of beta-carotene you consume, you only get one unit of vitamin A. So even if you consumed 25,000 units of beta-carotene, you would not even get enough vitamin A to supply you for the day.

And that's dependent on having the animal fats to produce the bile salts required to make the conversion.

CoQ10: Vegetarians don't even fight me on this one, because CoQ10 is only found in animal products.

You'll find high concentrations of this heart- and brain-critical nutrient in organ meats, like the heart and liver. But you'll also get it from the meat itself. CoQ10 supplies your cells with ATP, the energy required by every cell in your body for metabolism, energy production and life itself. And you won't find it in plants. Period.

The eight essential amino acids: These building blocks of protein are called "essential," because your body cannot make them on its own. You need them from your diet every 24 hours.

And you can't get this specific blend of amino acids in the right ratio from plants.

Grass-fed red meat is the highest quality nutrition – bar none.

Choose grass-fed beef and reclaim your native diet

Cattle, in one form or another, have been on this planet for millions of years.

Their species have thrived by grazing on grasslands, prairies and hillsides.

Their natural diet consists of grasses and legumes. Their anatomy and physiology reflect their diet.

But most commercial cattle these days no longer eat their natural diet. Growers feed them cheap grain and other "feedstuff" to fatten them up quickly. And this includes hormones to make livestock larger.

It's now commonplace for ranchers to give their animals antibiotics to keep them alive in deplorable living conditions.

The graph at the bottom of this section gives you a better idea of what commercial cattle are exposed to during their short lives.[7] And how much better it is to eat grass fed beef rather than commercial grain fed beef.

The old saying "you are what you eat" comes to mind.

As a result, commercial beef has drastically less nutritional value than their pasture-fed relatives.

A study the *Journal of Animal Science* found that the more grass cattle ate, the more nutritious their beef became. [8]

Grass-fed products have three to five times more conjugated linoleic acid (CLA) than commercial animals.[9]

CLA is an extremely important nutrient that has cancer-preventing properties. And grass-fed beef also has four times more Vitamin E.[10]

You probably already know how important omega-3 fatty acids are to your health. But even more important is the ratio of omega-6 to omega-3 fatty acids. Too many omega-6 fatty acids have been linked to heart

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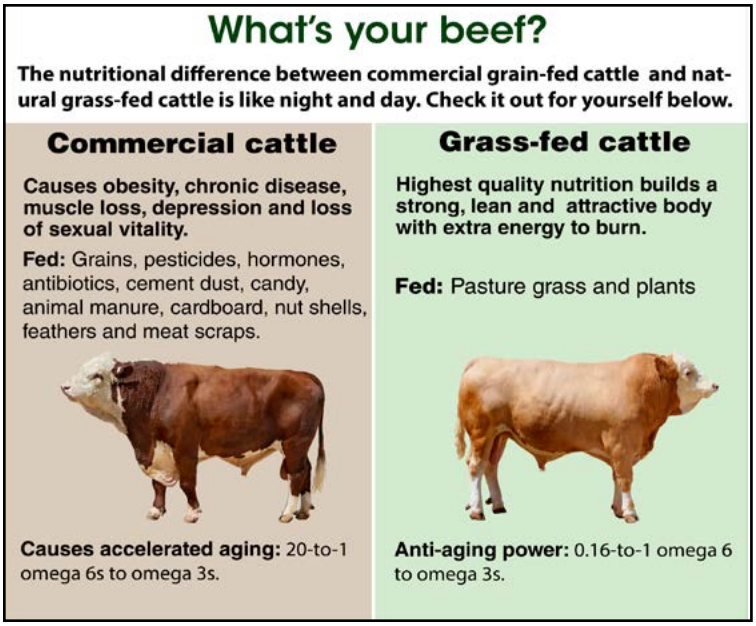

disease, cancer and other health problems.

Whenever possible, avoid commercial beef. Every time you take a bite of commercial beef you're getting the hormones, antibiotics and disease the cattle had prior to slaughter.

Grass-fed beef is our ancestors' legacy. And it's grass-fed beef that will carry us forward as a species.

And don't forget fruit and veg

Your body does not need carbs. It's protein and fats you can't live without.

Every cell in your body has the ability to make glucose, or blood sugar. You don't need additional carbs to help your body make sugar.

Having said that, there are "good" carbs that you shouldn't avoid, like fruits and vegetables. Just stay away from potatoes and corn. They're not real fruits or vegetables and they can have disastrous effects on your health.

Low-glycemic veggies and fruits are part of a balanced diet that our ancestors enjoyed.

Vegetables should fill half your plate at most meals. They can provide you with vitamins, fiber and help regulate your blood sugar.

My favorite low-glycemic veggies include:

- ✓ Broccoli
- ✓ Cauliflower
- ✓ Spinach
- ✓ Mushrooms
- ✓ Tomatoes
- ✓ Eggplant

Berries such as blueberries, strawberries, raspberries and blackberries are rich in fiber, anti-oxidants, and vitamin C. You can also enjoy apples and watermelon. If you are diabetic or trying to lose weight, I would stay away from bananas and pineapple.

To avoid pesticide contamination, choose USDA orgamic-certified vegetables and fruits. I buy my vegetables and fruit from my local green market. Enjoy your veggies raw or steamed to reap the most benefit from their nutrients.

Grass-fed red meat with organic fruit and vegetables is not only one of the nutritious and balanced meals you can eat – it's also your nutritional heritage. ■

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Make it the Right Whey

Unlocking the Power of Protein

Get enough protein and you'll be slim and muscular. You will also have clear skin, a robust immune system and a bright outlook on life.

That's the message from our ancient ancestors.

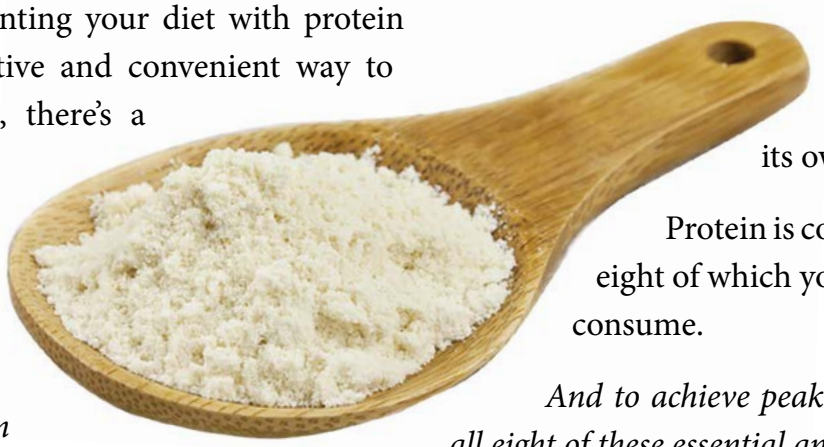
Back when we enjoyed a pristine environment, lean meat was at the very center of our natural, high-protein diet.

But today, we consume less protein than at any time during our million-year history – and we are paying the price.

Obesity, chronic diseases, muscle loss, depression and loss of sexual vitality are all symptoms of the protein shortage in our diets – But that's not something you'll hear from most doctors and nutritionists.

Protein is essential to our health and survival.

And while supplementing your diet with protein may seem like an effective and convenient way to get back this vital fuel, there's a problem...



The "protein" you find in most commercial protein powders comes from sick, diseased animals and are often laced with dangerous heavy metals.

Adding to the problem, many manufacturers use overly processed forms of protein that have been stripped of their natural enzymes and vital nutrients.

Taking these processed proteins will have the opposite effect than the one you intended – they can make you weaker and more vulnerable to disease.

But the right kind of protein can give you a lean, attractive body with energy to burn.

In this report, I'll show you the seven factors a protein powder MUST have to unlock its slimming, energizing and anti-aging power and also the best sources.

And I'll show you how much protein your body really needs.

Your body's best power source

Protein is the only truly essential macronutrient. It is a building block of life. And quality protein is your single most important nutritional concern.

Fat is also essential, but you can survive longer without fat than you can without protein. And you don't "need" to consume any carbohydrates at all.

Your body can make whatever carbs it needs on its own.

Protein is composed of 20 amino acids, eight of which you can't make but you must consume.

And to achieve peak health, you must consume all eight of these essential amino acids every day.

Protein is an important component of every cell in your body. Hair and nails are mostly made of protein. Your body uses protein to build and repair tissues.

You also use protein to make enzymes, hormones and other crucial body chemicals. Protein is a key

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Protein from grain-fed cattle is poor quality and lacks nutrition. These animals are packed together and pumped full of antibiotics to prevent disease in the cramped conditions.

building block of bones, muscles, cartilage, skin and blood.

But unlike fat and carbohydrates, the body does not store protein. It has no reserve to draw on when it needs a new supply.

Getting a steady supply of protein actually programs your body to burn fat.

It throws a "metabolic switch" that tells your body it's okay to burn fat.

Here's why: Your body is not a machine. It's a living, sentient being that makes decisions based on the challenges it faces every day.

Your body's number-one priority is survival. And protein is its most prized power source.

Under normal circumstances, your body keeps fat on reserve for just one reason: to prevent starvation.

But when your body has more protein than it needs, its survival is not threatened. It then feels "safe" enough to start burning off its fat stores.

Over-consuming protein is one of the easiest, most reliable ways of triggering fat loss.

In addition, you'll guarantee your body has the building blocks it needs for peak health.

Here's an easy rule-of-thumb for knowing how much protein you need each day:

Consume one gram of protein for every pound of lean body mass.

If you weigh 200 pounds and have 20% body fat, that means you're carrying 40 pounds of fat, with 160 pounds of lean body mass. In this example, I recommend you eat 160 grams of protein each day.

If you don't know how to measure your body fat, there are scales you can buy that calculate your body fat for you. There are also hand-held devices that are reliable. You can find these on the Internet.

If you don't have any way to measure you body fat, just use this guideline:

- For men, average body fat is between 15% and 17%.
- For women, average body fat is between 18% and 22%.

Obviously, if you are overweight, your body fat percentage will be higher.

Consuming one gram of protein for every pound of lean body mass is more than your government recommends.

But that's the point. The rising rates of obesity all around us is proof enough. The govenment is wrong. If you're only getting 30 to 60 grams of protein a day, you'll survive, but your body will hold on to its fat for dear life.

Over-consume protein and your body responds by dumping fat.

What's more, a protein-rich diet builds powerful

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muscles that help you stay mobile and independent far into old age.

Our primal ancestors never had a problem with obesity. They were master hunters, who thrived on eating meat – one of the best natural sources of protein.

Think about it: What are you really eating?

But there is another problem…

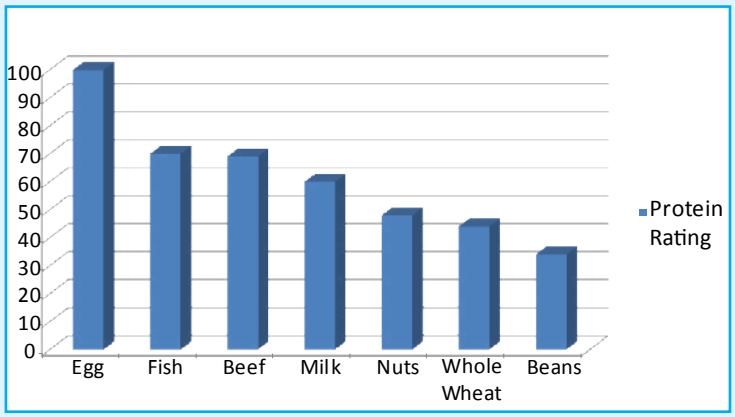
Even if you follow a low-carb, no-grain diet, the meat you buy from the grocery store has almost certainly been fed on grain. The meat industry selects grains because they are cheap. They are also very fattening.

Corn and other grains are high on the glycemic index. That means they break down into sugar very quickly, causing a sharp spike of insulin.

And remember it's insulin that regulates fat gain. A grain-heavy diet makes the animals enormously fat and very sick.

Then we eat those unnaturally raised and diseased animals. We cannot stay healthy if the cow we eat is diseased.

The most powerful proteins come from animals



I rate proteins by how complete they are. A complete protein contains all the essential amino acid in the correct ratios. As you can see from the chart above, animal-derived foods have the very best protein ratios.

I eat meat just about every day. But I make sure it's grass-fed.

In our primal environment, around 85% of our total calories came from red meat.

But in our modern world, when you eat meat, you have to think about the environment that animal came from… because it makes a big difference.

The same holds true for protein powders.

Of course, when you buy a bottle of protein powder, you don't always think about where that protein came from.

But if the meat from grain-fed cattle is unhealthy and dangerous, so is the protein.

That's why I recommend whey protein as the best protein supplement.

Whey is a by-product of cheese production and contains a wealth of the amino acids and other vital nutrients we need from protein.

Seven essentials for unlocking slimming and anti-aging power

1. Choose grass-fed: A grass-fed animal source of pure whey protein is key when choosing a protein powder.

If it's not grass-fed, chances are you're consuming protein from pesticide-treated, grain-fed animals. And that's bad news, especially when you consider that grain-fed whey is missing many of the amino acids and enzymes found in grass-fed whey. Grain-fed whey is also much lower in healthy omega-3 fats.

2. Hormone-free cows: Grain-fed cattle are almost always injected with antibiotics, estrogens and growth hormones to quickly fatten the cows and fight the infections and diseases that come from being confined on feed lots.

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3. Low-temperature processed: Most commercial protein powders are heat-processed at high temperatures, which destroy many enzymes and other heat-sensitive nutrients that give whey protein its power.

4. Acid-free processing: To save money, many manufacturers process whey with a technique called "acid/ion exchange." Using acid and other harsh chemicals to separate the whey from the fats damage the amino acids that give whey protein its power.

5. Whey protein concentrate: When you're browsing the aisles of your local vitamin store you may see towers of protein powder bottles boasting "whey protein isolate" as being better absorbed. Truth is, isolates aren't natural and are not easily metabolized. What's more, isolates are acid processed and missing key amino acids.

6. Sweetened naturally: Avoid artificial sweeteners, especially the ones that contain aspartame, sugar alcohol or high fructose corn syrup. A good protein powder should by low glycemic.

7. Free from toxic heavy metals: Many protein powders contain high levels of toxic and cancer-causing heavy metals, like mercury, lead, cadmium, and arsenic. This was confirmed by a recent study published in *Consumer Reports*. [1]

Two strength-building secrets

To get the biggest boost of energy, the leanest body and the strongest muscles, take your protein powder…

- ✓ First thing in the morning; and
- ✓ Right after you exercise.

Studies show that giving your body a good source of protein right after exercise helps build muscle and burn fat. Professional athletes do this routinely… and you should, too.

Grass-fed protein powders are not as easy to find as other commercial brands, and they tend to be more expensive.

But the difference makes it worth the search and the extra money.

A quality, grass-fed protein powder can help you take off pounds of unwanted fat in record time.

In fact, you'll feel the slimming effect right away. You'll also notice firmer, stronger muscles, more energy and better sexual performance. You may even find that you don't have to sleep as much and that you get sick less often.

For more information on protein, grass-fed beef and the glycemic index, check out my website: www.alsearsmd.com. You'll also find more than 1,500 articles with an easy-to-use search engine. ■

References:

1 "What's in your protein drink?" *Consumer Reports*. July 2010

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I discovered an African tree bark that soothes your aching joints

Giraffes almost never sit down. Yet they can balance their giant 2,500-pound bodies on their long, skinny legs **without pain or visible aches or soreness.**

The "secret" to their incredible toughness may be in what they eat.

I discovered an extract from the bark of a tree that grows wild on the African plains that can soothe everyday aches and pains and help reduce inflammation.

Clinical research suggests it can help you stay active, comfortable, and "on the go."

In a human study, people with joint discomfort took an extract from this very same tree. And after 16 weeks, 100% of the people reported, **"less pain and swelling, increased knee flexion, and the ability to walk a greater distance."**[1]

Keep in mind, this was a randomized, double-blind, placebo-controlled trial. It's the most reliable kind of study there is in science. And 100% of the people got a positive result.

That's not only rare, it's practically unheard of...

And based on my research, I believe the extract of this ancient African tree — along with a few other natural pain fighters I discovered — can help you stay active, mobile and free to do the things you love most, without being held back by the nagging aches and pains that can make life so challenging.

Here's where the problem begins.

You have toxins in your joints

Thousands of years ago, aching muscles and joints weren't an everyday problem. This kind of pain was only temporary, just a part of the natural healing process.

Today, the soreness, aching, and swelling you feel could be the result of something else: Toxic buildup in your body – especially in your muscles and joints.

I photographed this giraffe during one of my recent trips to Africa … His "diet secret" holds the key to smooth, comfortable joints and fewer aches and pains.

It's important to keep these toxins under control if you want to stay active, comfortable and in the swing of things.

And people who come to my clinic ask me all the time: "How does this junk get into my body anyway?"

These toxins are everywhere nowadays, but it wasn't always like this. Things were simpler many generations ago.

Back then, everything you needed to keep your body strong was found in abundance in the environment you lived in. You could solve many of your problems with food – by giving your body what it needed naturally.

Now a big part of the problem is food...

Most of what we eat is processed, dyed, fried, broiled or microwaved until it's almost unrecognizable as food.

It's injected with high-fructose corn syrup, packed with trans fats and loaded with additives – and our environment in general is flooded with toxins, including heavy metals and other dangerous compounds.

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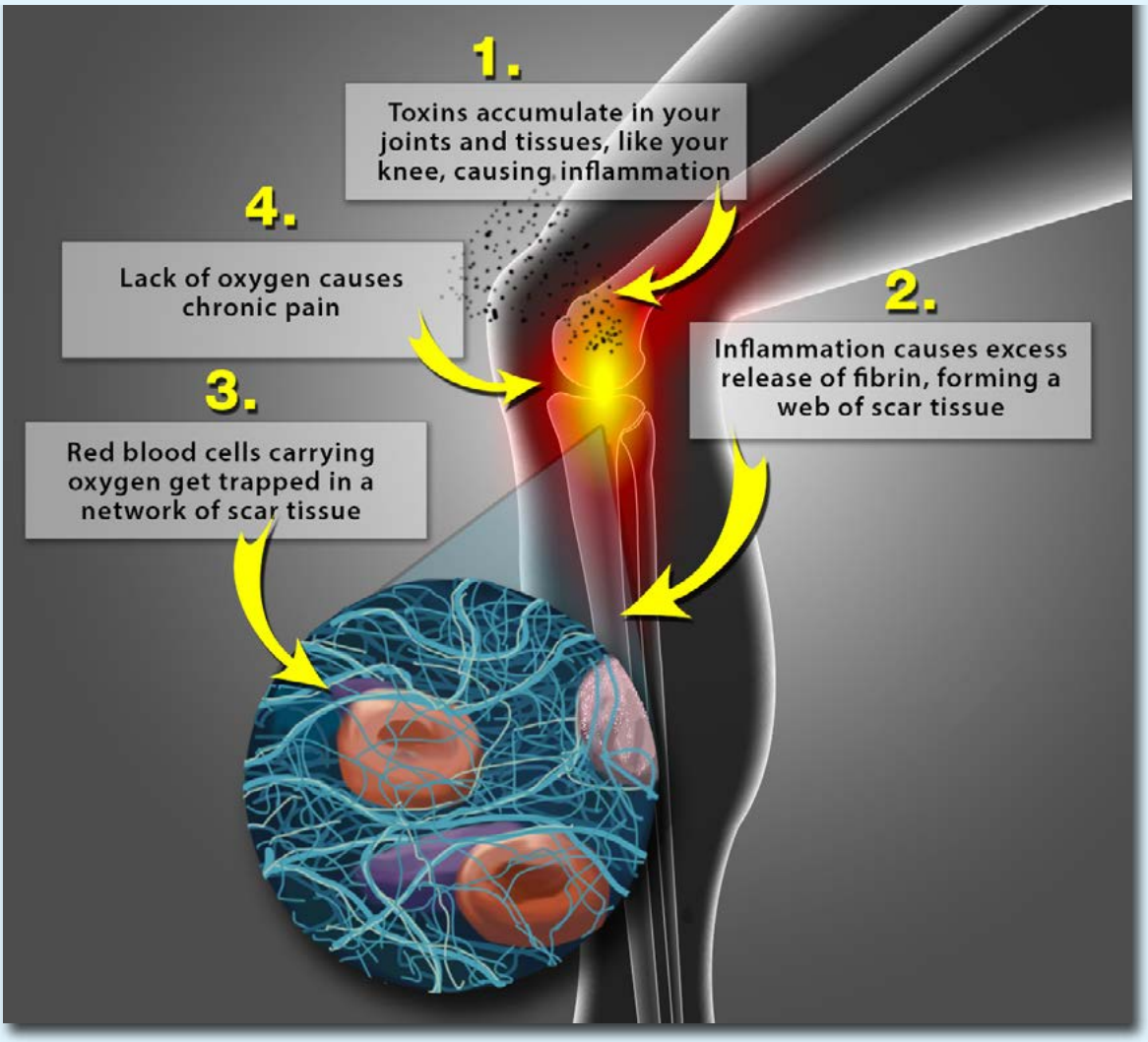

Junk in Your Joints

The soreness, aching and swelling you feel could be the result of a toxic buildup in your body – especially in your muscles and joints. The diagram on the left shows you exactly how it happens.

Bit by bit, these unnatural extras build up in your body. Over time, they form scar tissue and collect in your body, clogging up your muscles and joints.[2]

Now, instead of easy movement, **you feel pain.**

But the cleansing herbs and nutrients I discovered can help promote the proper inflammatory response that leads to comfortable movement.

Strong enough to help me climb Mt. Kilimanjaro...

I travel to some of the world's most thrilling and remote locations, but also some of the most punishing.

And the results from my expeditions have led to some amazing discoveries.

In Peru, I brought back the Incan secret to energy, the omega-rich oil ***Sacha Inchi.***

In Jamaica, I went "off the grid" to meet with a healer born into a lineage that dates back to the time of the slave trade. Her "lost remedies" included one of the most effective potency herbs I've ever encountered.

My recent treks through the ancient forests and mountains of Uganda and Central Africa brought me face-to-face with the last gorillas still living in the wild, and I hiked up two of Africa's highest mountains, Mt. Elgon and Mt. Kilimanjaro.

To help with the physical stress during my travels, I bring my own combination of natural pain-fighters, including the extract I mentioned above.

And after covering hundreds of miles of dense jungle and high altitudes, these nutrients keep me going without ANY sign of stiffness, swelling or chronic pain.

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While trekking through the forests and mountains of Africa, I snapped pictures of elephants and some of the last gorillas living in the wild. Elephants love the resin from the boswellia tree as "comfort food" for their knees.

And they have track records that stretch back thousands of years, which means they're safe enough to use EVERY DAY.

These herbs and extracts help me deal with extreme physical challenges like hiking through forests or climbing Mt. Kilimanjaro, but they work beautifully when you're in the middle of your daily routine, too.

When I'm at home in South Florida, I love playing tennis and working in my yard and garden. And of course, I do my PACE program, which involves sprints and calisthenics.

These nutrients are strong enough to help you through the most intense physical challenges you'll face. So when you use them for less stressful everyday activities, ***they come through with flying colors.***

Here are some examples:

✓ Bending with your knees to stand up, sit down, or getting in or out of your car...

✓ Reaching up to get something or bending over to pick something up...

✓ Using your hands in a repetitive motion, like when you unload your dishwasher, type, sew or push buttons on a remote control...

✓ Using your whole body for several hours for a specific activity like golf, tennis or gardening...

✓ Walking for long distances or up an incline...

These everyday motions and activities are the sources of those common aches and pains that can make even simple things seem challenging.

And yet these herbs will help keep you active and moving forward each day you use them.

Here's the secret…

The "comfort food" that calms painful inflammation

The "diet secret" that keeps giraffes on their feet most of their lives is called *Boswellia serrata.*

The resin of the boswellia tree has been used to calm inflammation for centuries, and not just for people. Elephants and giraffes like to eat it, too, and folklore suggests that it's "comfort food" for their knees.

Researchers have uncovered why it works: It has boswellic acid, a natural ingredient that helps promote proper inflammatory response.[3]

To see how boswellia could help knee function, researchers set up a double-blind clinical trial with 30 people. Half of the group received a placebo, and half received boswellia extract.

After eight weeks, every one of the people who took

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boswellia extract had better knee function. It also helped with swelling and comfort.

But here's the best part. The group that took boswellia could walk farther than before and had a healthy range of motion.[4]

Stay active with the help of a pineapple?

Another surprising source of these painkillers and inflammation-fighters is an extract from pineapple. It contains a powerful enzyme called *bromelain*, which clinical studies suggest can help stop aches and pains.

One study showed bromelain was ***just as effective*** as some commonly used over-the-counter pain pills for reducing the pain associated with osteoarthritis.[5]

Another study showed how bromelain helps relieve knee pain... (just the kind of pain that shows up when you're going through your daily routine.)

At the end of the study, the researchers said:

"We conclude that bromelain may be effective in ameliorating physical symptoms and improving general well-being in otherwise healthy adults suffering from mild knee pain."[6]

That's a fancy way of saying that bromelain makes your knee stop hurting.

Athletes like bromelain, because it helps speed up healing when they get cut, scraped, bruised or wounded. It also decreases pain following injury to soft tissue.

Bromelain is especially good for sprains and strains, bruising, and tenderness from muscle injuries.

Hospitals even use it to relieve post-surgical pain. But even though it works after an injury occurs, it works even better if you take it prior to a traumatic event like surgery. Or take it before an intense workout or playing a sport that's physically demanding on your soft tissue or joints.

One study looked at how bromelain helps people who do intense exercise. They had a group of people do a workout consisting of some very strenuous leg exercises. Then they gave half the group a placebo and the other half a supplement containing bromelain for 21 days.

When researchers had the people work out again, they found that the bromelain group performed better. Their legs produced greater force, their running times improved, and they had almost no inflammation. [7]

And bromelain is also good for staying fit. It boosts the activity of many different kinds of immune cells.

Bromelain is very bioactive, which means your body will absorb it well. And it's not the only enzyme that calms and soothes tired, aching joints.

Another extract you should know about attacks and breaks down the proteins in your blood that form scar tissue. This tireless worker, called papain, clears away the overgrowth of old tissue that clogs joints and tissues making them triggers for pain and irritation.

"76% of people say: "I would use this again…"

Aside from my discoveries in Africa, one of the little-known herbs I keep in my medicine bag comes from the rolling hills and mountains of Europe.

Arnica montana[8] is a wild flower with a long track record for relieving swelling and discomfort.

In one study published in the medical journal *Advances in Therapy*, men and women with stiffness and discomfort in their knees used arnica with great success, showing *"significant decreases"* on their pain scores with 76% saying they would use it again.[9]

Other studies show arnica is effective for reducing the swelling and discomfort in marathon runners after they finish the race. [10]

Arnica works on a cellular level by blocking the genes NF-kappa B and NF-AT that cause inflammation.

Not surpsingly, another study published in

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the journal Rheumatology International found arnica is just as effective as over-the-counter pain pills for stopping the everyday stiffness and swelling in your hands.[11]

It's become one of my "go to" nutrients for pain and I don't travel without it.

Restore mobility and reclaim your pain-free life

I travel the world seeking out the most powerful, most effective herbs and nutrients and uncover solutions most doctors have never even heard of, let alone use in their practice.

I talk to traditional healers and shamans that have thousands of years of "collective" experience based on their lineage and history... ***and I back up what I find with peer-reviewed, clinical studies***.

And of course, I use them myself.

To get your own experience of these powerful, natural pain relievers, just follow these simple recommendations:

- **Bromelain:** Eating pineapple will help, but you'll need to eat at least a cup of fresh pineapple every day. Eating it with a meal will help digestion, too. But eating it on an empty stomach allows the bromelain to enter your blood stream and reduce inflammation.

For the best pain relief benefits, look for enteric-coated tablets and take on an empty stomach.

Bromelain potency is measured in GDU (Gelatin Digesting Units). Try to find a dose that's near 2,400 GDU. That's the highest standardized potency you can get. My recommendation: 400 mg to 500 mg a day.

NOTE: Bromelain is a natural blood thinner. If you're taking any anti-coagulant drugs, like Coumadin or Plavix, talk to your doctor first.

- **Boswellia:** For general pain relief, take between 600 mg. to 900 mg. in divided doses. For best results, take three times a day with food. Look for a supplement that has a standardized extract of around 60% of the active ingredient boswellic acid.

Boswellia is also available as a cream, which you can rub into your skin every four to six hours. Also, consider "cycling" boswellia, which means you'll take a break and stop for a week or two after using it for eight to 12 weeks. This increases the benefit and allows you to use it in the long term.

- **Arnica:** The best way to take arnica is as a cream, ointment or tincture. Look for a 20% to 25% tincture, or a maximum of 15% arnica oil. DO NOT ingest arnica or take it internally.

For best results, take anywhere from 10 to 30 drops if using as a tincture, or rub a small amount of cream over the inflamed area. DO NOT apply to broken skin, as that may cause additional irritation.

- **Papain:** Eating papaya fruit or papaya seeds can help digestion, but to get pain relief, the best way is to simply find a good supplement. A dose of 100 mg. to 200 mg. is usually effective when taken with a meal.

Avoid the chewable tablets, as they usually contain extra sugar, calories, and other additives.

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Al Sears, M.D.

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).

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.