



Dr. Sears'

CONFIDENTIAL CURES

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

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Dear Friend,

My patient Sarah V. traveled from Portland, Oregon, to Palm Beach, Florida, for her appointment at my clinic. When I told her my plan to help her recover, she started to cry.

“My doctor told me I have diabetes and it can’t be cured.”

This tragic scene plays out almost every day around the country... Doctors who leave their patients feeling hopeless and helpless.

That’s because organized medicine believes in “branding” you with a diagnosis... A diagnosis you’re likely to carry with you the rest of your life.

And that relieves them from doing anything else. After all, they told you what’s “wrong” with you... Leading you to believe that it’s all your fault.

If you ask your doctor, like my patient did, “But why am I sick?” they won’t give you the reason.

They can’t give you the reason. Understanding why is not part of their profession. Doctors aren’t trained to ask why, and that’s a windfall for mainstream medicine.

Now, I’m not here to bash my fellow physicians. They enter medicine with good intentions, but they’re trapped in a dictatorial institution with no autonomy.

These sick patients are forced to become dependent on a system designed for profit, not healing.

I call this the “myth of the diagnosis”

It’s the mistaken belief that a diagnosis defines a person for life.

It’s a condition where the disease becomes a new identity that forever condemns the patient to a life that has no other outcome than a prognosis that seems to be written in stone.

In a nation of “identity politics,” the emergence of “identity health care” is tragic, but not surprising. And it turns you into a helpless pawn in a system that’s profiting off your misfortune instead of helping you figure out how you got there.

And if you ask WHY you have diabetes, like my patient did, and WHY you need to fill their prescription... They say it’s because of your diagnosis.

It’s “circular reasoning” that gets you nowhere. It’s psychological coercion that makes you believe you’re defective... That you somehow need prescription drugs to stay alive.

When my patient was diagnosed with diabetes, her doctor told her it was “genetic” and presumed she was broken and unfixable. She wasn’t.

And neither are you.

What’s really going on is that modern medicine has failed you.

That’s the theme of this **Confidential Cures** double issue. It’s also the start of a brand-new book I’m writing on the topic.

As a loyal subscriber, I wanted you to have the first look...

To Your Good Health,

Al Sears, MD, CNS

Exposed: FDA Recalls 14,000 Previously Approved Drugs But You Can Take Control Over Your Own Healthcare

A new Harvard University report exposes a stunning new level of corruption between the FDA and Big Pharma. And I'm afraid that if our political leaders don't wake up soon, even more lives will be put in jeopardy.

Based on its own data, the FDA now admits that in the past decade, **over 14,000 drugs** it had previously approved as safe were recalled.

To put that in perspective, it means *Big Pharma averaged four drug recalls per day for over 10 years.*¹

Keep in mind, the FDA rubber-stamped all these drugs as reliable before granting approval. But once patients who trusted the FDA began actually taking them, the side effects were so serious that the drug companies had no choice but to pull them off the market.

And it didn't happen a dozen times or even a hundred. It occurred on 14,000 separate occasions.

You usually don't hear about these drug recalls. That's because the FDA and Big Pharma have become pretty good at keeping their mistakes out of the spotlight.

But my question is, why is it happening at all? Why are these drugs being rushed to market before the FDA completes its primary job — proper testing to protect public safety?

Today in this **Confidential Cures** article, I'm unveiling the cozy connection between the medical industry and the federal regulators who pretend they control it. I'll show you who's really



In the past decade, the FDA admits it has had to recall more than 14,000 drugs it had previously approved as safe.

in charge, and how they game the system and put corporate profits ahead of your health.

I'll also talk about you can fight back — and seize control over your own healthcare...so you don't have to be dependent on Big Pharma.

Big Pharma Is Getting Away With Putting Profit Over Health

The FDA's drug-approval decisions are actually dictated by the industry that's calling the shots... Big Pharma.

They are incredibly powerful. *Fortune Magazine* reported that in 2021 the 10 largest Big Pharma companies raked in *over \$700 billion in profits.*² That's more than the GDP of over 150 countries.³

Not surprisingly, any FDA bureaucrat who dares to question who is really in charge is going to have a short career. Everyone in Washington, from Dr. Anthony Fauci on down, knows this. So they go along to get along, often later landing incredibly lucrative jobs with the very companies they were supposed to be regulating...that's how the circle of corruption works inside the Beltway.

It's no secret Big Pharma wants as many new drug approvals as possible. And there's an obvious reason...each one continues to pad the corporate coffers.

A newly approved drug gets its own marketing campaign. Splashy ads soon appear on your TV screen or on your cell phone, with smiling, active patients telling you their lives are transformed and you should ask your doctor about the latest FDA-approved cure-all.

All that marketing generates huge new revenue flows, especially given how drug prices are spiraling out of control.

From Big Pharma's perspective, each drug approval opens up an opportunity for a new revenue stream. So the pressure is on the FDA to grant approval to the drugs as soon as possible.

Of course, the drug companies still complain the process takes too long and costs too much money. And their allies in Congress chime in, pressuring the FDA for faster decisions.

But based on experience in my clinic, a great number of these drugs do more harm than good. And the emerging data on massive drug recalls year after year prove it.

So after the hype over a new drug dies down, and word of serious side effects begins to spread, the drug companies are eventually forced to "voluntarily" recall their drugs before they get hit by a wave of bad publicity and medical-liability lawsuits.

Of course, by this point they've got a ton of other drugs stacked up in the FDA's drug-approval pipeline.

"I'm convinced if consumers understood why prices are rising — what's really going on behind the scenes — they'd be furious."

Now that the crazy conspiracy behind FDA drug approvals is coming to light, my patients realize what I've been telling them the truth all along:

The FDA — the agency whose No. 1 job is ensuring the drugs your doctor prescribes you are safe — is putting your health behind Big Pharma's profits.

And as drug prices spiral, those profits grow even more enormous. A recent Health & Human Services study of drug costs showed that in one year, from July 2021 to July 2022, the cost of a basket of 1,200 drugs jumped by nearly one-third. The average price of a drug sold in the United States jumped \$250, far exceeding inflation.⁴

I'm convinced if consumers understood why prices are rising — what's really going on behind the scenes — they'd be furious. Here's why I say that...

Big Pharma Pays For Almost HALF Of FDA Budget

The ugly truth is the FDA's entire infrastructure is bankrolled by Big Pharma. I've written about this for years. And no one even tries to hide it anymore.

You see, Big Pharma contributes almost half of the FDA's annual \$6.5 billion budget, in the form of user fees.

Every five years, when the FDA needs to plan out its future budgets, it calls a meeting with the group that holds its purse strings. When that happens, they don't meet with members of Congress or the Executive Branch.

Instead, they gather behind closed doors with executives from Pfizer, Merck, and Sanofi. And they come hat in hand asking for more money.⁵

With that level of brazen corruption, can anyone be surprised FDA officials put their corporate benefactors above the public interest?

But here's the real kicker: There's growing evidence most of the drugs the FDA approves aren't actually necessary.

Let me explain...

A review by the *Journal of Law, Medicine and Ethics (JLME)* of the flood of FDA drug approvals came to an interesting conclusion:

About 90% of all new drugs over the past 30 years didn't work any better than pre-existing drugs and therapies. So putting aside the dangerous consequences of taking those medications over the long term, 9 out of 10 times they worked no better than medicines already on the market.

“Over the past 35 years,” the article declared, “patients have suffered from a largely hidden epidemic of side effects from drugs that usually have few offsetting benefits.”⁶

So why go through the time and expense of running trials and approving and marketing drugs that have no additional benefit?

Unless the real goal all along was to line the pockets of Big Pharma. Let's pause just for a moment to consider the human toll of constantly pushing out new, often untested drugs. Every one of these drugs has multiple side effects — some extremely dangerous and potentially even fatal.

My research uncovered a Harvard University article titled “Why the FDA Can't Be Trusted” that revealed there are over 53,000 hospitalizations and about 2,400 excess U.S. deaths due to bad drug reactions — not every year mind you, *every week*.

In fact, one researcher has estimated one out of every five FDA-approved drugs ends up causing serious damage to patients' health. And that's just the ones we know about.⁷

This probably doesn't surprise any of my regular readers. As you already know, for years I've been writing books spotlighting that what we really have in this country isn't a health-care industry, but a sick-care system.

As soon as you develop a health problem, your doctor is encouraged and incentivized to put you on drugs with side effects that will ultimately just lead to another chronic disease. Getting you well would actually cost the FDA and its Big Pharma overlords too much money.



A large Harvard study revealed that one out of every five FDA-approved drugs ends up causing serious damage to a patient's health.

Managing Illness — Or Curing Disease?

Let me ask an important question: If the pharmaceutical firms and the FDA care so much about patients, why is it that by almost every metric you can find Americans today are sicker than ever? Why aren't people healthier?

Here's a stunner: According to a Rand Corporation analysis, *over 60% of all Americans* now live with a chronic medical condition.

Based on today's population, that would be over 200 million people. And over 40% of the population has two or more chronic health problems.⁸

Many of these patients aren't even in their 40s yet, and they're taking five or even 10 drug prescriptions each day to help them “manage” their diseases. And every one of these drugs comes with a list of side effects as long as your arm. From a doctor's perspective, it's tragic.

As your health systematically deteriorates before your eyes, they'll just give you another pill...then another, and another. But Big Pharma and the FDA are just fine with this dangerous downward spiral. Once you stumble into their snare, they make a fortune managing your illness without ever actually curing your disease.

It's a never-ending, profit-making circle of sickness. And they want you caught up in their endless cycle forever!

By now you're probably wondering how those who regulate American medicine could get it so wrong...

But a groundbreaking book largely overlooked by the corporate media offers a shocking answer:

It shows America's "sick-care system" is actually working precisely the way it was designed, generating untold riches for the modern-day robber barons enriching themselves by doing everything they can get you hooked on risky drugs that never actually restore your good health.

How Our Healthcare System Turned Into A Circle Of Sick Care

For over 20 years now, I've been warning the FDA is being held hostage by the very industry it's supposed to regulate.

Most top FDA officials either come from Big Pharma multinationals, or get hired by them shortly after they leave the government.

That means the FDA is run by a revolving door of Big Pharma sympathizers who aren't really focused on the health of the general public. If they were, why would they routinely approve drugs that later have to be pulled off the market? They're basically using you as a human guinea pig.

As one article in the *Journal of Law, Medicine, and Ethics* explained, "The FDA has sped up the review process with the result that drugs approved are significantly more likely to cause serious harm, hospitalizations, and deaths."

It also revealed "constant contact by companies with FDA staff and officials has contributed to vague, minimal criteria of what 'safe' and 'effective' mean."

But if they're having constant contact with the very corporations they're supposed to be regulating, how can FDA officials possibly be objective?

The answer is, they aren't.

"Most top FDA officials either come from Big Pharma multinationals, or get hired by them shortly after they leave the government."

Drug Approvals Gone Tragically Wrong

The cost of this blatant corruption becomes painfully obvious when you consider the tragic results of America's unmitigated drug disasters.

I'm talking about drugs like Vioxx, the arthritis pain medication the FDA let Merck push onto the market. It was later linked to up to 140,000 people who developed coronary heart disease.

Another prime example: Fen-Phen, the weight loss drug that doctors later realized caused severe pulmonary hypertension. Some patients died, and over 50,000 victims eventually filed lawsuits against the manufacturer Wyeth.

In fact, research shows how the American Medical Association actually was founded to serve as a trade association. Its primary objective: Stifle the competition to drive up doctor bills.

Medicine was quite different when the AMA was first launched in 1847. There were actually more homeopaths — doctors who used natural herbs and nutrients to keep patients healthy — than conventional doctors who preferred to rely on drugs to manage patients' sickness.

Research reveals that as early as 1900, the *AMA Journal* published an article that "sounded a call to arms" and gave away the organization's true colors. It declared, "The growth of the profession must be stemmed if individual members are to find the practice of medicine a lucrative profession."¹⁰

By casting itself as an organization regulating the medical profession to the benefit of public health, the AMA soon elevated drug-prescribing doctors as the clear majority over those who favored gentler, more natural methods.

The success in controlling access to minimize competition and increase fees — would set the tenor of the entire medical profession in the years to come.

At every step in the process — gaining admission to medical school, slogging through years of study and internships and residency,

developing drugs, and passing through the byzantine regulatory process to gain their approval — all of it was done with one goal in mind: Gaining an economic benefit for an elite class of medical autocrats.

But how would this be achieved? The person who brought about this dramatic development in the medical profession turned out to be none other than the richest man in the world, the insatiable monopolist, John D. Rockefeller.”¹¹

Pharma Can Never Admit There’s A “Cure”

Power over all of U.S. healthcare would eventually be placed in a few select hands, much to the detriment of your healthcare.

History shows when the Rockefeller Syndicate began its takeover of our medical profession in 1910, our citizens went into a sharp decline.

Today, we suffer from a host of debilitating ailments, both mental and physical, many of which can be traced directly to the operations of the chemical and drug monopoly, and which pose the greatest threat to our continued existence.

Some entering the medical profession gravitated to the regulatory side, some became surgeons and doctors, others thrived in university medical centers. But the greatest power and control naturally accrued to those who manipulated drug approvals to maximize economic returns (regardless of the impact on patients). And at first, it appeared that authority would lie with the AMA.

The AMA technique for controlling all new products was revealed in a United Press dispatch on January 20, 1940, that revealed a policy, “to never to call anything a cure, or in fact give publicity to any remedy of any description, without a thorough investigation.”¹²

The AMA even revised its code of ethics to prevent any doctor from giving an independent endorsement of the effectiveness of a drug cure. The critical business of deciding which drugs got the stamp of approval had to remain within the control of a narrow group of elite medical autocrats who would regulate the influx of new drugs with one goal in mind — profit.

And there began a series of dubious AMA drug endorsements with dangerous, even deadly side effects.

One of the most notorious was a mixture of sulfanilamide with diethylene glycol, an antibacterial drug mixed with a solvent that killed over 100 people due to kidney failure.

But instead of the disaster leading to wiser use of dangerous drugs, it resulted in the passage of the 1938 Food, Drug, and Cosmetic Act.

The 1938 Act awarded the Food & Drug Administration authority to oversee the approval of all drugs and medical devices. And this incredible concentration of power greatly simplified matters for America’s medical profiteers.

Now, simply by co-opting and controlling the FDA, they could single-handedly dictate the future course of American medicine, including the Holy Grail of dictating which drugs and drug companies would win their stamp of approval. The Rothschilds, the J.P. Morgan family, and other powerful families saw the pot of Big Pharma gold and they soon got involved as well.

Today’s Medicine Is Producing Sick Patients

Flash forward to today, and little of substance has changed — except all the players have gotten bigger, richer, and more powerful. And the interests of John Q. Public come second compared to the vast riches to be made in inventing new illnesses, convincing Americans that “they are their disease,” and pigeon-holing them as patients in need of a drug cure. By inventing new maladies and drugs that burden you with side effects, the elite autocrats who control medical outcomes ensure members of their elite club can always drink from an endless stream of revenue.

Today’s medicine has become a factory, and the product it produces is sick people. But you don’t have to blindly accept their medical advice. To do so means that you’ve simply become a source of profit...rather than a patient with the potential to recover.

My job is to not let that happen. And the real question is: What are you going to do to keep them from labeling you as “sick”... turning you into another statistic... and pushing even more dangerous Big Pharma drugs on you?

You Have The Power To Take Charge Of Your Own Health

1. Protect Your Own Health. As a regular reader, you know that a lot of the information I share focuses on maintaining wellness.

A healthy primal diet, my PACE exercise program, and plenty of safe outdoor exposure to generate lots of vitamin D, while also living a low-inflammation lifestyle with plenty of deep healing sleep — these are a few of the fundamental wellness pillars I share with my patients every chance I get.



My PACE exercise program was designed to help you take control over your own health — at your own pace.

And there’s a reason I put such an emphasis on reinforcing wellness. With doctors all trained from the instant they step foot in medical schools that their license depends on obeying the drug-dealing autocrats, they often aren’t in a position to share the candid facts the way I do. If you come in with a symptom that fits a chronic disease, they almost have no choice but to slap a “chronic disease victim” label on your forehead.

From that point, they’ll be prescribing you a course of drugs, and probably don’t even realize that by following the “official medical advice” they could be consigning you to a future of fighting more and more symptoms as your health declines.

My patients, by contrast, rarely have to resort to pharmaceuticals because they’ve already learned how to build a primal fortress of wellness on the frontlines of their health.

My readers know all their options when it comes to staying healthy, and they often stop me on my way to see other patients and tell me how much they enjoy it. Robust health that doesn’t depend on prescriptions should be enjoyable — and it shows in the joy and optimism my patients bring to their lives.

2. Become A Health-Information Sponge. The reason my research team and I work so hard researching and editing information like this newsletter is because we know how important it is to be an informed health consumer.

Just one example: Never take a drug or give it to your loved one without understanding all the drug interactions and side effects you need to watch out for. And while you can find some information on the FDA.gov website, there’s no guarantee it’s truly comprehensive.

Not surprisingly, the FDA uses a pretty low bar in defining “safe and effective” medications: It states “the benefits of the drug must be greater than the known risks.”¹³ If that sounds a lot like “buyer beware,” you’re right! No one has more to lose from getting ensnared in an endless chain of drugs, side effects, and chronic conditions than you do.

And that’s why I encourage all my patients to spend a little time each week trying to learn more about what it takes to protect your own health.

Let’s face it... It’s not in Big Pharma’s best interest — or the FDA’s — to help you do that. So you’ll need to develop other reliable sources of information — and we’re truly honored that we’re able to help you achieve that objective!

3. Avoid Environmental Toxins Like The Plague. As my discerning readers already know, all of us today are living in a toxic stew of highly

artificial chemicals that permeate not only our surroundings and the air we breathe, but even the food we eat. It's practically inescapable.

The good news is that by understanding the sources of these toxins — where they come from and how to avoid them — you can reduce your exposure below a dangerous level. There also are nutrients that can help cleanse, protect, and defend your vital organs and systems from these “forever chemicals” that otherwise can steal your good health before you know it. So here again, you need to equip yourself with solid information, not the propaganda the government sends you that everything is just fine and not to worry.

4. Let Your Feelings Be Known In DC. I

encourage you to stand up for liberty and the First Amendment when it comes to your right to tell your political representatives what types of laws and regulations you favor. And you don't have to be a policy expert to do it!

Think having Big Pharma underwrite a huge portion of the FDA's budget is an obvious invitation to corrupt drug approvals?

Then I strongly encourage you to take a moment to let your feelings be known, both in your state capital as well as the politicians you send to represent you on Capitol Hill. Find other like-minded Americans who don't want a bureaucrat dictating what they are or are not allowed to do with their health.

Of course, if you're going to start a new health practice or stop taking a medication, you want to talk about it with your doctor about. And hopefully, it'll be an honest conversation. Ask him or her what they think the FDA's up to, and whether they ever feel their hands are tied when it comes to giving patients honest advice. You might be surprised by their answers...if they're not already too intimidated by the FDA and Big Pharma to give you a candid response.

By taking these four steps you'll be making an investment every day into the most valuable asset you own — your health.

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FDA Supports Selling Sicknes...

But You Can Beat Big Pharma's "Sick Care" System

It's one of the most distressing things I see in my practice...

I'm talking about patients who come to my clinic with an illness that was caused by a prescription medication. These are drugs that the patient diligently took because a traditionally trained doctor believed it was necessary to protect their health — and even save their life.

Let me tell you about some of the patients I've seen at the Sears Institute of Anti-Aging Medicine who have been harmed by these medications:

I've had patients limp into my office because of the muscle pain caused by cholesterol-lowering statins. Even worse are statin-taking patients suffering neurological side effects like memory loss and confusion...

I've seen patients recovering from hip fractures after taking Alzheimer's drugs...

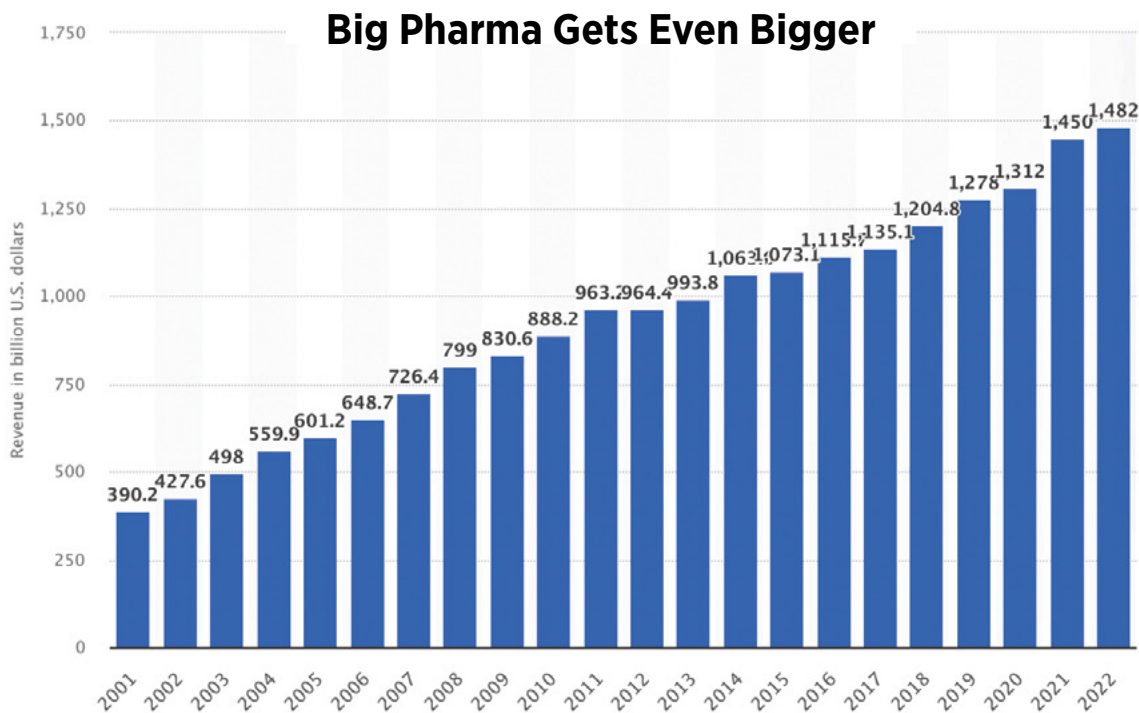
Others suffering from memory loss, confusion, and declining mental function after taking drugs to treat Parkinson's and incontinence...

Those who are almost too weak to get out of bed after being prescribed medications for congestive heart failure...

Patients with drug-induced autoimmune diseases like lupus after taking hypertension medications...

Others with high anxiety and sexual problems from antidepressants that were meant to help soothe them.

The list goes on.



In just two decades, Big Pharma's revenues have grown from \$390 billion to a mind-blowing \$1.5 trillion.

The fact is, almost every Big Pharma drug comes with a high risk of side effects and dangerous off-target complications.

One study found that people with high blood pressure taking long-acting calcium channel blockers — like Procardia XL, Norvasc, Cardizem CD, and Adalat CC — have a much higher risk of heart attack and heart failure.¹

Then there's aspirin, which can cause asthma. And corticosteroids that lead to hypothyroidism, glaucoma, cataracts, and even diabetes.

Not to mention the diabetes drug that doubled the number of users who had to have a toe, foot, or even a leg amputated after taking it!²

These drugs are supposed to prevent health disasters.

But the truth is, you're being sold a bill of goods.

You see, Big Pharma's drugs don't *cure* anything. Mostly, they just manage symptoms — and sometimes they don't even do that. But all too often, they create new conditions for which another set of pointless drugs are then prescribed.

Sadly, this has become the goal of modern medicine — not to provide healthcare and recovery, but to sell sickness and the drugs that have been matched with them.

Today, modern medical diagnoses are rarely diagnoses at all.

Instead, they are labels. You could even call them “brands” — much in the way that Coca Cola or Apple or Mercedes are corporate brands.

And in our profit-driven, consumer version of medicine, these diagnoses work in the same manner as these big-name brands. Let me explain...

You go to a doctor, get a bunch of tests done, and then they diagnose you with a disease. They label you as “sick.”

Then they tell you that you need to “purchase” the medication they prescribe.

And once you do, your disease will magically be managed and your health will miraculously improve.

“Today, modern medical diagnoses are rarely diagnoses at all. Instead, they are labels...”

Unfortunately, the product — in this case, the medication — rarely works this way. Instead, they're objects of desire and fantasy.

Here is the uncomfortable reality of just a few of these fantasies...

- Taking cholesterol-busting statins WILL NOT reduce your risk of a heart attack.³
- People who regularly take NSAID painkillers are MORE likely to have chronic pain in the future.⁴
- Alzheimer's drugs offer NO HOPE of stopping, preventing, or reversing this devastating condition.
- Sleeping pills provide on average ONLY 11 extra minutes of sleep per night.⁵

The number of empty medical promises is incalculable — but the true goal for each of them is for you, the patient, to become a lifetime member of “the medication club.”

And almost every part of the modern medical establishment is in on the scam — doctors, Big Pharma, medical device makers, health insurance companies, the FDA, the research industry, and more.

In this **Confidential Cures** article, you'll learn about the jaw-dropping corruption behind the approval of new drugs, how Big Pharma has hijacked the research industry to promote its lucrative and often pointless new products and demonize natural remedies, and how doctors themselves have become complicit.

But most importantly, you'll learn how you can get off this merry-go-round of sickness and meds to take your health into your own hands.

When It Comes To The Drug Approval Process, Time Is Money And Money Is King

Global pharmaceutical sales last year came in at an eye-watering \$1.5 trillion, and they're expected to hit nearly \$3.2 trillion by the end of 2026.⁶

So look no further than greed for the motive behind Big Pharma's unethical practices in the process for approving new drugs.

Powerful pharma companies have been complaining for years that the rate of new drug development — and their profits — are falling because the process has become too expensive and it takes too long.

It used to be that drug approval in the U.S. took on average about 14 years.

But for Big Pharma, time is money.

The FDA has essentially caved into Big Pharma's pressure campaign, and new drug approvals are often conducted at lightning speed. This is thanks largely to the dangerous practice of accepting shorter drug trials, which although may be based on promising preliminary studies, offer far from conclusive results.

By placing industry insiders on FDA panels — not to mention intense political lobbying and campaign contributions to senators and representatives in Congress — the gold standard of at least trying to ensure drug safety and effectiveness through lengthy and careful research has been left in the dust.⁷

Over the past 15 years or so, the FDA has allowed increasing numbers of new drugs to sidestep the traditional approval process. Now hundreds of new have flooded the market without being properly tested or investigated.

A recent study by researchers at Yale revealed that the FDA now approves drugs faster than the EMA, the FDA's counterpart agency in Europe. Over half of all new drugs on the market are now approved based on studies lasting just six months, or less.^{8,9}

Each of these new drugs carries the risk of being both ineffective and potentially dangerous.

Pharma's Fast Tracked Drug Trials Don't Put Your Health First

The effectiveness of many new drugs is now measured using an extremely inaccurate system called “surrogate endpoints.”

Previously, all clinical trials used participants who were not told whether the treatment they received was the test drug or placebo. That helped

to remove bias and to establish a cause-effect relationship between the drug and an outcome.

But carefully designed randomized trials are expensive and time-consuming. So Big Pharma insisted most trial programs use what's known as a surrogate endpoint instead to fast-track the new drug.¹⁰

A surrogate endpoint is essentially a way of cheating.

For example, a surrogate endpoint for a new cancer drug might use anything from complete remission to a slight or even temporary tumor shrinkage — instead of painstakingly conducting years of random trials with thousands of participants to study long-term effects.

Crucially, it doesn't take nearly as long to observe a tumor getting smaller than it does to measure increased survival rates. A drug can now be approved on evidence that it shrinks tumors — but with no knowledge of its effectiveness or safety in the long run.¹¹

Fast-tracking new drugs has very little to do with your health and safety, but everything to do with turbocharging Big Pharma's enormous profit machine.

Accelerated drug approval programs have been shown to have an awful record, especially in the lucrative cancer market...

- Researchers found that of the 54 new cancer drugs green-lighted between 2008 and 2012, 36 were approved on the basis of surrogate markers. And the researchers concluded that 31 of these 36 new drugs demonstrated no evidence that they increased life expectancy.¹²
- In follow-up studies on 93 new cancer drugs that received accelerated approval during 2018, only 19 of the 93 were found to have extended the lives of the patients who took them.¹³
- Pharma giant Eli Lilly was forced to withdraw its cancer drug Lartruvo in 2020 from the market, following fast-track approval in 2016. A double-blind clinical trial later demonstrated that the drug did not improve patient survival.¹⁴

While these follow-up studies focused mainly on the failure to improve life expectancy, this is not the only consequence of ineffective drugs. Some of the drugs actually lowered the patient's quality of life.¹⁵

And many of these drugs continue to be used, often with a very high price tag. One drug — Cabometyx — was found to actually reduce quality of life and not increase life expectancy. Cabometyx tablets cost around \$120,000 per person per year.

A large number of fast-tracked drugs have been approved, even after failed trials.

Nuplazid, for example, an Acadia drug for the hallucinations and delusions that can accompany Parkinson's disease, was granted FDA approval in 2016 at a price of \$24,000 per year — after failing two clinical trials. In a third trial, some patients died or had serious side effects.

Yet the drug remains on the market, and is currently being studied as a treatment for Alzheimer's-associated schizophrenia and depression.

And the gout-drug Uloric, manufactured by Japanese pharma giant Takeda Pharmaceuticals, caused patients to suffer more heart attacks, strokes, and heart failure in two out of three trials, compared with competitor gout drugs. And like Nuplazid, Uloric was approved by the FDA — with deadly consequences.

Alzheimer's cognitive-impairment drugs are another scandal.

Meds like Aricept, Exelon, and Reminyl belong to a class of drugs called "cholinesterase inhibitors." They are supposed to increase a chemical in the brain that improves memory. But a large study in the *Archives of Internal Medicine* revealed that people taking these drugs...¹⁶

- Were twice as likely to be hospitalized for fainting
- Were 69% more likely to have a slowed heart rate
- Had a 49% increased chance of needing permanent pacemakers
- Had an 18% increased risk of hip fractures.

And drugs for treating an enlarged prostate are no better...

The American Urological Association's misguided guideline for treating benign prostatic hyperplasia, or enlarged prostate, flat-out insists that supplements containing well-known natural and safe treatments like saw palmetto and stinging nettle are worthless.

But they wholeheartedly recommend toxic prostate drugs like anticholinergics.

These Big Pharma pills have injured 68,663 people over the last 10 years — and killed 2,739.¹⁷

This is a scandal on a massive scale. The manufacturers that make these dangerous drugs — Pfizer, Janssen, Astellas, and other Pharma giants — give millions of dollars to organizations like the American Urological Association every year.

So it's hardly surprising that...

One-Third Of All New Drugs Have Safety Problems *AFTER* FDA Approval

Patients, doctors, and clinicians often view FDA approval as an indication that a drug is fully safe and effective — but nothing could be further from the truth.

A study by researchers at the Yale School of Medicine found that during the first decade of the millennium, almost a third of the 222 drugs approved by the FDA were either withdrawn entirely, required a "black box" warning because of serious side effects, or were later subject to safety announcements about newly discovered risks.¹⁸

Big Pharma's first priority is never your health and safety. And that goes for the FDA too...even though — as the government's food and drug watchdog — your health and safety should be their primary concern.

The Yale study also found that it took, on average, more than four years after FDA approval for the dangers of the drugs to come to light. Safety concerns were most common among new psychiatric drugs, biologic meds, and drugs that were granted "accelerated approval," as well as drugs that were approved near the regulatory deadline for approval.

The study singled out three market withdrawals with potential death risks...

- Bextra, an anti-inflammatory drug
- Zelnorm, for irritable bowel syndrome treatment
- Raptiva, a treatment for psoriasis

FDA Picked Big Pharma Over You

In 2019, the FDA approved Amgen's new osteoarthritis drug, Evenity — even though the agency knew the drug provided only a modest improvement in reducing bone fractures.

More disturbing, the FDA knew the clinical trials had proved the drug caused increased risks of heart attack, stroke, and cardiovascular death — and had rejected it two years earlier.

Why the sudden turnaround and approval?

It turns out Amgen was set to lose its patent on their existing osteoporosis medication, along with billions in profits when the drug went generic — so it needed a replacement drug to buoy its profits. The price tag for Evenity was set at \$22,000 per treatment — the company found their new money-maker.

Evenity is an awful drug, whatever way you look at it. It's a bisphosphonate — Big Pharma's answer to bone loss.

The main problem with it is a misunderstanding of human biology.

You see, in a process called remodeling, old bone constantly breaks down so new bone can take its place. This allows your bones to grow when you're a child. In adults, it repairs damage and prevents bones from becoming brittle.

This process is a result of two bone-making cells.

- Osteoclasts, which break down the old bone, and...
- Osteoblasts, which deposit new bone to your skeletal structure

“...the FDA knew the clinical trials had proved the drug caused increased risks of heart attack, stroke, and cardiovascular death — and had rejected it two years earlier.”

Osteoporosis happens when these cells are out of balance. Either your osteoclasts are removing too much bone tissue, or your osteoblasts aren't making new cells fast enough.

The result is that your bones become weak and brittle.

Bisphosphonates, like Evenity, were developed to kill osteoclasts so they can't remove more bone. In this way, they do what they're supposed to do, and your bones do become denser.

But this density is made up of old bone and old calcium. And because osteoblasts won't make new tissue if the old tissue is still there, your bones become brittle and even more prone to fracture.

So these drugs cause the exact problem they're supposed to prevent — broken bones.

Researchers recently studied women taking bisphosphonates. More than 65% had suffered the same fracture in the same area — in the middle of the thigh bone, a place most people rarely get fractures.¹⁹

3 Recommendations That Beat Big Pharma's Dangerous Drugs

Let me share a few alternatives that can safely and effectively replace Big Pharma's most-prescribed and best-selling drugs.

1. **Toss your statin and lower heart attack risk the right way.** I've been telling patients to throw away their dangerous statins for decades. The best thing you can do to protect your heart is to raise your HDL cholesterol. You see, cholesterol isn't the underlying cause of heart disease. As I point out in my book *The Doctor's Heart Cure*, about 75% of heart attack victims have normal cholesterol levels.²⁰ And in one study, seniors taking statins had an 18% higher risk of all-cause mortality.²¹

- ✓ **Get more DHA.** Researchers who tracked 55 Greenlanders in 2018 reported the omega-3 DHA increased HDL by over 7%. Equally important, it decreased the prevalence of the small LDL particles considered most

dangerous.²² I recommend supplements offering at least 600 mg of DHA, preferably from krill and calamari.

- ✓ **Supplement with B3.** Niacin, also known as vitamin B3, can increase HDL by over 30%.

2. Lower blood pressure naturally. Diuretics, beta-blockers, ACE inhibitors, and calcium channel blockers have serious side effects. I'm talking about things like edema, dizziness, nose bleeds, rash, and hearing loss. They can lead to cardiac failure, heart attack, depression, colitis, and arthritis pain. Luckily, there are different ways to lower blood pressure naturally. Here are the two I recommend.

- ✓ **Use Nature's blood pressure prescription:** I'm talking about magnesium, your body's natural blood vessel relaxer. I've used it in my practice with great results. It helps balance potassium, sodium, and calcium, all of which affect blood pressure.

In a review of 34 studies covering more than 2,000 patients, researchers found that taking magnesium daily for one month lowered systolic pressure by 2 mmHg and diastolic pressure by 1.8 mmHg.²³

I recommend between 600 mg and 1,000 mg a day. Take it with vitamin B6. It will increase the amount of magnesium that accumulates in your cells.



Magnesium balances blood pressure so effectively, I call it "nature's prescription."

- ✓ **Take my favorite supplement — CoQ10.** This nutrient alone helps 50% of my patients get high blood pressure back to normal. Studies show boosting your CoQ10 levels can drop blood pressure an amazing 11 to 17 mmHg in systolic pressure and 8 to 10 mmHg in diastolic pressure.²⁴

In another study, adding just 120 mg/ day of CoQ10 for eight weeks in patients with high blood pressure and coronary artery disease decreased systolic pressure by an average of 12 mmHg and diastolic pressure by an average of 6 mmHg compared to a placebo.²⁵

I recommend taking 100 mg a day until your blood pressure is under control. At that point you can drop to 60 mg. And make sure you take the ubiquinol form of CoQ10 — it's the most potent.

- 3. Replace the world's biggest money-maker.** Humira is a biologic prescribed for a variety of inflammatory diseases like rheumatoid arthritis, psoriatic arthritis, plaque psoriasis, Crohn's disease, and ulcerative colitis.

Humira can lead to serious infections and autoimmune disorders like multiple sclerosis. Since 2004, biologics like Humira have been linked to 34,000 deaths and more than 500,000 serious "adverse events."

- ✓ **Ease inflammation with curcumin.** This root remains one of the most powerful anti-inflammatories ever discovered. It targets your body's signaling molecule for inflammation called nuclear factor-kappa B (NF-κB). Studies show curcumin reduces arthritis pain by 60% and joint swelling by 73%. Take 400 to 500 mg twice a day. Look for a supplement that contains piperine. This black pepper extract boosts absorbency by 2,000%.
- ✓ **I also help patients ease arthritis joint pain with *Boswellia serrata*.** In a large study, researchers followed 440 arthritis patients for six months. They found that frankincense relieved pain as effectively as painkiller drugs. It also significantly improved arthritic knee function.²⁶

Frankincense contains enzymes that block prostaglandin e2 (PGe2). This hormone-like chemical is produced by the body in response to an injury. By directly attacking PGe2, *frankincense stops inflammation before it starts*. I recommend 400 mg three times a day.

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Don't Have Let Drug Companies Control Your Medical Care

I once went to see the Miami Dolphins play a home game in high style. Pfizer bought me box seats at the stadium complete with all I could eat and drink.

So of course, I ate and drank a lot.

But I felt horribly guilty about accepting — and I've never done anything like it again.

At the time, I worried that they might ask me, or even try pressuring me, to write positive things about their drugs because of their gift.

You probably know that drug companies do this with doctors every day.

But, you may be shocked to learn that Big Pharma's influence over doctors is not only incredibly widespread — but extremely lucrative for both the doctors and the drug companies.

Now I have nothing against a company that makes money. After all, that's the American way.

But what I do criticize are physicians who side with Big Pharma — and end up putting profit ahead of your health.

Because in addition to doing Big Pharma consultancy work, research payments for clinical trials, and participation in FDA drug-approval panels, there are other ways in which doctors cash in on the greed of pharmaceutical companies.

Most doctors simply get caught up in the marketing blitz. Big Pharma bamboozles both the public and the medical profession into buying their hype.



Between 2013 and 2019, more than 700 American doctors received pay-outs of more than \$1 million.

They run multimillion-dollar marketing campaigns to convince you that you need the most expensive or newest medications on the market, or drugs like statins, to live a longer and healthier life — even though that's just plain wrong.

Big Pharma sends out teams of drug reps to your local doctor's office — armed with free samples, glossy brochures, gifts, and studies funded by itself that show only the results they want doctors to see.

And since most doctors don't normally spend a lot of time reviewing studies, they often are unaware they're being sold on half-truths, creative statistics, and downright lies.

For example, in an almost knee-jerk reaction, a doctor will whip out their pad and write a

prescription for a hypertension med or statins, even if your cholesterol or blood-pressure levels are just slightly above what's considered "normal." (Of course, they're completely unaware of the fact that nearly 75% of people who have heart attacks have normal or even low cholesterol.)¹

But some doctors are easily influenced by Big Pharma.

According to a 2019 ProPublica report, thousands of physicians are on pharma and medical device company payrolls.

Between 2013 and 2019, more than 700 American doctors received pay-outs of more than \$1 million. And a further 2,500 doctors each earned at least an extra half a million dollars from drugmakers and medical device companies.²

Let's take a closer look...

Are Big Pharma Bribes Dictating Your Medical Care?

The range of financial favors to doctors is part of an under-the-radar, quid pro quo system that has little to do with benefiting patients, but everything to do with greed and influence.

These interactions — maybe more accurately described as bribes — include huge cash payments for delivering promotional talks, receiving sponsored meals, travel, as well as the usual small gifts from reps, such as coffeemakers, cups, pens, and notepads.

In exchange for these gifts and monetary bribes, Big Pharma gets doctors who will happily prescribe their latest and most expensive drugs.

Out of 50 prescription drugs studied in the ProPublica analysis, 38 had annual costs of more than \$1,000 per patient — and many topped the list as the most costly for Medicare.³

For example, drug makers Allergan and Ironwood spent nearly \$29 million between 2014 to 2018 on payments to doctors related to the IBS drug, Linzess. These payments were mostly disguised as expenses for meals and travel, or promotional speaking fees.

Yet ProPublica's analysis also found that doctors who received payments related to Linzess in 2016

wrote 45% more prescriptions for the drug, than doctors who received no payment.

And it wasn't just Linzess either. This pattern was repeated across all 50 drugs studied.

On average, the study found doctors who received payments specifically tied to a drug prescribed it 58% more than doctors who did not receive payments.

This can only be described as a system of disguised bribes — and the loser is your health.

But there's another way pharma is controlling your health care. It's a dangerous, for-profit scheme known as disease mongering. Let me explain...

The Bad Science Of Disease-Mongering

Pharmaceutical companies will do just about anything to grow their profits — even invent or cause new conditions and diseases, just to peddle new pills to treat them.

This is called disease-mongering. It's the process of taking a common experience and designing a drug to "cure" it.

In other words, expanding the boundaries that define medical illness, in order to grow a company's markets.

Some of the most profitable examples include:

- Low testosterone
- High cholesterol
- Type 2 diabetes
- Restless leg syndrome
- Leaky bladder
- Female sexual dysfunction
- Insomnia
- Menopause (the FDA has just recently approved another drug for hot flashes)

Then Big Pharma spends millions of dollars convincing traditional doctors — usually through expensive meals, promotional trips, and even consulting fees — that they need to prescribe this drug to patients.

In the meantime, they go on TV and convince an unsuspecting public that they suddenly have this “new” disease or disorder. And only their prescription can cure it.

Take high blood pressure, for example. For decades, the guidelines stated that normal blood pressure was 140/90. Then overnight, they changed to 120/80. This new lower standard meant that all of a sudden, millions more Americans were diagnosed with hypertension. And Big Pharma suddenly had millions of more new customers.

And of course, those new guidelines are completely bogus. A study out of Germany proves it. The research determined that people with blood pressure in the range of 130-139/80-89 have no higher risk of mortality than people with lower blood pressure.

But your doctor will tell you that you need another dangerous medication.

Baldness is another example. Hair loss, which can now be reversed using a type of stem cell therapy, can be devastating for anyone — men and women — but it is NOT a disease.

Yet the market push to balding men urges them to “see your doctor,” as a way to help sell a drug called finasteride, sold under the name “Propecia” and originally intended to treat an enlarged prostate.

The problem with finasteride is that it comes with a host of side effects, from impotence to rashes, swelling, and pain in the testes.

Yet baldness can now be reversed with platelet-rich plasma (PRP) — a natural therapy that attracts your own regenerating stem cells to your scalp.

In one study, researchers used patient male pattern baldness, all of whom had experienced poor results after being on Big Pharma’s hair meds for six months.⁴

Each patient was given PRP therapy every two weeks for two months. Not only did their hair loss slow significantly, but hair thickness increased by 31%.

But promoting unnatural and questionable treatments for baldness isn’t all that Big Pharma does to turn more people into patients.

Treat Conditions Big Medicine Calls A Disease — Without Drugs

Here are a few more examples of disease mongering and what you can use to treat the condition — without resorting to another drug:

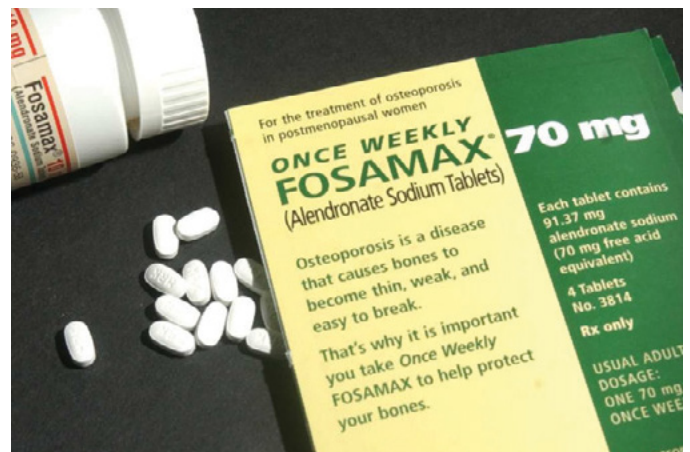
- **Osteoporosis:** Big Pharma has turned the risk factors for osteoporosis into the condition itself to sell its dangerous drugs.

Back in 1994, Big Pharma funded a study that classified the diagnosis of osteoporosis as a number of standard deviations from the “norm” for a measure called “bone mineral density.”

The “norm” was decided to be that of a young woman. That meant millions of healthy women around the world were suddenly reclassified as diseased.

That reclassification coincided with the re-release and promotion of a new class of osteoporosis drugs called bisphosphonates, such as Fosamax, Actonel, and Boniva. These drugs carry significant side effects, including the likelihood that your bones will become even more brittle than they were before.⁵

These drugs are dangerous. And taking them poisons your bones. These drugs cause bone breaks in strange places where your bones should never break, like the jaw. One report in the *New England Journal of Medicine* looked at women taking bisphosphonates. Of those who had a fracture while on the drug, over 65% had a very rare fracture in the middle of their thigh.⁶



Osteoporosis became a common “disease” only after Big Pharma developed a drug to “cure” it.

And a study from Finland found that you are over 90 times more likely to have a rare bone break if you take bone drugs than if you don't.⁷

Bone strength and durability can be improved by taking supplements of vitamins D3, and vitamin K2, and the minerals boron and magnesium.

Your body uses vitamin D to make bone cells. Too little vitamin D can lead to thin, brittle bones. Vitamin K2 regulates calcium and directs it into your bones. Harvard researchers following over 72,000 women found those with the lowest intake of vitamin K had a 30% higher risk of hip fracture.⁸

Just 55 mcg a day of selenium can help reduce the risk of osteoporosis by up to 15%. You can get selenium from Brazil nuts, red meat, tuna, eggs, and walnuts. Boron keeps bones from losing calcium and magnesium. Get 3 to 6 mg daily.

- **Depression:** Big Pharma has made a fortune from our modern epidemic of depression. And most doctors play along, repeating the baseless claim that depression is the result of a “chemical imbalance” between the neurotransmitters serotonin and dopamine. This claim is utterly false — and is supported by not one shred of genuine scientific evidence.

It's all just another myth created by drug companies to sell selective serotonin reuptake inhibitors, or SSRIs. And it has been a huge marketing success.

Big Pharma rakes in around \$17 billion a year from antidepressants, and in the U.S. doctors write more than 250 million prescriptions for SSRIs like Prozac, Zoloft, and Paxil every year — even though these drugs typically do far more harm than good.

These days, prescriptions for antidepressants are even doled out for chronic pain.

The truth is, Big Pharma's pills don't work. In fact, you'd be better off taking no drugs at all.

I have had significant success treating patients who come to my wellness clinic with depression

“Big Pharma rakes in around \$17 billion a year from antidepressants, and in the U.S. doctors write more than 250 million prescriptions for SSRIs”

by having patients supplement with the omega-3 fatty acids, DHA and EPA.

DHA concentrates in the brain's gray matter, especially the “mood zone.” It becomes part of the cell membranes and helps electrochemical signals jump between brain cells.

But DHA cannot work alone. It needs EPA to control inflammation and to stabilize the brain's metabolic processes.

If the brain cannot get enough DHA and EPA, it uses second-rate materials and creates second-rate brain cells that can't do their job properly. Studies show how the brain needs EPA and DHA to ward off depression and suicidal tendencies.^{9,10,11,12}

Based on my experience, you need at least 600 mg of DHA and about 60 mg of EPA — EVERY DAY!

- **Adult attention deficit disorder:** Big Pharma claims that many people have been living with adult ADD, but just don't realize it. They say the symptoms of adult ADD are often confused with stress. I say hogwash!

Although many ADD drugs have been around since the 1940s, it's no coincidence this outlandish theory appeared just before Big Pharma made a key presentation to merchant bankers in the mid-1990s. The presentation boasted that a new, lucrative “adult market” was about to open up for drugs like Ritalin, Adderall, and Concerta.

They were right. The adult ADD market was worth \$29.56 billion in 2022 and is forecast to hit \$45.68 billion by 2027.¹³

There are natural ways to treat ADD. The first is to ramp up your omega-3s. But I also recommend two amino acids.

The first is 5-HTP. It's a precursor to serotonin, one of the chemicals in the brain that relieves anxiety and depression (popular antidepressants like Prozac, Zoloft, and Lexapro all boost serotonin levels). I recommend 50 to 100 mg three times per day with meals.

Another is tyrosine. It works like 5-HTP, increasing levels of various chemicals in the brain connected to mood and the ability to concentrate. The optimal dose is up to 300 mg per day for adults.

- **Erectile dysfunction:** Big Pharma has moved the goalposts on this problem too — despite the fact that multiple natural remedies for ED have existed for millennia.

According to a feature in the *British Medical Journal*, drug giant Pfizer even exaggerated the prevalence of ED to maximize sales of Viagra.¹⁴

The market for ED drugs last year was worth around \$2.5 billion — in the U.S. alone.

Natural remedies for ED are a fraction of the cost of Big Pharma drugs — and without the side effects. These include amino acid supplements L-citrulline and L-arginine, and everyday foods that boost your body's nitric oxide levels, like kale, arugula, spinach, beetroot, and cress.

I also recommend an African herb called bangalala. A University of Pretoria study found that bangalala can boost blood flow to penile tissue for reliable erections. It was 75% as effective as “the little blue pill” so popular with most doctors. But without the side effects.¹⁵

Another study found that small doses of brewed bangalala resulted in erections within 60 minutes that lasted for several hours.¹⁶ And a third study in the *Journal of Natural Medicines* reported that bangalala caused longer-lasting and higher relaxation of veins. This boosted blood flow to the genital area, enabling erections.¹⁷

To make a tea, place one heaping teaspoon of bangalala in a cup. Add enough boiling water to fill half of the cup. Allow the water to cool while stirring occasionally. Strain and add the mixture to a glass of raw, organic milk or yogurt.

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Big Pharma And The FDA Teamed Up To Take Down Supplements

My 15 Most-Recommended Supplements That Put YOU In Charge Of Your Healthcare

In the previous article, we talked about how the FDA is allowing hundreds of extremely expensive and risky drugs to flood the market. But that's not all this agency is up to...

They're also being paid to help the world's largest pharmaceutical manufacturers demonize natural remedies... Remedies that are safer, more effective, and can be bought for a fraction of the price of Big Pharma drugs.

You see, natural supplements don't fit into the healthcare model of the world's medical-industrial-complex.

And they are a serious threat to Big Pharma's bottom line. Just look at the numbers:

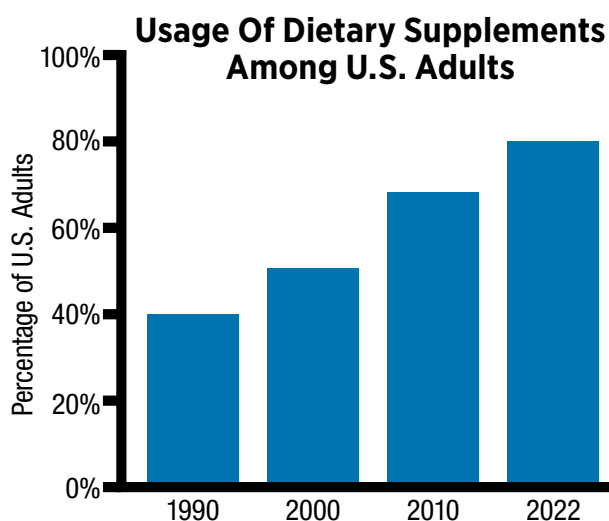
Today, more than 80% of adults in America take a vitamin or mineral supplement supplement. That's double the number from just a few decades ago.^{1,2}

Once you add in antioxidants, herbs, amino acids, sports enhancements, and nutraceuticals you can see why the big drug makers are scared.

You and I and millions of people count on supplements to stay well... so we can avoid a lifetime of prescription drugs.

But that's exactly the point. Big Pharma wants you sick.

They need you to need their drugs. It's the only way they can stay in business and pull in more profits year after year. Of course, the FDA follows Big Pharma's guidance. The agency that's supposed to protect your health instead promotes dangerous drugs.



I've been recommending dietary supplement to my patients for more than 30 years. Today, I'm happy to note that 80% of Americans are using at least one supplement regularly.

But nutrients and herbs are what keep you healthy. You need essential vitamins and minerals to avoid deficiencies, disease, and dysfunction. Herbs provide treatment for chronic diseases. They've been nature's solutions for thousands of years.

Sadly, we may be about to lose access to many of these life-giving supplements if Big Pharma gets their way.

Big Pharma's Agenda: Sell More Drugs

It's a fact... Pharmaceutical companies are in business to sell drugs. They're not in it to protect people. They don't want to keep us healthy. They want us sick and broken down so we have to rely on them to survive.

That's why they focus on lifetime treatment drugs instead of cures. They love it when people need decades worth of statins, blood pressure drugs, and asthma inhalers. Drug companies only profit when you *stay* sick.

But it doesn't stop there. As discussed in the previous article, those lifetime drugs cause serious side effects... including other chronic conditions. Like some blood pressure medications that cause type 2 diabetes³ and osteoporosis...⁴ Or osteoporosis drugs that cause arthritis...⁵ And pain medications that trigger digestive issues from heartburn to constipation to irritable bowel syndrome...⁶

You start out with one health concern, and before long you end up swallowing a handful of prescriptions!

As if all that's not bad enough, now they're actively suppressing supplements. That leaves their drugs as your only options. That forces you to become and to stay unhealthy, possibly for the rest of your life.

Side Effects Of Prescription Drugs On The Body

You may hear Big Pharma, their pals at the FDA, even your doctor warning you that supplements are dangerous. But they're just trying to shift you away from the frightening truth: Their medications often do more harm than good, and sometimes that harm can devastate your life.

Let's start simple, with side effects. There's not a single medication — not one — that doesn't cause negative side effects when taken as directed.⁷ That means the regular dose can make you sick or put you at risk for even more serious health problems. You probably don't read the 10-page report that comes with your prescriptions, but I guarantee that most of it just talks about all the possible side effects that you can expect. Here's just a tiny sample of some of the side effects of the most commonly used drugs:⁸

Drug	What It's For	Common Adverse Effects
Statins (Lipitor, Crestor, and Zocor for example)	Lowering cholesterol	Headaches, dizziness, unusual weakness, muscle pain, low blood counts
Levothyroxine (also called Synthroid)	Thyroid hormone replacement	Vomiting, unusual weight gain or loss, unexplained fever, heat sensitivity, osteoporosis, irregular heartbeat
Proton pump inhibitors (like Prilosec, Nexium, and Prevacid)	Heartburn and reflux	Rashes, headaches, nutrient deficiencies, increased fracture risk, pneumonia, C. diff infections
Calcium channel blockers (like amlodipine and nifedipine)	High blood pressure	Heart palpitations, rapid heartbeat, heartburn, limb swelling (edema), dangerously low blood pressure
Albuterol	Asthma and COPD	Uncontrollable shaking, nervousness, vomiting, muscle pain, chest pain
Fluoroquinolone antibiotics (such as ciprofloxacin and moxifloxacin)	Bacterial infections	Tendon rupture, aortic aneurysm, retinal detachment, irregular heartbeat, liver damage
Benzodiazapenes (such as Xanax, Ativan, and Valium)	Anxiety	Cognitive impairment, memory loss, paranoia aggression, loss of muscle control
NSAIDs (such as ibuprofen and meloxicam)	Pain relief	Stomach ulcers, gastrointestinal bleeding, increased risk of heart attack and stroke

Adverse reactions are similar to side effects with one distinct difference: Side effects are generally expected, but adverse reactions aren't. They're sort of a subset of side effects, and usually much more serious and life-threatening.

Long-term complications arise from prolonged use of a medication, especially one that's used longer than expected. These can crop up even if you've had no prior problems with a medication you've taken for years... and they may lead to serious problems like liver disease, kidney failure, or cancer.

All of those — side effects, adverse reactions, and long-term complications — can lead to hospitalization. In the most dire cases, the medication causes death — and not from an accidental overdose. And if you think that probably wouldn't happen to you or anyone you know, look at the numbers...

- Prescription drugs rank as the third leading cause of death...and at least half of those result from patients taking the medication correctly⁹
- Every year up to 9,000 Americans die because of medication errors¹⁰
- 22.5% of American adults take at least five prescription drugs¹¹
- Every year adverse reactions cause 3.5 million doctor visits, more than 1 million emergency room visits, and 125,000 hospitalizations¹²

Even more frightening: Scientists think these numbers are low because reporting of adverse medication events is voluntary.¹³ You can only imagine how bad it really is.

Now compare that to the track record for supplements. While the FDA, pharmaceutical companies, and doctors warn patients about the dangers of supplements, the numbers just don't back that up. I'm not saying that no supplements ever cause side effects in anyone. I'm saying they've been used longer, by more people, more safely and effectively for thousands of years.

Of course, no one in the drug world wants you to know that. Not surprising when you follow the money.

Big Pharma “Owns” The FDA

If you ever wondered why the FDA follows drug company guidance... fast tracks drug approvals... and leaves dangerous drugs on the shelves much longer than they should...

It's because of money. Lots of money. Big Pharma funds the FDA and the people who work there.

This broken-down system relies on drug companies to monitor themselves. Great plan if you want to protect Big Pharma profits, which is exactly how the FDA works. But it leaves us in danger from harmful, barely tested drugs.

And keeps us from taking action — like using supplements — that will keep us safe and healthy.

The money trail isn't hard to find. It starts with drug company user fees. According to the FDA, this is money they collect from Big Pharma. The exact companies that the FDA is supposed to be policing send them big fat checks every year. And Big Pharma pays even more fees to have new drugs approved more quickly. We're not talking about overnight shipping here. There should be NO “approve it faster” process when you're trying to protect people. But that's not really the point to them, is it?

And speaking of drug approvals... The people who help decide if a drug should be approved are supposed to have no financial ties to that drug.¹⁴ But Big Pharma and its buddies found a mountain-sized loophole to get around that issue: “Pay later.” An FDA advisor may look squeaky clean before they weigh in to support a drug, but afterward get huge reimbursements for travel expenses... big payouts for consulting engagements... and other compensation from the drug companies. These ridiculously common pay-later conflicts of interest get ignored by the FDA,¹⁵ even though these payments can run into millions of dollars.¹⁶

And let's not forget the Big Pharma lobbyists, who spent more than \$100 million in just 2022 to influence Congress and the FDA. Or the two-way pipeline of employees floating back and forth from the FDA to Big Pharma.

The result of all this blatant cronyism and big-dollar payouts? The FDA is coming down hard on the supplement industry to protect their Big Pharma buddies.

How The FDA Harasses The Supplement Industry

When it comes to the supplements, the FDA has two obvious goals: Limit public access and ban the sale of specific supplements outright. They claim that supplements exist in a sort of an unregulated Wild West... but no drug can be sold until the FDA has seen conclusive proof that it's safe and effective. You know what I think of that line of bull.

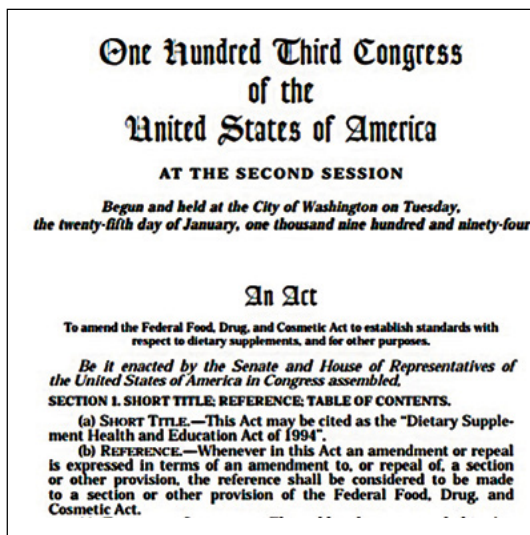
But the FDA makes it very hard for supplement companies to let people know how their products work. Since they're not drugs, they can't say anything about disease prevention, treatment, or cure even if that's true. So if a rainforest herb has been proven in clinical trials to cure cancer, all they can tell you is that this herb supports cellular health. The FDA claims this is to protect people from false claims... but it also "protects" you from the truth.

They conduct raids on supplement companies to seize "illegal drugs." They send out countless warning letters to supplement companies that dare to step one toe over the line and come close to telling the truth about what their products can do.

But their biggest move: Calling on the "drug exclusion clause."

That's part of a huge law known as DSHEA (Dietary Supplement Health and Education Act of 1994).

The true intent of DSHEA was to protect supplement users and make sure they had continued access to safe, effective natural products... and also protect drug companies from having their original ideas stolen. In a nutshell, if an ingredient was first approved or studied as a drug and that research was available to the public, supplement companies couldn't start selling that ingredient afterward. BUT if an ingredient was *commonly used as a supplement first*, companies could go on selling it that way.



Congress passed a law that allows supplement companies to make truthful health claims about their products. But the FDA continues to block those claims from going public

Now the FDA is twisting the rules so knock down potential competition for Big Pharma. Not because the supplements were proven dangerous or ineffective. The opposite — they have been proven safe and effective, and that's bad news for Big Pharma. So they asked their bought-and-paid-for buddies at the FDA to call on the drug exclusion clause and stop supplement sales for anything they can slide through.

Happening Now: The Fight Over NAC

You may not be familiar with n-acetylcysteine (NAC), but it's critical for lung, liver, and antioxidant support. It's been sold as a safe and effective supplement for more than 60 years. But Big Pharma and the FDA may be putting a stop to that. They're using a ridiculous argument under the drug exclusion clause: Back in 1963, an inhaled form of NAC was approved as a drug.

That's not even the same thing! And it's coming about 60 years too late. So why does the FDA suddenly have it out for NAC? They're not spelling it out, but I suspect one of their Big Pharma buddies is doing something with NAC. And if they can decide NAC is not a legal supplement, they could decide to outlaw almost anything from vitamin C to caffeine. In fact, they're already working on a new target...

Happening Now, Part II: Banning CBD Supplements

Millions of people rely on cannabidiol (CBD) for quick, safe, effective pain relief, help managing anxiety, and even boosting brain power. It provides a broad range of health benefits without causing negative side effects — and there's a growing stack of research to prove it.^{17,18,19} Now the FDA refuses to consider CBD a supplement and is working on creating a new category for it.

Translation: We're going to regulate CBD to death, making it much harder to be sold in supplement form. That will make CBD harder to get... and much more expensive for the people who count on it.

Why the urgent FDA action? A few years ago the agency approved a CBD-based drug (Epidiolex) to treat epileptic seizures.²⁰ It's price tag? \$32,500 a year. Let's take a look at the very suspicious timeline...

July 2019: FDA commits to “sound, science-based policy on CBD.”

July 2020: FDA approves a new application for Epidiolex.

December 2020: FDA warns companies “illegally selling CBD products.”

March 2021: FDA warns companies “illegally selling over the counter CBD products for pain relief.”

May 2022: FDA issues warning letters to companies “illegally selling CBD.”

November 2022: FDA warns companies for “illegally selling food and beverage products that contain CBD.”

January 2023: FDA decides regulations in place for food and supplements “are not appropriate for CBD.”

And as Big Pharma desperately searches for new money-makers, what supplement will be in the crosshairs next?

Big Pharma Agenda: Take Over The Supplement Industry

And then there's the double dealing. Pharma companies are quietly buying up the most respected supplement companies, cashing in on both sides. Publicly, they complain about supplement companies. Privately, they're sneaking into the supplement business.

- Nestle bought Pure Encapsulations and Garden of Life
- Schwabe Pharmaceuticals owns Integrative Therapeutics & Nature's Way
- Bayer owns MegaRed and Neuriva

Will they secretly change the quality of supplement brands we've come to trust? Their drive to make more and more money, it wouldn't surprise me. That would be a win-win for them. Charging the same prices for less effective supplements. The watered-down supplements don't keep people as healthy, so they have to turn to prescription drugs. Could happen. Pay attention.

BIG Pharma Steals Ideas From Natural Supplements

BioPiracy is Big Pharma's latest trick. They're looting nature to create patentable drug compounds.

You see, nature provides everything we need to stay healthy. Nutrients to nourish our cells. Herbs and botanicals to treat everything that ails us. It's been that way since the dawn of man. And now a group of greedy men want to fatten their wallets by copying nature and keeping us away from the original.

They're on a targeted mission to find the next Amazon plant, sea slug, or poisonous frog that will deliver their next “invention.” They'll spend millions to copy natural compounds in the lab so that they don't have to count on nature for their supplies anymore. After all, it's much faster and cheaper to create a synthetic than to wait for plants to grow or slugs to multiply. And once they've found that single patentable, easily reproducible compound, they turn it into a drug.

That’s happened hundreds of times already. In fact, more than 80% of drug substances come from natural compounds.²¹ Here are just a few examples of drugs stolen from nature:²²

Drug	Stolen From
Aspirin	white willow bark
Morphine	poppies
Lovaza	fish oil
Epidiolex	CBD
Metformin	goat’s rue herb
No-doz	caffeine
Cancer drugs (<i>like Taxol</i>)	Pacific yew tree bark
Statins	red yeast rice

Unlike their natural origins, drugs are single highly concentrated compounds. They don’t provide all the complementary benefits that come from whole herbs and plants, or even plant extracts. That’s why the chemical versions are more likely to cause side effects — whether that’s intentional or not.

So while nature is focused on keeping us alive, healthy, and safe, Big Pharma wants to keep us sick and dependent on their money-making drugs. But you don’t have to accept that. You can ignore their lies and propaganda. You can see the FDA for who they really are.

And you can take protective supplements to keep yourself well and vital...at least for now.

Why We Need Supplements

A lot of folks in the medical profession dismiss supplements as “expensive urine.” They scold patients who use supplements or tell them that supplements are dangerous. But they’re dead wrong on both counts. We need supplements just to stay baseline healthy.

For one thing, our food is less nutritious. You could be eating the healthiest diet. Your refrigerator could look like a farmer’s market. And that’s good...but it’s not enough. From years of pesticides, over-farming, and toxic chemical runoff, our soil is depleted of essential minerals.²³ That means even our whole foods are less nutritious.

Highly processed and packaged foods typically contain high levels of sugar, salt, refined flours, and unhealthy fats. Processing exposes nutrients to high heat and extra oxygen taht destroys many vitamins and minerals. So no matter what it says on the package, you’re not getting many usable nutrients there.

Plus, on any given day 91% of Americans *don’t* eat enough fruits and vegetables...70% don’t eat enough foods containing vitamin C...and 80% don’t consume enough beta-carotene. Researchers found that when it comes to vitamins and minerals, most people don’t get even the RDA.²⁴

And don’t count on the RDA (recommended daily allowance) to protect you — it’s a joke. Those numbers are based on the bare minimum levels of nutrients we need to not die...but not enough to stay healthy and fit. To get true benefits from nutrients, you need to get much more than the “ridiculous daily amounts.”

% of Americans	Don’t Get the RDA for...
94.3%	Vitamin D
88.5%	Vitamin E
52.2%	Magnesium
44.1%	Calcium
43.0%	Vitamin A
38.9%	Vitamin C
66.9%	Vitamin K

Looking at those numbers, practically no one gets all the nutrients they need every day. And I’m not surprised.

Most Americans eat the same foods every day, without too much variety. That makes it almost impossible to get all even the most basic, life-preserving requirement of important vitamins and minerals.

And even slight nutrient deficiencies make it impossible for your body to function the way it’s supposed to, leading to chronic disease and discomfort.

Not enough vitamin D? Your risk of almost every chronic disease goes up and your bones become brittle.^{25,26} Low on potassium? That sets you up for heart disease, blood pressure problems, and kidney failure. Vitamin E deficiencies can lead to cancer, heart disease, and Alzheimer's.

The list goes on. You just can't be healthy without the nutrients your body needs.

Herbal supplements work differently. They're nature's medicine, acting more like drugs than nutrients. Unlike nutrients, your body doesn't treat herbs as food. They change the way your body functions, for instance boosting metabolism or managing immune activity. Most of the world outside the U.S. use herbal remedies as their main source of medicine...and have for generations.

Today, we need herbs to stay healthy. We're constantly assaulted by modern world toxins. Like pesticides, pollution, and endocrine disrupting chemicals that change your body's hormone levels. This toxic exposure can lead to cancer, liver disease, autoimmune conditions...just about every disease you can think of. That's where natural plant chemicals come in. They're proven to prevent and treat disease. They just can't say so. And that's why Big Pharma wants to keep them away from you.

My List Of The 15 Most Important Supplements You Can Take

I have taken a high-quality multivitamin every day for nearly 40 years and you should too. It's the only way you can reclaim your optimal health.

But it's important to choose a high-quality multivitamin. I say this because there are a lot of bad multivitamins out there.

The most popular one in the world — I won't mention the name — is the worst one I've ever found. It's pure junk. It's just chemicals and minimal doses.

I also take additional supplements that correct the problems that come from living in our toxic and undernourished environment. These are the supplements I think everyone should take:



Because it is virtually impossible to get optimal nutrients for optimum health from your diet, supplementing today is more important than ever.

1. **DHA.** This omega-3 fat can prevent or improve chronic conditions associated with aging, including heart disease, cancer, Alzheimer's, depression, arthritis, and inflammation. You need between 600 and 1,000 mg of DHA daily. I recommend getting DHA from squid. Sometimes called calamari oil, it contains more DHA than fish oil alone.

2. **CoQ10.** This is one of the most important supplements you can take. Benefits of this antioxidant include treating and preventing heart failure and diabetes, protection against certain kinds of cancer, strengthening mitochondria, protecting the brain against oxidative damage, slowing the progression of Alzheimer's and Parkinson's, and protecting lungs and increasing pulmonary function. Take 50 to 100 mg a day of the ubiquinol form. It's eight times more powerful.

3. **Vitamin C.** Humans used to make this nutrient, but we no longer do. Yet it helps manage high blood pressure, protects your heart, reduces cancer and stroke risk, prevents anemia, protects your memory, and boosts immunity. You need at least 5,000 mg a day. Today, we're lucky if we get 200 mg to 300 mg. I recommend almost every patient I see at the Sears Institute for Anti-Aging increase their vitamin C intake. Unfortunately, taking a drugstore supplement just won't cut it. I recommend you take liposomal-encapsulated vitamin C. Liposomal is a technique that wraps the vitamin C molecule in a thin layer of phospholipid fat to boost absorption 98%.

4. **Vitamin D.** The sunshine vitamin helps protect against cancer, diabetes, heart disease, autoimmune diseases like MS, depression, and so much more. You can get a healthy daily dose of D by getting around 15 minutes of direct sunlight. It also strengthens your bones, boosts immunity, reduces inflammation, and helps with weight loss. I recommend taking at least 5,000 IUs of vitamin D3 in its cholecalciferol form. This is the same kind your body naturally produces.

5. **Magnesium.** I call this mineral the “missing link” to good health. It’s a potent weapon that prevents — and treats — more than 20 diseases of the modern world. Diseases like high blood pressure, heart disease, depression, Parkinson’s, fatigue, osteoporosis, migraines, and thyroid disease. I recommend taking between 600 mg and 1,000 mg a day.

6. **Vitamin K2.** This vitamin helps skin and bone health, improves brain function, boosts immunity, fights inflammation, and reduces your risk of heart disease. But studies now show that K2 is a powerful stem cell regulator that supercharges mesenchymal bone marrow stem cells. Look for vitamin K2 in the form of menaquinone-7. It’s much more bioactive than menaquinone-4. I recommend up to 90 mcg a day taken with your meal.

7. **B vitamin complex.** There are typically eight B vitamins in a B-vitamin complex. These vitamins convert nutrients into energy, protect and repair DNA, produce hormones, regulate fat and carbohydrate metabolism, produce red and white blood cells, promote normal brain function, and prevent Alzheimer’s, improve immunity, balance blood sugar, lower stroke, and heart disease risk, and protect telomeres. Look for a high-quality B complex.

8. **Vitamin E.** This isn’t a single nutrient. It’s eight vitamins in one — four tocopherols and four tocotrienols. I’ve discovered that the real anti-aging strength of vitamin E lies in the power of its tocotrienols. Numerous studies show these supplements can stave off coronary disease, elevate HDL levels, and reduce inflammation. Vitamin E also improves brain function, prevents

weight gain from high insulin levels, and protects telomeres. Supplement with 50 mg of tocotrienols twice a day. And like all fat-soluble vitamins, take them with a meal to increase absorption.

9. **Vitamin A.** This nutrient works as a powerful antioxidant and keeps your eyes, lungs, heart, and immune system functioning properly. Your body converts beta-carotene, a pigment found in dozens of vegetables, into vitamin A but a lot can get lost in translation. I recommend taking 5,000 to 8,000 IU of retinol, the active form of vitamin A, daily with food.

10. **PQQ.** Pyrroloquinoline-quinone acts as a powerful antioxidant that plays a critical role in dozens of life-sustaining processes. PQQ deficiencies can cause destruction of mitochondria, system-wide inflammation, and immune system dysfunction. I suggest taking 10 mg of PQQ every day.

11. **Chromium.** This mineral controls insulin sensitivity. Without enough, insulin can’t work properly. But today, almost 90% of American adults are chromium-deficient. Look for chromium polynicotinate or niacin-bound chromium, which are both safe and effective as a dietary supplement. Take 400 mcg a day.

12. **Acetyl-L-carnitine.** Many studies show this amino acid can prevent brain aging and slow the progress of existing brain diseases. ALC promotes brain health by restoring the function of nerve growth factor (NGF). The loss of this growth factor can lead to degenerative brain diseases. Many studies show that patients with mild cognitive impairment and mild Alzheimer’s disease significantly improved with treatment.²⁷ I suggest taking at least 500 mg of ALC every day on an empty stomach.

13. **L-arginine and L-citrulline.** These amino acids work together increase production of nitric oxide (NO), which helps keep extend telomere length, a key factor in healthy aging. These two amino acids also boost heart health and improve exercise performance. I recommend supplementing with 1,000 mg of L-citrulline and 6,000 mg of L-arginine every day.

14. CBD. There are countless health benefits associated with CBD. It's best known benefits are easing anxiety, improving sleep, and relieving pain. But did you know this plant botanical also improves heart and lung health, protects against dementia, lowers blood pressure, treats autoimmune diseases — just to name a few. For the highest bioavailability and best results, I recommend using a full-spectrum, oral CBD spray. Maximize your body's absorption by taking it with a high-fat meal or a teaspoon of coconut oil.

15. Curcumin. I consider this to be one of the most important herbal supplements you can take. Not only does it offer powerful protection against arthritis pain and inflammation, it also enhances memory, eliminates symptoms of hard-to-treat depression, reduces risk of type 2 diabetes, slows cancer cell replication... and protects both mitochondria and telomeres. I recommend a daily dose of 3,000 mg. Look for a supplement that includes piperine to increase bioavailability. And take it with a healthy fat to further increase absorption.

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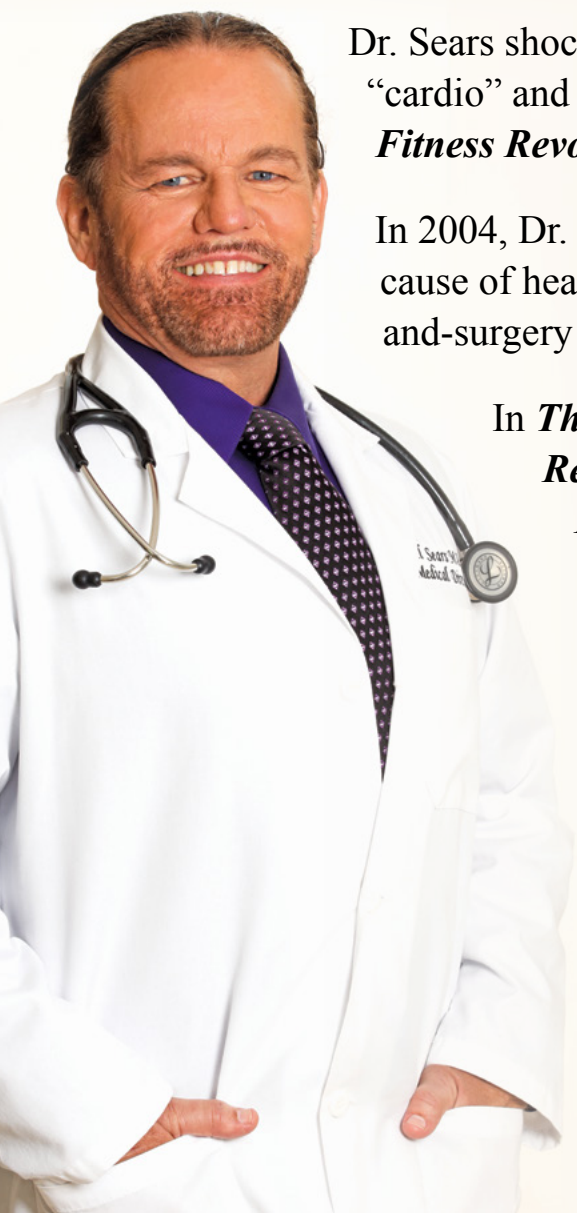
The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.

Al Sears, MD

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

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

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



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

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

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

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