

Asia's Wonder Spice

The \$1 Cure for Every Disease

...Without Side Effects



Dr. Al Sears, MD, CNS

America's #1 Authority on Medical Coverups and Outlawed Cures

© 2016 by Wellness Research & Consulting Inc. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the publisher.

Published by:
Al Sears, M.D.
11905 Southern Blvd., Royal Palm Beach, FL 33411
561-784-7852
www.AlSearsMD.com

Dr. Al Sears wrote this report to provide information in regard to the subject matter covered. It is offered with the understanding that the publisher and the author are not liable for any misconception or misuse of the information provided.

Every effort has been made to make this report as complete and accurate as possible. The purpose of this report is to educate. The author and the publisher shall have neither liability nor responsibility to any person or entity with respect to any loss, damage, or injury caused or alleged to be caused directly or indirectly by the information contained in this report. The information presented herein is in no way intended as a substitute for medical counseling or medical attention.

Al Sears, M.D.



President/Medical Director, Wellness Research Foundation, Dr. Sears' Center for Health & Wellness, Primal Force, and AhHa Press, Royal Palm Beach, FL, and Wellness Research and Consulting, Kampala, Uganda

After entering private practice, Dr. Sears was one of the first to be board-certified in anti-aging medicine. As a pioneer in this new field of medicine, he is an avid researcher, published author, and enthusiastic lecturer.

Dr. Sears is also board-certified as a clinical nutrition specialist (CNS) and a member of the American College of Sports Medicine (ACSM), the American College for the Advancement in Medicine (ACAM), the American Medical Association (AMA), the Southern Medical Association (SMA), the American Academy of Anti-Aging Medicine (A4M), and the Herb Research Foundation, (HRF). Dr. Sears is also an ACE-certified fitness trainer.

As the founder and director of Wellness Research Foundation, a non-profit research organization, Dr. Sears travels the globe to bring back to his patients the latest breakthroughs in natural therapies. Trips to Peru, Brazil, India, Jamaica, Uganda, South Africa, Ecuador and Bali have yielded important new discoveries in nutrition, traditional herbal treatments, anti-aging and alternative medicine.

Dr. Sears currently writes and publishes the monthly newsletter, ***Confidential Cures***, and daily email broadcast, ***Doctor's House Call***, and contributes to a host of other publications in the field. He has appeared on over 50 national radio programs, ABC News, CNN, and ESPN.

Dr. Sears has published 14 books and reports on health and wellness with a readership of millions spread over 163 countries. His bestselling titles include: ***The Doctor's Heart Cure, The 12 Secrets to Virility, Rediscover Your Native Fitness, Your Best Health Under the Sun, High-Speed Fat Loss in 7 Easy Steps, P.A.C.E.: The 12-Minute Fitness Revolution***, and ***Reset Your Biological Clock***.

Dr. Sears is currently writing three additional books; ***Healing Herbs of Paradise, The Ageless Heart*** and ***The 8th Element: Nature's Universal Cancer Killer***.

Introduction: A Land Where Memories Never Die

I've traveled the world and found that elders in the Far East have the best stories. Vivid and detailed, they keep you on the edge of your seat the entire time.

On my most recent trip to Bali, my friend Westi told me stories of his ancestors, their healing herbs, and countless anecdotes of how local villagers overcame serious diseases.

I often told him how that must have been incredible to live through and experience.

Westi would shrug and say, "*Probably. Those were my great-grandfather's stories. And his great-grandfather's too.*"

Generations of sharp minds preserved these stories of adventure and heartbreak. Through my travels, I noticed that these sorts of tales were concentrated in a certain geographic area — the Far East.

I spent years looking for common themes in their diet that could explain these pristine memories, and how they maintained a clear focus and such fast recall of memories that happened so long ago. ***And I discovered this region had much lower rates of Alzheimer's than the rest of the world.***

In fact, villages in rural northern India have some of the lowest rates of Alzheimer's ever recorded. A study of 2,700 elderly Indians in the rural north showed that less than 1% of them had Alzheimer's.¹

Compare that to America, where the rate is closer to 33%.

BBC even reports, "these villages may hold the key to beating dementia."

And it's not just their memories that stay young.

I've visited these places first-hand and spent time with the people. It's incredible to see how they don't suffer from modern diseases. And how strong their village elders are — mentally and physically.

They're able to move around free, unrestricted by pain or crippling disabilities.

I had to know their secret. My patients back in America could have their lives back if I figured it out!

As a Certified Nutrition Specialist, I've always been an advocate of using food to treat illness instead of man-made drugs. So I looked at the food people ate in these villages.

Across cultures, borders and seas, the common ingredient was something you might have on your spice rack right now.

I'm talking about **turmeric**.

The plant itself is called turmeric (*Curcuma longa*) and the active compound that treats and cures disease is **curcumin**.

Westi grows at least six different types of turmeric in his private herb garden. And turmeric is one of the most common ingredients in curry.

Thousands of published, peer-reviewed studies show the immense healing power of this compound.

Turmeric:

- ◀ **Reverses memory loss from late-stage Alzheimer's in just three months** — *Journal of Alzheimer's Research and Therapy*.²
- ◀ **Kills cancer stem cells ("the root cause of cancer")** — *Journal of Anticancer Research*.³
- ◀ **Shrinks pancreatic tumors — possibly the deadliest of all cancers — by 42%** — *Journal of Anticancer Research*.⁴
- ◀ **Reduces arthritis joint pain by 60%... and joint swelling by 73%** — double-blind, placebo-controlled study in the *Journal of Phytotherapy Research*.⁵
- ◀ **Eliminates symptoms of hard-to-treat atypical depression** — double-blind, placebo-controlled trial published in the *Journal of Affective Disorders*.⁶
- ◀ **Halts the onset of Type 2 Diabetes with 100% success** — *Journal of the American Diabetes Association*.⁷
- ◀ **Lowers triglyceride levels by 65%... a more important factor in heart disease than LDL ("bad") cholesterol** — *Journal of Phytotherapy Research*.⁸

As you can see, these aren't rare diseases. And these studies were done by the world's top scientists.

This compound has **true healing power**.

Even the president of MD Anderson, the #1 cancer center in America, stands behind this compound. In fact, 1,000 cancer patients at MD Anderson are using it as part of their treatment.⁹

In this report, I'll show you exactly how curcumin works, and how you can use it to treat disease.

First, let me give you a little background on the ancient tradition of the use of turmeric.

Modern Medicine Overlooks This Natural Cure-All

Before pharmacology was a twinkle in the eye of Louis Pasteur, many healing traditions around the world had been using turmeric as medicine for thousands of years.

Turmeric is a cornerstone of Ayurveda, the millennia-old healing system of India. Indian healers have used turmeric as a medicinal plant for almost every conceivable ailment, including cancer.

Ayurvedic doctors make juice, tea and tinctures from turmeric for patients to drink. They also use it to make topical ointments and salves.

For example, a treatment for the common cold and allergies involves drinking boiled milk and turmeric with sugar.

For joint inflammation, rural doctors use turmeric paste and lime.

They administer a mixture of turmeric powder, ginger and peppercorns boiled in water for fevers.

Turmeric juice with a dash of salt can be helpful for abdominal pain.

There's even a remedy for scorpion stings that involved burning turmeric over charcoal and exposing the sting to the smoke.¹⁰

Western doctors and scientists like to look down on natural healing. But compared to ancient medical traditions like Ayurveda, modern medicine is a newborn baby.

In other words, natural healers know what they're talking about. It's hard to argue with 4,000 years of successful use.

Western medicine is just now starting to realize that synthetic chemicals aren't the only option — or even the best one.

Especially since natural treatments have no side effects.

For a long time, I've said that everything you need to heal yourself exists in the natural world.

Turmeric is making a big splash in mainstream science because its active ingredient, curcumin, has the ability to treat a total of **619 diseases**.¹¹ Even though natural healers have known about this power for millennia.

Normally, man-made pharmaceuticals treat just one mechanism of one condition. They're "monotargeted."

But turmeric works on multiple levels.

In fact, its uses are so diverse that it has at least 53 different names in Sanskrit, the holy language of Hinduism. Some of these names are (in translation):

- ◀ Lucky;
- ◀ Killer of fat;
- ◀ Gives delight to heart;
- ◀ Cures fevers;
- ◀ Killer of poison;
- ◀ Prosperity;
- ◀ And golden goddess.¹²

You can see that turmeric is highly respected — sacred, even — especially for its wide range of healing properties.

Researchers are now looking into how this root works its “magic.”

But it’s not magic at all.

It’s a biological mechanism that Big Pharma dreads.

Because it throws a huge wrench into their business model.

How?

Your Sickness Puts Money in Their Pockets — and a LOT of It

I shouldn’t have to say this. But the field of medicine should be about healing people.

However, Big Pharma is making over a TRILLION dollars from just treating symptoms — instead of healing disease.

But clinical trials have shown that curcumin heals better than America’s top 19 best-selling drugs. Without side effects.

THIS is why you haven’t heard of the seemingly endless health benefits of curcumin. Even though 6,600 peer-reviewed studies have proven its superiority over the world’s leading drugs.

Everything from chemo and painkillers... to antidepressants and statins.

Curcumin:

- ◀ Kills **16-times more cancer cells** than the leading chemo drug Eloxatin by itself — *without harming healthy cells*;¹³
- ◀ Is **400-times more potent** than the diabetes drug Metformin;¹⁴
- ◀ Performs better in memory tests than the drug Aricept (the most widely prescribed Alzheimer’s drug);¹⁵
- ◀ Treats Major Depressive Disorder (MDD) like Prozac — *without Prozac’s devastating side effects*;¹⁶
- ◀ Treats chronic uveitis — a leading cause of blindness — as well as corticosteroids... the only available prescription treatment *but with zero of the side effects*.¹⁷

The list goes on. And curcumin supplements **only cost about \$1 a day**.

How can such an inexpensive little root accomplish all of this?

It Eliminates the Root Cause of All Disease

Curcumin is so powerful because it attacks the SOURCE of disease, which *Time* magazine calls “The Silent Killer.”

In fact, when *Time* reported on this hidden cause of ALL disease, it suggested: “Instead of different treatments for heart disease, Alzheimer’s and colon cancer, there might be a single remedy that would prevent all three.”

Now we know that treatment already exists.

Newsweek also published a story on the root cause of every disease — one that asked, “If there’s a common thread in the development of all disease, is there a common treatment?”

But the article took it a look further than *Time* and actually recommended a possible remedy:

The compound I’m talking to you about today: curcumin.

How This “Cure-All” Works...

This \$1-a-day treatment targets the underlying cause of all disease...

Chronic inflammation.

The Wall Street Journal calls inflammation “the new science behind America’s deadliest diseases.”

But it's not new.

In fact, I've said for decades that inflammation is the silent link between every single chronic disease.

Heart disease is a good example.

The medical establishment has claimed cholesterol is the ultimate marker of heart disease...

Which has been a \$100 billion boon for Big Pharma's statin cholesterol-lowering drugs...

But it's done absolutely nothing to stop heart disease from becoming America's #1 killer.

New research shows that 70% of people who experience heart attacks have normal cholesterol.

And new USDA guidelines in 2015 say that cholesterol is no longer even a dietary concern.

Instead a far better marker for heart disease is CRP (C-reactive protein): the measure for inflammation.

Big Pharma has even jumped on the bandwagon.

They're developing hot new anti-inflammatory drugs that sell great...

But they completely miss the mark.

You see, inflammation is linked to multiple genes. And synthetic drugs can only go after one. They're "monotargeted."

Take COX-2 — one of the main enzymes involved in your body's inflammatory response.

The drug companies have developed a number of COX-2 inhibitors...

But the kicker is...

They also suppress your body's COX-1 gene, which is vital to repair your stomach lining.

So these anti-inflammatories often lead to gastrointestinal problems, among other side effects.

But that's what makes curcumin so different — and so much better.

Whereas these drugs maybe suppress ONE gene... and not only don't work, but trigger serious (sometimes fatal) side effects...

This treatment instead switches off ALL of the genes involved in your body's runaway inflammation — naturally...

Without entirely suppressing your body's natural and necessary inflammatory response.

Which makes it the world's most powerful and safest anti-inflammatory therapy EVER developed.

How is this possible?

Shuts Down Our Body's "Inflammation Command Center"

Because it deactivates our body's inflammatory response right at the source...

The molecule nuclear factor-kappa B (NF-kB) — the inflammation command center.

This critical molecule can be linked to nearly every chronic disease.

Let me explain...

NF-kB is the "switch" that activates more than 400 of our body's pro-inflammatory genes.

Including the key enzymes COX-2, iNOS, and LOX.

As a result it provides our body the blueprint for regulating its inflammatory response.

That's why Big Pharma has long considered NF-kB the "holy grail" for anti-inflammatory drugs.

But they haven't yet found a way to reliably and safely deactivate it.

So instead they've created a bevy of drugs to target each individual enzyme...

And as a result missed the "forest for the trees" — the master molecule of inflammation.

But that's what makes this new disease-ending breakthrough so remarkable.

It's a highly effective NF-kB inhibitor — one that simply deactivates it.

According to one leading cancer researcher, "Nearly 98% of all diseases are controlled by NF-kappa B. This humble yellow dye can subdue this potent molecule."¹⁸

In a recent Ohio State University study, researchers activated the NF-kB molecule in animals.

Imaging showed the inflammation lit up through their body — but not in the control group.

They gave the control group curcumin and images showed zero evidence of inflammation.

In fact, researchers found no signs the NF-kB molecule had ever been activated at all.¹⁹

They concluded, “Curcumin releases anti-inflammatory power throughout the body.”

This has HUGE implications for almost every disease.

Including cancer...

Curious Compound Cures Even Cancer

NF-kB plays a major role in the genesis and spread of tumors. It helps suppress your body’s ability to kill cells that grow out of control.

A study from MD Anderson Cancer Center found it active in the early onset of 95% of cancers.

That includes the development of cancer stem cells — arguably “the root cause of cancer.”²⁰

But curcumin can stop NF-kB from even activating and generating cancer cells.^{xx}

In fact, curcumin binds to 33 proteins, allowing it to interrupt a multitude of pathways tumors use to grow and spread, including the growth of new blood vessels that feed tumors. It can even cause the cancer cells to “commit suicide” without damaging healthy cells.^{xx}

Not only is it an effective anti-cancer drug on its own, but curcumin also makes chemotherapy more effective.²¹

This is why curcumin is so effective at treating so many different kinds of cancer — more than 100 types, according to the scientific research.

These studies have documented curcumin’s ability to cure 619 diseases — virtually everything that affects your health.

“We are providing evidence that curcumin can work on at least one dozen cancers. In fact, let’s put it this way: we have not found a single cancer on which this doesn’t work.”

-Dr. Bharat Aggarwal, lead researcher at MD Anderson Cancer Center

As one Baylor scientist puts it, **“Robust data clearly highlights that populations that consume curcumin as part of their diet have much lower incidence of many diseases, including cancer.”**²²

What's more, curcumin is nontoxic even at extremely high doses²³ and free of side effects.²⁴

This is how it affects heart disease...

Curcumin Strikes Back Against Heart Attacks

Atherosclerosis, or hardening of the arteries, is a major cause of heart attacks. Hard arteries can't expand to allow for more blood flow during times of stress. They're also narrower, which makes it easier for blood clots to block the artery completely.

And that's when you have a heart attack.

Atherosclerosis can also contribute to stroke. Which is essentially a heart attack of the brain, when it can't get enough precious oxygen due to blocked blood vessels.

Fortunately, curcumin actually addresses the causes of atherosclerosis.

Earlier, I mentioned that inflammation — not cholesterol — is the cause of heart disease. Here's how that works...

Many things can damage your arteries, including stress hormones, high blood pressure, surgery and toxins.

Your body's inflammatory response to this damage attracts healing factors — like white blood cells, collagen and growth factors.

But the problem is it also attracts harmful substances. Like LDL cholesterol, otherwise known as "bad" cholesterol. Free radicals oxidize LDL cholesterol, which triggers a chain of more free radical damage, which attracts even more cholesterol — and the cycle goes on.

When it's all said and done, these substances attracted to the inflammation end up as a layer of plaque in your arteries. Atherosclerosis has begun.

Now that all sounds pretty bad. But I'm writing this report to give you the good news.

Curcumin is a powerful antioxidant. This means it prevents free radicals from rampaging and oxidizing your LDL cholesterol. Not only that, but curcumin also lowers oxidized LDL levels and increases HDL ("good") cholesterol.

In one study, volunteers took 500 mg of curcumin a day for seven days. Even after such a short time, oxidized LDL decreased by 33% and "good" cholesterol increased by 29%.²⁵

Not to mention that curcumin is a well-known anti-inflammatory, so it can manage the very root of heart disease as well.

And we're just getting started.

Better than Any Alzheimer's Drug

I mentioned how cultures that regularly eat turmeric have very low rates of Alzheimer's disease.

Here's how curcumin makes that happen...

Most people know that Alzheimer's develops when beta-amyloid proteins clump up into plaque in the brain.

This plaque keeps nerve cells from communicating. Which leads to memory problems and other cognitive issues like trouble with language, mood swings and more.

Patients with Alzheimer's also produce an enzyme that breaks down the neurotransmitter acetylcholine which assists with memory, judgment and clarity of thought.

But there's a lesser known contributor to Alzheimer's.

There's a special protein called tau that keeps delivery lines in the brain straight. These lines transport food and other essential molecules to nerve cells to keep them functioning properly.

In Alzheimer's patients, tau crumples up into what are called "tangles." Necessary substances can't get to the nerve cells and they die.

All of this contributes to symptoms that only get worse over time.

Current Alzheimer's drugs only give short-term relief from the disease. But they can't keep the condition from getting worse.²⁶ The medical mainstream sees the "neurodegenerative" effects as unavoidable.

But they're dead wrong.

Curcumin addresses all of these causes.

First, curcumin stops the breakdown of acetylcholine.²⁷

It also has powerful anti-amyloid plaque properties. Not only does curcumin prevent the formation of beta-amyloid plaque, it also breaks down existing build-up.²⁸

AND it significantly reduces the level of tangled tau.²⁹

Case studies have shown curcumin can reverse the symptoms of Alzheimer’s and dementia.

One study followed three people with severe symptoms. After 12 weeks of treatment with curcumin, their symptoms improved significantly. And after one year of treatment, two of the patients were able to recognize their families again.³⁰

It’s stories like these that keep me railing against the mainstream. Natural cures like curcumin can work better than man-made drugs — and reunite people with their loved ones.

Curcumin Kills the Pain and Only the Pain

And since curcumin puts a stop to the master inflammatory molecule, NF-kB, its use in treating pain is clear.

Over-the-counter pain medication.

In fact...

Curcumin **beat** ibuprofen in a study of osteoarthritis patients.

Researchers used several different active and functional tests. After six weeks, the group given curcumin did better on the 100 meter walk and reported less pain on the stairs test. Those in the curcumin group were also more satisfied with their treatment.³¹

There’s a common misconception that if you want to use natural remedies, you have to give up some of the “quality” or “effectiveness” of synthetic drugs. That’s simply not true.

Curcumin works at least as well as non-steroidal anti-inflammatory drugs (NSAIDs) — if not better than them — and without side effects.³²

In fact, high doses of NSAIDs like ibuprofen or diclofenac can increase your risk of heart attack by about 33%.³³

And 17,000 people in America die every year from over-the-counter pain medications like these.³⁴

You don’t have to hurt yourself to reduce your pain.

No More Self-Defeating Antidepressants

Depression affects about one in six individuals at some point in their lives. It’s a crippling condition that heavily affects quality of life and leads to higher risk of death — since those who suffer from it

sometimes commit suicide.

But current drugs, although effective in improving mood, come with a whole slew of side effects — including suicidal thoughts.

Needless to say, antidepressants can be very counterproductive.

Clinical trials have shown that — you guessed it — curcumin can effectively reduce symptoms of Major Depressive Disorder.³⁵

In fact, it's as effective as Prozac...

Again, without side effects.³⁶

100% Effective Diabetes Prevention

Diabetes is also on the list of diseases that curcumin can counter.

Because of its ability to fight inflammation and oxidative stress (free radical damage), curcumin can heal the damage that diabetes causes to your circulatory system.

Curcumin also protects against advanced glycation end-products, which can cause diabetes-related complications.³⁷

Many studies show the anti-diabetic effects of curcumin.

One such study by the American Diabetes Association showed that curcumin was 100% effective in preventing type 2 diabetes.

This randomized, double-blinded study took prediabetic patients and gave them either curcumin or a placebo.

After nine months, 16% of the placebo group had developed type 2 diabetes...

While NONE of the curcumin group did.³⁸

These findings clearly show the exceptional power of curcumin in the fight against diabetes.

And these are just a fraction of the diseases that curcumin can treat. Remember, it **benefits 619 diseases** in total.

So why am I only now telling you about curcumin?

Unlocking Curcumin's Full Potential

The problem with curcumin — until recently — has always been that it's hard for the human body to use. It's not very "bioavailable."

The health benefits that rural Asian communities get from curcumin are the result of eating turmeric every day for years. And even then, their bodies aren't getting the full range of benefits.

But recent scientific breakthroughs allow you to get the amazing advantages of curcumin **today**.

Scientists from America's top universities have been working on unlocking curcumin's full potential.

Here are just a few of the jaw-dropping stories from people who have benefited from this new, bioavailable curcumin.

From Terminal to Cancer-Free for 7 Years

Take Vicky Stewart, who was diagnosed with stage 4 breast cancer and stunned her doctors when she refused chemo drug Tamoxifen.

"It was the worry of the drugs and the side effects. I didn't want to have to worry about it, I wanted to be free."

So instead she opted for curcumin — and seven years later remains free of cancer.

According to Vicky, "it made my cancer cells commit suicide."³⁹

Alzheimer's Reversed in 6 Months

Or take the case of a 69-year-old man diagnosed with early onset Alzheimer's. He had suffered for 12 years of progressive cognitive decline and his memory recently began fading quickly.

That is, until he began a UCLA program with curcumin at the center of his treatment protocol. Within six months he saw improvements that shocked researchers.

Not only did his decline stop...

He was able to recognize faces, remember his daily schedule, and even function at work without difficulty.

He even regained his life-long ability to add columns of numbers rapidly in his head.⁴⁰

Severe Arthritis Cured in 8 Weeks

There's the case of Melvin Wisoky, a 68-year-old CPA from Long Island, who suffered from severe arthritis. His forearm, elbow, and wrist hurt so bad, he stopped functioning.

NSAID's didn't work for him — besides the awful side effects.

Then he heard about curcumin from a Baylor University physician, Dr. Ajay Goel.

Within months his pain vanished. There were no more signs of arthritis. Two years later, he's still living pain-free.⁴¹

Perfect Vision Restored in 2 Weeks

In the fall of 2014, Vanessa suddenly began suffering from rapid vision loss. She went from perfectly normal vision to feeling like she needed glasses just to see her dinner or chop vegetables — a scary feeling. Blindness could have struck at almost any minute.

So she began a regimen with curcumin. And within two weeks her vision cleared up. She no longer needed glasses for simple tasks. Her eyesight was completely restored to normal.

She didn't even go through a single bottle.⁴²

“A Post-Op Miracle”

The case study of Jerry was so remarkable, his doctor wrote about the story in *Time* magazine.

Jerry, in his 60's, had two bad hips and underwent hip replacement surgery.

He had heard about the \$1 pill and began taking it after his operation instead of painkillers.

His doctor called him “a post-op miracle.”

Within one week, Jerry was walking without a cane and without a limp.

The doctor reported, “He got up from a chair faster than I can and showed me a healed surgical wound that looked a month old. The “stiffness” was gone; he now had normal range of motion.”

At first his doctor chalked it up to a “placebo effect.”

But then, six weeks later, Jerry went into surgery for his second hip and recovered even faster!

He was home the next day. No pain meds.⁴³

The success stories go on and on...

In fact, I have a file drawer full of patient stories just like these.

Over 1,583 of my patients have taken curcumin for every disease or condition you can imagine.

They all testify to its remarkable healing effects...

How it's unlike anything they've ever experienced in mainstream or alternative medicine.

Here are a few ways you can become one of these success stories.

Cutting-Edge Biotechnology Brings Your Health to a Whole New Level

There are a few ways to get more curcumin into your body.

You can eat turmeric, but unless you're eating large quantities, there's no guarantee that your body will be able to use it.

I recommend a curcumin supplement.

But mainstream science is starting to realize how powerful natural herbs and compounds can be. So there are a lot of brands claiming that their curcumin is the best.

Researchers at UCLA designed a special formula called "Longvida." They made sure the body could absorb and use the curcumin. Clinical trials have shown this curcumin supplement to aid cognitive problems such as memory, thinking and speech.⁴⁴

There's another formula on the market.

I'm talking about "BCM-95." It's a blend of curcumin and essential oils naturally found in turmeric root. This means BCM-95 provides many of the same benefits of eating turmeric — **while being 800% more powerful.**⁴⁵

Take 500 mg daily of either a Longvida or BCM-95 curcumin supplement. Many studies use this dosage, but curcumin is safe at doses as high as 12,000 mg. Because it's all natural, no study has been able to establish toxicity.

And new developments are happening all the time.

In fact, a new drug based on curcumin called J147 is going to human testing next year. It was able

to reverse Alzheimer's and even aging in mice. It beat the leading Alzheimer's drug Aricept in memory tests.⁴⁶

And an intravenous formula is being developed to deliver the boatload of benefits straight to cancer patients' bloodstreams.⁴⁷

It's a very exciting time in medicine. Out here on the frontier, we are making big strides in treating even the deadliest of diseases.

Be sure to keep a close watch on my *Confidential Cures* newsletter for updates.

To Your Good Health,

A handwritten signature in blue ink that reads "Al Sears MD." The signature is fluid and cursive, with the first letters of "Al" and "Sears" being capitalized and prominent.

Al Sears, MD, CNS

References

- 1 "Study Finds Low Alzheimer's Risk in Rural India," Prevent Disease, accessed 12/1/15
- 2 Prior M, Dargusch R, Ehren JL, Chiruta C, Schubert D. "The neurotrophic compound J147 reverses cognitive impairment in aged Alzheimer's disease mice," *Alzheimers Res Ther*. 2013 May 14;5(3):25.
- 3 Sordillo PP, Helson L. "Curcumin and cancer stem cells: curcumin has asymmetrical effects on cancer and normal stem cells," *Anticancer Res*. 2015 Feb;35(2):599-614.
- 4 Ranjan AP, Mukerjee A, Helson L, Gupta R, Vishwanatha JK. "Efficacy of liposomal curcumin in a human pancreatic tumor xenograft model: inhibition of tumor growth and angiogenesis," *Anticancer Res*. 2013 Sep;33(9):3603-9.
- 5 Chandran B, Goel A. A randomized, pilot study to assess the efficacy and safety of curcumin in patients with active rheumatoid arthritis. *Phytother Res*. 2012 Mar 9.
- 6 Lopresti AL, Maes M, Maker GL, Hood SD, Drummond PD. "Curcumin for the treatment of major depression: a randomised, double-blind, placebo controlled study," *J Affect Disord*. 2014;167:368-75.
- 7 Chuengsamarn S, Rattanamongkolgul S, Luechapudiporn R, Phisalaphong C, Jirawatnotai S. "Curcumin extract for prevention of type 2 diabetes," *Diabetes Care*. 2012 Nov;35(11):2121-7.
- 8 Lipid-Lowering Effects of Curcumin in Patients with Metabolic Syndrome: A Randomized, Double-Blind, Placebo-Controlled Trial. *Phytotherapy Research* 2014; 28(12): 1,770-1,777
- 9 Gazella, Karolyn A. "Pioneering Biochemist Bharat B. Aggarwal, PhD, of the M.D. Anderson Cancer Center, on Discovering Novel and Effective Cancer Treatments." *Natural Medicine Journal*. December 2009.
- 10 Ravindran PN, Nirmal Babu K, Sivaraman K. *Turmeric: The genus Curcuma*. Boca Raton, FL: CRC Press, 2007, 423.
- 11 "Curcumin," GreenMedInfo, accessed 12/1/15
- 12 Benzie IFF, Wachtel-Galor S, editors. *Herbal Medicine: Biomolecular and Clinical Aspects*. 2nd edition. Boca Raton, FL: CRC Press/Taylor & Francis, 2011.
- 13 Howells, L. M., Mitra, A. and Manson, M. M. (2007), Comparison of oxaliplatin- and curcumin-mediated antiproliferative effects in colorectal cell lines. *Int. J. Cancer*. 2007;121:175-183.
- 14 Kim T, Davis J, Zhang AJ, He X, Mathews ST. "Curcumin activates AMPK and suppresses gluconeogenic gene expression in hepatoma cells," *Biochem Biophys Res Commun*. 2009 Oct 16;388(2):377-82.
- 15 "Salk scientists develop drug that slows Alzheimer's in mice," Salk, 5/14/13
- 16 Sanmukhani J, Satodia V, Trivedi J, Patel T, Tiwari D, Panchal B, Goel A, Tripathi CB. "Efficacy and safety of curcumin in major depressive disorder: a randomized controlled trial," *Phytother Res*. 2014 Apr;28(4):579-85.
- 17 Lal B, Kapoor AK, Asthana OP, Agrawal PK, Prasad R, Kumar P, Srimal RC. "Efficacy of curcumin in the management of chronic anterior uveitis," *Phytother Res*. 1999 Jun;13(4):318-22.
- 18 Redfern, R. "Curcumin Can Work On At Least One Dozen Cancers," CurcuminHealth.info, accessed 11/24/15
- 19 "Newly created turmeric-based formulation releases anti-inflammatory power throughout body," *Medical News Today*, 11/11/14
- 20 Prasad S, Ravindran J, Aggarwal BB. "NF-kappaB and cancer: how intimate is this relationship," *Mol Cell Biochem*. 2010 Mar;336(1-2):25-37.
- 21 Ravindran J, Prasad S, Aggarwal BB. "Curcumin and Cancer Cells: How Many Ways Can Curry Kill Tumor Cells Selectively?" *AAPS J*. 2009 Sep; 11(3): 495-510.
- 22 "Experts Point of View," Curcumin for Health, accessed 11/24/15
- 23 Epelbaum R, Schaffer M, Vizel B, Badmaev V, Bar-Sela G. Curcumin and gemcitabine in patients with advanced pancreatic cancer. *Nutr Cancer*. 2010;62(8):1137-41.
- 24 "Research points to health benefits of turmeric," *Pittsburgh Post-Gazette*, 6/2/15

- 25 Soni KB, Kuttan R. Effects of curcumin administration on serum peroxides and cholesterol levels in human volunteers. *Indian J Physiol Pharmacol*. Oct 1992;36(4):273-5.
- 26 “Salk scientists develop drug that slows Alzheimer’s in mice,” Salk, 5/14/13
- 27 Ahmed T, Gilani A. “Inhibitory effect of curcuminoids on acetylcholinesterase activity and attenuation of scopolamine-induced amnesia may explain medicinal use of turmeric in Alzheimer’s disease.” *Pharmacol Biochem Behav*. 2009;91(4):554-9.
- 28 Ono K, Hasegawa K, Naiki H, Yamada M. “Curcumin has potent anti-amyloidogenic effects for Alzheimer’s beta-amyloid fibrils in vitro,” *J Neurosci Res*. 2004 Mar 15;75(6):742-50
- 29 Shytle RD, Tan J, Bickford PC, Rezai-Zadeh K, Hou L, Zeng J, Sanberg PR, Sanberg CD, Alberte RS, Fink RC, Roschek B Jr. “Optimized turmeric extract reduces β -Amyloid and phosphorylated Tau protein burden in Alzheimer’s transgenic mice,” *Curr Alzheimer Res*. 2012 May;9(4):500-6
- 30 Hishikawa N, Takahashi Y, Amakusa Y, Tanno Y, Tuji Y, Niwa H, Murakami N, Krishna U. “Effects of turmeric on Alzheimer’s disease with behavioral and psychological symptoms of dementia.” *Ayu*. 2012;33(4):499-504
- 31 Vilai Kuptniratsaikul, Piyapat Dajpratham, Wirat Taechaarpornkul, Montana Buntragulpoontawee, Pranee Lukkanapichonchut, Chirawan Chootip, Jittima Saengsuwan, Kesthamrong Tantayakom, Supphalak Laongpech. “Efficacy and safety of Curcuma domestica extracts compared with ibuprofen in patients with knee osteoarthritis: a multicenter study.” *Clin Interv Aging* 2014 ;9:451-8
- 32 Maroon J MD, Bost JW PA-C, Borden MK, Lorenz KM, Ross NA. “Natural Antiinflammatory Agents for Pain Relief in Athletes,” *Neurosurg Focus*. 2006;21(4).
- 33 Coxib and traditional NSAID Trialists’ (CNT) Collaboration. “Vascular and upper gastrointestinal effects of non-steroidal anti-inflammatory drugs: meta-analyses of individual participant data from randomised trials,” *The Lancet* 2013;382(9894):769-779
- 34 “Research points to health benefits of turmeric,” *Pittsburgh Post-Gazette*, 6/2/15
- 35 Al-Karawi D, Al Mamoori DA, Tayyar Y. “Curcumin administration reduces depressive symptoms in patients with major depression,” *Phytother Res*. 2015 Nov 27 Epub 2015
- 36 Sanmukhani J, Satodia V, Trivedi J, Patel T, Tiwari D, Panchal B, Goel A, Tripathi CB. “Efficacy and safety of curcumin in major depressive disorder: a randomized controlled trial,” *Phytother Res*. 2014 Apr;28(4):579-85.
- 37 Nabavi SF, Thiagarajan R, Rastrelli L, Daglia M, Sobarzo-Sánchez E, Alinezhad H, Nabavi SM. “Curcumin: a natural product for diabetes and its complications,” *Curr Top Med Chem*. 2015;15(23):2445-55
- 38 Chuengsamarn S MD, Rattanamongkolgul S MD, Luechapudiporn R PHD, Phisalaphong C PHD, Jirawatnotai S PHD. “Curcumin Extract for Prevention of Type 2 Diabetes,” *Diabetes Care* 2012;35(11):2121-7
- 39 “Breast cancer sufferer ‘used superfoods to combat disease,’” *The Telegraph*, 6/25/12
- 40 Bredesen DE. “Reversal of cognitive decline: A novel therapeutic program,” *Aging* 2014;6(9):707-17
- 41 Churnin, N. “Researchers call curcumin ‘solid gold’ for its curative properties,” *The Dallas Morning News*. August 2011
- 42 “Curcumin Improves Eyesight and Melasma,” *HelpHerself.com*. March 23, 2015
- 43 “Can Turmeric Relieve Pain? One Doctor’s Opinion,” *TIME*, 7/13/09
- 44 “LONGVIDA Optimized Curcumin,” *Nutrasal*. December 2015
- 45 “Flavor in Curry Favored by Some for Joint Pain,” *The Wall Street Journal*, 7/16/12
- 46 “Salk scientists develop drug that slows Alzheimer’s in mice,” Salk, 5/14/13
- 47 “Phase I Clinical Trials,” *The University of Texas M.D. Anderson Cancer Center*, 11/07

